

CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR, U.P.
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
M.P. ED. TWO YEARS PROGRAMME (FOUR SEMESTERS)
(July 2015 Onwards)
REVISED COURSE STRUCTURE
Semester-I

Part A: Theoretical Course(400 Marks)						
Course Code	Title of the Papers			Internal Marks	External Marks	Total Marks
Core Course						
MPCC-101	Research Process & Statistics in Physical Education & Sports Sciences			20	80	100
MPCC 102	Physiology of Exercise			20	80	100
MPCC-103	Tests, Measurement and Evaluation in Physical Education			20	80	100
Elective Course (Anyone)						
MPEC-101	Yogic Sciences			20	80	100
MPEC-102	Sports Technology					
Part-B Practical Course(400 Marks)						
MPPC-101	Games Specialization -I (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)			20	80	100
MPPC-102	Laboratory Practical Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology (Two practical for each subject)			20	80	100
MPPC-103	Sports and Games -I 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)			20	80	100
MPPC-104	Physical Fitness Test(NPFP „A')			20	80	100
Total				160	640	800

Semester-II

Part A: Theoretical Course(400 Marks)						
Course Code	Title of the Papers			Internal Marks	External Marks	Total Marks
Core Course						
MPCC-201	Professional Preparation and Curriculum Designs in Physical Education			20	80	100
MPCC 202	Sports Biomechanics & Kinesiology			20	80	100
MPCC-203	Athletic Care and Rehabilitation			20	80	100
Elective Course (Anyone)						
MPEC-201	Sports Journalism and Mass Media			20	80	100
MPEC-202	Sports Management					
Part-B Practical Course(400 Marks)						
MPPC-201	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)			20	80	100
MPPC-202	Sports and Games -II (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Cricket/Volleyball/Basketball/ Football/Handball/ Hockey/ Netball			20	80	100
MPPC-203	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.			20	80	100
MPPC-204	Physical Fitness Test(NPFP „B')			20	80	100
Total				160	640	800

Semester-III

Part A: Theoretical Course(400 Marks)						
Course Code	Title of the Papers			Internal Marks	External Marks	Total Marks
Core Course						
MPCC-301	Scientific Principles of Sports Training			20	80	100
MPCC 302	Sports Medicine			20	80	100
MPCC-303	Health Education and Sports Nutrition			20	80	100
Elective Course (Anyone)						
MPEC-301	Sports Engineering			20	80	100
MPEC-302	Physical Fitness and Wellness					
Part-B Practical Course(400 Marks)						
MPPC-301	Games Specialization -III (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)			20	80	100
MPPC-302	Sports and Games - III (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Kabaddi/Kho-Kho/ Boxing/ Judo/Wrestling/ Baseball / Softball			20	80	100
MPPC-303	Internship(Internal) & Project			20	80	100
MPPC-304	Physical Fitness Test(Canadian)			20	80	100
Total				160	640	800

Semester-IV

Part A: Theoretical Course(400 Marks)						
Course Code	Title of the Papers			Internal Marks	External Marks	Total Marks
Core Course						
MPCC-401	Information & Communication Technology (ICT) in Physical Education			20	80	100
MPCC 402	Sports Psychology			20	80	100
MPCC-403	Sports Sociology			20	80	100
Elective Course (Anyone)						
MPEC-401	Adapted Physical Education			20	80	100
MPEC-402	Dissertation					
Part-B Practical Course(400 Marks)						
MPPC-401	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)			20	80	100
MPPC-402	Sports and Games - IV (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Badminton/ T.T/ Tennis/ Squash/ Shooting/ Archery/ Fencing			20	80	100
MPPC-403	Classroom Teaching lessons on Theory Subjects(Topics) of Graduation Level (4 Internal & 1 External)			20	80	100
MPPC-404	Physical Fitness Test(Cooper)			20	80	100
Total				160	640	800
				640	2560	3200