



CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR, U.P.  
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS  
M.P. ED. TWO YEARS PROGRAMME (FOUR SEMESTERS)  
(July 2025 Onwards)  
REVISED COURSE STRUCTURE



Semester-I

Part A: Theoretical Course(400 Marks)							
Course Code	Title of the Papers	Credits			Internal Marks	External Marks	Total Marks
		L/T	P/I	Total			
<b>Core Course</b>							
MPCC-101N	Research Process in Physical Education and sports sciences	3	1	4	25	75	100
MPCC 102N	Physiology of Exercise	3	1	4	25	75	100
MPCC-103N	Tests, Measurement and Evaluation in Physical Education	3	1	4	25	75	100
<b>Elective Course (Anyone)</b>							
MPEC-101N	Yogic Sciences	3	1	4	25	75	100
MPEC-102N	Sports Technology						
<b>Part-B Practical Course(400 Marks)</b>							
MPPC-101N	<b>Games Specialization –I</b> (Performance of Any Two Events/Apparatus of each game & Five Lessons of Teaching, Coaching & Officiating of each game (4 Internal & 1 External) 1.Track and Field: Running, Walking , Hurdle & Relay Events * 2. Gymnastics/ Swimming (*Any one)	1	3	4	25	75	100
MPPC-102N	<b>Laboratory Practical</b> Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology (Two practical for each subject)	1	3	4	25	75	100
MPPC-103N	<b>Sports and Games –I</b> 1.Yoga(Performance of Asanas, Kriyas, Bandhas& Pranayama) *2. (Any one activity of Indigenous/Aerobics/Self Defence Technique-Martial Arts, Taekwondo/ Karate/ Wushu (Any one activity + Yoga)	1	3	4	25	75	100
MPPC-104N	<b>Physical Fitness Test(NFPF „A')</b>	1	3	4	25	75	100
Total					200	600	800



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Semester-II

Part A: Theoretical Course(400 Marks)							
Course Code	Title of the Papers	Credits			Internal Marks	External Marks	Total Marks
		L/T	P/I	Total			
<b>Core Course</b>							
MPC-201N	Applied Statistics in Physical Education and sports	3	1	4	25	75	100
MPC 202N	Scientific Principles of Sports Training	3	1	4	25	75	100
MPC 203N	Sports Psychology	3	1	4	25	75	100
<b>Elective Course (Anyone)</b>							
MPEC 201N	Sports Biomechanics	3	1	4	25	75	100
MPEC 202N	Sports Medicine						
<b>Part-B Practical Course(400 Marks)</b>							
MPPC-201N	Games Specialization –II (Performance of Any Two Events/Apparatus of each game & Five Lessons of Teaching, Coaching & Officiating of each Game 1.Track and Field: Jumping events *2. Gymnastics/ Swimming (*Any one)	1	3	4	25	75	100
MPPC-202N	Sports and Games –II (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Cricket/Volleyball/Basketball/ Football/Handball/ Hockey/ Netball	1	3	4	25	75	100
MPPC-203N	Adventure or leadership Camp/Tour/ training for internal marks &Seminar (4 Internal & 1 External) (Topics on sports, yoga, wellness, health & fitness their research findings, survey of literature, development, historical or current issues.	1	3	4	25	75	100
MPPC-204N	Physical Fitness Test(NPFP „B’)	1	3	4	25	75	100
Total					200	600	800

*R. A. Dubey, P. K. Singh, Anshu, NSG, Anshu, NSG*



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SEMESTER-III

Part A: Theoretical Course(400 Marks)							
Course Code	Title of the Papers	Credit			Internal Marks	External Marks	Total Marks
		L/T	P/I	Total			
<b>Core Course</b>							
MPCC301N	Sports Management	3	1	4	25	75	100
MPCC 302N	Curriculum Design in Physical Education	3	1	4	25	75	100
MPCC 303N	Health Education and Sports Nutrition	3	1	4	25	75	100
<b>Elective Course (Anyone)</b>							
MPEC 301N	Value and Environmental Education	3	1	4	25	75	100
MPEC 302N	Sports Journalism and Mass Media Communication Technology						
<b>Part-B Practical Course(400 Marks)</b>							
MPPC-301N	<b>Games Specialization -III</b> (Performance of Any Two Events/Apparatus of each game & Five Lessons of Teaching, Coaching & Officiating of each game 1.Track and Field: Throwing Events *2. Gymnastics /Swimming (*Any one)	1	3	4	25	75	100
MPPC-302N	<b>Sports and Games - III</b> (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Kabaddi/Kho-Kho/ Boxing/ Judo/Wrestling/ Baseball / Softball	1	3	4	25	75	100
MPPC-303N	<b>Internship(Internal) &amp; Project</b>	1	3	4	25	75	100
MPPC-304N	<b>Physical Fitness Test(Canadian)</b>	1	3	4	25	75	100
Total					200	600	800



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SEMESTER-IV

Part A: Theoretical Course(400 Marks)							
Course Code	Title of the Papers	Credit			Internal Marks	External Marks	Total Marks
		L/T	P/I	Total			
<b>Core Course</b>							
MPCC-401N	Information & Communication Technology in Physical Education	3	1	4	25	75	100
MPCC-402N	Athletic Care and rehabilitation	3	1	4	25	75	100
MPCC-403N	Physical fitness & Wellness	3	1	4	25	75	100
<b>Elective Course (Anyone)</b>							
MPEC-401N	Adapted Physical Education	3	1	4	25	75	100
MPEC-402N	Dissertation						
<b>Part-B Practical Course(400 Marks)</b>							
MPPC-401N	Games Specialization - IV (Performance of Any Two Events/Apparatus of each game & Five Lessons of Teaching, Coaching & Officiating of each game 1.Track and Field: Heptathlon & Decathlon *2. Gymnastics / Swimming (*Any one)	1	3	4	25	75	100
MPPC-402N	Sports and Games - IV (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Badminton/ T.T/ Tennis/ Squash/ Shooting/ Archery/ Fencing	1	3	4	25	75	100
MPPC-403N	Classroom Teaching lessons on Theory Subjects(Topics) of Graduation Level ( 4 Internal & 1 External)	1	3	4	25	75	100
MPPC-404N	Physical Fitness Test(Cooper)	1	3	4	25	75	100
Total					200	600	800
					800	2400	3200



**Semester I  
Theory Courses**

**MPCC-101N RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS  
SCIENCES**

**UNIT-I Introduction**

Meaning and Definition of Research

Need, Nature and Scope of research in Physical Education. Classification of Research

Location of Research Problem, Criteria for selection of a problem Review of Literature

Qualities of a researcher.

**UNIT-II Methods of Research**

Descriptive Methods of Research

Survey Study, Methods of Survey, Case study

Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data,

Historical Criticism: Internal Criticism and External Criticism.

**UNIT-III Experimental Research**

Experimental Research-Meaning, Nature and Importance Meaning of

Variable, Types of Variables.

Experimental Design- Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

**UNIT IV- Sampling**

Meaning and Definition of Sample and Population Types of

Sampling:

Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling.

Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

**UNITV- Research Proposal and Report**

Chapterization of Thesis / Dissertation,

Front Materials, Body of Thesis, Back materials.

Method of Writing Research proposal, Thesis / Dissertation Method of

writing Research Report,

Method of writing abstract,

Understanding Footnote and Bibliography.

Method of writing a paper for presenting in a conference and to publish in journals

**References:**

S. L. Gupta & Hitesh Gupta (2011), Research Methodology (Text and Cases with SPSS applications), International Book House Pvt. Ltd. Ansari Road, New Delhi.

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc

Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.

Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London! Routledge Press

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics; Kamlesh,

M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi

Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar, Pathippagam.

Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc

Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication.

Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

**Semester I  
Theory Courses**

**MPCC-102N PHYSIOLOGY OF EXERCISE**

**UNIT I – Skeletal Muscles and Exercise**

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction– Heat Production in the Muscle, Effect of exercises and training on the muscular system.

**UNIT II – Cardiovascular System and Exercise**

Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the Heart – Cardiac Cycle – Stroke Volume – Cardiac Output – Heart Rate – Factors Affecting Heart Rate – Cardiac Hypertrophy – Effect of exercises and training on the Cardio vascular system.

**UNIT III – Respiratory System and Exercise**

Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and During Exercise. Diffusion of Gases – Exchange of Gases in the Lungs – Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities – Effect of exercises and training on the respiratory system.

**UNIT IV – Metabolism and Energy Transfer**

Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises.

**UNIT V – Climatic conditions and sports performance and ergogenic aids**

Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

**Note: Laboratory Practicals in Physiology be designed and arranged internally.**

**REFERENCES:**

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam. BeotraAlka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs. David, L  
Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.  
Fox, E.L., and Mathews, D. K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.  
Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.  
Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.  
Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.  
William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

**Semester I  
Theory Courses**

**MPCC-103N TEST, MEASUREMENT AND EVALUATION IN PHYSICAL  
EDUCATION**

**UNIT I – Introduction**

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.

**UNIT II – Motor Fitness Tests**

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

**UNIT III – Physical Fitness Tests**

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Rogers physical fitness Index. Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test)

**UNIT IV – Anthropometric and Aerobic-Anaerobic Tests**

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

**UNIT V – Skill Tests**

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc- Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

*Note: Practicals of indoors and out-door tests be designed and arranged internally.*

**REFERENCES :**

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
- Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
- Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
- Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
- Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc
- Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVSPublications
- Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication.
- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
- Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics
- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publication.

**Semester I  
Theory Courses**

**MPEC-101N Yogic Sciences (Elective)**

**UNIT I – Introduction**

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing – Awareness – Relaxation, Sequence – Counter pose – Contra- Indication – Inverted asana – Sunbathing. Effect of yoga on following diseases: asthma, jaundice, blood pressure and stress.

**UNIT II – Asanas and Pranayam**

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits, Chakras: Major Chakras- Benefits of clearing and balancing Chakras.

**UNIT III – Kriyas**

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dharti – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of JalendraBandha, JihvaBandha, UddiyanaBandha, MulaBandha.

**UNIT IV – Mudras**

Meaning, Techniques and Benefits of Hasta Mudras, Asamyuktahastam, Samyuktahastam, Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.

**UNIT V – Yoga and Sports**

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

*Note: Practicals be designed and arranged internally.*

**REFERENCE:**

- George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd. Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: KanchanPrakashan.  
Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book. Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers. KarbelkarN.V.(1993)  
Kenghe.C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai.  
Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.  
Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.  
Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.  
Swami SatyananadaSarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.  
Swami SatyanandaSarasvathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust. Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.  
Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.  
Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadhama.

**Semester I  
Theory Courses**

**MPEC-102N SPORTS TECHNOLOGY (Elective)**

**UNIT I – Sports Technology**

Meaning, definition, purpose, advantages and applications, General Principles and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

**UNIT II – Science of Sports Materials**

Adhesives- Nano glue, nanomoulding technology, Nano turf. Foot wear production, Factors and application in sports, constraints. Foams- Polyurethane, Polystyrene, Styrofoam, closed cell and open-cell foams, Neoprene, Foam. Smart Materials – Shape Memory Alloy (SMA), Thermo chromic film, High-density modelling foam.

**UNIT III – Surfaces of Playfields**

Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials – synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern play equipment's. Use of computer and software in Match Analysis and Coaching.

**UNIT IV – Modern equipment**

Playing Equipment's: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipment's: Throwing and Jumping Events. Protective equipment's: Types, Materials and Advantages. Sports equipment with nano technology, Advantages.

**UNIT V – Training Gadgets**

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

*Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/ sports goods manufacturers.*

**REFERENCE:**

Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.

Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher. John Mongilo, (2001), "Nano Technology 101" New York: Green wood publishing group.

Kochar, S.K. (1982) Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.)

Kozman, Cassidy and Jackson. (1952) Methods in Physical Education (W.B. Saunders Company, Philadelphia and London)

Walia, J.S. (1999) Principles and Methods of Education (Paul Publishers, Jullandhar)

**Semester II**  
**Theory Courses**  
**MPCC-201N APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS**

**UNIT I – Introduction**

Meaning and Definition of Statistics.  
Functions, need and importance of Statistics.  
Types of Statistics: Parametric and non-parametric statistics.  
Meaning of the terms, Population, Sample, Data, types of data.  
Variables; Discrete, Continuous.

**UNIT-II Data Classification, Tabulation and Measures of Central Tendency**

Meaning, uses and construction of frequency table.  
Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.

**UNIT-III Measures of Dispersions and Scale**

Meaning, Purpose, Calculation of Range, Quartile deviation, Mean Deviation, Standard Deviation,  
Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, t. scale etc.

**UNIT-IV Probability Distributions and Graphs**

Normal Curve: Meaning of probability- Principles of normal curve – Properties of normal curve.  
Divergence from normality – Skewness and Kurtosis.  
Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve etc.

**UNIT V – Inferential and Comparative Statistics**

Tests of significance; Sample t. Test, Independent t. Test, Dependent t. Test,  
Chi – Square test, level of confidence and interpretation of data.  
Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method.  
Concept of ANOVA and ANCOVA.  
Note: It is recommended that the theory topics be accompanied with practical, based on Computer software of statistics.

**References:**

J.P.Verma, (2011), Statistical Methods for Sports and Physical Education, Tata McGraw Hill Education private Limited, New Delhi.  
S. L. Gupta & Hitesh Gupta (2011), Research Methodology (Text and Cases with SPSS applications) International Book House Pvt. Ltd. Ansari Road, New Delhi.  
Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc  
Clark D.H. (1999) Research Problem in Physical Education 2nd  
Eaglewood Cliffs, Prentice Hall, Inc. edition,  
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics  
Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi  
Rothstein A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc  
Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication  
Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications

**Semester II  
Theory Courses**

**MPCC-202N SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

**UNIT I – Introduction**

Sports training: Definition – Aim, Characteristics, Principles of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures – Super Compensation – Altitude Training – Cross Training.

**UNIT II – Components of Physical Fitness**

Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training, Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints, Endurance, Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training.

**UNIT III – Flexibility**

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

**UNIT IV – Training Plan**

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans - Periodization: Meaning, Single, Double and Multiple Periodization, Preparatory Period, Competition Period and Transition Period.

**UNIT V – Doping**

Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations: over the- counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education

**REFERENCES:**

BeotraAlka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.  
Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.  
Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company  
Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book  
David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University Gary, T.  
Moran (1997) – Cross Training for Sports, Canada: Human Kinetics  
Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications  
Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia  
Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications  
YograjThani (2003), Sports Training, Delhi: Sports Publications

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Semester II  
Theory Courses

**MPCC-203N SPORTS PSYCHOLOGY**

**UNIT I - Introduction**

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning – Motor Perception: Factors Affecting Perception – Perceptual Mechanism. Personality: Meaning, Definition, Structure–Measuring Personality Traits. Effects of Personality on Sports Performance.

**UNIT II - Motivation & Mental State**

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement.

**UNIT III – Goal Setting**

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger dexterity board – Depth perception box – Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

**UNIT IV – Psychological aspects of Competition:**

Defining competition, determinants of competitive behavior, psychological characteristics of precompetition, during competition and post competition. Selected psycho regulative techniques technique for relaxation and activation. Psychological aspects of long term and short term preparation for competition, Psychological care of injuries, sports person, responses to injuries, prevention and coping techniques.

**UNIT V – Psycho-Social Facilitation:**

Presence of others, co action effect and audience effect in sports. Factors mediating social facilitations. **Volitional regulation actions in sports:** Meaning, Characteristics and Factors affecting volitional regulated behavior. Development of volitional qualities.

*Practical's: Atleast five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)*

**REFERENCES:**

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.  
Jain. (2002), Sports Sociology, Keal SahetyKendre Publishers.  
Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.  
John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prentice Hall Inc.  
John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.  
MiroslawVauks& Bryant Cratty (1999).Psychology and the Superior Athlete. London: The Macmillan Co.  
Richard, J. Crisp. (2000). Essential Social Psychology.Sage Publications.  
Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.  
Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.  
T helma Horn. (2002). Advances in Sports Psychology. Human Kinetic.  
Whiting, K, Karman.Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.



**Semester II  
Theory Courses**

**MPEC-201N SPORTS BIOMECHANICS AND KINESIOLOGY (elective)**

**UNIT I – Introduction**

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

**UNIT II – Muscle Action**

Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

**UNIT III – Motion and Force**

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components. Force applied at an angle - pressure -friction - Buoyancy, Spin - Centripetal force - Centrifugal force.

**UNIT IV – Projectile and Lever**

Freely falling bodies -Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage -classes of lever - practical application. Water resistance - Air resistance Aerodynamics. Note: Laboratory practical's should be designed and arranged for students internally.

**UNIT V – Movement Analysis**

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive.

*Note: Laboratory Practical's be designed and arranged internally.*

**REFERENCE:**

Deshpande S.H.(2002). ManavKriya Vigyan – Kinesiology (Hindi Edition) Amravati :HanumanVyayamPrasarakMandal.

Hoffman S.J. Introduction to Kinesiology. Human Kinesiology Publication In.2005. Steven Roy,& Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall. Thomas. (2001).

Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence

Mamta MP (2004) Kinesiology. Delhi, Friends Publication.

Uppal, A K. (2004), Kinesiology in Physical Education and Exercise Science, Delhi, Friends publications.

Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

*B. Sugandh, Pooja, A. K. Uppal, A. K. Lawrence, M. P. Mamta, M. P. Lawrence, M. P. Lawrence*

Semester II  
Theory Courses

**MPEC-202N SPORTS MEDICINE (Elective)**

**UNIT I – Introduction**

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

**UNIT II – Basic Rehabilitation**

Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications. Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching. Definition.Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

**UNIT III – Spine Injuries and Exercise**

Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries. Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

**UNIT IV – Upper Extremity Injuries and Exercise**

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture. Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

**UNIT V – Lower Extremity Injuries and Exercise**

Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, Strain, Strain, Strapping. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal wall, Contusion, Abdominal muscle strain. Free exercises – Stretching and strengthening exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injures.

*Practical's: Lab. Practical's and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences etc. should be planned internally.*

**REFERENCES:**

Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.  
James, A. Gould & George J. Davies.(1985) Physical Therapy. Toronto: C.V. Mosby Company.  
Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.  
P andey.(1998). Sports Medicine. New Delhi: KhelShitya Kendra  
The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications. Practical: Anthropometric Measurements,

*R. Singh, Sachin, Khushi, Aditya, Anshu, Nisha*

**Semester III  
Theory Courses**

**MPCC-301N SPORTS MANAGEMENT**

**UNIT I- Management:**

Meaning and Functions, The skills of management, the universal nature of the management process, Management and Administration, Principles and Theories of Management.

**UNIT II- Organization:**

Classical Principles, Bureaucracy; Bureaucracy in Democracy and in sports organizations. Open systems perspectives. The constitution of a national sports organization, office holders of an organization and their functional meetings.

**UNIT III- Human resource management:**

Definition & Aspect of HRM, Job analysis and its process. Human resource planning, Recruitments, Manpower Planning, Personal Management and its principles, Appraisals & Public Relation in physical education.

**UNIT IV- Management of performance:**

Evaluation and its techniques in physical education. Sports competition and its system, Training structure & performance. Injury management, Ethics of sports.

**UNIT V- Management of finance, Facilities and material:**

Financial administration in sports and physical education, Sources of funds in sports. Budgeting in sports and games, purpose and principles of budgeting. Material Management: Improvisation and Standardization of Sports equipment's and materials. Scientific purchasing. Storekeeping, inventory control and value analysis. Facility (outdoor and indoor) Planning, Construction and maintenance of sports facilities.

**REFERENCE:**

- Bucher Carles, A. (1987) Administration of Physical Education and Athletic programs. London, The C.V. Mosby Co.  
Chelladurai P. (1985) Sports Management Macro perspective. Canada Sports Dynamics  
Earle F. Zeigler & Gray W. Bowie (1993): Management competency Development in sports and physical education Philadelphia: W. Leo and Febiger.  
Bucher and Earnest Koerigeberg (1968): Scientific Inventory Management. New Delhi: Prentice Hall of India Pvt. Ltd.,  
Morson James G and Jimpaul (1988) Modern Sports Administration. Englewood Cliffs, New Jersey: Prentice Hall, Inc.  
Scholar Rondoll S and Nicholas.J. (1983) Personal Management. New York, West Publishing company.  
Vanderwag Harold. J. (1984) Sports Management (New York: Mac Millon publishing company.

*R. Syam* *P. Babu* *K. Divya* *A. Divya* *Aradhya* *NSA*

**Semester III**  
**Theory Courses**

**MPCC-302N PROFESSIONAL PREPARATION & CURRICULUM DESIGN  
IN PHYSICAL EDUCATION**

**UNIT I-** Features of Indian Democracy with regards to Contribution of Physical Education & sports. Historical review of Professional preparations in India. Role of the Government & nonofficial agencies in Accreditation /Certification, preparation and in improving professional preparation. Aim & purposes in professional Preparation, Basic principles of curriculum construction, Organization in general education, Preparation of General Education, allied and foundational subject.

**UNIT II-** Physical Education Graduate & Post-graduate level Professional Preparation Areas,Purposes, admissions, Curriculum, Laboratory experience, Field Experiences, Teaching Practice, area of specialization and concentration on core areas, Research requirement, Methods of instruction, Professional competencies, facilities and special resources for Library, Laboratory, Staff placement and follow-up.

**UNIT III-** Importance of Curriculum Development, factors affecting curriculum, changing needsof student, National and professional policies. The role of teacher in curriculum Development.Principles of planning Professional preparation, Evaluation and followup. Selecting material for Instruction-Calcinations of activities in Physical Education, Cultural influence in the in the choice of activities and flexibility of programme material.

**UNIT IV-** Selecting methods of teaching - Grouping of students for instruction, Lectures, Projects activities, demonstration, block of period, total time allotment for a given activity, teaching aids, conditioning special gadgets to concentrate on development of particular skills, bring up prerequisites for learning a given skill or activity, provision for individual differences. Development programme suitability of activities for different age groups and sexes, for different levels of education - Kindergarten elementary school, middle school, 10 + 2 school, college and university, special institution (Technical school, orphan hostel & for challenged people) special days and national days etc.

**UNIT V-** Co-education in Physical Education - Integrating the programmes for boys and girls,activities suitable for co-education needs, level at which co-education is desirable, special provision for development of girls programme. Committee recommendation – NCTE, NCERT, CBSE, UGC recommendations on curriculum for school and colleges curriculum followed in colleges of physical education CPED, DPED, BPE, B.Sc, BPEd, MPE, MPed and M. Phil.

**REFERENCES:**

- Aggarwal,J.C. (1990) Curriculum Reform in India-World Overviews, Doaba World Education Series-3 Delhi DoabaHouse,Book Seller and Publisher.
- Arora,G.L. (1984) Reflections on Curriculum, New Delhi: NCERT
- Gattu, J. Rryant,(1971) Career Potentials Physical Activity. New Jersey: Englewood Chiffs, Prentice Hall Inc.
- Jrwin,W.Lestia(1984)Curriculum in Health & Physical Edu, St.Louis:TheC.V.Mosby Company. Pyke,
- Frank,S. (1980) Towards better coaching. Australian Govt. Publishing Service
- Canberra. Willgoose, E. Carl(1982) The curriculum in Physical Education, Edition 3,New Jersey : Englewood Cliffs, Prentice Hall Inc.

**Semester III**  
**Theory Courses**

**MPCC-303N HEALTH EDUCATION AND SPORTS NURTITION**

**UNIT I- Health Education**

Concept, Dimensions, Spectrum and Determinants of Health Definition of Health, Health Education, Health Instruction, Health Supervision Aim, objective and Principles of Health Education Health Service and guidance instruction in personal hygiene

**UNIT II- Health Problems in India**

Communicable and Non-communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools Objective of school health service, Role of health education in schools Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc

**UNIT III – Hygiene and Health**

Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress

**UNIT IV- Sports Nutrition**

Nutrition Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

**UNIT V- Weight Control Management**

Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

**REFERENCES:**

- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
- Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
- Hanlon, John J. "Principles of Public Health Administration" 2003.
- Moss and et. al."Health Education" (National Education Association of U.T.A.)Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.
- Turner, C.E. "The School Health and Health Education".

**Semester III**  
**Theory Courses**  
**MPEC-301N VALUE AND ENVIRONMENTAL EDUCATION IN**  
**PHYSICAL EDUCATION (Elective)**

**UNIT-I** Concept of Human Values, Value Education towards Personal Development Aim of education and value education; Evolution of value oriented education Concept of Human values; types of values; Components of value education, Judging Value System. **Personal Development** Self-analysis and introspection; sensitization towards gender equality, physically challenged, intellectually challenged. Respect to - age, experience, maturity, family members, neighbors, co-workers. **Character Formation Towards Positive Personality:** Truthfulness, Constructivity, Sacrifice, Sincerity, Self-Control, Altruism, Tolerance, Scientific Vision.

**UNIT-II Value Education towards National and Global Development National and International Values**

**Constitutional or national values** - Democracy, socialism, secularism, equality, justice, liberty, freedom and fraternity. **Social Values** - Pity and probity, self-control, universal brotherhood. **Professional Values** - Knowledge thirst, sincerity in profession, regularity, punctuality and faith. **Religious Values** - Tolerance, wisdom, character. **Aesthetic values** - Love and appreciation of literature and fine arts and respect for the same. National Integration and international understanding.

**UNIT-III Therapeutic Measures**

**Control of the mind through**

Simplified physical exercise. Meditation – Objectives, types, effect on body, mind and soul  
Activities: Moralisation of Desires, Neutralisation of Anger, Eradication of Worries, Benefits of Blessings

**Unit-IV Environmental Education , Rural and Urban Sanitation**

Definition, Scope, Need and Importance of environmental studies. Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment, sustainable development, Pollution free eco- system. Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems, Slum Area, Sanitation at Fairs & Festivals, Mass Education for Sanitation.

**Unit- V Natural Resources and Related Environmental Issues**

Resources: - Water, food and Land resources. Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution. Management of environment and Govt. policies. Role of pollution control board.

**Practicum:**

Judging the Personal Values., Meditation Techniques, Plantation and its care.

**References:**

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.) Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B.Saunders Co.) 1971.

Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.) 1987.

Townsend C. and others, Essentials of Ecology (Blackwell Science)

Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K. Cambridge University Press 1995.

Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.

**E-References:**

<https://www.epa.gov/education/what-environmental-education>

<http://www.tnueu.ac.in/pdf/environmental.pdf>

[https://postconflict.unep.ch/humanitarianaction/documents/02\\_04-01.pdf](https://postconflict.unep.ch/humanitarianaction/documents/02_04-01.pdf)

[https://www.geo.lu.lv/fileadmin/user\\_upload/lu\\_portal/projekti/gzzf/Vides\\_zinatne\\_kursi/16. LECTURE-Environmental\\_policy.pdf](https://www.geo.lu.lv/fileadmin/user_upload/lu_portal/projekti/gzzf/Vides_zinatne_kursi/16_LECTURE-Environmental_policy.pdf)

**Semester III**  
**Theory Courses**  
**MPEC-302N SPORTS JOURNALISM AND MASS MEDIA (Elective)**

**UNIT I Introduction**

Meaning and Definition of Journalism, Ethics of Journalism – Canons of journalism- Sports Ethics and Sportsmanship – Reporting Sports Events. National and International Sports News Agencies.

**UNIT II Sports Bulletin**

Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin –Compiling a bulletin – Types of bulletin – Role of Journalism in the Field of Physical Education:Sports as an integral part of Physical Education – Sports organization and sports journalism –General news reporting and sports reporting.

**UNIT III Mass Media**

Mass Media in Journalism: Radio and T.V. Commentary – Running commentary on the radio –Sports expert's comments.Role of Advertisement in Journalism. Sports Photography: Equipment-Editing – Publishing.

**UNIT IV Report Writing on Sports**

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games.Preparing report of an Annual Sports Meet for Publication in Newspaper.Organization of Press Meet.

**UNIT –V Journalism**

Sports organization and Sports Journalism – General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News.Interview with and elite Player and Coach.

*Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working.Collection of Album of newspaper cuttings of sports news.*

**REFERENCE:**

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi :Surjeet Publications  
Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication.  
Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication.  
Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.  
K annan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication  
M ohitChakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.  
Padmanabhan. A &Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication.  
Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period.Sterling publication Pvt. Ltd.  
Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

**Semester IV**  
**Theory Courses**

**MPCC-401N INFORMATION & COMMUNICATION TECHNOLOGY  
(ICT) IN PHYSICAL EDUCATION**

**UNIT I – Communication & Classroom Interaction**

Concept, Elements, Process & Types of Communication, Communication Barriers & Facilitators of communication Communicative skills of English - Listening, Speaking, Reading & Writing Concept & Importance of ICT Need of ICT in Education Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration Challenges in Integrating ICT in Physical Education

**UNIT II – Fundamentals of Computers**

Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types Computer Memory: Concept & Types Viruses & its Management Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues

**UNIT III – MS Office Applications**

MS Word: Main Features & its Uses in Physical Education MS Excel: Main Features & its Applications in Physical Education MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education MS Power Point: Preparation of Slides with Multimedia Effects MS Publisher: Newsletter & Brochure

**UNIT IV – ICT Integration in Teaching Learning Process**

Approaches to Integrating ICT in Teaching Learning Process Project Based Learning (PBL) Co-Operative Learning Collaborative Learning ICT and Constructivism: A Pedagogical Dimension

**UNIT V – E-Learning, Web Based Learning and artificial intelligence**

E-Learning, Web Based Learning, Visual Classroom

Artificial intelligence :- introduction, tools, scope and importance in physical education.

**REFERENCES:**

B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006 Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition-2001  
Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005 Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004  
ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006 Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999  
Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006  
Mr. Koushik Chatterjee, Mr. Sohoni Saha, Mr. Debajit Karmakar The AI Revolution in Sports, Publisher: OrangeBooks Publication

**Semester IV  
Theory Courses**

**MPCC-402N ATHLETIC CARE AND REHABILITATION**

**UNIT I – Corrective Physical Education**

Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good posture, Drawbacks and causes of bad posture. Posture test – Examination of the spine.

**UNIT II – Posture**

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

**UNIT III – Rehabilitation Exercises**

Passive, Active, Assisted, resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

**UNIT IV – Massage**

Brief history of massage – Massage as an aid for relaxation – Points to be considered in giving massage – Physiological, Chemical, Psychological effects of massage – Indication / Contra indication of Massage – Classification of the manipulation used massage and their specific uses in the human body – Stroking manipulation: Effleurage – Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling – Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

**UNIT V – Sports Injuries Care, Treatment and Support**

Principles pertaining to the prevention of Sports injuries – care and treatment of exposed and unexposed injuries in sports – Principles of apply cold and heat, infrared rays – Ultrasonic, Therapy – Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.

*Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure. (To be assessed internally)*

**REFERENCES:**

- Doherty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.  
Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.  
Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York

**Semester IV  
Theory Courses**

**MPCC-403N PHYSICAL FITNESS AND WELLNESS**

**UNIT I – Introduction**

Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

**UNIT II – Nutrition**

Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices- social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs.

**UNIT III – Aerobic Exercise**

Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

**UNIT IV – Anaerobic Exercise**

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls) Advanced techniques of weight training

**UNIT V – Flexibility Exercise**

Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

**REFERENCE:**

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.  
Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedfordrow, London 1998  
D r. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.  
Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.  
Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.  
Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999  
Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95,  
Madison Avenue, New York 2001 Warner W.K. Oeger& Sharon A.Hoeger,Fitness and Wellness,  
Morton Publishing Company,1990.

**Semester IV  
Theory Courses**

**MPEC-401N ADAPTED PHYSICAL EDUCATION (ELECTIVE)**

**UNIT I- Introduction:**

Meaning, Definitions, Aims, goals & objective Need & importance of adapted Physical education Historical review of adapted Physical education

**UNIT II- Classification of Disability:**

(a) Physical disabilities (b) Mental Retardation (c) Visual Impairment (d) Hearing Impairment Their Causes, Characteristics and Functional Limitations.

**UNIT III- Adapted Physical Education Programme:**

Guiding principles for adapted physical education programme (AAPHERD Principle) Physical Education program for disabled of Elementary school, Middle School, High School, College & University Level.

**UNIT IV- Co-curricular Activities for disabled:**

Outdoor, Rhythm and Dance activities.

Nature of Aquatic activity programme for Disabled: Importance of aquatics for the disabled, Nature of aquatic activity programme based on types of various disabilities and Rehabilitative role and importance of aquatic activity.

**UNIT V- Rehabilitations:**

Aims and objectives of rehabilitations council of India  
Meaning of functional and occupational rehabilitation.

Importance of Adapted programme in Rehabilitation and Functional Rehabilitation  
Psychological Rehabilitation - Adjust mental, Environmental and Personality Development.  
Government welfare Programme.

*Note: Each student shall submit record of attending the clinic or centers observing the cases of disabled and their treatment procedure. (To be assessed internally)*

**REFERENCES :**

Anoop Jain, Adapted Physical Education, Sports Publication, Ashok Vihar Delhi. 52  
Arther G. Miller & James, Teaching Physical Activities to impaired youth, John Wilag& Sons Inc. Canada. Arthur S. Daniels & Euilya, Adapted Physical Education, Harpet& Row Publisher - New York. Auxter, Byler, Howtting, Adapted Physical Education and reactions. Morbey- St. Luis Mirrauri. K. Park,  
Preventive & Social Medicine, BanaridasBhanot Publishers Prem Nagar Jabalpur. Ronald W. French, & Paul J. Special Physical Education. Charies E. Merrics Publishing Co. Edinburgh, Ohio.  
ShekarKC, Adapted Physical Education (KhelSahitya Kendra: New Delhi.) Winnick JP, Adapted Physical Education and sport Human Kinetics USA, 2005

**Semester IV  
Theory Courses**

**MPEC-402N DISSERTATION (ELECTIVE)**

1. A candidate shall have dissertation for M.P.Ed. – IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IV<sup>th</sup> Semester Examination.
3. The candidate has to face the Viva-Voce conducted by DRC.

Semester I

Practicum Course

**MPPC- 101N GAMES SPECIALIZATION: TRACK & FIELD / GYMNASTICS/  
SWIMMING.**

Running, Walking, Hurdle & Relay Events

Fundamental skills –

Use of Starting blocks- stance on the blocks.

Body position at the start, Hurdle & Relay Events- starting technique, change in bodyposition during running, movements of the arms, stride length and frequency, position of torso while running/walking/ clearing hurdle/baton exchange and at finish.

Advanced Skills/Correction of faults: various techniques of sprint start: Bullet start, standing start, Walking, Hurdle & Relay Events

Active game practice

*Note: Course contents in Gymnastics and Swimming should be chalked out internally considering availability of facilities, advance level of students, suitable to their age and gender*

Semester I

Practicum Course

**MPPC- 102N Laboratory Practical** in Anthropometric Measurement, Sports Psychology, Physiology of Exercise, Biomechanics and Kinesiology (Two standardized tests practical from each subject)

Semester I

Practicum Course

**MPPC- 103N SPORTS AND GAMES: YOGA & INDIGENOUS ACTIVITIES** (Lezium, Dumb-Bell, Umbrella, Tipri, Wands, Hoops/Malkhambh) /**AEROBICS/SELF DEFENCE TECHNIQUE- Martial Arts, Taekwondo/Karate/ Wushu**(Yoga + Any one activity)

**YOGA-** Asanas prescribed by Maharshi „Patanjali“, ShudhiKriyas, jalneti, sutraneti, dugdhaneti, kunjaj, Nauli, Bhastika, shatkriya, Pranayams, Anulom-vilom, Kapalbhati,

**INDIGENOUS & MASS DEMONSTRATION ACTIVITIES:** The students of M.P.Ed-I

Semester need to develop proficiency in taking teaching classes in indigenous activities and Mass demonstration under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the first semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively. Students are expected to learn and organize mass drill in school Situation on following aspects:

Apparatus/ Light apparatus Grip

Attention with apparatus/ Light apparatus

Stand-at-ease with apparatus/ light apparatus

Exercise with verbal command, drum, whistle and music—Two count, Four count, Eightcount and Sixteen count.

Standing Exercise

Jumping Exercise

Moving Exercise

Combination of above all

**MALKHAMB: Table of Exercises on Malkhamb should be prepared internally for teaching.**  
**General out-line of the contents of teaching of theory of Games and Sports**

Introduction of the game/sport and historical development with special reference to India, Orientation of the students to the play area and equipment used in the game/sport, Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the Game/sport. Warming-up- General free hand exercises, specific work out using equipment. Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

**AEROBICS** -Rhythmic Aerobics–dance, Low impact aerobics, High impact aerobics, Aerobickick boxing

Moves March single, basics, side to side alternate, turn s/a ,double side to side, stop watch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, travel s 11. kick side, corner, heel to left, shape, 'e' shape, shapew, shape, repeater left mode

Warm up and cool down

Being successful in exercise and adaptation to aerobic workout.

Semester I

**Practicum Course  
MPPC-104N PHYSICAL FITNESS TEST:**

National physical fitness proficiency Modified Test (NPFP „A') is to be practiced and organized as per the norms/scores prepared by the department presented below.

**Semester -I : National Physical Fitness Proficiency Test Modified Norms (Battery 'A')**

S. No.	Events	Sex	Performance Scores					
			14 Marks	12 Marks	10 Marks	08 Marks	07 Marks	06 Marks
1.	100 M run (Sec.)	Men	Below12.0	12.0-12.9	13.0-13.9	14.0-14.9	15.0-15.9	16.0 & Above
		Women	Below14.0	14.0-14.9	15.0-15.9	16.0-16.9	17.0-17.9	18.0 & Above
2.	Long Jump (Mtr.)	Men	Above 5.25	5.25-4.74	4.75-4.24	4.25-3.74	3.75-3.26	3.25 & Below
		Women	Above 4.00	4.00-3.75	3.50-4.26	3.25-3.01	3.00-2.76	2.75 & Below
3.	Shot Put (Mtr.)	Men	Above 8.00	8.0-7.51	7.50-6.51	6.50-5.51	5.50-4.51	4.50 & Below
		Women	Above 7.00	7.0-6.51	6.50-5.51	5.50-4.51	4.50-3.51	3.50 & Below
4.	High Jump (Mtr.)	Men	Above 1.50	1.50-1.46	1.45-1.30	1.30-1.16	1.15-1.01	1.00 & Below
		Women	Above 1.26	1.25-1.06	1.05-0.96	0.95-0.86	0.85-0.76	0.75 & Below
5.	800 M run (Min.)	Men	Below 2:25	2:25-2:34	2:35-2:44	2:45-2:69	2:75-2:99	3:00 & Below
	200 M run (Min.)	Women	Below 30.0	30.0-32.4	32.5-34.9	35.0-37.4	37.5-39.9	40.0 & Above

*R. Singh* *Singh* *Prakash* *A. Singh* *A. Singh* *Anand* *N. Singh*

Semester II

Practicum Course

**MPPC- 201N GAMES SPECIALIZATION: TRACK & FIELD /  
GYMNASTICS/ SWIMMING.**

Jumping Events: Long Jump, Triple Jump, High Jump, Pole Vault.

- Fundamental skills –  
Body position at the start, Use of runway, Running, Take off & Landing-  
starting technique, change in body position during running, movements of  
the arms, stride length and frequency, position of torso.
- Advanced Skills/Correction of faults: various techniques of start,  
Running, Take off & Landing.
- Active game practice

*Note: Course contents in Gymnastics and Swimming should be chalked out internally considering availability of facilities, advance level of students, suitable to their age and gender*

Semester II  
Practicum  
Course

**MPPC-202N SPORTS AND GAMES:** The Candidate has choice to select any two of the following games in 2nd Semester (Cricket/Volleyball/Basketball/Football/Handball/ Hockey/Netball)

*Note: Course contents in game or sport should be chalked out internally considering advance level of students (Teaching & Officiating) and suitable to their age and gender. Practical skill test- any one of each.*

Semester II  
Practicum  
Course

**MPPC-203N ADVENTURE or LEADERSHIP CAMP/TOUR/TRAINING & SEMINAR**  
**ADVENTURE ACTIVITIES:** Trekking, Wall climbing, River crossing,  
Mountaineering, etc

**SEMINAR:** Presentation on topics of sports, yoga, wellness, health & fitness  
their research findings, survey of literature, development, historical or current issues.

Semester II  
Practicum  
Course

**MPPC-204N PHYSICAL FITNESS TEST:**

Modified National physical fitness proficiency Test (NPFP „B’) is to be practiced and organized as per the norms/scores prepared by the department presented below.

**Semester II**

**Semester -II : National Physical Fitness Proficiency Test Modified Norms (Battery 'B')**

S. No.	Events	Sex	Performance Scores					
			14 Marks	12 Marks	10 Marks	08 Marks	07 Marks	06 Marks
1.	100 M run (Sec.)	Men	Below12.0	12.0-12.9	13.0-13.9	14.0-14.9	15.0-15.9	16.0 & Above
		Women	Below14.0	14.0-14.9	15.0-15.9	16.0-16.9	17.0-17.9	18.0 & Above
2.	Long Jump (Mtr.)	Men	Above 5.25	5.25-4.74	4.75-4.24	4.25-3.74	3.75-3.26	3.25 & Below
		Women	Above 4.00	4.00-3.75	3.50-4.26	3.25-3.01	3.00-2.76	2.75 & Below
3.	12 Min.Run /Walk (Mtr.)	Men	Above 2601	2600-2301	2300-2001	2000-1601	1600-1201	1200 & Below
	08 Min.Run /Walk (Mtr.)	Women	Above 1701	1700-1501	1500-1301	1300-1101	1100-901	900 & Below
4.	Puss ups Dand Style (Nos)	Men	Above 35	35-30	29-25	24-15	15-06	05 & Below
	Sit ups (Nos)	Women	Above 35	35-30	29-25	24-15	15-06	05 & Below
5.	Cricket Ball Throw (Mtr.)	Men	Above 65	35-56	55-46	45-36	35-26	25 & Below
	Hand Ball Throw (Mtr.)	Women	Above 25	25-21	20-16	15-11	10-06	05 & Above

*R. Singh*      *P. Singh*      *A. Singh*      *A. Singh*      *Arora*      *N.S.*

**Semester III  
Practicum  
Course  
MPPC- 301N GAMES SPECIALIZATION: TRACK & FIELD /SWIMMING/  
GYMNASTICS**

Throwing Events: Shot put, Discus throw, Javelin throw, Hammer throw

- Fundamental skills –
  - Use of Throwing Arena/runway.
  - Body position at the start, Grip, rotation & release- preliminary swing, change in bodyposition during running/rotating, movements of the arms, stride length and frequency, follow throw.
- Advanced Skills/Correction of faults: Various techniques of Start, Rotation/Carry, Release& Reverse.
- Active game practice

*Note: Course contents in Gymnastics and Swimming should be chalked out internally considering availability of facilities, advance level of students, suitable to their age and gender*

**Semester III  
Practicum  
Course**

**MPPC-302N SPORTS AND GAMES:** The Candidate has choice to select any two of the following games in 3rd Semester. **(Kabaddi/Kho-Kho/ Boxing/ Judo/Wrestling/ Baseball /Softball)**

*Note: Course contents in game or sport should be chalked out internally considering advance level of students (Teaching & Officiating) and suitable to their age and gender. Practical skill test- any one of each.*

**Semester III  
Practicum  
Course**

**MPPC-303N INTERNSHIP& PROJECT**

**INTERNSHIP:** Every student has to serve honorary in the institution/ School/fitness

centers. Evaluated on the basis of Daily Diary preparation, regularity, teaching quality, sincerity, class control and job execution.

**Criteria for evaluating Internship Programme:**

- A Student will be required to join any school/organization in any one of the following areas:
  - Gym and Health Club management.
  - Aerobics/Mass Demonstration.
  - Training of Life guard for water sports.
  - Sports Management/Journalism.
  - Teaching Physical Education in Schools/Institutions/Centers.
- A student is required to bring a certificate on letter head of the Institute from the Head of the Organization., specifying that he/she has imparted instruction/training/teaching in that organization w.e.f. ....to..... and his/her work has been excellent/very good/good/satisfactory/poor (The administrator may tick any one of the five alternatives).

**PROJECT:** Informative model (working or simple, preparation of informative chart or flex board) related to Physical Education, sport, health, wellness, yoga & fitness to be prepared individually or in group.

**Semester III  
Practicum  
Course**

**MPPC-304N PHYSICAL FITNESS TEST**

Modified Canadian fitness Test is to be practiced and organized as per the norms/scores prepared by the department presented below.

**Canadian Fitness Test Marking Norms**

S.No	Events	Sex	Performance Scores					
			70Marks	65Marks	60Marks	55Marks	50Marks	45Marks
1	Canadian Test (Sec.)	Men	28 & Below	29-34	35-39	40-44	45-49	50 & Above
		Women	34 & Below	35-39	40-44	45-49	50-54	55 & Above

**Semester IV  
Practicum  
Course**  
**MPPC- 401N GAMES SPECIALIZATION: TRACK & FIELD /SWIMMING/  
GYMNASTICS**

Combined Events: Decathlon & Heptathlon

- Fundamental skills –  
Decathlon & Heptathlon events.  
Use of scoring system.
- Advanced Skills/Correction of faults:
- Active game practice

**TEACHING/COACHING/OFFICIATING LESSONS OF TRACK &  
FIELD/GYMNASTICS/ SWIMMING:**

The students of M.P.Ed –IV Semester need to develop proficiency in taking Teaching/ Coaching/ Officiating lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class, they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the forth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these Teaching/ Coaching/ Officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**Note:** Course contents in Gymnastics and Swimming should be chalked out internally considering availability of facilities, advance level of students, suitable to their age and gender

**Semester IV  
Practicum Course**

**MPPC-402N SPORTS AND GAMES:** The Candidate has choice to select any two of the following games in 4th Semester (**Badminton/ T.T/ Tennis/ Squash/ Shooting/ Archery/ Fencing**)

*Note: Course contents in game or sport should be chalked out internally considering advance level of students (Teaching & Officiating) and suitable to their age and gender. Practical skill test- any one of each.*

**Semester IV  
Practicum Course**

**MPPC-403N CLASS ROOM TEACHING (LESSONS ON THEORY SUBJECTS)**

The students of M.P.Ed-IV Semester need to develop proficiency in taking teaching lessons as per selected subjects/Topics of B.P. Ed level. In view of this, the students shall be provided with selected or specialized subject teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**Semester IV**  
**Practicum Course**  
**MPPC-404N PHYSICAL FITNESS TEST**

Modified Cooper Fitness Test is to be practiced and organized as per the norms/scores prepared by the department presented below.

**Semester - IV:Cooper Fitness Test Modified Marking Norms**

S.No	Events	Sex	Performance Scores					
			70Marks	65 Marks	60 Marks	55 Marks	50 Marks	45Marks
1	12 Min run/ Walk (Mtr.)	Men	Above 2800	2800-2501	2500-2201	2200-1801	1800-1401	1400 & Below
	09 Min run/ Walk (Mtr.)	Women	Above 1800	1800-1601	1600-1401	1400-1201	1200-1001	1000 & Below

*R. Sugandh*      *P. Chandra*      *A. D. Singh*      *A. D. Singh*      *Arup*      *N. S. S.*

**CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR, (U.P.)**  
**ORDINANCE & REGULATIONS FOR**  
**M.P.ED. TWO YEARS PROGRAMME (FOUR SEMESTERS)**  
**(Effective From-2024-2026)**

**Preamble:**

The Master of Physical Education (M.P.Ed.) two years (Four Semesters) programme is a professional programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges/Universities and teacher educators in College of Physical Education.

The M.P. Ed. programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprise of compulsory and optional theory as well as practical courses and compulsory school internship in School/College/Sports Organizations/Sports Academy/Sports Club.

1. **Degree Title:** Master of Physical Education (M.P.Ed.)

2. **Name of the Faculty:**

3. **Duration&Nature of Course:**

The M.P.Ed programme is of duration of two academic years i.e. four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of **Three years** from the date of admission to the programme.

The Master of Physical Education (M.P.Ed.) is a regular post-graduation professional course in Physical Education on full time basis.

4. **Eligibility:** As decided by NCTE /University/State Government from time to time.

5. **Admission Procedure:**

Eligible candidate shall be called for entrance test. The various items shall be as follows:

- i. Written test of objective/short answer type.  
(Level expected B.P. Ed./D.P. Ed./B.P. E./B.A. in Phy. Edu./B.Sc. in Phy. Edu.)
- ii. Test in Games/Sports (skill/playing ability in area of specialization to be repeated and offered by University)

The test in one game/sports to judge the suitability of the candidate to undertake the specialization in game/sports.

- iii. Interview and viva for consideration of sports person.

6. **Total Seats:**

As per U.G.C./N.C.T.E./Other Statutory Councils from time to time.

7. **Fee Structure:**

The fees structure shall be as prescribed by the University from time to time.

8. **Eligibility for the Award of the Degree:**

A candidate shall be eligible for the degree of Master of Physical Education when he/she has completed the requirement of examination successfully as per ordinance.



**9. Attendance:**

- (i) The student will have to fulfill minimum requirement of 75% attendance as per the University rules. However, 15% relaxation in attendance will be given by the Vice-Chancellor on the recommendation of the Head of Department under the special circumstances.
- ii) A student who absents himself for 10 days continuous without prior information, his name will be struck off from the roll.
- (iii) A student who seeks readmission will have to pay Rs. 1,000/- as readmission fee.
- (iv) In case he defaults again and absents for 10 days another time, no readmission will be given.

**10. Examiners:**

The examiners both in theory and practical must be recommended /appointed by Board of Studies.

**11. Working days:**

There shall be at least 100 working days each semester exclusive of admission and examination processes etc.

**12. General Instruction:**

For matters not covered in this ordinance, general rules of C.S.J.M. University, Kanpur, U.P. as applicable in semester examination shall apply in other matters. Executive council of C.S.J.M. University, Kanpur, U.P. shall be competent to take decision.

**Semesters:**

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 90 actual teaching days. The odd semester may be scheduled from May/June to December/January and even semester from December/January to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

**Medium of Examination:**

The medium of instruction and examination shall be English or Hindi for the M.P. Ed. Course as per choice of the candidates.

**Examination:**

1. The examination for Master of Physical Education (M.P.Ed.) shall consist of 16 Theory papers (i.e. 03 cores & 01 Elective in each semester). Four papers shall be offered in each of the four semesters. Besides the University examination, sessional (internal) marks will be added to each paper separately. A candidate must obtain for passing at least 33% marks in each written and sessional papers separately in the university examination and also obtain at least 36% marks in the aggregate marks of the paper including the sessional marks in each paper of each semester.
2. A candidate who, after passing the First, Second and Third Semester Examinations of this University has completed a regular course of study for one semester, shall be admitted to the Second, Third and Fourth Semester examination, respectively, for the degree of Master of Physical Education (M.P.Ed.).
3. In M.P.Ed. I, II, III & IV semester there shall be a final examination in part-B (Practicum) to be conducted by Internal and External examiner and each candidate must obtain for passing at least 36% marks in each examination. In order to pass Master of Physical Education (M.P.Ed.).



4. There shall be examinations at the end of each semester, for first semester in the month of November/December: for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in December/January or May/June.
5. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student.
6. The candidate shall qualify the written and practical examination both for each paper (where, practical examination is a part of the paper) at a stretch on one single attempt, not in parts. In the end result of examination if the candidate has passed in the practical examination (if practical examination is a part of the concerned paper) but has failed in theory examination in paper/s, as the case may be, the candidate shall reappear only in the theory examination. Similarly, if the candidate has been declared failed in the practical examination in paper/s, then the candidate shall have to reappear in practical examination.
7. In the first three semesters, the candidates will be declared only as “Pass” or “Fail”. Division will be awarded only on the basis of combined result of all four semesters of M.P.Ed examinations.
8. Candidates who pass in 2/3 of the number of subject/papers prescribed for the semester/annual examination (any fraction exceeding, half will be counted as one. Half or less than half shall be ignored). These candidates shall be promoted to the next semester/higher class of the continuing course but will be required to reappear in the subject in which they have failed as Back Paper.
9. If a student has failed in the Internal assessment and also in theory paper of any subject and is allowed to re-appear in subsequent examination in theory paper (as back paper), his revised marks in theory paper would be the higher marks obtained in the back paper examination. Internal assessment marks would also be increased proportionately on the basis of marks obtained in the back paper theory examination.
10. A candidate who fails in a semester or gets back paper facility and is allowed to re-appear will appear in the next examination of that semester by paying the prescribed examination fees.
11. A student who fails in a subject/semester/annual examination may not be re-admitted to this course and may be allowed to appear in the next examination of that semester/annual examination as an ex-student of the payment of full examination fees prescribed for the course as University Rules or he may seek re-admission by paying the fees prescribed by the University.
12. Before final declaration of end semester result it will be referred to a committee consisting of faculty members and Registrar/Controller of examination of the University. This committee will ensure that all provisions of the existing ordinance have been adhered to in case of any unusual deviation from general standard of marking the committee will refer the case with its recommendations to the Hon'ble Vice Chancellor for a decision.



13. No person shall be admitted as a candidate for the examination for any of the part after the lapse of four years after admission to the first year of M.P.Ed. course.
14. The University will hold SPECIAL BACK PAPER Examination for M.P.Ed. Fourth Semester students within one month after the results of M.P.Ed. Fourth Semester have been declared and the outgoing students of M.P.Ed. Fourth Semester will be provided an opportunity to clear Back Papers in different semesters. A candidate who has been absent in a paper will be deemed as fail in that paper.
15. The Students of M.P.Ed. Course can submit application for scrutiny of answer books within one month of date of issue of marks sheet by depositing the requisite fee prescribed as per University rules.
16. Sessional marks obtained by a candidate shall be carried over if a candidate fails in the final examination in any or all papers of any semester and appears as an ex-student. If the candidate seeks readmission as a regular student, the Sessional marks previously obtained for those papers shall stand cancelled.

**Rules pertaining to Evaluation:**

- The maximum marks for all the core and optional paper will be 100 (04 credits) marks out of which 75 (03 credits) marks will be external and 25 (01 credit) marks will be internal.
  - A. Internal Assessment – 25% weightage of a course
    - Project/Assignment - 05 marks
    - Presentation on given project/assignment - 05 marks
    - Test/ Mid-term assessment – 10 marks
    - Attendance/activities – 05 marks
  - B. End Semester Exam – 75% weightage of a course
- In every Core and Optional papers, five (05) marks out of 25 will be awarded as under for Attendance.
 

<b>75% - 80%</b>	<b>-</b>	<b>1 Marks</b>
<b>81% - 85%</b>	<b>-</b>	<b>2 Marks</b>
<b>86 % - 90%</b>	<b>-</b>	<b>3 Marks</b>
<b>91% - 95%</b>	<b>-</b>	<b>4 Marks</b>
<b>96% &amp; above</b>	<b>-</b>	<b>5 Marks</b>
- Professional Development will be evaluated through grades (A= Excellent; B=Very Good; C=Good; D=Satisfactory; E= Unsatisfactory and deemed to fail. The Evaluation will be done internally by a board comprising of Head of the department and concerned teachers. For the ease of evaluation while making a transition from marks-based system to grading system, assessment of each course of a semester will be held for maximum marks of 100 irrespective of number of credits allotted to the course. The marks will be converted to grades as per the following table:



- **Declaration of results**

After appearing at the Examination of the a particular Semester the candidates can be put in the following categories in the context of declaration of the results of the Semester Examination:

- Passed
- Carry over
- Failed
- All students under category Passed and Carry over shall be promoted to the next Semester.
- “Failed” or “Carry over” students may clear their UNCLEARED courses in subsequent examinations as ex-students or Back Paper candidate.
- A student who has failed in a course shall get one more chances only to clear this course subject to the maximum duration for passing the course. Further, each candidate shall have to clear all the courses within the maximum period of 3 years from the date of his/her latest admission.
- A candidate shall be declared to have passed in M.P.Ed. Examination in the divisions as detailed hereunder:-

**Table**

Letter Grade	Description	Limitation of Digits	Grade Point
O	Outstanding	91-100	10
A <sup>+</sup>	Excellent	81-90	9
A	Very Good	71-80	8
B <sup>+</sup>	Good	61-70	7
B	Above Average	51-60	6
C	Average	41-50	5
P	Pass	33-40	4
F	Fail	0-32	0
AB	Absent	Absent	0
Q	Qualified		
NQ	Not Qualified		

*R. Singh*   *Singh*   *Rohit*   *A. Singh*   *A. Singh*   *Arora*   *MSG*

### Calculation of CGPA

For jth Semester $SGPA(S_j) = \frac{\sum(C_i \times G_i)}{\sum C_i}$	<b>Where:</b> $C_i$ = number of credits of the $i$ th course in $j$ th semester. $G_i$ = grade point scored by the student in the $i$ th course in $j$ th semester.
$CGPA = \frac{\sum(C_j \times S_j)}{\sum C_j}$	<b>Where:</b> $S_j$ = SGPA of the $j$ th semester $C_j$ = total number of credits in the $j$ th semester.

Conversion of CGPA  
Aggregate Percentage =  $CGPA \times 9.5$

### Table

Division	Classification
First	6.50 or Above and 10.00 below CGPA
Second	5.00 or Above and 6.50 below CGPA
Third	4.00 or Above and 5.00 below CGPA

### **PROMOTION CRITERION**

1. No student will be detained in Semester 1 or 3 on the basis of his/her performance in 1 or 3 Semester examination. They will be promoted substantially from 1 to 2 and 3 to 4 Semesters.
2. A student shall be eligible for promotion from 1<sup>st</sup> year to 2<sup>nd</sup> year of course provided he/she passed **50% Credits of Theory & Practical papers of 1 & 2 Semester taken together.** However, he/she will have to clear the remaining papers while studying in the year 2 of the programme.
3. Students who do not fulfill the promotion criteria shall be declared fail in the year concern however they will have to option to retain the marks in the papers in which they have secured pass marks.
4. If a candidate fails in year 1 examination (that is pass less than 50% theory papers taken together semester 1 and semester 2) has to re-appear in part 1 examination to clear all his/her fail papers to fulfill the promotion criteria, however he/she shall have the option to retain the marks in the papers in which he/she has secured pass marks.
5. If a candidate fails in year two examination (that is pass less than 50% credits of theory and practical papers taken together semester 3 and 4) has to the re-appear in year two examination to clear all his/her fail papers, however he/she shall have the option to retain the marks in the papers in which he/she has secured pass marks.
6. A student who has to re-appear in a paper described the semester 1 or 3 may do so only in the Odd semester examination to be held in November/December. A student who has to reappear in a paper or papers prescribed for semester 2 or 4 may do so only in the even semester examination to be held in April / May.
7. A student who reappears in a paper shall carry forward the internal assessment marks, originally awarded. However, if a student is absent in internal assessment he/she shall be required to reappear for the internal assessments separately.
8. However, all the candidates have to complete the programme in maximum three years from the date of their admission in the programme as per NCTE gazette notification 2014(Appendix 8 Regulation 2014)



## DECLARATION OF RESULTS

After appearing at the Examination of the particular Semester the candidates can be put in the following categories in the context of declaration of the results of the Semester Examination:

- Passed
  - Carry over
  - Failed
- All students under category Passed and Carry over shall be promoted to the next Semester.
  - “Failed” or “Carry over” students may clear their UNCLEARED courses in subsequent examinations as ex-students or Back Paper candidate.
  - A candidate shall be declared to have passed in B.P.Ed. Examination in the divisions as detailed here under:-
    - Ist -Division: 60% or above marks.
    - IInd - Division: 48% or above but less than 60% marks.
    - IIIrd - Division: 36% or above but less than 48% marks
  - To pass in course students have to secure minimum 33% including internal and external marks. The minimum passing standard for Aggregate in a semester end Examination shall be 36%.
    - a. There will be semester examination conducted by the examining body.
    - b. Candidates will have the option of writing the examination either in Hindi or in English medium.
    - c. Students will be evaluated internally and externally, as well.

### Miscellaneous:

- i. No candidate shall be allowed to appear in any semester Examination of M.P. Ed., if he/she is in service on full time/part time basis before the completion of the final Examination (theory, practical and internal assessment etc.). However, if the candidate has the permission from the employer concerned to join the course along with the approved Leave Certificate and “No Objection Certificate” for the entire duration of the course of study, the candidate shall be eligible to carry on the course and may appear in the examination (provided the candidate fulfill all other condition/s). In case of concealment of facts found/proved, the candidate shall be held responsible and action of debarring from the course and/or legal action shall be taken against him/her.
- ii. No female candidate shall be allowed to continue the course of study for the concerned semester, if she carries pregnancy. However, the maximum duration of the course will be three years from the 1st year of initial admission to the course.
- iii. The candidate failing or failing to appear in the M.P. Ed. IV semester, shall be allowed to appear in at the Semester-IV examination in the next semester, only on being enrolled as an “Ex-student” (provided, the candidate fulfills all the examination eligibility criteria to appear on the final examination) in accordance with the regulations prescribed on that behalf. Candidates must pass the M.P. Ed. course with in the duration of three years from the year of their first admission to the first year of the M.P. Ed. course.

### Games Specialization:

Track & Field and \*Gymnastics/ Swimming (\*any one) Skills to be performed as per the syllabus prescribed. Course contents in gymnastics/swimming should be chalked out internally considering the level of students and suitable to their age and gender. Skill Performance of Any Two Events/Apparatus of each games (Track and Field & Gymnastics/ Swimming) for internal assessment, one from each game for external assessment. Five Lessons of Teaching, Coaching, Marking & Officiating of each game (4 Internal & 1 External). The duration of the lesson to be conducted by these students shall be in the range of **40 to 45** minutes depending on the class time they are going to handle at school/college level.

### **Laboratory Practical:**

Standardized laboratories tests related to sports psychology, physiology of exercise, sports biomechanics & kinesiology are to be practiced. The evaluation by internal & external will be on the basis of knowledge about the conduct of test, its norms, handling of apparatus/tools and self-performance.

### **Sports and Games:**

In Games & Sports Individual Skill, Game Situation, Officiating, Lead-Up games are to be practiced and evaluated internally. Course contents should be chalked out internally considering the level of students and suitable to their age and gender. As far as possible, available standardized Practical skill test should be conducted in order get evaluated by the external.

### **Classroom Teaching:**

In order to develop proficiency in taking teaching lessons in classrooms as per the selected topics are to be prepared and presented in a prescribed format. The topics shall be from the graduate level theory subject course contents. Each student teacher is expected to take at least five lessons during the semester out of which four will be evaluated by the internal and one will be by the external examiner. The duration of the lesson to be conducted by these students shall be in the range of 40 to 45 minutes depending on the class time they shall handle at school / college level.

### **Adventure/Leadership Camp/Tour/Training:**

Adventure/Leadership Camp/Tour/Training from the registered agencies is compulsory to attend in order to get the degree certificate to be issued by the concerned Principal/Head of the Department of the University. Internal Assessment is based on leadership quality, active participation, sincerity and discipline.

### **Seminar:**

Seminar will be organized by the department and every student has to present paper or article on topics of sports, yoga, wellness, health & fitness their research findings, survey of literature, development, historical or current issues. Topics will be approved by the department and evaluated by the external examiner.

### **Internship (Internal) & Project:**

On the basis of Daily Diary preparation, regularity, teaching quality, sincerity, class control and job execution (Report given by concerned institute or school Principal/Head will be taken into consideration) internal Marks will be awarded by the H.O.D. Every student has to serve in honorary basis in the institution/School/fitness centers allotted by the department. He has to report regularly & serve for the period of one month.

Model (working or simple, preparation of informative chart or flex board) related to Physical Education, sport, health, wellness, yoga & fitness (allotted in groups or individually by the Head) has to be prepared under Project work which will be evaluated by the internal examiner.

### **Physical Fitness Test:**

In every semester following Modified Physical Test is to be practiced and organized by the department as a regular feature. It has to be evaluated by the internal & external examiner appointed by the University as per the norms/scores prepared by the department.



### **Dissertation:**

Dissertation will be opted as an elective course in IV semester. Dissertation of 75 Marks to be awarded by the external examiners after Viva-voice held at department and 25 marks will be given by the guide or supervisor. The topic of the dissertation and guide shall be approved by the departmental research committee constituted by the Head of the department.

When a candidate has failed in the examination but he has obtained pass marks in the dissertation, the dissertation marks may be carried forward to the prescribed limits of 3 years as specified above. If candidate fails in dissertation but secures pass marks in written papers, the candidate shall be permitted to complete his requirement for dissertation within the required period of three years. If a candidate seeks fresh assignment of dissertation, his Sessional marks previously obtained shall stand cancelled. The Guide for the dissertation shall be the internal examiner for the dissertation. If reassessment is sought, the Guide may be changed, if needed. The candidates of M.P. Ed IV Semester shall submit three copies of dissertation on or before the commencement of final examination failing which he shall be declared failed in dissertation and such candidates shall have to submit the dissertation in the next examination as an ex-student.

### **Grievance Redressal Committee:**

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher/Principal/Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

### **Revision of Syllabi:**

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to **twenty percent** of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

