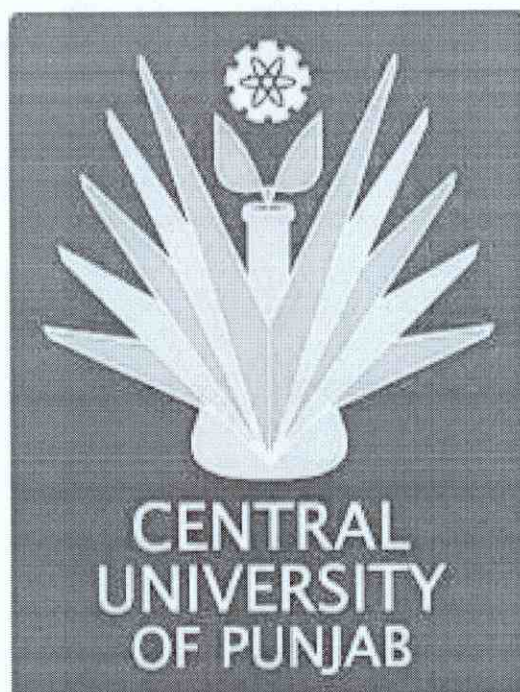


**MASTER OF PHYSICAL EDUCATION & SPORTS (MPES)
PROGRAMME**



Session- 2020-2022

Department of Physical Education

School of Education

Central University of Punjab, Bathinda

SEMESTER -I

Course Code	Course Title	Course Type	Credit			
			L	T	P	Total Credits per Week
MPS 506	Physiology of Exercise	Core course	3	0	0	3
MPS 507	Physiology of Exercise (Practical)	Skill based	0	0	2	1
MPS 508	Research Methodology in Physical Education	Core course	4	0	0	4
MPS 509	Information & Communication Technology (ICT) in Physical Education	Core Course	4	0	0	4
Part - II: Discipline Specific Elective (DSE) (Any one of following)/MOOC						
MPS 510	Sports Technology	Elective course	3	0	0	3
MPS 511	Adapted Physical Education					
Part - III: Field Practical						
MPS 512	Practical-I Swimming & Gymnastic	Skill	0	0	4	2
MPS 513	Practical- II (Select Any two) a. Basketball a. Handball b. Kabaddi c. Kho-Kho	Skill	0	0	4	2
MPS 514	Practical-III Aerobics & Yoga	Skill	0	0	2	1
Part – IV: Skill Based Practice						
MPS 515	Intramural & Extramural Activities	Skill	0	0	2	1
Part -V: Inter-disciplinary Courses (for the students of Department of Physical Education)						
XXX	IDC	IDC	---	--	---	-----
Inter-disciplinary Courses (for other Departments)						
MPS 516	Health and Fitness Management	IDC	2	0	0	2
Total			16		14	23
Total Hours of Theory			16			
Total Hours of Theory Practicals			02			
Total Hours of Sport Practicals			12			
Total Hours Per Week			30			

SEMESTER –II

Part - I: Core Theory & Practical

Course Code	Course Title	Course Type	L	T	P	Total Credits
MPS 521	Applied Statistics in Physical Education	Core course	4	0	0	4
MPS 522	Sports Biomechanics & Kinesiology	Core course	3	0	0	3
MPS 523	Sports Biomechanics & Kinesiology (Practical)	Skill Based	0	0	2	1
MPS 524	Measurement and Evaluation in Physical Education	Core course	3	0	0	3
MPS 525	Measurement and Evaluation in Physical Education (Practical)	Skill Based	0	0	2	1

Part - II: Discipline Specific Elective (DSE) (Any one of following)/MOOC

MPS 526	Value and Environmental Education	Elective course	3	0	0	3
MPS 527	Health Education and Sports Nutrition					

Part - III: Field Practical

MPS 528	Practical –IV Running Events (Short, Long Events & steeplechase)	Skill	0	0	4	2
MPS 529	Practical-V (Select Any Two) b. Football c. Cricket d. Volleyball e. Hockey	Skill	0	0	4	2
MPS 530	Practical-VI Indigenous Activities and Camping	Skill	0	0	2	1

Part – IV: Skill Based Practice

MPS 531	Intramural & Extramural Activities	Skill	0	0	2	1
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Part - V: Inter-disciplinary Courses (for the students of Department of Physical Education)

XXX	IDC		---	--	---	-----
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Inter-disciplinary Courses (for other Departments)

MPS 532	Yoga and Well Being	IDC	2	0	0	2
Total			15		16	23
Total Hours of Theory			15			
Total Hours of Theory Practicals			04			
Total Hours of Sport Practicals			12			