

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



Session- 2020-2022

Department of Physical Education

School of Education

Central University of Punjab, Bathinda

The objectives of MPES Programme are as follows:

1. To focus on understanding the meaning of physical education and sports for an individual development and improving general health for professional activity.
2. To focus on the process and demand of community with reference to physical education and sports for developing productive lifestyle.
3. To acquire relevant skills for entrepreneurship in contemporary fitness industry and community development. It introduces a new or novel element which deviates from existing structures and/or procedures and is orientated towards the values of the society
4. To analyse the sports performance and enabling athletes to improve the performance and to meet the individual needs through research.
5. To culminate with the process with the consolidation of innovation, the internalization and the institutionalization, so that the change is incorporated into the system.

Programme Outcomes

The MPES Programme focusing on four specialized courses and may have the following learning outcomes.

1. The learner may be able to reflect to generate and evaluate the role of an educator within the dynamic learning setting.
2. Develop the vision to carry out qualitative & quantitative research and also able to apply statistical techniques for analyzing & interpreting research data in physical education and sports.
3. To analyze the changing nature and demand of society for physical education, sports and provide the knowledge about the role of physical education & sports in sustainable development.
4. Able to design activities for the society development through various programmes of physical literacy. Develop self-reflective & critical thinking skills that promote innovative practice and learning using a variety of perspectives.
5. To develop in the students an inquiring mind & ability to employ reasoning, rational thinking, critical thinking in the problems & issues relating to the Physical education.

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
Part - V: Inter-disciplinary Courses (for the students of Department of Physical Education)						
XXX	IDC		---	--	---	-----
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				

Total Hours Per Week	31
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SEMESTER –III

Part - I: Core Theory & Practical						
Course Code	Course Title	Course Type	Credit Hours			
			L	T	P	Total Credits
MPS 551	Science of Sports Training	Core course	4	0	0	4
MPS 552	Yogic Sciences	Core course	4	0	0	4
MPS 553	Sports Medicine, Athletes care and Rehabilitation	Core course	3	0	0	3
MPS 554	Sports Medicine, Athletes care and Rehabilitation (Practical)	Skill Based	0	0	2	1
MPS 597	Research Proposal	Skill Based	0	0	4	2
Part - II: Discipline Specific Elective (DSE) (Any one of following)/MOOC						
MPS 555	Health Fitness and Lifestyle Management	Elective course	3	0	0	3
MPS 556	Sports Journalism and Mass Media					
MPS 557	Curriculum Design and Development in Physical Education					
Part - III: Field Practical						
MPS 558	Practical –VII Jumping Events (Long Jump, Triple Jump, High Jump)	Skill	0	0	4	2
MPS 559	Practical-VIII (Any two) a. Tennis b. Table Tennis c. Archery d. Boxing	Skill	0	0	4	2
MPS 560	Practical-IX Teaching & Coaching Efficiency	Skill	0	0	2	1
MPS 591	Internship	Skill	0	0	0	1
Part – IV: Skill Based Practice						
MPS 561	Intramural and Extramural Activities	Skill	0	0	2	1
Part - D: Value Added Courses (for the students of Department of Physical Education)						
XXX	VAC		---	--	---	-----
Value Added Course (for other Departments)						
MPS 504	Yoga and Naturopathy	VAC	0	0	2	1
Total			14		18	25

Total Hours of Theory	14
Total Hours of Theory Practicals	06
Total Hours of Sport Practicals	14
Total Hours of Internship	01 (15 Hours per semester)
Total Hours Per Week	35

SEMESTER –IV

Part – I: Core Theory & Practical

Course Code	Course Title	Course Type	Credit Hours			
			L	T	P	Total Credits
MPS 571	Sports Management	Core course	4	0	0	4
MPS 572	Sports Psychology	Core course	3	0	0	3
MPS 573	Sports Psychology (Practical)	Skill Based	0	0	2	1
MPS 599	Project	Skill Based	0	0	12	6
MPS 574	Comprehensive View of Physical Education -I	Discipline Enrichment course	2	0	0	2
MPS 575	Comprehensive View of Physical Education -II	Discipline Enrichment course	2	0	0	2

Part – III: Field Practical

MPS 576	Practical –X Throwing Events (Shot Put, Discus, Javelin & Hammer)	Skill	0	0	4	2
MPS 577	Practical-XI (Select Any two) a. Badminton b. Wrestling c. Weight training d. Judo	Skill	0	0	4	2
MPS 578	Practical-XII Community Sports Development	Skill	0	0	2	1

Part – IV: Skill Based Practice

MPS 579	Intramural and Extramural Activities	Skill	0	0	2	1
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Part – V: Value Added Courses (for the students of Department of Physical Education)

XXX	VAC		---	--	---	-----
Value Added Course (for other Departments)						
MPS 505	Physical Fitness Assessment and	VAC	0	0	2	1

	Development				
Total		11	00	26	25
Total Hours of Theory		11			
Total Hours of Theory Practicals		02			
Total Hours of Sport Practicals		14			
Total Hours Per Week		27			
Project		06 credits (One credit of 15 hours)			
Total Credits for All Semesters		96			

IQAC

Evaluation Criteria for Theory Courses

A. Continuous Assessment: [25 Marks]

i. Surprise Test (minimum three) - Based on Objective Type Tests (10Marks)

ii. Term paper (10 Marks)

iii. Assignment(s) (5 Marks)

B. Mid Semester Test-1: Based on Subjective Type Test [25 Marks]

C. End Semester Test-2: Based on Subjective Type Test [25Marks]

D. End-Term Exam: Based on Objective Type Tests [25 Marks]

*Every student has to take up 2 ID courses of 2 credits each (Total 04 credits) from other disciplines in any two semesters of the program.

SEMESTER-I

Course Code: MPES 506

Course Title: Physiology of Exercise

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Explain the role, meaning and definition of Exercise Physiology in Physical Education and Sports.
- Explain about the Muscles-types, functions and, characteristics.
- Reflect the effect of exercise on various systems.
- Understand about Bio-chemical aspects of exercise.
- Analyze the relation between Metabolism and Energy Transfer.
- Explain about the Diet before, during & after the athletic performance.
- Explain Ergogenic aids and Doping in Sports.

UNIT-I**10 hours**

1. Meaning, Definition of Exercise & Exercise Physiology
2. Role & Importance of exercise physiology in the field of Physical Education & Sports.
3. Impact of Exercise on work at cellular level.
4. Sliding filament theory.
5. Various changes during Muscular Contraction.
6. Fiber types their characteristics and athletic performance.

UNIT-II**15 hours**

1. The basic energy systems (carbohydrate metabolism)
 - I. ATP- PC system
 - II. Glycoltic system
 - III. Oxidative system
2. Bio-chemical aspects of exercise
 - I. Metabolism of food products.
 - II. Direct and indirect methods of measuring energy cost of exercise.

3. Neuro physiology
 - a. Role of membrane ion channels
 - b. Membrane potential
 - c. Bio-electric potential
 - d. Neuro-muscular junction and transmission of nerve impulse
4. Recovery process – Physiological aspects of fatigue and Restoration of energy stores.
5. Electrolyte balance & Water balance

UNIT - III

10 hours

1. Work capacity under different environmental conditions
 - a. Hot, Humid and Cold
 - b. High Altitude
2. Immediate effect of exercise/work on various systems of body
3. Cardio-respiratory, muscular and thermo-regulatory systems.
4. Alveolar ventilation & second wind.
5. Physiological Factors influencing Sports Performance

UNIT - IV

10 hours

1. Ergogenic aids and Doping in Sports
2. Effect of drugs & doping on athletic performances.
3. Diet before, during & after the athletic performance.
4. Exercise and training in females and older people
5. Physiological aspects of development of strength, endurance, speed, agility & coordination.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

1. Brown, R. G.(2015). Fundamentals of Exercise Physiology. Friends Publication.
2. Chandi, C. C. (2018). Human Physiology (Vol. 12). CBS Publishers.
3. Fox Stuart Ira (2016). Human Physiology (15th Edition). McGraw-Hill Education.
4. Porcari, J., Bryant, C., & Comana, F. (2015). Exercise Physiology. FA Davis.
5. Varshney & Mona Bedi (2018). Ghai's Textbook of Practical Physiology. Jaypee Brothers Medical Publishers.
6. William D. McArdle (2014). Exercise Physiology: Nutrition, Energy, And Human Performance (8th Edition). Lippincott Williams and Wilkins

Course Code: MPES 507

Course Title: Physiology of Exercise Practical

L	T	P	Cr
0	0	2	1

PRACTICALS

1. Measurement of heart rate and Estimation of Target Heart Rate
2. Body composition analysis with various methods
3. Measurement of VO₂ Max (Field and Laboratory Method)
4. Blood Pressure measurement (Sphygmomanometer)
5. Anthropometric measurements
6. Measurement of various lung volumes through spirometer, peak flow meter.
7. Hormonal testing

Course Code: MPES 508

Course Title: Research Methodology in Physical Education

L	T	P	Cr
4	0	0	4

Learning Outcomes

On the completion of the course the students shall be able to;

- Explain the Meaning and Nature of Research.
- Develop Understanding about the different Types of Research.
- Develop Understanding about the Review of Literature and Formulation of Hypotheses.
- Can explain about Limitations and Delimitations.
- Analyse the different Methods of Research.
- Explain the Process of Selecting Sample and techniques of Data Collection.
- Develop Skills in Writing Research Proposal.
- Practice the ethics of Research.

UNIT I

10 hours

1. Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education
2. Scientific and Unscientific method of Problem Solving
3. Review of Related Literature
4. Identification of Research Problem
5. Criteria for selecting research problem
6. Characteristics of a good research and good researcher
7. Classification of Research

UNIT II

15 hours

1. Formulation and Classification of Research Hypothesis
2. Limitations and Delimitations
3. Needs of Significance of the Study.
4. Primary and Secondary Sources of Data
5. Analytical Research
 - i. Historical Research
 - ii. Philosophical Research
6. Descriptive Research
 - i. Survey Research
 - ii. Tools of Survey Research
7. Case Study
8. Experimental Research and Design

UNIT III

10hours

1. Meaning and Definition of Sample and Population
2. Types of Sampling Techniques
 - i. Probability Sampling Techniques
 - ii. Non-Probability Sampling Techniques
3. Questionnaire Construction and Development
4. Tools of data collection-I : Scale- meaning and types, test-meaning and types, inventories- meaning and types, questionnaire-meaning and types.
5. Tools of data collection-II : Observation- meaning and types, schedule and check-list.

UNIT IV**10 hours**

1. The Proposal Process (Introduction, Review of Related literature, methods and bibliography)
2. The Research Process (Introduction, Reviewing Related literature, Describing Method, Results and Discussion)
3. Preparation and uses of tables and figures
4. Guidelines for Writing Research Report
5. Writing Formats
 - i. Traditional Format
 - ii. Journal Format
6. Format of Writing abstracts
7. Oral and poster presentation

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

1. Ahlawat, R. P. (2016). Research Process in Physical Education& Sports Sciences. Friends Publication.
2. Flick, U. (2017). Introducing Research Methodology. Sage Publications.
3. Flick, U. (2019). An Introduction to Qualitative Research. Sage Publications.
4. Kahn, J. V. (2016). Research in Education (Vol. 10). Pearson Education Inc.
5. Kamlesh, D. M. (2019). Methodology of Research in Physical Education and Sports. Sports Publication.
6. Kothari, C. (2019). Research Methodology: Methods and Techniques. New Age International Publishers.
7. Mishra, P. D. (2018). Research and Statistics in Physical Education. Sports Publication.
8. Thomas, J. R. (2016). Research Method in Physical Activity. US: Human Kinetics.

Course Code- MPES 509**Course Title- Information & Communication Technology (ICT) in Physical Education**

L	T	P	Cr
4	0	0	4

Learning Outcomes

On the completion of the course the students shall be able to;

- Explain the necessity of information and communication technology in physical education
- Understand the computer assisted works in Physical education and sports
- Develop understanding about the applications of computer in Physical education and sports
- Understand about E-Learning & Web Based Learning.

Unit I**10 hours**

1. Concept, Elements, Process & Types of Communication
2. Communication Barriers & Facilitators of communication
3. Communicative skills of English-Listening, Speaking, Reading & Writing

4. Concept & Importance of ICT Need of ICT in Physical Education
5. Scope of ICT: Teaching Learning Process, Publication Evaluation and Research
6. Administration Challenges in Integrating ICT in Physical Education

Unit II

15 hours

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

Unit III

10 hours

1. MS Word: Main Features & its Uses in Physical Education
2. MS Excel: Main Features & its Applications in Physical Education
3. MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education
4. MS Power Point: Preparation of Slides with Multimedia Effects
5. MS Publisher: Newsletter & Brochure
6. Windows Accessories: Notepad, Paint, Calculator, Word pad,

Unit IV

08 hours

1. E-Learning & Web Based Learning
 - a. E-Learning
 - b. Web Based Learning
 - c. Visual Classroom
 - d. Mail Merging
 - e. Video Conferencing
 - f. Searching and Browsing Security
2. Using grammar, spell check utilities and printing a document.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

1. Ambekar, A. (2019). Advanced Computing & Ict in Physical Education. Friends Publication.
2. Gupta, R. (2019). Education Technology in Phy Edu, Friends Publication. Friends Publication.
3. Gupta, R. (2019). Information & Communication Technology (Ict) in Physical Education. Friends Publication.
4. Singh, D. (2019). Educational Technologies And Methods Of Teaching in Physical Education. Friends Publication.
5. Singh, T. N. (2019). Computer Application in Physical Education. Friends Publication.

Discipline Specific Elective Subject

Course Code: MPES 510

Course Title: Sports Technology

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand about the sports engineering and their aspects in Physical Education.
- Explain about the Mechanics of engineering materials and concepts.
- Aware about Sports Infrastructure and Maintenance.
- Develop Basics Understanding of theoretical analysis of cost and price.

Unit I – Sports Technology

10 Hours

1. Meaning, definition, purpose, advantages and applications of Sports Technology
2. General Principles and purpose of instrumentation in sports
3. Workflow of instrumentation and business aspects
4. Technological impacts on sports.

Unit II – Science of Sports Materials

10 Hours

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

Unit III – Surfaces of Playfields

10 Hours

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

Unit IV – Modern Equipment

10 Hours

1. Playing Equipments: Balls: Types, Materials and Advantages
2. Bat/Stick/ Racquets: Types, Materials and Advantages
3. Clothing and shoes: Types, Materials and Advantages.
4. Measuring equipments: Throwing and Jumping Events.
5. Protective equipments: Types, Materials and Advantages. Sports equipment with nano technology, Advantages.

Practical:

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

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

1. Charles J.A. Crane, F.A.A. & Furness, J.A.G. (1987). Selection of Engineering Materials. UK: Butterworth Heiremann.
2. Finn, R.A. & Trojan, P.K. (1999). Engineering Materials and their Applications. UK: Jaico Publisher.

3. John Mongilo. (2001). Nano Technology 101. New York: Green wood publishing group.
4. Walia, J.S. (1999). Principles and Methods of Education. (Paul Publishers, Jullandhar.
5. Kochar, S.K. (1982). Methods and Techniques of Teaching. (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.).

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Course Code: MPES 511
Course Title: Adapted Physical Education

L	T	P	Cr
3	0	0	3

Learning Outcome

On the completion of the course the students shall be able to;

- Explain about the various aspects of Adapted Physical Education.
- Develop understanding on different types of disability.
- Explain about special adapted programme for various types and categories of physical disability.
- Understand about different social welfare programs for disabled Manage Stress and Develop Resilience through Meditation.
- Understand about Classification of Disability.

Unit I

10 hours

1. Meaning & definitions, Aims and objectives of Adapted Physical Education
2. Need and importance of Adapted Physical Education
3. Role of physical education in adapted physical education,
4. Specific learning disabilities: Common types of learning disabilities their causes, treatment and intervention
5. Amputations & its types and dwarfism: types, causes, diagnosis and treatment

UNIT-II

15 hours

1. Guiding principles for adapted physical education programme (AAHPER principle)
2. Physical education programme for disabled of :Elementary school, Middle school, High school
3. Class organization strategies: identifying the cause, embrace special needs, setting high expectations and goals.
4. Managing individual programmes: specially designed instructions, programme modifications, classroom accommodations, supplementary aids and services, transportation.
5. Special adapted programme for various types and categories of physical disability

UNIT-III

10 hours

1. History of Paralympics.
2. Paralympics events: list of IPC summer and winter sports.
3. Aquatic activity programme for disabled
4. Nature of aquatic activity programme based on types of various disability
5. Rehabilitative role and importance of aquatic activity

UNIT-IV

10hours

1. Aims and objectives of rehabilitation.
2. Meaning of functional and occupational rehabilitation
3. Importance of adapted programme in rehabilitation
4. Psychological rehabilitation- adjustment, environmental and personality development.
5. Provisions of special rights and privilege for disabled through legislations
6. Social welfare programmes for disabled, Mass public education/ awareness programme.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

1. Auxter, H. (2001). Adapted Physical Education and Reactions. Morbey- St: Louis Mirrauri.
2. Auxter, D., & Pyfer, J. (1989). Principles and Methods of Adapted Physical Education and Recreation. Times Mirror Magazine.
3. Clarke, H. H., & Clarke, D. H. (1978). Developmental and Adapted Physical Education.
4. Kasser, Susan (2013). Inclusive Physical Activity (2nd Edition). Knowledge Warehouse Khel.
5. Kumar, P., Singh, R. M., & Ratnakar, A. (2018). Role of physical education research activities and their impact in modern day life. Asian Journal of Multidimensional Research.
6. Sahitya Kendra (2017). A Text Book of Adapted Physical Education & Sports.
7. Sharma, S.R (2019). Adapted Physical Education, Friends Publication.
8. Thind, M. N. (2010). Special Olympics Bharat Trainer Manuel. Special Olympics Bharat.
9. Winnick, J., & Porretta, D. L. (2016). Adapted Physical Education and Sport (Ed. 15). Human Kinetics.

Interdisciplinary Course - IDC

L	T	P	Cr
2	0	0	2

Course Code: MPES 516

Course Title: Health and Fitness Management

Learning Outcomes

On the completion of the course the students shall be able to;

- Explain aim, objective and principles of Health Education
- Elaborate the concept of Fitness and its management
- Develop understanding about nutrition requirement for good health
- Explain obesity hazard and weight management techniques.

Unit- I

4 hours

1. Meaning and Definition of Health and Health Education
2. Principles of Health Education
3. Prominent health problem associated with inactivity.

UNIT- II

4 hours

1. Meaning and Definition of Fitness
2. Concept of Physical Fitness and its Components
3. Principles of Physical Fitness
4. Factor Affecting Physical Fitness

UNIT- III

4 hours

1. Meaning and Definition of Nutrition.
2. Human Energy System
3. Daily calories intake & burning
4. Exercise and metabolism & burning calories

UNIT-IV

4 hours

1. Stress Assessment & its Management Techniques

2. Obesity and its hazard
3. Misconception of Spot reduction
4. Dieting versus exercise for weight control

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

1. Agrawal, M. (2016). Aerobics Fitness & Style. Friends Publications.
2. Corbin, C. (2011). Concepts of Physical Fitness. McGraw-Hill Higher Education.
3. Fahey D. Thomas (2005). Weight Training Basis, A Complete Guide for Men and Women. Mcgraw- Hill Companies.
4. Greenberg, J., Dintiman, G., & Myers Oakes, B. (2004). Physical Fitness and Wellness. Champaign, IL: Human Kinetics.
5. Hoeger, W., & Hoeger, S. (2013). Fitness & Wellness. Wadsworth, Cengage Learning.
6. Prabha, S. (2015). Basic Fitness Assessment. Friends Publications.
7. Rathee, S. (2017). Physical Fitness and Wellness. Friends Publications.
8. Robert Malt. (2001). 90-Day Fitness Plan. D.K. publishing, Inc. 95, Madison Avenue.
9. The National Association for Sport and Physical Education (1900). Concepts of Physical Education, What Every Student Needs to Know. Association Drive Reston.
10. Uppal, A.K. (2016). Physical Fitness and Wellness. Friends Publications.

Field Practical

Course Code: MPES 512

Course Title: Practical – I (Swimming and Gymnastics)

L	T	P	Cr
0	0	4	2

Unit-I

1. Introduction of Swimming & Historical Development with special reference to India.

- I. Fundamental Skills
- II. Entry in to the pool.
- III. Developing water balance and confidence.
- IV. Water fear removing drills.
 - a. Floating Mush room & Jelly fish, tuck float etc.
 - b. Gliding with and without kick board.

Unit-II

- I. Teaching of competitive swimming strokes (any two)
- II. Body Position, Leg Kick, Arm Pull, Breathing and Co-ordination.
- III. Starts and turns of concerned strokes.
- IV. Health and hygiene rules.
- V. Safety Rules
- VI. Pool Specification

Unit-III

(MEN SECTION)

1. Developmental Exercises common for Men and Women

- I. Exercises on wall bars, exercises on heavy beam, rope climbing, exercises with medicine ball.
 - II. Pyramid formations and stunts.
2. Floor Exercises
 - I. Forward roll, backward roll, sideward roll, cart wheel, hand stand and forward roll, backward roll to hand stand.
 - II. Diving forward roll, side split, head stand, different kind of scale, dive roll from best board and round off.
3. Parallel Bars
 - I. Mount from one bar, straddle walking on parallel bars, single and double step walk, perfect swing and shoulder stand on one bar roll forward, roll side, shoulder stand and front on back vault to the side (dismount).
4. Vaulting Table
 - I. Approach run and jump from the beat board, cat vault, squat vault and straddle vault.
5. Horizontal Bars
 - I. Perfect swing on horizontal bars, single leg up start with swing, mill circle forward, and mill circle backward.

Unit-IV

(WOMEN SECTION)

1. Floor Exercise
 - I. Rolls-forward and backward, hand stand and roll forward, cartwheel and cat leap.
2. Uneven Bars
 - I. Long higher bar to squat forward to rear support, swan, one leg squat rise to scale and under wing dismount.
3. Beam
 - I. Jump to squat stand, knee scale with support, walk on the beam, standing scale front ways and cat leap.
4. Vaulting
 - I. Squat vault.

Suggested Readings:

1. Aneja Om Prakash. (2010). Swimming Skills & Rules. Khel Sahitya Kendra, New Delhi.
2. Jain, D. (2003). Swimming Skill & Rules. Khel Sahitya Kendra, New Delhi, 2003.
3. Dick Hannula. (2003). Coaching Swimming Successfully. (Second edition) Friends Publication, (India).
4. Kanika, K. (2005) Swimming Coaching Manual, Sports Publication, New Delhi.
5. Kelvin Juba, (2001). Swimming for fitness.
6. Chakraborty, S. (2006). Activities for children teaching gymnastics Pyramids. Sports Publication.
7. Carle, D.T. (1963). Hand book of progressive gymnastics. Englewood Cliffs: N.J.Printice Hall.
8. Drury, B. J., & Schmid, A. B. (1970). Gymnastics for women. California: National Book.
9. Lokon, N. C., & Wiliougbbby, R. J. (1954). Complete book of gymnastics.

Course Code: MPES 513

Course Title: Practical- II (Basketball, Handball, Kabaddi, Kho-Kho – Select Any Two)

L	T	P	Cr
0	0	4	2

UNIT -I

- I. History of Games, Structure and functions of National & International controlling Bodies of particular game.
- II. Fundamental skills and drills. Lead up Games.

UNIT -II

- I. Practical application of different Defensive and Offensive Techniques, Tactics patterns applicable to game.
- II. Tactical Training-patterns applicable to game.

UNIT- III

- I. Philosophy of Coaching.
- II. Coaching Schedule.
- III. Coaching Campus.

UNIT- IV

- I. General and Specific warming – up routines. Specially preparing, basis and supplementary exercise.
- II. Training means for development of different components of physical and motor fitness – Strength, Speed, Endurance, Flexibility coordinative abilities.

UNIT -V

- I. Psychology preparation of Sportsman/players.
- II. Tests, Measurements and Evaluation.
 - Skills Tests.
 - Test for different fitness components.

Suggested Readings:

1. Allen Wade. (1967). Guide to Training and Coaching.
2. Arpad, C. (1972). Soccer: Technique, Tactics, Coaching. Corvina Press.
3. Bill Beswick. (2010). Focused for Soccer. 2nd Edition Human Kinetics.
4. Bobby Moffat. (1985). The Basic Soccer Guide. Collier Books.
5. Thomas Reilly & Mark Williams. (2003). Science and Soccer. Routledge London.
6. Reita Clanton & Mary P. D. (1996). Team Handball: Steps to Success: Steps to Success Sports. Human Kinetics Publishers.
7. Nikola Radic; Andraz Repar; Primož Pori; Dusan Krizzman & Mitja Ilc. (2013). Handball: from beginner to top player. Self-publishing N. Radic Publisher.
8. Baha M. H and James D. L (1994). Team Handball: Skills, Strategies and Training. Eddie Bowers Publishing Company.
9. Bernath E. Phillips (2013). Fundamental Handball. Literary Licensing publisher.
10. Siddharth (2016). Kabaddi Introduction, Rules, Information, History & Competitions. Sportycious. Retrieved 28 January 2020.

11. Muniraju, S. (2015). A Text Book on Kabaddi: Kabaddi, Skills Techniques and Strategies. Lap Lambert Academic Publishing.
12. E. Prasad Rao (2002). Kabaddi the complete hand book. Jagadamba Publications, Vizianagaram.
13. Yogesh Yadav. (1969). Kho-Kho. Maharashtra Kho-Kho Association.
14. Sanjay Khalatkar. (2016). Kho-Kho Paperback. Nachiket Prakashan; First Edition, 2016.

Course Code: MPES 514

Course Title: Practical III (Aerobics & Yoga)

L	T	P	Cr
0	0	2	1

Unit I

- I. Rhythmic Aerobics – Music and Beat Counts, over the top,
- II. Low Impact Aerobics: Marching Basics (leg curl, toe touch, heel touch, in and out, side touch), Steps - single step touch, 'V' shape, 'A' shape, 'L' shape, 'Z' shape, 'Square' shape, double side to side step touch, grapevine, Dance (Mambo-Chacha, Twisting)
- III. High Impact Aerobics: Step foot placement and Basics (toe touch & heel touch on step), 'V' shape, 'A' shape, 'L' shape, double side to side step touch, grapevine, Turning on step, Dance (Mambo-Chacha, Twisting)

Unit- II

- I. Shatkarma – Meaning, Types (Dhauti, Basti, Neti, Tratak & Kapalbhathi) techniques, Precautions and Benefits.
- II. Surya Namaskar: Technique and benefits.
- III. Asanas - Types, Techniques, sequencing, and benefits.
- IV. Pranayama- Types, Techniques and benefits.
- V. Meditation: Meaning, techniques and benefits of meditation.

Suggested Readings:

1. Kenneth H. Cooper. (1970). The new aerobics. Bantam Books.
2. Anatharaman, T.N., (1996). Ancient Yoga and Modern Science. Project of History of Indian Sciences Philosophy & Culture.
3. Bhardwaj & Yogeshwar. (2004). Textbook of Yoga. Publisher: Penguin, India.
4. Jha & Gangadhar. (1894). Yoga Sara Samgraha. Bombay Theosophical Fund, Tatva Vivechaka Press, Bombay.
5. Kumar & Kamakhya. (2008). Super Science of Yoga. Standard Publications.
6. Sturgess & Stephen. (1996). The Yoga Book. Watkins Publications, London, University of Michigan, Lonavala.

Course Code: MPE 515

Course Title: Intramural & Extramural Activities

L	T	P	Cr
0	0	2	1

The students of MPES– I Semester need to participate in intramural competition to nurture healthy competition, good judgment and fair play, teamwork, and leadership skills. Intramural competition provide students the opportunity to participate in sport and physical activities without regard for high

performance skill or ability and also enhance a social interaction through play within a diverse student body, and reduce student conflict by encouraging students to properly manage their emotions. It will encourage a lifestyle of healthy habits thorough recreation and leisure activity involvement. Extramural improve the standard of sports of students by participating in extramural activities/competition which make them technically and tactically efficient in respective sports.

MPES– II SEMESTER

Course Code: MPES 521

Course Title: Applied Statistics in Physical Education

L	T	P	Cr
4	0	0	4

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand about the importance of statistics in the field of physical education
- Understand graphical representation of data.
- Develop understanding about normal curve and divergence from normality.
- Analyze the different statistical techniques to different problems.

UNIT - I

08 hours

1. Meaning of Statistics and Importance of Statistics in Physical Education
2. Meaning of raw data, single score, grouped data and Discrete & continuous Variables
3. Type of statistical process – descriptive, inferential, comparative, relationship and predictive.
4. Parametric and Non parametric statistics, Four Levels of Data – Nominal, Ordinal, Interval & Ratio
5. Graphical representation of Data: Line Diagram, Pie Diagram and Bar Diagram, Frequency Polygon, Frequency Curve, Histogram and Ogives.

UNIT - II

12 hours

1. Construction of frequency table – Range of score, Number of intervals, intervals size, tabulation of frequency table.
2. Application of Measures of Central tendency- Mean, Median and Mode
3. Computation of Mean, Median and Mode for grouped and ungrouped data
4. Application of Measures of Variability- Range, Quartile deviation, Mean deviation, Standard deviation and absolute & relative variability.
5. Computation of Quartile deviation, mean deviations and standard deviation for grouped and ungrouped data
6. Meaning and Properties of Normal Curve and relationship of normal curve to binomial distribution.
7. Divergence from normality – Skewness and kurtosis.
8. Developing norms in the form of grading, Percentile Scale, T- Scale, Scales based on difficulty ratings.

UNIT-III

10 hours

1. Concept of correlation & regression: Scatter diagram, linear correlation, rank correlation.
2. Liner regression equation with two variables.
3. Partial correlation coefficients of first and second order.
4. Multiple correlation coefficients involving three variables.

5. Sampling Distribution of Means, Standard Error of Mean, Interval estimates and Point estimates; Coefficients interval for mean.

UNIT-IV

15 hours

1. Testing of Hypothesis : Region of Acceptance & Region of Rejection null & alternative Hypotheses: Level of Significance, type I & Type II errors, one tailed & two tailed Tests, degrees of freedom, procedure in testing of hypothesis.
2. Large Sample test (z-test) for means for one sample and two samples; Small sample test (t-test) for means for one sample and two samples – dependent and independent samples, F-test and interpretation of results.
3. Chi- Square Test for goodness of fit and testing independence of attributes with interpretation of results
4. One way Analysis of Variance, Post- hoc Tests – LSD & Scheffe with interpretation of results.
5. One Way Analysis of Co-variance (ANCOVA) with interpretation of results

PRACTICALS

1. To prepare the class intervals & write the frequencies by using the tally counts.
2. Computation of Correlation matrix.
3. Calculation of partial correlation and multiple correlation.
4. Calculation of t- ratio for related and unrelated groups.
5. Calculation of Z- ratio for testing the hypothesis.
6. Preparing the Percentile Scale.
7. Calculation of Chi-Square.
8. Calculation of the One Way ANOVA with equal & unequal sample sizes.
9. Calculation of the One Way ANCOVA

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

1. Bhunia, A. (2013). Statistical methods for practice and research (A guide to data analysis using SPSS). South Asian Journal of Management, 20(1), 154.
2. Cooke, D., & Clarke, G. M. (1989). A Basic Course in Statistics. Arnold.
3. De Muth, J. E. (2014). Basic Statistics and Pharmaceutical Statistical Applications. CRC Press.
4. Dhinu, M. R. (2017). Applied Statistics in Physical Education & Sports. Friends Publications.
5. Gaur A. S., & Sanjaya S. (2009). Statistical Methods for Practice and Research: A Guide to Data Analysis Using SPSS. SAGE Publications Pvt Ltd.
6. Gupta, B. C., & Walker, H. F. (2005). Applied Statistics for the Six Sigma Green Belt. ASQ Press.
7. Kaur, S. (2017). Research & Statistics in Physical Education. Friends Publications.
8. Rajalakshmi, D. (2018). Advanced Statistics for Physical Education. Friends Publications.
9. Verma, J.P. (2011). Statistical Methods for Sports and Physical Education. Tata McGraw Hill Education.

Course Code: MPES 522

Course Title: Sports Biomechanics and Kinesiology

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand about the importance of applied kinesiology and Sports Biomechanics
- Analyse the action of muscles.
- Understand different types of motion, force and their application in sports
- Understand about the Methods of Analysis of Human Movements

UNIT I – Introduction

10 hours

1. Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics.
2. Meaning of Axis, Planes, Plane of the body and axis of motion
3. Dynamics, Kinematics, Kinetics, Static
4. Centre of gravity & Line of gravity.
5. Vector - Head to tail method and Parallelogram Method
6. Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion.
7. Principals related to Newton's Law.

UNIT II – Muscle Action and force

15 hours

1. Origin, Insertion and action of muscles:
 - a. **Upper Extremities:** Pectoralis major and minor.
Deltoid, Biceps, Triceps (Anterior and Posterior).
Trapezius, Serratus, Rectus Abdominis.
 - b. **Lower Extremities:** Sartorius, Quadriceps, Hamstring, and Gastrocnemius.
2. Muscle size and its force production
3. Relationship between force production and contraction velocity
4. Relationship between force production and fiber type
5. Meaning and definition of force - Collinear Forces, Concurrent Forces, Parallel Forces
6. Sources of force -Force components.
7. Force applied at an angle Pressure -Friction -Buoyancy, Spin

UNIT III- Projectile and Lever

10 hours

1. Freely falling bodies
2. Projectiles -Equation of projectiles stability,
3. Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy.
4. Leverage -classes of lever - practical application.
5. Water resistance, Air resistance & Aerodynamics.

UNIT IV – Methods of Analysis of Human Movements

10 hours

1. Qualitative Analysis
 - I. Pre Requisite Information
 - II. Basic Step
 - III. Observation Method
 - IV. Identification of Faults
 - V. Instructions
2. Quantitative Analysis
 - I. Creation of Model
 - II. Video Recording with accuracy
 - III. Vertex Digitization

- IV. Draw Trajectory of Vertex
- V. Stick Figure

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

1. Ackland, T. R., Elliott, B., & Bloomfield, J. (2009). Applied Anatomy and Biomechanics in Sport. Human Kinetics.
2. Bartlett, R. (2014). Introduction to Sports Biomechanics: Analyzing Human Movement Patterns. Routledge.
3. Chapman, A. E. (2008). Biomechanical Analysis of Fundamental Human Movements. Human Kinetics. Knowledge Warehouse.
4. Kumar, P. (2019). Biomechanical Analysis of Forward Head Posture among Pondicherry University Research Scholars Based On the Laptop Working Hours: An Analytical Study. International Journal Of Emerging Technologies And Innovative Research, 6 (6), 463-466.
5. Kumar, P., & Singh, R. R. M. (2019). Biomechanical analysis of anisomelia among the young children's in Puducherry. Discrepancy (LLD), 330, 19.
6. Singh, R. R. M. (2019). Biomechanical Analysis of Footprint Measurement among School Boys: A Positive Approach to Posture. Journal of the Gujarat Research Society, 21(1), 167-169.
7. Uppal, A. K. (2018). Kinesiology and Biomechanics. Friends Publications.

Course Code: MPES 523

Course Title: Sports Biomechanics and Kinesiology Practical

L	T	P	Cr
0	0	2	1

PRACTICALS

1. Determination of centre of Gravity, Centre of gravity, line of gravity
2. Anatomical standing position and fundamental standing position
3. Handling of various equipments and software related to Sports Biomechanics
4. Mechanical analysis of techniques skills of major sports/games
5. Action of muscles of upper extremities by palpations method
6. Action of Muscles of lower extremities by palpations method
7. Manual calculations of various kinetic and kinematic parameters – distance, displacement, speed, velocity, acceleration, momentum, force, mass, weight, resultant vector, pressure, work, power, energy etc.
8. Stick diagram (basic techniques; anatomical posture, walking, push up, sit ups etc.)
9. Goniometry – measurement of joint ROM / Elgon

Course Code: MPES 524

Course Title: Measurement and Evaluation in Physical Education

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Explain about the meaning and principles of Measurement and Evaluation.
- Understand about the basic concepts and practices adopted in evaluation.

- Analyse the various tests used in Physical education.
- Understand Anthropometric and Aerobic-Anaerobic Tests.
- Reflect about the Concepts and Assessment of Physical Fitness.
- Explain various skill tests in Physical education.

UNIT- I

10 hours

1. Meaning of Test, Measurement and Evaluation.
2. Principles of Measurement and Evaluation.
3. Domains of Human Performance - cognitive, affective and psychomotor.
4. Meaning and establishing Validity, Reliability and Objectivity.
5. Norm referenced and Criterion referenced standards.

UNIT-II

10 hours

1. Criteria of test selection.
2. Factors Affecting Scientific Authenticity.
3. Procedure to Establish Scientific Authenticity.
4. Guidelines for constructing knowledge test.
5. Steps for construction of skill test / specific fitness test.

UNIT-III

15 hours

1. Concepts and Assessment of Physical Fitness :
 - a. AAHPERD Health Related Fitness Test and Tuttle Pulse ratio test.
 - b. Roger's PFI
2. Motor Fitness:
 - a. Indiana Motor Fitness Test
 - b. Oregon Motor Fitness Test.
 - c. JCR Test
3. Motor Ability:
 - a. McCloy's General Motor Ability Test.
 - b. Barrow Motor Ability Test.
4. Motor Educability:
 - a. Methany Johnson Test.
 - b. Larson Test.
5. Skill Test
 - a. Badminton : French Short Serve and Clear Test.
 - b. Basketball : AAHPERD Basketball Test.
 - c. Hockey : Henry Fridel Hockey Skill Test.
 - d. Soccer : Warner Test for Soccer Skills.
 - e. Tennis : Miller Wall Valley Test.
 - f. Volleyball : Russell and Longe Test.

UNIT-IV

10 hours

1. Basic Concept of Psychological Traits
 - a. SCAT Anxiety scale
 - b. Aggression
 - c. Team cohesion
 - d. Self-Motivation Inventory
 - e. Self-concept and Personality Questionnaire,
2. Basic concept of Anthropometric Measurements

- a. Height & Weight : standing & sitting height and body weight
 - b. Girth Measurement: upper arm, forearm, calf and chest.
 - c. Width Measurement: biacromial, chest, Illocrestol, Epicondyler (Femur & Humerous).
3. Assessment of Body Composition.
 - a. Skin Fold Caliper
 - b. Bioelectrical impedance
 - c. Hydrostatic weighing
 - d. BMI and Waist Hip Ratio
 - e. Ponderal index
 - f. Heath-Carter Anthropometric Somatotype
 - g. IOWA posture test

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

1. Alan C. Lacy & Skip M. Williams. (2018). Measurement and Evaluation in Physical Education and Exercise Science (Ed. 8). Routledge.
2. American College of Sports Medicine. (2013). ACSM's Health-Related Physical Fitness Assessment Manual. Lippincott Williams & Wilkins.
3. American College of Sports Medicine (2017). ACSM's Health-Related Physical Fitness Assessment Manual. Lippincott Williams & Wilkins.
4. Karad, P.L. (2017). Test, Measurement and Evaluation in Physical Education. Khel Sahitya Kendra.
5. Lacy, A. C., & Williams, S. M. (2018). Measurement and Evaluation in Physical Education and Exercise Science. Routledge.
6. Miller, D. (2019). Measurement by the Physical Educator Why and How (8th Edition). McGraw-Hill Higher Education.
7. Yobu, A. (2010). Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. Friends Publications.

Course Code: MPES 525

Course Title: Measurement and Evaluation in Physical Education (Practical)

L	T	P	Cr
0	0	2	1

PRACTICALS

1. Assessment of endurance through-twelve minute run/walk test; six hundred yards run walk test; Harvard step test.
2. Assessment of resting physiological parameters- Heart rate, respiratory rate.
3. Anthropometric measurement
4. Somatotyping, somatocharts & indices
5. Basketball (Johnson basketball ability test)
6. Volleyball (Braddy volleyball test and Russel & lounge volleyball test)
7. Hockey (French hockey test, Friedal hockey test)
8. Football (mc Donald soccer test)
9. Badminton (Lockhart & McPhearson badminton skill)

Discipline Specific Elective

Course Code: MPES 526

Course Title: Value and Environmental Education

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Analyze the relationship between value and environmental education
- Develop skills of protecting the environment
- Understand to know different tradition and custom of India.
- Critically analyze the rural and urban health and sanitation related problems

UNIT-I

10 hours

1. Meaning and Definition of Value Education.
2. Need, Importance and Objectives of Value Education
3. Need and Theories of Moral Values.
4. Human Value foundation
5. Classification of Values: Basic Values of Religious

UNIT - II

8 hours

1. Meaning and Definition of Value System
2. Personal and Communal Values - Consistency, Internally consistent, internally inconsistent, Judging Value System
3. Commitment and commitment to values.

Unit- III

15 hours

1. Meaning and Definition of Environmental Studies
2. Scope and Importance of environmental studies
3. Historical back ground of environmental education
4. Celebration of various days in relation with environment,
5. Plastic recycling & prohibition of plastic bag/cover
6. Role of school in environmental conservation and sustainable development, Pollution free eco- system.

Unit – IV

10 hours

1. Rural and Urban Health Problems and their causes
2. Improvement of Rural Sanitation
3. Education Activity and Services of Urban, Slum Area and Urban Area,
4. Fairs & Festivals of Rural Area
5. Meaning, Causes and Prevention of Air Pollution, Water Pollution, Noise Pollution and Thermal Pollution

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. Athman, J., & Monroe, M. (2004). The Effects of Environment-Based Education on Students Achievement Motivation. Journal of Interpretation Research. 9(1), 9-25.
2. Jadhav, H., & Bhosale, V. M. (1995). Environmental Protection and Laws. Himalaya Pub. House.
3. Jitendra Kumar Thakur (2019). Value and Environmental Education. Sports Publication.

4. Mohit Chakrabarti (2008). Value Education: Changing Perspective. Kanishka Publication.
5. Singh, B. (2018). Value and Environmental Education. Friends Publications.
6. Vandana Meshram Ingle (2017). Value and Environmental Education. Educational Publishers and Distributors.

Course Code: MPES 527

Course Title: Health Education and Sports Nutrition

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Explain aim, objective and principles of Health Education
- Elaborate the health related problems in India
- Develop understanding about the communicable and non-communicable diseases.
- Aware of school health services.
- Develop understanding about nutrition requirement for players of different games.

UNIT- I

10 hours

1. Concept of Health and Health Education
2. Latest trends in Health Education and global strategy in the field of Health.
3. Role of physical Education Professional on Individual and family in relation to Health and Health Education
4. Epidemiology of Communicable Diseases: Agent factor, Host factor, Environment factors, Mode of Transmission and Prevention of following diseases :
 - i. Tuberculosis
 - ii. Chicken Pox
 - iii. Pneumonia
 - iv. Malaria

UNIT- II

12 hours

1. Epidemiology of Non Communicable Diseases : Risk factors and Prevention of following diseases :
 - I. Cardiovascular Diseases.
 - II. Coronary Heart Diseases.
 - III. Hypertension.
 - IV. Cancer.
2. Diseases and their Controlling Programme:
 - I. National Family Welfare Programme
 - II. STD Control Programme
 - III. National Cancer Control Programme
 - IV. National Tuberculosis Control Programme
 - V. National Malaria Control Programme

UNIT-III

10 hours

1. Schools Health Services
 - i. Meaning & Objective of School Health Service
 - ii. Health Problem of School Child
 - iii. Role of health education in schools

- iv. Health Services - Health record, Healthful school environment, first-aid and emergency care
- v. Mid-day School Programme
2. Role of International Organization in the Development of Health.
 - I. WHO & UNICEF
 - II. FAO & UNESCO
 - III. International Red Cross Society
 - IV. FSSAI

UNIT-IV

12 hours

1. Nutrition and Training Adaptations
2. Nutrition and Immune Function in Athletes
3. Eating Disorders in Athletes - Personalized Nutrition and Menu Planning (Meal Timing and Spacing).
4. Nutrition for popular team sports (Basketball, Hockey, Football, Volleyball, Kabaddi and Cricket)
5. Nutrition for Athletics and Endurance Sports (Long distance Swimming, Cycling and Marathon)
6. Nutrition for Strength and Combat sport (Wrestling, Weightlifting, Judo, Boxing, Taekwondo and Fencing)

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. Campbell, B. (2013). Sports Nutrition: Enhancing Athletic Performance. CRC Press.
2. Eberle, S. G. (2013). Endurance Sports Nutrition (Ed. 3). Human Kinetics.
3. Fink, H. H., & Mikesky, A. E. (2017). Practical Applications in Sports Nutrition. Jones & Bartlett Learning.
4. Kumar.P (2020). Changing The Lifestyle of Present Health Care: A Much Required Step for A Secured Future The Transmission or Reminder Ancestor's Way of Life once again. Alochana Chakra Journal. Vol. IX. Issue-V
5. Maughan, R. J., & Shirreffs, S. M. (Eds.). (2013). Food, Nutrition and Sports Performance. Routledge.
6. Reaburn, P. R. (Ed.). (2014). Nutrition and Performance In Masters Athletes. CRC Press.
7. Ryan, M. (2012). Sports Nutrition for Endurance Athletes. Velo Press.
8. Sharma, O.P., (2010). Handbook of Health Education & Sports. Khel Sahitya Kendra .
9. Zinner, C., & Sperlich, B. (Eds.). (2016). Marathon Running: Physiology, Psychology, Nutrition and Training Aspects (pp. 1-171). Springer.

Inter-disciplinary Courses (for other Departments)

Course Code: MPES 532

Course Title: Yoga and Well Being

L	T	P	Cr
2	0	0	2

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand the importance of Yoga
- Practice different types of yoga

- Analyse the relationship between yoga and physical wellbeing

Unit I

4 hours

- Meaning, Definitions & Historical background of Yoga.
- Aims & Objectives of Yoga Education.
- Application & Misconception about Yoga in Modern Society.

Unit II

5 hours

- Shatkarma, Asanas, Pranayama - Types, Techniques, sequencing, and benefits.
- Concept of Chakras and Aura in Yoga
- Concept of Triguna And Tridosha in Yoga

Unit III

5 hours

- Yogic lifestyle for Physical and Mental Wellbeing (Ahara, Vihar, Achar, Vichar).
- Role of Yama and Niyama for Physical and Mental Wellbeing.
- Meditation: Meaning, techniques and benefits of meditation.

Unit IV

5 hours

- Philosophy of the sacred syllable "Om" (AUM) for mental and physical wellbeing.
- Mental relaxation through Prayer – A cross-cultural approach to mental health.
- Yogic practices for the common health problems: Constipation, Diabetes, Cervical, Arthritis, Backache, Sciatica Pain, Indigestion, Snoring, Eye disorders and Migraine.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Readings:

- Kotecha., & Vaidya Rajesh (2016). A Beginner's Guide to Ayurveda, Chakrapani Publications, Jaipur.
- Dr. R. S. Bhogal. Yoga Psychology. Kaivalyadhama Publication.
- Dr. Manmath., M. Gharote., & Dr. Vijay Kant. Therapeutic reference in Traditional Yoga texts.
- T.S. Rukmani. Patanjala Yoga Sutra.
- Sahay, G. S. (2013). Hatha Yoga Pradeepika. MDNIY Publication.

Field Practical

Course Code: MPES 528

Course Title: Practical – IV (Running Events- Short, Long Events & Steeplechase)

L	T	P	Cr
0	0	4	2

Unit – I

- IAAF - Standard Track and Field Marking – Structure and functions of Controlling Bodies National & International. Need and importance of track.

Unit --II

- Fundamental of Running – Aims –techniques. Sprint, Middle and Long distance – Relays – Sprint hurdles – Steeplechase.

- II. Starting technique – standing start, crouch start and its variations, proper use of blocks.

Unit-III

- I. Hurdles – approach, clearance over the Hurdle lead leg action, Trail leg action and recovery, middle- and long-distance running.
- II. IAAF rules and tie breaking interpretations, Running and walking events – Sprint events, long distance event, walking events.

Unit-IV

- I. Finishing Techniques – Run through, forward lunging, shoulder shrug. Marathon and Race-walking Objectives and technical characteristics.
- II. Drills and Conditioning exercise for Running-Basic-Training Schedule Preparation

Suggested Readings:

1. Schneider, R. C. (2009). Ethics of Sport and Athletics: Theory, Issues, and Application. Wolters Kluwer Health/Lippincott Williams & Wilkins, xxi, 392 p.: ill.; 24 cm.
2. Zeigler, E. F., & Spaeth, M. J. (1975). Administrative Theory and Practice in Physical Education and Athletics.
3. <https://www.worldathletics.org/about-iaaf/documents/book-of-rules>
4. <https://sportsauthorityofindia.nic.in/showimg.asp?ID=580>

Course Code: MPES 529

Course Title: Practical- II (Football, Cricket, Volleyball & Hockey – Select Any Two)

L	T	P	Cr
0	0	4	2

UNIT -I

- III. History of Games, Structure and functions of National & International controlling Bodies of particular game.
- IV. Fundamental skills and drills. Lead up Games.

UNIT -II

- III. Practical application of different Defensive and Offensive Techniques, Tactics patterns applicable to game.
- IV. Tactical Training-patterns applicable to game.

UNIT- III

- IV. Philosophy of Coaching.
- V. Coaching Schedule.
- VI. Coaching Campus.

UNIT- IV

- III. General and Specific warming – up routines. Specially preparing, basis and supplementary exercise.
- IV. Training means for development of different components of physical and motor fitness – Strength, Speed, Endurance, Flexibility coordinative abilities.

UNIT -V

- III. Psychology preparation of Sportsman/players.
- IV. Tests, Measurements and Evaluation.
 - Skills Tests.
 - Test for different fitness components.

Suggested Readings:

1. Geyer Dick (1977). Full Court Control Basketball. Parker Publishing Company, Inc. New York.
2. Allen A.P. (1959). Handbook of Baseball Drills. Prentice-Hall, Inc. New York.
3. Rose. H. Lee (2004). The Basketball Handbook. Human kinetics, USA.
4. Anthony C. Varghese., & Lowrence V. (2009). Volleyball Player. Handbook Friends Publication, New Delhi.
5. Dumphy Mary & Wilde Rad (2000). Volleyball Today. 2nd Edition, Fritz/Brett.
6. Ranganathan P.P. (2003). Volleyball, A Guide to Playing and Coaching. Friends Publication, Delhi.
7. Soudhu S. Gurbaksh (1982). Volleyball Basic and Advanced. Sports People, Chandigarh.
8. USA Volleyball. (2007). Coaching Youth Volleyball, 4th Edition, Human Kinetics.
9. Wise Mary (1999). Volleyball Drills for Champions. Human Kinetics, Florida.
10. D. Jain (2003). Hockey Skills & Rules. Khel Sahitya Kendra.
11. Flint, Rachael, H. (1976). Women's Hockey London. Pelham Books Ltd.
12. Kapur (1975). Rules of Hockey with Interpretation.
13. P. Narang (2003). Play and Learn Hockey. Khel Sahitya Kendra.
14. Wein, & Horts. (1979). The Science of Hockey. London: Pelham Books.
15. Aneja, O.P. (2012). How to Play Cricket, Perna Prakashan.
16. Arora, Monika (2005). Cricket Coaching Manual. Sports Publication.
17. Rachna. (2001). Play Better Cricket. Sports Publication.
18. Srivastava, A.K. (2006). How to Coach Bowling. Sports Publication.
19. Syal, & Meenu. (2004). Teach Yourself Cricket. Perna Prakashan.
20. Tyagi, & Arun Kumar. (2012). Cricket Skills & Rules. Khel Sahitya Kendra.
21. Woolmer, & Bob. (2009). The Art and Science of Cricket. Firefly Book Limited.

Course Code: MPES 530

Course Title: Practical III (Indigenous Activities and Camping)

L	T	P	Cr
0	0	2	1

Unit-I

- I. Meaning and importance of Indigenous Activities.
- II. Types of Indigenous Activities.
- III. Indigenous Activities for various age group people.
- IV. Moral and ethical values of Indigenous Activities.

Unit - II

- I. Camping and leadership, Aim, objectives and importance of Camping.
- II. Organization, Selection, types of Camp and layout of camp site.
- III. Learning basic of Camping, basic skill / outdoor skill, Hiking and Trekking, Night Walk, River crossing
- IV. Compass learning /Orienteering/Cooking / Fire Management/Rope Management

Suggested Readings:

1. Bright Charles K. & Herold C. Meyer. (1953). Recreational test and readings; Eaglewood cliff. New Jersey Prentice Hall.
2. Ness wed, M.H. & New Meyer E.S. Leisure and Recreation, New York: Ronald Press.
3. (1958). Recreation areas: Their Design and equipment's. New York: Ronal Press.
4. Kran, R.G. Recreation and the schools. New York: Mac Melon Company.
5. Shivers J.S., (1964). Principles and practices of Recreational services. London: Mac Melon Company.
6. Butler George (1976). Introduction to Community recreation. Mc Gram Hill Book Company.
7. Kelly, J. R (1982). Leisure Prentice. Hall Inc. Englwood Cliffs N.J.

MPES– III SEMESTER**Course Code: MPE 531****Course Title: Intramural & Extramural Activities**

L	T	P	Cr
0	0	2	1

The students of MPES– II Semester need to participate in intramural competition to nurture healthy competition, good judgment and fair play, teamwork, and leadership skills. Intramural competition provide students the opportunity to participate in sport and physical activities without regard for high performance skill or ability and also enhance a social interaction through play within a diverse student body, and reduce student conflict by encouraging students to properly manage their emotions. It will encourage a lifestyle of healthy habits thorough recreation and leisure activity involvement. Extramural improve the standard of sports of students by participating in extramural activities/competition which make them technically and tactically efficient in respective sports.

MPES– III SEMESTER**Course Code: MPES 551****Course Title: Science of Sports Training****Learning Outcomes**

L	T	P	Cr
4	0	0	4

On the completion of the course the students shall be able to;

- Understand the concept of training and planning
- Develop mastery on training sessions
- Understand about the psychological factor affect sports performance.
- Understand preparation for competition.

UNIT-I**10 hours**

1. Importance of Planning for competition
2. Principles of Planning for competition
3. Types of Planning for competition
4. Training Sessions
 - I. Classified by task

- II. Classified by structure
- III. Sample training plan

UNIT- II

10 hours

1. Developing of positive Coaching Philosophy for athletes.
2. Communication in sports Competitions.
3. Psychological factors and performance excellence.
4. Imagery Training.
 - I. Factors influencing the effectiveness of imagery.
 - II. Developing an imagery training programme.

UNIT-III

12 hours

1. Concept of Competition.
2. Classification of competition.
3. Functions of competition.
4. Competition System.
5. Preparation for competition.
 - I. General guidelines.
 - II. Psychological preparation.
 - III. Direct Preparation.

UNIT-IV

12 hours

1. Peaking for Competition.
2. Definition of Tapering.
3. Primary aim of Tapering.
4. Factors affecting Tapering.
 - I. Training intensity.
 - II. Training volume.
 - III. Training frequency.

Suggested Reading:

1. Bompa, T. O., & Buzzichelli, C. (2018). Periodization-: Theory and Methodology of Training. Human kinetics.
2. Bompa, T., Bompa, T. O., & Carrera, M. (2005). Periodization Training for Sports(Ed. 2). Human Kinetics.
3. Jesudoss, S. J. (2015). Principles of Sports Training. Friends Publications.
4. Kurz, T. (2001). Science of Sports Training: How to Plan and Control Training for Peak Performance. Stadion.
5. Loehr, J. E. (1995). PDF The New Toughness Training for Sports: Mental Emotional Physical Conditioning From One of the Worlds Premier Sports Psychologists Online Book.
6. OBE, F. W. D. (2014). Sports Training Principles: An Introduction to Sports Science. Bloomsbury Publishing.
7. Singh, H. (1984). Sports Training: General Theory & Methods. Netaji Subhas. Nat. Inst. of Sports.
8. Viru, A. (2017). Adaptation in Sports Training. Routledge.

Course Code: MPES 552
Course Title: Yogic Sciences

L	T	P	Cr
4	0	0	4

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand concept of Yogic Practices and Meditation
- Perform Yogic practices with proficiency
- Actively participate in Sports and Games
- Manage Stress and Develop Resilience through Meditation

Unit I**10 hours**

1. Meaning, Definitions & Historical background of Yoga
2. Aims & Objectives of Yoga Education
3. Application & Misconception about Yoga in Modern Society
4. Introduction to Patanjali Yoga Sutra

UNIT-II**12 hours**

1. Introduction to different schools of Yoga
2. Concept of PanchaMahabhuta, PanchKosh, PanchPrana Concept of Chakras and Aura in Yoga
3. Philosophy of the sacred syllable “Om” (AUM)
4. Concept of Triguna And Tridosha in Yoga

UNIT-III**15 hours**

1. Shatkarma – Meaning, Types (Dhauti, Basti, Neti, Trataka&Kapalbhati) techniques, Precautions and Benefits.
2. Asanas - Meaning, Definitions, Types, Techniques, Precautions and benefits.
3. Pranayama-Meaning, Definitions, Types, Techniques, Precautions and benefits.
4. Mudras &Bandas – Meaning, Technique, Precautions and Benefits.

UNIT-IV**15 hours**

1. Meditation: Meaning, techniques and benefits of meditation.
2. Mental relaxation through Prayer – A cross-cultural approach to mental health.
3. Role of Yoga in Psychological Preparation of athletes
4. Yogic practices for the common health problems: Constipation, Diabetes, Cervical, Arthritis, Backache, Sciatica Pain, Indigestion, Snoring, Eye disorders and Migraine.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. Anatharaman, T.N., (1996). Ancient Yoga and Modern Science. Project of History of Indian Sciences Philosophy & Culture.
2. Arya, K. (2011). Yogic Science. Friends Publication.
3. Arya, K. (2013). Yogic Education. Friends Publication.
4. Debnath, K. K. (2010). Yogic Sciences. Friends Publication.
5. Horovitz, E. G., & Elgelid, S. (2015). Yoga Therapy: Theory and Practice. Routledge.
6. Kotecha., & Vaidya Rajesh. (2016). A Beginner's Guide to Ayurveda. Chakrapani Publications.
7. Kumar., & Dr. Kamakhya, (2008). Super Science of Yoga. Standard Publications.
8. Leslie Kamin off & Amy Matthews (2011). Yoga Anatomy. Human Kinetics.
9. Nathial, M. S. (2013). Yogic Education. Friends Publication.

10. Niranjanananda Saraswati, Swami (2012). Gherenda Samhita.
11. Pramod Kumar Sethi (2017). Yoga and Skin Diseases. Sports Publication.
12. Saini, N. (2011). Yogic and Stress Management. Friends Publication.
13. Swami Vivekananda, (2019). The Complete Book of Yoga : Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga. Fingerprint! Publishing.
14. Tarak Nath Pramanik (2018). Yoga Education. Sports Publication.

Course Code: MPES 553

Course Title: Sports Medicine, Athletes care and Rehabilitation

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Develop understanding about sports medicine and its significance.
- Able to know how to use different therapeutic modalities.
- Know about management of sports injuries.
- Understand different techniques of massage.

UNIT-I

12 hours

1. Definition and Concept of Sports Medicine
2. Need and importance of sports medicine
3. Role of Sports Physician and Athletic Trainer in Sports Medicine.
4. Categories of Athletic Injuries: Traumatic and Overuse.
5. Signs and Symptoms of Inflammation and Stages of Healing
6. Introduction to Athletic Rehabilitation, Role of Therapeutic Exercises in Rehabilitation of musculo-skeletal athletic injuries.

UNIT – II

12 hours

1. Meaning and Concept of Therapeutic Modalities.
2. Therapeutic effects, uses, and contraindications of following therapeutic modalities:
 - a. Cryotherapy (Ice Therapy)
 - b. Short wave Diathermy
 - c. Ultra sound Therapy
 - d. Transcutaneous Nerve Stimulation (TNS)
 - e. LASER Therapy

UNIT -III

10 hours

1. Meaning and Definition of Massage.
2. Role of Massage in the treatment and rehabilitation of sports injuries.
3. Massage and Prevention of sports injuries.
4. Massage and Sports Performance, Pre-Competition and Post-Competition phase.
5. Psychological Aspect of Sports Massage.

UNIT - IV

15 hours

1. Importance of rehabilitation equipment (Traction units, sliding sheet, shoulder wheel, quadriceps table, wrist rotators, leg curl, wall pulley, finger board).
2. Bandage –Types of Bandages –strapping/tapping - Application of strapping/tapping and bandage for major joints and body parts.

3. Low back pain, Common causes, General Care, Stretching and strengthening exercises for low back pain.
4. Classification of Therapeutic exercise- Active and passive exercise
5. Balance training, gait training, gym ball exercise.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. American College of Sports Medicine (2019). ACSM's Body Composition Assessment with Web Resource. Knowledge Warehouse.
2. Bindal, V.D. (2016). Therapeutic and Sports Massage. Agra: Associated Publishing House.
3. Johnson, J. C. (2011). Postural Assessment. Human Kinetics.
4. Kumar, P. (2019). Management of Obesity Induced Forward Head Posture Deformities Through Sports. International Journal of Physical Education, Sports and Health.
5. Madden, C. & Netter, F. (2010). Netter's Sports Medicine. PA: Philadelphia. Saunders/Elsevier.
6. Norris, C. M. (2018). Sports and Soft Tissue Injuries: A Guide for Students and Therapists. Routledge.
7. Singh, A. (2014). Complete Guide to Sports Injuries. Friends Publications.
8. Singh, A. (2016). Athletic Care and Rehabilitation. Friends Publications.
9. Uppal, A. K. (2015). Posture, Athletic Care and First Aid. Friends Publications.

Course Code: MPES 554

Course Title: Sports Medicine, Athletes care and Rehabilitation (Practical)
PRACTICALS

L	T	P	Cr
0	0	2	1

1. Orientation of most commonly used Therapeutic Modalities (Infrared, Wax bath, Ultrasound, Short wave Diathermy, TNS, LASER Therapy).
2. Orientation of most commonly used Massage Techniques in the treatment of sports injuries.
3. Orientation of Active and Passive exercises for rehabilitation

Course Code: MPES

Course Title: Research Proposal 597

L	T	P	Cr
0	0	4	2

Learning Outcomes

On the completion of the course the students shall be able to;

- Develop understanding about identification and development of research problem
- Able to know how to use library resources
- Know about how to write research proposal and dissertation/thesis
- Learn how to remove Plagiarism

Content

20 hours

1. Identify an appropriate methodology for research problem
2. Effectively use of library resources for research
3. Develop a conceptual model relevant to research
4. Construction of tools for different types of research
5. Develop a research proposal for dissertation
6. Follow different writing format in preparing their research proposal

7. Identify and reduce/eliminate barriers that may interfere with the development of a high quality thesis/dissertation
8. Develop and follow an appropriate timeline for completion of the thesis/dissertation
9. Academic Dishonesty

Suggested Reading:

1. Kamlesh, D. M. (2019). Methodology of Research in Physical Education and Sports. Sports Publication.
2. Kloppe, H. (2008). The Qualitative Research Proposal. Curationis.
3. Kothari, C. (2019). Research Methodology: Methods and Techniques. New Age International Publishers.
4. Mishra, P. D. (2018). Research and Statistics in Physical Education. Sports Publication.
5. Vivar, C. G., McQueen, A., Whyte, D. A., & Armayor, N. C. (2007). Getting Started With Qualitative Research: Developing a Research Proposal. Nurse researcher, 14(3).

Discipline Specific Elective

Course Code: MPES 555

Course Title: Health Fitness and Lifestyle Management

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand the basic concept of physical fitness and its components.
- Develop understanding about nutrition.
- Develop understanding about establishment of fitness centre.
- Able to design fitness training programme for different age group.

Unit I

10 hours

1. Meaning & Definition of Physical Fitness and Wellness.
2. Components of Physical Fitness and Wellness.
3. Techniques and Principles of Physical fitness
4. Leisure time physical activity for community development
5. Current trends in fitness and conditioning
6. Relationship between physical activity and lifelong wellness

UNIT- II

8 hours

1. Meaning and Definition of Nutrition
2. Daily calories intake & burning
3. FoodGuidePyramid
4. Influences of foodonsocial cultural values
5. Exercise and metabolism & BURNING

UNIT- III

12 hours

1. Stress assessment & its management
2. Prominent health problem associated with inactivity.
3. Measurement of Body Composition

4. Safety techniques (Spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques)
5. Concept of free weight Vs. machine, variation of sets and repetitions, Exercise with Swiss & Medicine Ball, Theraband and Tubing
6. Concept of designing different fitness training programme for different age group (Group and Personal)
7. Concepts of designing fitness training programme for diabetes and cardiac patients.

UNIT- IV

12 hours

1. Establishment and Management of Fitness Centre
2. Principles of starting a fitness centre-environment, location, policy, offer of programmes, record keeping, public relation
3. Fitness centre membership and its types
4. Safety aspects in a fitness centre
5. Qualification and qualities for a fitness trainer

PRACTICALS

- Orientation and management of fitness centre, various equipments and wet zone
- Different methods of measuring Body Composition (BMI, Waist Hip Ratio, Skinfold Caliper).
- Different Fitness Test (Cardio-respiratory Endurance, Strength, Strength Endurance, Flexibility, Body Composition, Anthropometric Measurements and Grip Dynamometer)

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. American Alliance for Health, Physical Education, Recreation and Dance (1999). Physical Education for Lifelong Fitness. The Physical Best Teacher's Guide. Human Kinetics.
2. Emily R. Foster., Karyn Hartiger., & Katherine A. Smith.(2002). Fitness Fun. Human Kinetics Publishers.
3. Fahey D. Thomas (2005). Weight Training Basis, A Complete Guide for Men and Women. Mcgraw- Hill Companies.
4. Getchell, B. (1979). Physical Fitness: A Way of Life.
5. Lawrence, Debbie. (1999). Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square.
6. Miller, D. K., & Allen, T. E. (1990). Fitness: A Lifetime Commitment. Macmillan Publishing Company.
7. Robert Malt. (2001). 90-Day Fitness Plan. D.K. publishing, Inc. 95, Madison Avenue.
8. The National Association for Sport and Physical Education (1900). Concepts of Physical Education, What Every Student Needs to Know. Association Drive Reston.

Course Code: MPES 556

Course Title: Sports Journalism and Mass Media (Elective)

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand the Meaning and Definition of Journalism

- Practice the ethics in sports
- Discuss the Concept of Sports Bulletin, Journalism and sports education
- Analyse the role of mass media on sports
- Prepare report on sports

UNIT-I

8 Hours

1. Sports Journalism: Meaning, Definition and Historical Background
2. National and International Sports News Agencies
3. Mode of Sport Journalism: Print, Electronic and Informal Media

UNIT-II

10 Hours

1. News: Definition, basic news elements, organisation of sports news desk, Pitfalls in use of language, Proof Reading, Qualities and responsibilities of sports news reporters.
2. Organization of Pre & Post Sports Event Press Meet.
3. Coverage: Covering Local / National/ International sports competitions and writing of press release.

UNIT-III

12 Hours

1. Review Writing: Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games.
2. Writing Sports Features: Types of sports features, sports personalities and their thumb nail sketches, Writing Sports Editorials, Blogs & Column.
3. Art of Commentating and interviewing: Commentating sports for radio and television channels and Interview with and elite Players and Coaches.

UNIT-IV

10 Hours

1. Amateurism v/s professionalism: Invasion of private life, emphasis on winning, sports for charity.
2. Role of Advertisement in Sports Journalism.
3. Career in Sports Photography: Equipments, Editing and Publishing.

Practical:

- Handling of various equipments related to sports journalism
- Writing various types of reports, leads, headlines and news stories
- Conducting interviews and writing stories on it.
- Conducting and covering pre event and post event press meet.
- Writing and publishing Blogs.
- Record videos by using various camera movements and Angles
- Prepare a photo feature
- Experiment on various types of shots and angle.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. Dhananjay Joshi (2010). Value Education in Global Perspective. Lotus Press.
2. Kathryn T. Stofer., & James R. Schaffer (2019). Sports Journalism: An Introduction to Reporting And Writing. Rowman & Little field Publishers.
3. Koak, S & Sharma, R. (2015). Media and Career in Phy Edu. Friends Publications.

4. Lal, R. (2013). Sports Journalism. Friends Publications.
5. Malik, (2010). Sports Journalism and Mass Media. Friends Publications.
6. Phil Andrews (2013). Sports Journalism (Ed. 2). SAGE Publications Ltd.

Course Code: MPES 557

Course Title: Curriculum Design and Development in Physical Education

L	T	P	Cr
3	0	0	3

Learning Outcomes

After completion of the course students will be able to:

- Understand the concept and bases of curriculum development
- Analyze the principles and different models of curriculum development
- Understand the processes involved in the curriculum development process
- Differentiate different types of curriculum designing and its application
- Develop skills to evaluate different types of curriculum
- Prepare curriculum for Physical education

UNIT – I

8 Hours

1. Concept and Principles of Curriculum, Strategies of Curriculum Development, Stages in the Process of Curriculum development
2. Role of National level Statutory Bodies - UGC, NCTE and University in Curriculum Development
3. Choice Based Credit System and its implementation

UNIT – II

12 Hours

1. Principles for curriculum development: Activity centered, Community centered, forward looking principle, Principles of integration, Balance, Relevance, flexibility, Contextually and plurality
2. Types of Curriculum Designs- Subject centered, Learner centered, Experience centered, problem centered and Core curriculum. Designing Local Specific Curriculum
3. Designing Curriculum: Selection and Organization of learning experiences; Components of Design, Sources of Design; Conceptual framework: Horizontal and vertical relationship; dimensions of curriculum design: Scope, Sequence, Continuity, Integration, Articulation and Balance.

UNIT – III

12 Hours

1. Meaning and types of Curriculum change, Factors affecting curriculum change, Approaches to curriculum change,
2. Role of students, teachers and educational administrators in curriculum change and improvement.
3. Scope of curriculum research and Types of Research in Curriculum Studies

UNIT – IV

12 Hours

1. Curriculum evaluation; Concept and purpose, Types of curriculum evaluation: Formative and Summative
2. Models of Curriculum Evaluation: Tyler's Model, Stakes' Model, Scriven's Model, Kirkpatrick's Model

- Tools and Techniques of Curriculum evaluation: Observation, Oral, Interview, Opinionnaire and Focus group discussion, rating scale etc.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

- Ornstein, A.C. & Hunkins, E (1998). Curriculum, Foundations, Principles and Issues.
- Rao, V. K. (2015). Principles of curriculum. New Delhi: APH publishing Corporation.
- Taba Hilda (1962). Curriculum Development: Theory and practice. New York.
- Tala, M. (2012). Curriculum development: Perspectives, principles and issues. Pearson.
- Tanner, D. & Tanner, L. N. (1980). Curriculum development. Theory into practice. New Delhi.
- Veer, U. (2014). Modern teaching and curriculum management. Anmol publication. New Delhi.
- Wiles, J. W., & Bondi, J. C. (2015). Curriculum development a guide to practice. Pearson publication.
- Zais, R. S. (1976). Curriculum: Principles and foundations. New York: Harper & Row.

Value Added Course - VAC (for other Departments)

Course Code: MPES 504

Course Title: Yoga and Naturopathy

L	T	P	Cr
0	0	2	1

Learning Outcomes

On the completion of the course the students shall be able to;

- Able to perform Yogic Asana and Meditation
- Learn how to perform Surya Namaskar
- Develop understanding about techniques of stress management
- Learn how Naturopathy use to treat different diseases

Unit I

4 hours

- Meaning, Misconception about Yoga in Modern Society.
- Ashtanga Yoga according to Maharshi Patanjali.

Unit II

5 hours

- Shatkarma – Meaning, Types (Dhauti, Basti, Neti, Tratak & Kapalbhati) techniques, Precautions and Benefits.
- Surya Namaskar: Technique and benefits.

Unit III

4 hours

- Asanas - Types, Techniques, sequencing, and benefits.
- Pranayama- Types, Techniques and benefits.

Unit IV

5 Hours

- Practices of various Yogic therapies: Water (Hydro) Therapy, Mud/Clay therapy, Sun-therapy, Air-therapy and Ether/Space therapy.

2. Concept of Fasting in Naturopathy

Suggested Reading:

1. Anantharaman, T.N., (1996). Ancient Yoga and Modern Science. Project of History of Indian Sciences Philosophy & Culture.
2. Bhardwaj, & Yogeshwar (2004). Textbook of Yoga. Publisher: Penguin - India.
3. Digambarji, & Swami (1998). Hatha Pradipika of Svatmarama. Publisher: Kaivalyadhama, SMM Samiti, Lonavala - Pune.
4. Gambhirananda, & Swami, (1957). Eight Upanishads with the commentary of Shankaracharya. Vol. 1 and Vol. 2 Advaita Ashrama, University of Virginia.
5. Horovitz, G. Ellen, & Elgelid Staffan, (2015). Yoga Therapy: Theory & Practice, Routledge Publication, New York.
6. Jha, Gangadhar, (1894). Yoga Sara Samgraha. Bombay Theosophical Fund, Tatva Vivechaka Press, Bombay.
7. Kumar, & Dr. Kamakhya, (2008). Super Science of Yoga. Standard Publications, New Delhi.
8. Sturgess, Stephen, (1996). The Yoga Book. Watkins Publications, London, University of Michigan.
9. Swami, Shivananda Saraswati, (1957). Yoga Therapy. Umachal Yoga Ashram, Guwahati.
10. Tiwari, O. P., (1984). Asanas—Why and How. Kaivalyadhama, Lonavala.

Field Practical

L	T	P	Cr
0	0	4	2

Course Code: MPES 558

Course Title: Practical – VII (Jumping Events- Long Jump, Triple Jump & High Jump)

Unit-I

- I. History of Jumping events World wide- Indian Athletes History-Fundamentals of Jumping events – teaching and coaching of jump events.

Unit-II

- I. Fundamental of Various Jumping techniques, long jump – triple jump – high jump- Pole vault.
- II. Advantages of technical characteristics of jumping events.

Unit-III

- I. IAAF rules and ties breaking interpretations of jumping events.
- II. Warming-up and cooling down Exercises for Various Jumping Events.

Unit-IV

- I. Drills and Conditioning exercise for Jumping Events-Basic-Training Schedule Preparation.

Suggested Reading:

1. Schneider, R. C. (2009). Ethics of Sport and Athletics: Theory, Issues, and Application. Wolters Kluwer Health/ Lippincott Williams & Wilkins.
2. Zeigler, E. F., & Spaeth, M. J. (1975). Administrative Theory and Practice in Physical Education and Athletics.
3. <https://www.worldathletics.org/about-iaaf/documents/book-of-rules>
4. <https://sportsauthorityofindia.nic.in/showimg.asp?ID=580>

L	T	P	Cr
0	0	4	2

Course Code: MPES 559

Course Title: Practical – VIII (Tennis, Table Tennis, Archery & Boxing- Select Any two)

UNIT -I

- I. History of Games, Structure and functions of National & International controlling Bodies of particular game.
- II. Fundamental skills and drills. Lead up Games.

UNIT -II

- I. Practical application of different Defensive and Offensive Techniques, Tactics patterns applicable to game.
- II. Tactical Training-patterns applicable to game.

UNIT- III

- I. Philosophy of Coaching.
- II. Coaching Schedule.
- III. Coaching Campus.

UNIT- IV

- I. General and Specific warming – up routines. Specially preparing, basis and supplementary exercise.
- II. Training means for development of different components of physical and motor fitness – Strength, Speed, Endurance, Flexibility coordinative abilities.

UNIT -V

- I. Psychology preparation of Sportsman/players.
- II. Tests, Measurements and Evaluation.
 - Skills Tests.
 - Test for different fitness components.

Suggested Reading:

1. Steve Ruis & Mike Gerard (2019). The Archery Drill Book. Human Kinetics Publishers.
2. Kathleen Haywood & Catherine Lewis. (2013). Archery: Steps to Success. Human Kinetics Publishers.
3. B.J. Sorrells. (2004). Beginner's Guide to Traditional Archery. Mechanicsburg, United States.
4. Mc Ilvanney, Hugh (2001). The Hardest Game: McI Ivanney on Boxing. McGraw-Hill.
5. W. C. Heinz & Nathan Ward (1999). The Total Sports Illustrated Book of Boxing Hardcover. Total Sports Illustrated publisher.
6. Ken Regan (2019). Knockout: The Art of Boxing Hardcover. Insight Editions publisher.
7. Gary Blower (2006). Boxing: Training, Skills and Techniques Paperback. The Crowood Press Ltd publisher.
8. Sadzeck Tom. (2008). Tennis Skills. Quantum publishing Ltd.
9. Saviano Kick. (2003). Maximum Tennis. Human Kinetics.
10. Bose, Tapan & Mukherjee, Bhawani (2000). Table Tennis Training Manual. (Phulkian Press Pvt. Ltd., SAI, NSNIS, Patiala, India).

11. Fairholm, David (1985). The Pocket Guide to Table-Tennis Tactics. (Bell and Hyman Denmark House 37/39, Queen Elizabeth Street, London SE1 2 Q B)
12. Sklorz, Martin (1973). Table Tennis. John Blackburn Ltd., EP Publishing Ltd. (English Version), Yorkshire.

Course Code: MPES 560

Course Title: Practical – IX (Teaching & Coaching Efficiency)

L	T	P	Cr
0	0	2	1

The students of MPES III Semester need to develop proficiency in taking teaching and coaching lesson of game & sports. Students will learn how to discuss about theory of sports and various skills of games with biomechanical principles. In view of this, the students shall be provided sufficient training in selected discipline. The duration of the lesson shall be 45 minutes. Each student will take 05 lessons and lesson will be supervised by concern faculty member. Final lesson will be supervised by concern faculty member and two internal experts who would discuss the merits and demerits of the concerned lesson and guide them for the future.

Course Code: MPE 591

Course Title: Internship

L	T	P	Cr
0	0	0	1

The students of MPES III Semester need to attain internship of 15 hours in colleges/ university with in Bathinda city. It plays a crucial role in professional development of students and students will achieve valuable experience. It will also offer an opportunity to gain relevant experience, and to get a realistic perspective in field of physical education.

Course Code: MPE 561

Course Title: Intramural & Extramural Activities

L	T	P	Cr
0	0	2	1

The students of MPES– III Semester need to participate in intramural competition to nurture healthy competition, good judgment and fair play, teamwork, and leadership skills. Intramural competition provide students the opportunity to participate in sport and physical activities without regard for high performance skill or ability and also enhance a social interaction through play within a diverse student body, and reduce student conflict by encouraging students to properly manage their emotions. It will encourage a lifestyle of healthy habits thorough recreation and leisure activity involvement. Extramural improve the standard of sports of students by participating in extramural activities/competition which make them technically and tactically efficient in respective sports.

IV Semester

Course Code: MPES 571

Course Title: Sports Management

Learning Outcomes

L	T	P	Cr
4	0	0	4

On the completion of the course the students shall be able to;

- Explain about the meaning, definition, scope, principles, functions of management.

- Understand about role and qualities of manager.
- Reflect about Financial management and Class management.
- Explain about Tournament organization and intramurals.

UNIT – I

8 Hours

1. Management: Meaning, definition, scope, principles, functions of management: Planning, Organizing, Staffing, Directing, Controlling, Coordinating, Evaluating and innovating
2. Personnel management- objectives and principles. Self-appraisal, communication skills and time management. Essential skills of administration.
3. Roles of manager: Interpersonal roles, Informational roles, Decisional roles, Qualities of a manager

UNIT – II

12 Hours

1. Programme planning, Steps in programme planning, Principles of programme planning, Evaluation of physical education programme
2. Public relations: Meaning, Definitions, Principles, Planning and organizing public relations programme
3. Financial management: Need for financial management, Principles of financial Management, preparation of budget, Sources of funds, Expenditure
4. Class management: Meaning, Principle, Steps in class management: Strength of class, Place and time, Uniform, Class formation, Safety measures and Discipline

UNIT – III

12 Hours

1. Facilities and Equipment management: Types of facility/infrastructure-indoor, outdoor, Purchase, Care and Maintenance
2. Tournament organization: Types of tournament-Knock out or Elimination, League or Round Robin, Combination, Consolation, Challenge Tournaments
3. Intramural Competitions: Meaning and Importance of Intramural, Objectives of Intramural, Conduct of Intramural
4. Process of organizing sports events, Notifications, Invitations, Selection of officials, Monitoring, Writing reports, maintaining records

UNIT – IV

12 Hours

1. Promotional Strategy: Meaning and concept of Event Promoting Plan, Elements of an Event Promoting Plan, Steps to develop Event Marketing Strategy and Channels of promoting Events.
2. Sponsorship: Definition, Factors that stimulates sponsorship growth, Benefits sought from sponsorship by Sports and Business organization, Steps to get sponsorship.
3. Sport Law and Legal Liability: Meaning, concept, Application of Contract in Sports and Legal Liability in Physical Education and Sport
4. Organizational structure and functions of IOC, IOA, SAI, AIU ICC, FIFA, NBA, BCCI, HI, BAI etc.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. Dhull, D. S. & Goel, M. (2015). Handbook of Sports Management and Administration. Friends Publications.
2. Lisa P. M. (2018). Principles and Practice of Sport Management (6th Edition). Jones & Bartlett Learning.
3. NCERT (2018). National Curriculum Framework for School Education. NCERT.
4. Pargaonkar, G. V. (2016). Sports Management. Friends Publications.
5. Sahil K. (2017). Organization and Administration in Physical Education. Sports Publication.
6. Singh, D. (2015). Sports Management and Curriculum Designs in Phy Edu. Friends Publications.
7. Vandana Meshram (2017). Sports Management and Curriculum Designs in Physical Education. Khel Sahitya Kendra.

Course Code: MPES 572

Course Title: Sports Psychology

L	T	P	Cr
3	0	0	3

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand the concept and meaning of sports psychology.
- Develop understanding about various learning, personality and motivation theories.
- Understand about how the psychological factors affect sports performance.
- Develop the concept of team cohesion and leadership.
- Understand how to assess anxiety, coordination and reaction of athletes.

UNIT- I

10 Hours

1. Meaning, Definition and Scope of Sports Psychology
2. Importance of Sports Psychology for enhancing sport performance
3. Meaning of Learning -Theories of Learning and their implication in teaching Learning Process
4. Meaning and types of Motivation - Theories of motivation (Abraham Maslow, Need Achievement by McClelland, Weiner Attribution)
5. Measurement of Motivation and Techniques for Developing Motivation
6. Effect of spectator on Individual and team sports

UNIT- II

10 Hours

1. Meaning and Definition of Motor Learning, Activity & Skill.
2. Theories of Motor Learning (Adams Closed Loop Theory, Schmidt's Schema Theory Ecological Theory)
3. Differentiation and classification of Motor Skills and Sport Skills.
4. Developmental Considerations in Motor Skill Acquisition.
5. Stages of Motor Learning and Plateau effect
6. Coach Leadership in Sport – (Fiedler's contingency theory, Path-goal theory, Hersey-Blanchard Situational Leadership Theory)

UNIT- III**12 Hours**

1. Meaning, Definition of Personality and Personality Traits
2. Theories of Personality
3. Role of Personality in Sports and Exercise
4. Measurement of Personality
 - I. Eysneck – EPQ (R)
 - II. Cattle- R.B. Cattle 16 PF
5. Individual Difference and its types
6. Areas of Individual differences

UNIT- IV**12 Hours**

1. Concept of Group Dynamics, Team Cohesion, Characteristics of Team Cohesion
2. Guidelines for Developing Team Cohesion
3. Measurement of Cohesion
4. Meaning of Leadership and Component of Effective Leadership
5. Measurement of Leadership
6. Problems and issues working with Individual and Team Sports
7. Career Transition in Athletes and Retirement Issues, Developing Life Skills in Athletes

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. Horn, Thelma (2008). Advances in Sport Psychology. Champaign IL : Human Kinetics Publishers, Inc.
2. Huber, Jeffrey (2012). Applying Educational Psychology in Coaching Athletes. Knowledge Warehouse.
3. Kamlesh, M.L. (2011). Psychology in Physical Education and Sport. (Ed. 3). Delhi Metropolitan Book Co. Pvt. Ltd.
4. Pargonkar, G. V (2015). Sports Psychology. Friends Publications.
5. Taylor, Jim (2017). Assessment in Applied Sport Psychology. Knowledge Warehouse.
6. Weinberg, R.S & Gould, Daniel (2015). Foundations of Sport and Exercise Psychology (Ed. 6). Champaign IL: Human Kinetics Publishers, Inc.

Course Code: MPES 573

Course Title: Sports Psychology Practical

L	T	P	Cr
0	0	2	1

PRACTICALS

1. Assessment of Reaction Time (Hard-Eye)
2. Assessment of Coordination (Foot-Eye)
3. Analysis of Personality (Eysinck Personality Questionnaire), Big Five Personality Test.
4. Assessment of Achievement Motivation.
5. Assessment of Sport competitive anxiety test
6. Inventory for factors influencing sports.
7. Assessment of Sociometry Questionnaire

Course Code: MPES 599

Course Title: Project

L	T	P	Cr
0	0	12	6

1. A candidate shall have project for MPES – IV Semester and must submit his/her proposal and get it approved by the 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 IVth Semester Examination.
3. The candidate has to face the Viva-Voce conducted by D.R.C. (Departmental Research Committee).

Course Code: MPES 574 (DEC)

Course Title: Comprehensive view of Physical Education-I

Learning Outcomes

L	T	P	Cr
2	0	0	2

On the completion of the course the students shall be able to;

- Understand the concept and meaning of physical education of national and international level.
- Develop understanding about teaching aptitude.
- Understand about the significance of exercise for weight management. .
- Understand about different posture and deformities.
- Able to explain significance of different psychological training.

Unit -I

1. Physical education their objectives Philosophies of education as applied to physical education Development of Physical education in Greece, Rome, Sweden, Russia England, Denmark, Germany, USA, Australia and China.
2. Teaching Aptitude – nature, objectives, characteristics of teaching, learner characteristics and teaching methods. Teaching: Concept, Objectives, Levels of teaching (Memory, Understanding, and Reflective), Characteristics, and basic requirements in physical education.
3. Factors affecting teaching related to Teacher, Learner, Support material, Instructional facilities, Learning environment, and Institution.

Unit –II

1. Body weight control and its significance on health. Role of exercise, dieting and combination of exercise & dieting on weight control.
2. Types of reasoning: Number series, Letter series, Codes, and Relationships.
3. Mathematical Aptitude: Fraction, Time & Distance, Ratio, Proportion and Percentage, Profit and Loss, Interest and Discounting,

Unit- III

1. Kinesiology and biomechanics. Modern trends in biomechanics.
2. Posture and its deformities with their corrective exercises.
3. Kinesiological, Muscular and mechanical analyses of fundamental movements: Mechanical analyses of major sports skills

Unit – IV

1. Psychological factors affecting sports performance- Emotions, Anxiety aggression, stress, self confidence, concentration, mental practice and goal setting.
2. Psychological skill training for activation and relaxation Spectators and sports performance.
3. Psychosomatic disorders/ sedentary life style diseases: causes, symptoms and prevention.

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. Anand Shyam. (2010). UGC-Net/JRF/SET Physical Education (Paper - II & III). Upkar Prakashan.
2. Megha Jain., Tushar Shukla., Farah Sultan & Deepika Singh. (2020). NTA UGC Net Physical education Paper II. Arihant publisher.
3. Satyanarayana & A. K. Uppal. (2019). Physical Education UGC - NET, KVS, NVS, DSSSB, TGT, PTI, PGT, SCERT - TET and other Competitive Examinations. Sports Publication; 2019.
4. Tripathi akhilesh. (2020). UGC Net Physical Education . Trueman's Publication.
5. M. L. Kamlesh. (2018). UGC Net Digest: Physical Education; Third Revised and Updated Edition. Khel Sahitya Kendra.

Course Code: MPES 575 (DEC)

Course Title: Comprehensive view of Physical Education-I

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand the professional preparation in physical education.
- Develop understanding about various Qualities and qualifications for physical education teacher.
- Understand about the skill based education.
- Develop understanding about first aid.
- Understand application of different teaching aids.

L	T	P	Cr
2	0	0	2

Unit -I

1. Development of teacher education for physical education in India. Comparative study of professional preparation in physical education -India.
2. Qualities, qualifications and responsibilities of physical education personnel at primary, secondary and higher education levels.
3. Recent Government policies for promoting physical education and sports in India. Role of public & private sectors in the promotion of physical education and sports in the country.

Unit -II

1. Institutions of higher learning and education in ancient India.

2. Evolution of higher learning and research in Post-Independence India in physical education.
3. Oriental, Conventional, and Non-conventional learning programs in India.
4. Professional, Technical, and Skill-Based education.

Unit -III

1. Research in physical education- its importance and Ethical issues in research. Sources and steps of literature search- library, research data bases, internet- search engines, online journals.
2. First-aid- objectives and principles. First-aid for Shock, poisoning, burns, drowning, bleeding, electric shock and common sports injuries.
3. Pollution- Air, water, sound and radiation. Effects of pollution on health, Preventive and safety measures from pollution.

Unit – IV

1. Facility management- planning, procuring and maintenance of facilities- indoor and outdoor facilities. Planning and management of sports infrastructure. Management of records.
2. Public relation- principles of public relations in physical education and sports. Mass Media- communication and publicity, qualifications of Public relation officer.
3. Teaching aids - visual Aids-time-table, Concepts, credit system for various subject courses theory and practical, Impact of technology in physical education and sports

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. Anand Shyam. (2010). UGC-Net/JRF/SET Physical Education (Paper - II & III). Upkar Prakashan.
2. Megha Jain., Tushar Shukla., Farah Sultan & Deepika Singh. (2020). NTA UGC Net Physical education Paper II. Arihant publisher.
3. Satyanarayana & A. K. Uppal. (2019). Physical Education UGC - NET, KVS, NVS, DSSSB, TGT, PTI, PGT, SCERT - TET and other Competitive Examinations. Sports Publication.
4. Tripathi akhilesh (2020). UGC Net Physical Education. Trueman's Publication.
5. M. L. Kamlesh (2018). UGC Net Digest: Physical Education; Third Revised and Updated Edition. Khel Sahitya Kendra.

Inter-disciplinary Courses (for other Departments - VAC)

Course Code: MPES 505

Course Title: Physical Fitness Assessment and Development

L	T	P	Cr
0	0	2	1

Learning Outcomes

On the completion of the course the students shall be able to;

- Understand the concept of warm-up and cool down.
- Able to compute target heart rate for exercise.
- Develop understanding about exercise with modern fitness gadgets.

- Develop understanding about body fat assessment.

Unit –I

5 hours

1. Warming up and cool down exercise for body
2. Understanding about Calisthenics exercise
3. Calculate target heart rate zones for various aerobic and anaerobic exercise intensities
4. Assessment of Health Related Fitness

Unit – II

5 hours

1. Variation of sets and repetitions for weight training
2. Exercise with Swiss & medicine ball, Theraband and tubing
3. Weight training exercises for upper body
4. Weight training exercises for lower body

Unit – III

4 hours

1. Anthropometric measurement for somatotyping body type
2. Assessing body composition
3. Plyometric exercises
4. Circuit training exercises

Unit – IV

4 hours

1. Flexibility development Exercises
2. Exercise during pregnancy
3. Exercise for Back and Neck pain Management
4. Method for determining 1 RM
5. Concept of designing different fitness training programme for different age group

Transaction Mode: Lecture, Demonstration, Group Discussion, Project Method, Seminar, Dialogue

Suggested Reading:

1. American Alliance for Health, Physical Education, Recreation and Dance (1999). Physical Education for Lifelong Fitness, The Physical Best Teacher's Guide. Human Kinetics.
2. David K. Miller & T. Earl Allen (1989). Fitness, A life time commitment, Surjeet Publication Delhi.
3. Emily R. Foster., Karyn Hartiger & Katherine A. Smith (2002). Fitness Fun. Human Kinetics Publishers.
4. Fahey D. Thomas (2005). Weight Training Basis, A complete Guide for Men and Women. Published by the McGraw- Hill Companies New York.
5. Lawrence, & Debbie (1999) Exercise to Music. A & C Black Publishers Ltd. 37, Soho Square, London.
6. Robert Malt. (2001). 90 day fitness plan. D.K. publishing, Inc. 95, Madison Avenue, New York.
7. The National Association for Sport and Physical Education (1900). Concepts of Physical Education, What Every Student Needs to Know. Association Drive Reston.

Field Practical

L	T	P	Cr
0	0	4	2

Course Code: MPES 576

Course Title: Practical – X (Throwing Events- Shot Put, Discuss, Javelin & Hammer)

Unit-I

- I. Fundamental of Throwing Events – Aims – Objectives and technical characteristics.
- II. Teaching of Throwing Technique – Javelin, shot – put – Discus-Hammer.

Unit-II

- I. History of throwing events World wide- Indian Athletes History.
- II. IAAF rules and ties breaking interpretations throwing events.

Unit-III

- I. Warming-up and cooling down Exercises for Various Jumping Events.
- II. IAAF rules and tie breaking interpretations Jumping events

Unit – IV

- I. Drills and Conditioning exercise for Throwing Events-Basic-Training Schedule Preparation

Suggested Reading:

1. Schneider, R. C. (2009). Ethics of Sport and Athletics: Theory, Issues, and Application. Wolters Kluwer Health/ Lippincott Williams & Wilkins.
2. Zeigler, E. F., & Spaeth, M. J. (1975). Administrative Theory and Practice in Physical Education and Athletics.
3. <https://www.worldathletics.org/about-iaaf/documents/book-of-rules>
4. <https://sportsauthorityofindia.nic.in/showing.asp?ID=580>

Course Code: MPES 577

Course Title: Practical – XI (Badminton, Wrestling, Weight Training & Judo)

L	T	P	Cr
0	0	4	2

UNIT -I

- I. History of Games, Structure and functions of National & International controlling Bodies of particular game.
- II. Fundamental skills and drills. Lead up Games.

UNIT -II

- I. Practical application of different Defensive and Offensive Techniques, Tactics patterns applicable to game.
- II. Tactical Training-patterns applicable to game.

UNIT- III

- I. Philosophy of Coaching.
- II. Coaching Schedule.
- III. Coaching Campus.

UNIT- IV

- I. General and Specific warming – up routines. Specially preparing, basis and supplementary exercise.
- II. Training means for development of different components of physical and motor fitness – Strength, Speed, Endurance, Flexibility coordinative abilities.

UNIT -V

- I. Psychology preparation of Sportsman/players.
- II. Tests, Measurements and Evaluation.
 - Skills Tests.
 - Test for different fitness components.

Suggested Reading:

1. Vella Mark. (2007). Anatomy for Strength and Fitness Training: An Illustrated Guide to your muscles in Action. New Holland Publishers Ltd.
2. West Beach R. Thomas (1998). Strength Training. Past 50 Human Publication.
3. Hill, Robert (2010). World of Martial Arts. 128 Valley Ln London, Kentucky: LuLu Publishing.
4. Kashiwazaki, & Katsuhiko (1992), Shimewaza, Judo Masterclass Techniques. London: Ippon Books.
5. Kashiwazaki, Katsuhiko (1997). Osaekomi, Judo Masterclass Techniques. London: Ippon Books.
6. Toshiro Daigo (2016). Kodokan Judo Throwing Techniques. Kodansha International; Reprint edition.
7. Downey, Jake & Brodie, D. (1980). Get Fit For Badminton A Practical Guide to Training for Players and Coaches.
8. Downey, Jake (1982). Better Badminton for All. Pelham Books.
9. Downey, Jake (1993). Excelling at Badminton (Beyond the Basics). Teach Yourself Books.
10. John Edwards (1997). Badminton: Technique, Tactics, Training (Crowood Sports Guides). The Crowood Press Ltd.
11. Mark Golds (2002). Badminton (Series - Skills of the Game). The Crowood Press Ltd.
12. Michael Matthews. (2019). Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male. Oculus Publishers; 3rd edition.
13. Mark Rippetoe & Jason Kelly (2011). Starting Strength: Basic Barbell Training. The Aasgaard Company; 3rd edition.
14. Nick Tumminello. (2018). Strength Training for Fat Loss. Human Kinetics, Inc.
15. Mark C. Mysnyk. Barry Davis., & Brooks Simpson (1994). Winning Wrestling Moves. Human Kinetics Publishers; 1st edition.
16. Walter Armstrong (2010). Wrestling - Styles and Systems. Read Books.
17. Tom Jarman & Reid Hanley (1983). Wrestling For Beginners. McGraw-Hill Education.
18. Dan Gable. (1998) Coaching Wrestling Successfully. Human Kinetics Publishers.
19. William A. Welker (1912). The Wrestling Drill Book. Human Kinetics Publishers.
20. American Sport Education Program (2007). Coaching Youth Wrestling. Human Kinetics Publishers.

Course Code: MPES 578

Course Title: Practical – XII (Community Development)

L	T	P	Cr
0	0	2	1

The students of MPES– IV Semester will go nearby villages of university to teach self defence activities and physical literacy programme to children that may help in development of community. These programmes also bring awareness about the sports activities among the people of society. It plays a crucial role in professional development of students and students will achieve valuable

experience. It will also offer an opportunity to gain relevant experience, and to get a realistic perspective in field of physical education.

Course Code: MPE 5179

Course Title: Intramural & Extramural Activities

L	T	P	Cr
0	0	2	1

The students of MPES – IV Semester need to participate in intramural competition to nurture healthy competition, good judgment and fair play, teamwork, and leadership skills. Intramural competition provide students the opportunity to participate in sport and physical activities without regard for high performance skill or ability and also enhance a social interaction through play within a diverse student body, and reduce student conflict by encouraging students to properly manage their emotions. It will encourage a lifestyle of healthy habits thorough recreation and leisure activity involvement. Extramural improve the standard of sports of students by participating in extramural activities/competition which make them technically and tactically efficient in respective sports.

IQAC