

DEPARTMENT OF PHYSICAL EDUCATION

B.P.S.MAHILA VISHWAVIDYALAYA,

KHANPUR KALAN, SONEPAT-131305

(A State University Established under the Legislative Act No. 31/2006)

ORDINANCE NO. BPSMV/PHY. EDU. / PG/ M.P.E.S/2015/1

ORDINANCE FOR MASTER OF PHYSICAL EDUCATION AND SPORTS (M.P.E.S)

(w.e.f. – July 2017)

1. DEFINITIONS:

- 1.1. **Programme of Study:** Programme of study stands for Master of Physical Education and Sports (M.P.E.S)
- 1.2. **Course:** Course stands for each individual paper in a semester.
- 1.3. **Credit Weightage:** Credit weightage is a weightage assigned to a course in terms of contact hours. One contact hour per week per course per semester for theory and two in case of practical is equivalent to one credit.
- 1.4. **Grade:** Grade stands for letter grade assigned in a particular course/semester/programme to a student on the basis of evaluation on the 10 point scale.
- 1.5. **Grade Point:** Grade point stands for the numerical equivalent of the letter grade on a 10 point scale.
- 1.6. **Semester Performance Index:** The Semester Performance Index (SPI) is the weight average of the grade points and describes the performance of the candidate in the courses of a particular semester.
- 1.7. **Cumulative Performance Index:** The Cumulative Performance Index (CPI) describes the overall performance of a candidate in first and second semester examination. It shall be computed in the manner similar to SPI.

2. DURATION:

- 2.1. The duration of the programme leading to the Degree of Mater of Physical Education and Sports(M.P.E.S) shall be of two academic years, comprising of four semesters. In normal circumstances an odd semester will start every year from July and ends in November/December, whereas the even semester starts in December and ends in May. There will be teaching/ instruction of 90 days in a semester, comprising 180 days in a year.


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2.2. The minimum and maximum duration to complete the M.P.E.S shall be 2 and 3 years respectively. A candidate, who fails to pass M.P.E.S examination within a period of three years of her admission to the programme, shall be required to repeat the course *de novo*.

3. ADMISSIONS:

3.1 Intake

There shall be a basic unit of 30 (Thirty) students for each year

3.2 Eligibility:

- (a) Bachelor of physical education (B.P. Ed.)/ Bachelor of Physical Education (B.P.E.)/B.P.E.S or equivalent with at least 50% marks
OR
- (b) Bachelor of science (BSc.)in Health and Physical Education with at least 50% percent marks
Or
- (c) The reservation in seats and relaxation
- (b) Preference will be given to those candidates who are sportsperson or had participated in Inter-University and National level.
- (c) No student who has crossed the age of 29 years as on 1st July of the relevant year will be allowed admission to M.P.E.S (Master of Physical Education and Sports) 2 years course. However, the vice-chancellor, BPSMV, has the power to relax the upper age limit by one year on the recommendation of the Head/Incharge, of the Department. The upper age limit may be relaxed by 3 years in the case of SC and ST candidates of Haryana.
- (d) Submission of Physical fitness certificate from Institute of Ayurveda, BPSMV is compulsory before admitting to the course.

3.2.1 No candidate who is in employment (whole-time, part-time, or honorary service) shall be eligible to take admission in M.P.E.S. programme without taking leave from her institution/ office etc. from the date of admission to the termination of three year course. She has to submit an affidavit in this regard. If found in violation of this rule necessary action shall be taken against the candidate.

3.2. Procedure: Admission shall be done on the basis of merit through Common Entrance Test (CET)/physical fitness test or both, conducted by the competent authority/Bhagat Phool Singh Mahila Vishwavidyalaya (B.P.S.M.V) for such purpose national medal winner and international players are exempted from Common Entrance Test (CET). Further if no entrance test is conducted than merit in Bachelor degree examination or equivalent examination will be considered for admission.


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4. **FEE:** The programme fee to be paid by the candidate shall be as such as prescribed by the University/government from time to time. Rs. 10,000/-

5. **TEACHING METHODOLOGY:** The methods of teaching shall include theory and practical.. The medium of instruction shall be English/Hindi.

6. **CREDIT WEIGHTAGE:** The M.P.E.S. programme shall be of 24 credits in total. One contact hour per week for 15 weeks in a semester is equivalent to one credit.

7. EXAMINATION:

7.1. Every candidate shall be examined according to the scheme of examination and syllabus as approved by the Academic Council from time to time.

7.2. The credits and relative weightage of Sessional and term end examinations of each course shall be 80:20.

7.3. The medium of examination shall be as under:

7.3.1 The question-papers shall be set both in English and Hindi.

7.3.2 The candidates shall write their answers:

7.4 The examination for odd semester shall ordinarily be held in the month of November/December and for the even semester in the month of May/June or such dates as may be fixed by the Controller of Examinations. Supplementary/reappear examination will be held for re-appear candidates as under:

(a) Odd Semester along with odd semester in November/December of the academic year.

(b) Even Semester along with even semester in March/April of next academic year

(c) students having re-appear only in 3rd semester can appear along with regular students of 4th semester and similarly students having re-appear in 4th semester only can appear with the regular students of 3rd semester of next academic session or any other scheme approved by the university.

The dates fixed under this clause shall be notified by the Controller of Examinations in consultation with the Head/Incharge Department of Physical Education.

7.5 The sessional and end-term examination shall be conducted as per the University rules.

The schedule for conducting sessional examination shall be decided by the Head/Incharge, Department of Physical Education.

8. EVALUATION AND GRADING:

8.1. The evaluation of learners shall be a two-tier system depending upon various activities ranging from internal assessment to end semester (Theory and skill proficiency) examination in 80: 20 ratio. More specifically it comprises:

a. End semester external evaluation (theory, practical) and;

b. Internal comprehensive continuous evaluation i.e. sessional.


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- 8.2. Sessional work (internal evaluation) in every semester shall be evaluated by the internal examiners. Terminal/ end semester theory paper/ course may be set and evaluated by the internal /external examiners depending on the situation.
- 8.3. In case of any biasness or skewed sessional evaluation, the moderation board constituted by the Head/Incharge of the Department shall be the competent authority to moderate the internal evaluation.
- 8.4. The academic performance of a student shall be graded on a ten–point scale as per the regulations of the university
- 8.6. If the candidate is not satisfied with the evaluation of the answer script of end-semester examination, she may apply to the Controller of Examinations for re-evaluation in accordance with the rules laid down by the University in this regard.
- 8.5. The Controller of Examinations shall publish the result of the examination within 2 weeks after the termination of examination, or as soon as possible.
- 8.6. Each successful candidate shall be awarded a Degree Stating the Letter Grade/ Division obtained.

9. PROMOTION:

- 9.1. A candidate shall be eligible for promotion to 3rd semester:
- a) if she has been on the rolls of the Department during the semester preceding the respective semester examination and
 - b) if she has attended not less than 75% of the lectures in the concerned semester. In case of outstanding sportsperson at the level of Inter University/All India University / National or International, the above mentioned clause of attendance may be relaxed by the Vice Chancellor on the recommendation of Head/ Incharge, Department of Physical Education.
 - c) if she has passed at least 50% of the total papers of 1st and 2nd semester taken together.
- 9.2. A candidate shall have to pass all the 4 semester examinations within 3 years for obtaining the degree of Master of Physical Education (M.P.E.S.).
- 9.3 Special Examination may be conducted on the recommendation of Head/ Incharge, Department Physical Education in consultation with examination branch on approval of Vice Chancellor for outstanding sportspersons at the level of Inter University/All India University / National or International.

10. ATTENDANCE:

- 10.1 If a candidate remains absent from classes for 2 weeks or more continuously without intimating to the Head/Incharge of the Department, her name shall be struck off from the departmental rolls.


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- 10.2 A candidate who has been on the rolls of the Department for the course of M.P. E.S. degree during each semester preceding to the examination and produces the following certificates, signed by the Head of the Department, is eligible to appear in the semester examination:
- 10.2.1 Of having attended not less than 75% of lectures delivered in each course in each semester including theory/ practical. The attendance period shall be counted up to the last day when the classes break off for preparatory holidays;
- 10.2.2 Of having submitted all projects reports, assignments, teaching lesson files etc.
- 10.3 A deficiency up to 10 % in a prescribed course/subject (lectures or practical's or tutorials or skill in teaching) may be condoned, as described under, by the Head/ Incharge of the Department in case of serious illness, accident or where he/she is satisfied that the factors of absence were beyond the control of the student. These shall also include loss of attendance due to participation in cultural and sports assignments etc. additional condonation upto 5% in each paper will be given by the Vice-Chancellor. However, such candidates shall not be allowed to appear in semester examination if the attendance, after condonation on all counts, falls below 60%.
- 10.4 However the clause of 60% attendance may be relaxed on the recommendation of Head/ Incharge, of Physical Education Department and approval of Vice Chancellor for outstanding sportspersons at the level of Inter University/All India University / National or International.
11. Married women shall be eligible for admitted to the course. In case she gets pregnant and reaches a stage of expectancy during the course, she will have to discontinue her studies for a minimum period of one year. In this regard an affidavit from the candidate is mandatory at the time of admission.
12. Where this Ordinance remains silent the directions from the Vice Chancellor shall be final.
13. Nothing in this Ordinance shall debar the University from amending the Ordinance and the amended Ordinance, if any, shall be applicable to all the students whether old or new.


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OBJECTIVES OF THE MASTER OF PHYSICAL EDUCATION AND SPORTS (M.P.E.S) 2 Yrs.

Programme

- To enable teacher to understand the nature, purpose and philosophy of the Physical Education at secondary stage.
- To prepare teachers of physical education with broader educational perspective.
- To develop for potentialities and organizing physical education programmes and activities.
- To develop capacity to organized leisure and recreational activities.
- To enable teachers to develop personality, character, willpower, democratic values and positive games and sports.
- To make teachers capable of imparting basic knowledge about health, hygiene and Nutrition.
- To develop skills and competencies to organized school and community games and sports.
- To cultivate to spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.
- To promote mental health, power of self-decision and self-control, correct judgment and action emotional stability and equanimity, respect for others and acceptance of Authority and rules.


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- To create awareness about health and hygiene in the community.
- To lay down a sound foundation for higher and advance studies in Physical Education in India.
- To produce quality teachers in Physical Education.

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Master of Physical Education and Sports (M.P.E.S) Two Years
COURSE STRUCTURE AND SCHEME OF EXAMINATION

PROGRAMME OUTCOMES (PO):

1. Students will be highly skilled scholars in the field of Physical Education.
2. Students will master the competencies and skills needed to become professional Physical Education and sport resource person.
3. Students will be sensitive about emerging issues in Physical Education & sports.
4. Students will develop reasoning, rational thinking, critical thinking in the problems & issues relating to the field.
5. Students will be creative, self-expressive & continue their pursuit towards professional growth.

Programme Specific Outcomes (PSO):

1. Students will acquire a comprehensive knowledge and sound understanding of fundamentals of Physical Education.
2. Students will develop practical, theoretical skills in Physical Education.
3. Students will be prepared to acquire a range of general skills, to specific skills to communicate with Society effectively and learn independently.
4. Developing, Team work, Sportsmanship and Co-operation:- Physical Education allows the students to Experience healthy social interaction leading Co-operation through group activities and encouraging team work through identification as one part of the team.
5. Students will acquire a job efficiently in diverse fields such as B.P.Ed, M.P.Ed, NET, JRF, ETC.


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Scheme of Examination for Master of Physical Education (M.P.E.S.)

Session 2017-19

M.P.E.S. (P) (1st Semester)

Paper	Nomenclature of paper	Credit	Hour	Marks Theory		Pract. Exams	Total marks
				External	Internal		
MPES-101	Professional Preparation and Curriculum Design in Physical Edu. and Sports Sc.-I	4	4	80	20	-	100
MPES-103	Kinesiology	4	4	80	20	-	100
MPES-105	Anatomy & Physiology-I	4	4	80	20	-	100
MPES-107	Educational Technology & Pedagogic Techniques in Physical Education	4	4	80	20	-	100
MPES-109	Techniques of officiating and Coaching-I	4	4	80	20	-	100
MPES-111 (Opt.-I) (Opt.-II)	Optional: Anyone of the following:- a) Health Education (Theory) b) Yoga (Theory)	3	3	50	10	40	100
MPES-113	Practical Teaching lesson – Games	3	6	-	20	80	100
MPES-115	Practical Teaching Lesson- Athletics	3	6	-	20	80	100
	Total	29	35	450	150	200	800


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Activities to be taken up during 1st Semester

- A Games: - Basketball, Kho-Kho, Hockey, Handball & Badminton
B Athletics: - Sprints, Long Jump, Pole-vault, Hurdles, Javelin & Discus-throw.

Note: -

Note: - The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Scheme of Examination of Master of Physical Education (M.P.E.S.) Session 2017-19 M.P.E.S. (P) (2nd Semester)

Paper	Nomenclature of paper	Credit	Hour	Marks Theory		Pract. Exams	Total marks
				External	Internal		
MPES-202	Professional Preparation and Curriculum Design in Physical Edu. and Sports Sc.-II	4	4	80	20	-	100
MPES-204	Bio-Mechanics in Phy. Edu	4	4	80	20	-	100
MPES-206	Anatomy & Physiology-II	4	4	80	20	-	100
MPES-208	Sports Management	4	4	80	20	-	100
MPES-210	Techniques of officiating and Coaching-II	4	4	80	20	-	100
MPES-212	Teaching lesson - Games	3	6	-	20	80	100
MPES-214	Teaching Lesson- Athletics	3	6	-	20	80	100
	Total	26	32	400	140	160	700

Activities to be taken up during 2nd Semester

- A Games: - Volleyball, Kabaddi, Football, Cricket & Wrestling
B Athletics: - Middle/Long Distance Race, High Jump, Triple -Jump, Relay Race, and Hammer -throw.

Distribution of marks for Practicals to be conducted by the External & Internal Examiners Semester 1st & 2nd (Teaching Lessons) 100 marks

- (a) Teaching Lesson in Game/Athletics (Demonstration, Presentation, Fault Correction & Use of Teaching Aids) 40 marks


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- (b) Viva (Marking, Rules and Regulations and Officiating) 40 marks
 (c) Final Lesson Plan 10 marks
 (d) Note-book of Lesson Plan 10 marks

Note: -

The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester However; separate examination for each semester will be conducted as per syllabus of each semester.

**Scheme of Examination of Master of Physical Education (M.P.E.S.)
 Session 2017-19
 M.P.E.S. (P) (3rd Semester)**

Paper	Nomenclature of paper	Credit	Hour	Marks Theory		Pract. Exams	Total marks
				External	Internal		
MPES-301	Sports Psychology	4	4	80	20	-	100
MPES-303	Physiology of Exercise	4	4	80	20	-	100
MPES-305	Research Method in Physical Education	4	4	80	20	-	100
MPES-307	Evaluation techniques in Physical Education	4	4	80	20	-	100
MPES-309	Science of Coaching Athletics (Theory)	4	4	80	20	-	100
MPES-311	Science of Coaching Game (Theory)	4	4	80	20	-	100
MPES-313	Coaching lesson - Games	3	6	-	20	80	100
MPES-315	Coaching Lesson- Athletics	3	6	-	20	80	100
	Total	30	36	480	160	160	800

Activities to be taken up during 3rd & 4th Semesters

The students will choose any one game as their specialization out of Hockey, Boxing, Wrestling, Handball, Basketball, Volleyball, Badminton, Kabaddi, Kho-Kho and Football. Minimum 05 students must opt for a Game to run the option. Athletics will be compulsory for all students.

In case of M.P.E.S. 3rd & 4th Semesters for specialized games and athletics, the Coaching Skills will be divided by the teacher concerned and the same will be informed to the Department and the students. The students will be evaluated at the end of 3rd & 4th semester accordingly.


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Note: - The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester.

**Scheme of Examination of Master of Physical Education (M.P.E.S.)
Session 2017-19
M.P.E.S. (P) (4th Semester)**

Paper	Nomenclature of paper	Credit	Hour	Marks Theory		Pract. Exams	Total marks
				External	Internal		
MPES-402	Scientific Principle of Sports Training	4	4	80	20	-	100
MPES-404	Applied Statistics	4	4	80	20	-	100
MPES-406	Athletics care & Rehabilitation	4	4	80	20	-	100
MPES-408	Optional Anyone of the following : (I) Sports Journalism (II) Yogic Science (III) Value & environmental Education	4	4	80	20	-	100
MPES-410	Class Room Theory Lesson (Practical)	3	6	-	20	80	100
MPES-412	Teaching & Coaching Athletics (Track & Field)	3	6	-	20	80	100
MPES-414	Teaching & Coaching Game (Major & Minor indoor & outdoor)	3	6	-	20	80	100
	Total	25	34	320	140	240	700

Note:- To start the optional paper, minimum five students must opt for an optional paper. Distribution of marks for Practical to be conducted by the External & Internal Examiners

Semester 3rd & 4th (Coaching Lessons) 100 marks

(a) Coaching Lesson in Game/Athletics (Fault detection, Removal of Fault, Corrective Exercise, Teaching Aids for Corrective Exercise) 40 marks

(b) Viva (Marking, Rules and Regulations and Officiating) 40 marks

(c) Final Lesson Plan 10 marks

(d) Note-book of Lesson Plan 10 marks


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Note:-

1. Each candidate will be evaluated in one Skill given under various heads i.e. Games & Athletics in each semester.
2. The Draw of skill will be drawn seven days before the practical examination.
3. Since this is a professional course aimed at improving the standards of games and sports, therefore, special attention be given to practical aspect covering various areas. For this, 10 hours per week must be devoted to the practical lessons of teaching/coaching, out of which two hours will be for teaching/coaching lessons under the supervision of the concerned teacher. To fulfill this aim, the students shall be required to prepare & take one supervisory teaching/coaching lesson in each of the activities given under Games & Athletics.
4. The Chairperson/HOD will certify on the student's note-book that all requirements pertaining to teaching/coaching practice have been fulfilled by the student. The same has to be verified by the teacher concerned before it is submitted to the Chairperson/HOD.
5. The student is free to choose any one of the events for the examination lesson i.e Pole-vault, Hammer Throw, Hurdles and triple jump, as these involve difficult skills to demonstrate and teach.
6. Duration of Practical examination will be 3 hours per group followed by Viva-voce.
7. Final lesson for practical examination will be prepared on a separate chart.
8. For M.P.E. Semester 3rd & 4th the students will prepare five coaching lessons in their specialized game and Athletics of different Games/Athletic skills in each semester.
9. Each & every student will take part in the intra-mural activities and have the following dress code for practicals/Intra murals. The colour for different courses will be different:
 - a. For Theory classes:- Trouser & Shirt (Summer Season), Trouser, Shirt, Tie & Blazer (Winter-season)
 - b. For Practical classes:- T-Shirt & shorts/lowers (Summer Season) T-Shirt with track-suits (Winter Season)
10. All practical external examiners for the examinations to be conducted will be appointed by the University out of the panel recommended by the PGBOS. However, internal examiners for these practicals will be appointed by the Chairperson PGBOS.
 - a. Preparation of five supervision lessons of class room theory in the note-book.
 - b. Assessment will be made by the external and internal examiners on the basis on performance.
 - c. Confidence level, body language in teaching and use of Audio-visual aids related to subject matter.


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M.P.E.S. (Semester-1st)
Paper-I Professional Preparation and Curriculum Design in Physical Education and Sports Sc.-I

Paper code- (MPES-101)

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

Course Outcomes:

1. Students will know the foundation of profession, its criteria.
2. Students will understand the various perspectives of profession.
3. Students will understand the principles & process of professional development.

NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

Concept of Physical Education – Meaning and Definition .Foundations of Professional Preparation, Features of Indian Democracy with regard to Contribution of Physical Education & Sports. Understanding of Foundations of Physical Education and Sports. Meaning of Profession, Preparation, Curriculum and Design. Basis of Professional Preparation in Physical Education and Sports Sciences.

UNIT-II

Forces and Factors Affecting Educational Policies and Programmes. Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme.

UNIT-III


Contribution, Aims and Purposes of General Education in the Professional. Preparation of Physical Education and Sports. Aims and Objectives of Physical Education. Historical Review of Physical Education in USA and Russia. Historical Review of Sweden & Denmark.

UNIT-IV

Historical Review of Professional Preparation in Greece & Rome. Professional Educational Qualification Desirable for Physical Education. Teachers for Library, Laboratory and Research. Historical Review of Professional Preparation in United Kingdom and Germany.

Suggested Readings

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation and Curriculum Design in Physical Education
2. Batia, K.K. and Narang, (1991) Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publisher
3. Bhatia, K.K.Kadian, K.S.Chanda, PC and Sharma (1990) Contemporary problem of Indian Education, Jalandhar Prakash Brother Educational Publishers.
4. Graily, J.Byrant, Career Potentials in Physical Activity (1990) New Jersey, Prentice Hall in Englowood cliffs USA.


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M.P.E.S. (Semester-1st)
Paper-II Kinesiology (MPES-103)

Paper code- (MPES-103)

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

Course outcomes

1. Identify biomechanical, health, physiological, and psychological limitations and interventions for improving physical performance.
2. Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during acute and chronic exercise.
3. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance
4. Understand mechanical principles that can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
5. Know effectiveness of human movement using mechanical principles.

NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

Concept, Scope and Role of Kinesiology in Physical Education and Sports - Anatomical Body Position- Meaning and Factors Affecting the Range of Motion- Characteristics of Skillful Performance- Fundamental Movements of Joints and their Terminology- Meaning of Planes, Aims and their Types- Axis and Planes involved in Joints Movements- Types of Muscular Contractions.

UNIT-II

Structural Classification of Skeleton Muscles- Functional Classification of Skeleton Muscles- Slow & Fast Twitch Muscle Fibers- Methods of Studying the Action of Muscles- Tendon Action of two Joints Muscles- Body Deformities and their Remedies (a) Kyphosis (b) Lordosis (c) Scoliosis (d) Knock-knee (e) Flat-foot

UNIT-III

- Classification & Characteristics of Diarthrosis joints- Structure & Ligamentous enforcement of shoulders Girdle and shoulder, Elbow and Ankle joints - The Attachment and Action of the Muscles of following Joints:-

A) Shoulder Girdle and Shoulder:- Trapezius, Levator scapulae, Rhomboid, serratus anterior, Pectoralis minor and major, Deltoid, Supra spinatus, Teres major, Infra and Teres minor, Spinatus and Biceps.

- B) Elbow Joint: Biceps Brachii, Pronator teres, Supinator, Triceps brachii, Brachialis, Pronator quadratus,


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- C) Ankle and Foot: - Gastrocnemius, Soleus, Tibialis Anterior and Posterior, Extensor Digitorum Longus, Extensor & Flexor Hallucis Longus,

UNIT-IV

- Structure & Ligamentous enforcement of Hip, Knee and Spinal Column joints, The Attachment and Action of the following muscles:

HIP Joint: Iliopsoas, Pectineus, Rectus femoris, Sartorius, Tensor fasciae latae, Gluteus maximus, minimus and medius; Adductor Magnus, Longus and Brevis.

KNEE JOINT: Quadriceps-Rectus Femoris, Vastus Lateralis, Vastus Intermedius and vastus medialis, Hamstring Group-Biceps Femoris, Semimembranosus Semitendinosus, Sartorius, Gastrocnemius and Popliteus.

SPINAL COLUMN: Levator scapulae; Rectus abdominis; Sternocleidomastoid; Obliquus Internus and externus abdominis.

Suggested Readings

1. Zatsiorsky V.M. (1998), Kinematic of Human Motion
2. Kelly DL (1971), Kinesiology, Fundamental of Motion
3. Lattiganus K.Others, Kinesiology () Scientific Basis of Human Motion
4. Jenson, C.R. & Schult, G.W., Applied Kinesiology: The Scientific study of human performance (2nd edition) (1977), New York MC Graw.
5. Hawley, G. (1937), The Kinesiology of Corrective Exercise, Philadelphia Lea Anno Febiger


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M.P.E.S. (Semester-1st)
Paper-III Anatomy and Physiology-I (MPES-105)

Paper code- (MPES-105)

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

Course Outcomes:

1. Identify and explain the structure and functions of each body system.
2. Discuss diseases, disorders, and conditions commonly found in healthcare occupations.
3. Explain the role of each body system in maintaining homeostasis.
4. Describe the physiological effects of aging on the human body.

NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I Introduction to Anatomy & Physiology & Blood

Concept of Anatomy and Physiology - Cell Structure (Animal)- Properties of living Matter- The Role of Anatomy and Physiology in Physical Education & Sports- Blood: Composition, Functions and Types

UNIT-II Muscular System

Grass and Microscopic Structure of Skeletal Muscles - Mechanism of Muscular Contraction and Relaxation- Nature of Neuromuscular Activity- Muscle tone, Law of Reciprocal Innervations- Muscle Work and Fatigue- Effect of Exercise on Skelton Muscles

UNIT-III Anatomy of Heart


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Systemic and Pulmonary Circulation, Coronary Circulation- Mechanism of circulation- Heart Rate, Stroke Volume, Cardiac Output, Reserve Capacity- Cardiac Cycle- Effect of Exercise on Circulatory System

UNIT-IV Respiratory System and Blood Pressure

Structure of Respiratory Organs- Mechanism of Respiration- Tissue and Pulmonary Respiration

- Respiratory Capacities- Effect of Exercise on Respiratory System- Blood Pressure-Systolic and Diastolic Pressure- Measurement of Blood Pressure- Effect of Exercise on Blood Pressure

Suggested Readings

1. Pearee Evelyn, C. Anatomy and Physiology for Nurses London, (1962) Faber and Falber Ltd.,
2. Pavat, J. Anatomy for Students and Teachers of Physical Education, (1959) London Edward Arnold and Co.
3. Senson Wright: Applied Physiology
4. Willion J.F., Anatomy and Physiology, London W.B. Saunders
5. Best and Taylor, (1960) The living Body, New Delhi, Asian Club House
6. Smount, C.F.V and Medonald, R.J.S.(1969) Physiotherapy, Occupational therapy and Gymnastics, Edward Arnold Pvt. Ltd.,
7. Kiober Grey Anatomy and Physiology


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M.P.E.S. (Semester-1st)
Paper-IV Education Technology and Pedagogic Techniques in Phy. Education

Paper code- (MPES-107)

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

Course Outcomes:


1. Students will know about different technological concepts and types
2. Students will use technology to its fullest potential.
3. Students will use technology for better communication in instructional system.
4. Students will know and use different audio-visual media in physical education
5. Students will know about new technological advancements in educational setting and their uses

NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

Concept of Class Management: Meaning & Principles- Specific Principles (Strength of Class, Place and Time of Class, Uniform Class Formation, Safety Measures and Discipline - Steps of Class Management - Explanation of Different Teaching Methods for Presenting Material


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UNIT-II

Introduction, General and Specific Lesson Plan- Principles of Lesson Plan- Importance of Lesson Plan in Physical Education and Sports- Meaning, Importance of Audio-Visual Aids- Steps of Audio-Visual Aids, Technology Devices in Physical Education and Sports (Adobe Premier, Underwater Camera, Various Measuring Tools, wind Gauges, Foul Indicators, Electronic Gadgets Adobe Photoshop, Microsoft Animation, Laser Beam, Technology, LCD Display) Power Point Presentation.

UNIT-III


Introduction, Principles for Planning Facilities- Types of Facilities- Meaning and Types of Command- Meaning, Need and Importance of Public Relation in Physical Education- Meaning, Objectives and Types of Budget- Principles of Preparation of Budget

UNIT-IV

The Need for Office for Physical Education Teacher, its Location and Set Up- Handling and Communication-Office Writing, Circulars, Notification and Invitation - Writing Reports and display, Monitoring- Concept, Need and Importance of Intramural and Extra Murals- Types of Tournaments

Suggested Readings

1. Knap Clyde & E: Teaching Methods for Physical Education, MC Graw Hill book Co. Inc.
2. Tirunurayana, C&S Hariharan: Method in Physical Education (South India Press karaikudi India).
3. Kamlesh M.L. & Sangra, M.S.(1982)Methods in Physical Education, Parkash Brothers, Jullundur.
4. Two experienced Professors: Organization and Administration and Recreation in Physical Education, (1982) Prakash Brothers, Jullundhur.
5. Wakharkar D.C. (1967), Manual of Physical Education, Pearl Publicatons, Bombay.
6. Dhakraborty S.Sports Management Delhi Sports Publications, 1998.
7. Kamlesh M.L. (2000) Management Concept in Physical Education and Sports, New Delhi, Metropolitan Book Co. Pvt. Ltd. 2000.


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M.P.E.S. Semester-1st)
Paper-V (Techniques of Officiating & Coaching-I)

Paper code- (MPES-109)

Max. Marks: 100


Time: 3 hours

External Marks: 80

Internal Marks: 20

Course Outcomes:

1. Students would be able to know the technical and tactical training and their methods.
2. Able to mark Track and Field and Officiate
3. Able to understand the rules of the games and sports
4. The students would be able to know the measurement, marking, equipment, rule & regulations of
5. Kabaddi, badminton, judo, kho-kho.


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6. The students would be able to know to know the criteria for selection of college/ university team.

NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

Concept of Officiating: Meaning, Importance and Principles- Qualities and Duties of a Good Official- Responsibilities of a Good Official- Qualifications and Qualities of a Good Official. General Principles of Training Schedule- Preparation of Training Schedule

UNIT-II

Measurements, Marking, Equipments, Basic Fundamentals and Rules and Regulation of following Games a) Football (b) Basketball (c) Kabaddi (d) Badminton (e) Table Tennis
Glossary of Football, Basketball, Kabaddi, Badminton and Table Tennis- Outstanding Achievers, Trophies and Awards related with Football, Basketball, Kabaddi, Badminton and Table-Tennis
Preparation of Score-Sheet of Football, Kabaddi, Badminton and Table Tennis.

UNIT-III


Measurements, Marking, Equipments, Basic Techniques and Rules and Regulations of following: Track and Field Events of Athletics - Preparation of Score-Sheet of Tract and Field Events - Layout of Standard Track - Glossary of Track and Field Events - Achievers (outstanding) and Trophies and Awards Related with Track & Field Events.

UNIT-IV

Principles and Methods of Selection of Players/Teams for Various Competitions - Fundamentals of Conditioning - Methods of Conditioning & Training (Progressive Resistance) - Exercise, Circuite Training, Fartlak, Interval, Weight Training. - Warming up & cooling Down - Competition Strategy for Different Games.

Suggested Readings

1. Rules of games and Sports, YMCA, publishing house Madras.
2. John Bunn – The art of Officiating



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M.P.E.S. (Semester-1st)

Paper-VI (Option-a) Health Education

Paper code- (MPES-

111)


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Max. Marks: 60
External Marks: 50

Optional - I
Internal Marks: 10
Time: 3 hours

Course Outcomes:

1. Students will understand the concept & importance and determinants of health.
2. Students will understand the changing concept of health education, need of a comprehensive health education program and approaches to health education.
3. Students will understand reasons, effects & preventive ways of substance use & abuse.²³
4. Students will understand typical stages of diseases, and help them understand certain communicable and non-communicable diseases.

NOTE:-

For Paper Setter

- 1 Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 10 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

Concept of Health: Meaning, Definition and its Different Dimensions - Characteristics of Healthy Individual - Concept of Health Education - Meaning, Need & Importance - Health Education its Relation with General Education - Method and Medium of Health Education - Health during Camp & Traveling

UNIT-II

School Health Programme and Health Environment - Academic Programme and Healthy Programme - Health Insurance - Factors Affecting Health and Wellness

UNIT-III

First Aid and Safety Measures - Prevention of Communicable Diseases - Nutrition Macro and Micro Nutrients - Weight Management/Obesity Control

UNIT-IV

Substance Abuse (Smoking, Tobacco, Chewing etc.) - Health Organization and Administration Structure - Health Organizations: World Health Organization (WHO) Red-Cross Society National Aids Control Organization (NACO), Mental and Emotional Health, Sex Education.

Suggested Readings


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1. Daimple: Foundations of Health
2. Dehl: Healthful living, Mcgraw Hill
3. Physical Education and Health (Dr. A.K. Uppla, Dr. Gautam)
4. Physical and Health Education (Mr. V.D. Sharma & Granth Singh)

Health Education (a) Practical

Max. Marks: 40

1. Collection and Preparation of Teaching aid Materials (Posters, Pamphlets, and CDs etc.)
2. Preparation of School Health Programme
3. Organizing the Health Awareness Programmes
4. First Aid: Sling Bandages, Transportation of the Injured Persons
5. Artificial Respiration, Control of Bleeding Cuts and Wounds, Heat Stroke, Fractures, Stings and Bites of Animals


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**M.P.E.S. (Semester-1st)
Paper-VI (Optional-b) Yoga**

Paper code- (MPES-111)

Optional - II

Max. Marks: 60

External Marks: 50

Internal Marks: 10

Time: 3 hours

Course Outcomes:

1. Students will understand the foundation & background of Yoga.
2. Students will know stages Students will & importance of practicing yoga.
3. Students will understand the benefits & effects of Kriyas, Bandhas, Pranayama.
4. Students will understand relation of yoga, health & mental health.
5. Students will know the researches in yoga and its contributions.

NOTE:-

For Paper Setter

1 Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.

2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

Concept of Yoga: Meaning, Definition and Types of Yoga- History and Development of Yoga in India - Concept of Yoga in Modern World - Effect of Yogic Exercise, Asanas, Kiryas and Pranayam on following Diseases: Asthma, Jaundice & Blood Pressure

UNIT-II

Rules & Principles of Yoga- Personal & Social Rules of Yoga (Yam & Niyam) Yogic Diet.- Effect of Yogic Exercise, Asanas, Kiryas and Pranayam on the following: Diabetes, Low Back Pain, Arthritis, and Stress.


UNIT-III

Astang Yog: Types and Steps - Eight Paths of Yoga, (i) Yam (ii) Niyam (iii) Asans (iv) Pranayam (v) Partihar (vi) Dhyan (vii) Dharma (viii) Samadhi (Internal & External System of Yoga and their Effect)

UNIT-IV

Internal & External Purification- Yogic Methods

Sat Karmas/Yogic Methods of Personal Hygiene/Six Methods of Purification or Cleaning Process and their Effects.


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(a) Neti: Sutra Neti, Jal Neti, Dugad Neti, Ghee Neti, Rubber Neti. (b) Dhوتي: Jal Dhوتي, Vastra Dhوتي, Dand Dhوتي, Kunnjal and Gajkarni (c) Basti: Susak Basti, Jal Basti (d) Nauli: Dakshin Nauli, Paschim Nauli, Madhya Nauli (e) Kapal Bhati (f) Taratak

References

1. Asana and Pranayam by Swami Kuvlayanand
2. Yoga for Health Happiness and peace by Yoga Acharya Prakash Dev.
3. Yoga Method of Re-integration by Alain Dawal
4. Yoga Personal hygiene by Shri Yogendra.
5. Yoga for everyman by demands Dubey.
6. Message and Medical Gymnastics by Marg vilace.
7. Water curve by Kellage
8. Message and remedials Gymnastics by trely.
9. Yog Shiksha/Yog Education by Dr. S.K. Mangal, Dr. Uma Mangal and SK Mana.

(Optional-b) Yoga -Practical

Max. Marks: 40

Time: 3 hours

Prayer:-

Asana

1. Sukh Asana (2) Padam Asana (3) Sudh Asana (4) Vajar Asana (5) Paschm Utam Asana (6) Aurdhmatsender Asana (7) Dhnur Asana(8) Bale Asana (9) Sarvang Asana(10) Chakar Asana(11) Bhujang Asana(12) Hanuman Asana (13) Suphad Vajarashan (14) Sirsh Asana (15) Sulabh Asana (16) Makar Asana (17) Shav Asana (18) Ustra Asana(19) Tarh Asana (20) Tikon Asana Relaxation Technique/Yog Nidra Pranayama :

Any Five Pranayama

Any two Satkaram/Kirya

Any two Bandhas


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M.P.E.S. (Semester-2nd)
Paper-VII Professional Preparation and Curriculum Design in Physical Education and Sports Sc. - (Part-II)

Paper code- (MPES-202)

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

Course Outcomes:

1. Students will know the foundation of profession, its criteria.
2. Students will understand the various perspectives of profession.
3. Students will understand the principles & process of professional development.

NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

Graduate Level Professional Preparation, Purposes, Admission Area, Curriculum, Field Experience, Teaching Practice, Facilities and Special Resources for Library, Laboratory and Research. - Post-graduate Professional Preparation, Purposes, Admission, Professional Avenues, Area of Specialization and Research Requirements. - The Specialization Professional Qualifications of Teaching Staff at Postgraduate Level.

UNIT-II

In-Service Professional Preparation Programmes in Physical Education Concept: Meaning, Importance Process and its Applications. - Professional Courses, Advancement Schemes of UGC and Professional Programmes - Role of Government and Institutes for Professional Preparation of in Service Training Programmes in Physical Education & Sports Coaching.

UNIT-III

In-Service Education of Professional Personnel Nature & Scope of Responsibility for in - Service Training Programme - Concept of Evaluation in Professional Preparation Programmes: Meaning, Importance, Process and its Applications.

UNIT-IV

Concept of Curriculum Design and Development: Meaning, Need and Basic Principles - Factors Influences the Physical Education Curriculum Design - Conceptual Understanding of Physical Education Curriculum & Design - Historical Review of Professional Preparation in India, Japan & China - Concept of Curriculum Contents in Physical Education - Professional Preparation Curricular Programme.

Suggested Readings

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation & Curriculum Design in Phy. Education.
2. Bhatia, K.K. and Narang, Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publishers, 1991.


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3. Bhatia, K.K.Kadian, KS Chanda, PC and Sharma (1990) Contemporary Problem of Indian Education, Jalandhar Praksh Brother Educational Publishers.
4. Graily, J.Byrant (1990) Career Potentials in Physical Activity New Jery, Prentice Hall in Englowood Cliffs USA.

M.P.E.S. 2nd Semester

Paper-VIII Biomechanics in Physical Education & Sports

Paper code- (MPES-204)

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

Course Outcomes

1. To enable the students to learn the basic concept of biomechanics.
2. To make the students to understand kinematic and kinetic concept of human movement.
3. To equip the students to learn the principle of aerodynamic and hydrodynamics.
4. To enable the students to acquire the skills of qualitative and quantitative of human movement.

NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I Introduction to Bio-mechanics

Meaning and Concept of Biomechanics - Importance of Biomechanics in Phy. Education & Sports - Approaches for Studying Movement.

Mechanical Concepts

Concept of Motion & Its types - Distance and Displacement, Speed, Velocity and Uniform Acceleration- Force and Momentum, Pressure, Mass and Weight, Gravity and Centre of Gravity, Work, Power, Energy.

UNIT-II Body Balance and Stability Control

Balance, Equilibrium and stability - Controlling Balance in Static Positions - Controlling Balance during Movements

Structural of Motor Action and Bio-mechanical Principles: Spin & its types - Effect of Spin on speed of the ball on the surface - Effect of Spin on speed of the ball in flight - Magnus effect: its application in sports

UNIT-III Newton's Law of Motion

Law of Inertia - (Linear motion) - Law of Moment of Inertia (Angular Motion) - Law of Momentum (Linear Motion) - Law of Angular Momentum (Angular Motion) - Law of Action and Reaction (Linear Motion) - Law of Action and Reaction (Angular Motion)

Aerodynamic drag forces - Skin Friction - Profile Drag - Effect of Stream line on drag - Terminal Velocity


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UNIT-IV Forces and Movements

Forces Action on a System - Reaction Forces - Friction Forces - Centripetal and Centrifugal Forces - Elastic Force - Internal & External Forces - Lever, Types of Lever and their Mechanical Advantage and Disadvantage with Special Reference to Physical Education and Sports - Projectile of Motion:-Projecting for Horizontal and Vertical Distance

Suggested Readings

1. Gowitzke, BA and Milner M. 1998, Scientific Basis of human movement (3rd Edition)
2. Hay. J (1978) The Bio-Mechanics of Sports Techniques 2nd Edition Englewood Cliffs: Prentice Hall
3. Kreighbaum & Bartheles, Biomechnis, Ny: Macmillan 1985.
4. Mood S.D. Beyond Biomechanics-New York – Taylor (1996)
5. Hall, S.J. Basic Biomechanics, London, Mosy 1991
6. Hay, J & Reid (1982) The Anatomical and Mechanical Basis of Human Motion.


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M.P.E.S. (Semester -2nd)
Paper-IX Anatomy & Physiology (Part II)

Paper code- (MPES-206)

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

Course Outcomes

1. Understand the basic principles of Anatomy, Physiology and Health Education
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology.
5. Appraise the effects of health condition during the training and practical sessions


NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I Skeletal System- Anatomy of Bone and Cartilage

Kind and Functions of Bones - Name and Location of the Bones of Human Body - Types of Joints - Description of Diarthrodial Joints - Difference in Male and Female Skeleton with Special Reference to Functional Ability in Sports.

UNIT-II Digestive System


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Brief Description, Location and Functions of the Mouth, Teeth Tongue, Salivary Glands, Stomach Intestine - Structure & Functions of Elementary Canal - Mechanism of Digestion and Absorption of Food - Effect of Exercise on Excretory System.

UNIT-III Nervous System

The Neuron and the Motor Unit - The Motor and Sensory Impulses - Neuro-Transmission and Movement Mechanism - Locations, Anatomy and Functions of the Brain - Spinal Cord and its Functions - Concepts of Receptors - Reflex Action - Effect of Exercise on Nervous System

UNIT-IV Endocrine Glands

Meaning of Endocrine Glands - The Location and Functions of the following Endocrine Glands - Pituitary Glands, Thyroid and Parathyroid Glands: - Adrenal Glands - Effect of Exercise on Endocrine Glands

Suggested Readings

1. Pearee Evelyn, C. (1962) Anatomy and Physiology for Nurses London, Faber and Faber Ltd.
2. Pavat, J. (1952) Anatomy for Students and Teachers of Physical Education, London Edward Arnold and Co.
3. Senson Wright: Applied Physiology
4. Willion J.F. Anatomy and Physiology, London W.B. Sauders
5. Best and Taylor, (1960) The living Body, New Delhi, Asian Club House
6. Smount, C.F.V and Medonald, RJS: (1969) Physiotherapy, Occupational therapy and Gymnastics, Edward Arnold Pvt. Ltd.
7. Kiober Grey Anatomy and Physiology
8. Stakpoles, Anatomy and Physiology (6th Edition)


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M.P.E.S. (Semester-2nd)
Paper-X- Sports Management

Paper code- (MPES-208)

Max. Marks: 100

Time: 3 hours

External Marks: 80


Internal Marks: 20

Course Outcomes

1. Know sports management and employ principles of strategic planning, and financial and human resource management.
2. Assess marketing needs and formulate short term and long term solutions.
3. Develop critical thinking in analyzing sport management issues and in managerial planning and decision making.
4. Able to organize recreational camp and activities

NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.


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UNIT-I

Concept of Sports Management: Meaning, Definition and Importance - Nature and Scope of Sports Management - Aims and Objectives of Sports Management - Guiding Principles of Sports Management - Types of Management in Sports

UNIT-II

Role of Manager in Physical Education and Sports - Skills of Management :Technical Skill, Human Skills, Conceptual Skills, Personal Skill - Qualities and Qualifications of Manager in Physical Education & Sports - Layout of Play Field and Out Door Sports Area, Care and Maintenance of Play Field - Need, Importance and Types of Sports Equipment - Disposal of Sports Equipment

UNIT-III

Concept of Supervision: Meaning, Need and Guiding Principles - Qualities of a Good Supervisor

- Techniques of Supervision - Aims and Objectives of Supervision - Types of Facilities and their Maintenance

UNIT-IV

Concept of Planning: Meaning, Definition, Need & Importance - Principles of Planning Facility - Steps Involved in Planning Process - Role of Planning for Betterment in Physical Education & Sports - Records & Registers: Meaning, Types, Importance and Maintenance - Role of Physical Education Teacher in Maintaining Records and Register.

References

1. Kannp Clydo & E: Teaching Methods for Physical Education MC Graw Hill Book Co. Inc.
2. Tirunurayana, C&S Hariharjan: Method in Physical Education (South India Press Karalkudi India).
3. Kamlesh M.L. & Sangra, M.S. (1982): Methods in Physical Education Praksh Brothers, Jullundur.
4. Two experienced Professors: (1982) Organization and Administration and Recreation in Physical Education, Prakash Brothers, Jullundur.
5. Wakharkar D.C. (1967) Manual of Physical Education, Pearl Publications, Bombay

M.P.E.S. (Semester-2nd)

Paper-XI- Techniques of Officiating & Coaching (Part-II)

Paper code- (MPES-210)

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

Course Outcomes:

1. Gain basic knowledge of the duties and responsibilities of the officials.
2. Students will understand the scientific sports Techniques of Officiating and Coaching.
3. Students will develop attitudes and skills in designing sports training programs.
4. The students will be able to know about the Rules and Regulations of Track and Field 100,200,400,long Jump, Shot-put, Javelin, Relay- races.


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NOTE:-

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

Concept of Coaching: Meaning , Nature & Scope - Basic Coaching Principles in Games & Sports - Qualities of a Good Coach - Responsibility of a Coach - Role of following in Sports Performance - a) Physical Fitness (b) Skill Ability (c) Psychological Fitness (d) Skill Execution Ability - Measures for Improving the Standard of Officials

UNIT-II

Marking, Measurements, , Equipments, Basic Fundamentals, Glossary, Rules & Regulations of following Games i) Hockey (ii) Handball (iii) Volleyball (iv) Kho-Kho (v) Wrestling
- Preparation of Score Sheet for Hockey, Handball, Volleyball, Kho-Kho and Wrestling
- Outstanding Achievers, Trophies and Award Related with Hockey, Handball, Volleyball, Kho-Kho and Wrestling.

UNIT-III

Marking, Measurement, Equipments, Techniques, Glossary, Outstanding Achievers and Rules & Regulations of following Athletic Events: i) Combined Events (ii) Road/Races
- General Principles for Marking the Route for Road Races - Preparation of Score-Sheet for Combined Events & Road-Races.

UNIT-IV Nutrition for Sports Person

Requirement of Calories and its Sources for the Sports Persons - General Guidelines for the Diet of a Sports Person - Pre-during and Post Competition Food Stuffs for Sports Persons - Balanced Diet - Contribution of Nutrition to Sports Performance - General Guidelines for Preparing Training Session - Factors Affecting Sports Persons

Suggested Readings

R.L. Anand: Playing field manual
John W.Bunn: Principles of Coaching
HC Buck: Rules of Games & Sports
AS Barha: Science of Coaching

M.P.E.S (Semester-3rd) 2017-18
Paper-I Sports Psychology

Paper code- (MPES-301)

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours


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Course outcomes:

1. Explain group mechanisms and group psychology in a sports context
2. Reflect upon motivational psychology as applied to sports activities
3. Formulate relevant constructs of exercise psychology
4. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
5. To apply core sociological theories to specific social problems in order to analyse social problems.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I**1. Introduction of Sports Psychology:**

- Meaning of Sports Psychology
- Scope of Sports Psychology
- Development of Sports Psychology
- Relationship of Sports Psychology with other Sports Sciences.

2. Importance of Sports Psychology for Physical Education and Coaches**UNIT-II****1. Cognitive Processes in Physical Activities:**

- Meaning of Cognition
- Characteristics of cognitive processes in Sports

2 Sensation & Perception**3. Thinking****4. Imagination****UNIT-III****1. Memory, Mental activity of athlete, Mental activity and sports related goals.**

- Attention
- Meaning
- Dimension


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- Distractibility in Attention
- Strategies to develop Attention
- 2. Motor Learning
- Meaning of Motor Learning
- Factors Affecting Motor Learning

- Motor development in various periods of childhood & adolescence.

UNIT-IV

1. Psychological aspects of Regulation

- Meaning of Action Regulation.
- Psychological Characteristics of Physical Activities
- Action programme in different games and sports
- Importance of action regulation

2. Personality

- Meaning of personality
- Personality traits of sports persons
- Relationship of personality to sports performance
- Personality differences among various sports group

REFERENCES

1. Alderman, R.B. Psychological Behaviour in Sports, (Philadelphia: London, Saunders Company, 1974).
2. But Susan Dorcas, Psychology of Spors (Network: Van Nastrand Reinhold Company) Edn. 2.
3. Cratty Brayant, J. Movement Behaviour and Motor Learning. (Philadelphia: Lea and Febiger, 1973)
4. Craty Bryant, j Psychology and Physical activity (New Jersey Englewood Cleffs, prentice Hall Inc. 1965)
5. Cratty Bryant, J. Psychological Proportion and Athletics Excellence, (New York: Movement publications Inc. 1978).
6. Gold Stcin and Joffery J. (Ed.) Sports Games and Play Social and Psychological view points (Lowerence Eribanm Associates, Publishers R.J. 1979).


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M.P.E.S (Semester-3rd) 2017-18
Paper-II (Physiology of Exercise)

Paper code- (MPES-303)

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours

Course outcomes:

1. Students will understand the physiological effect of Exercise on different system or/and on the body as a whole.
2. Students will understand bioenergetics & role of energy systems in sports activities.
3. Students will understand the role of nutrition & its relevance in energy production.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

1. Other Physiological aspects of Exercise and Sports.
 - 1.1. Concept of Physical Fitness and physical training, warming-up, conditioning and fatigue.
 - 1.2. Physiological aspects of development of strength, endurance, skill, speed, agility and coordination.

UNIT-II

1. Sports and Nutrition:
 - 1.1. Basic concept of a balanced diet.
 - 1.2. Appropriate diet before, during and after athletic performance.
 - 1.3. The effect of alcohol drugs and smoking on athletic performance.
2. Energy cost of various sports activity:
 - 2.1. Definition of Energy cost,
 - 2.2. Energy cost of various sports activities assessing them.


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UNIT-III

1. Work and Environment:

1.1. Work capacity under different environment. Conditions (Hot, humid, cold & high altitude).

UNIT-IV

1. Obesity and Wight Control:

1.2. Definition of obesity.

1.3. Measurement of body fat by various methods (under water weight and skin fold measurement).

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1.4. Body weight control

1.5. Positive and negative energy balance.

REFERENCE:

1. Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunder company, 1976).

2. Morehouse, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C.V. Mosby Company,1976).


3. Karpovich, P.V. and Sinning, Wayne E. Physiology of muscular Activity (Philadelphia: W.B.

Sauders Company, 1971). 7th Ed.

4. Bourne, Geoffery H. The Strucrure and Functon of Muscles: (London Academic Press 1973).

5. Astrand, P.O. and Rodahi. Karri. Text Book of work Physiology. (Tokyo McGraw Hill kogakusha, Ltd. 1979).

6. mathew, D.K. and Fox, E.L. Physiology Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976).


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M.P.E. S (Semester-3rd) 2017-18
Paper-III (RESEARCH METHODS IN PHYSICAL EDUCATION)

Paper code- (MPES-305)

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

Course outcomes:

1. Students will know the concept and meaning of Research
2. 2. Students will understand the fundamentals of Research
3. 3. Students will know the methods of research
4. 4. Students will know different tools of data collection for research

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer Type questions will carry 16

marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-1

1. Introduction

1.1. Definition of Research.

1.2. Need and importance of Research in Physical Education and Sports.

1.3. Scope of Research in Physical Education and Sports

1.4. Types of Research-Basic, Applied and Action Research.

2. Research Problem

2.1. Meaning of the term.

2.2. Location and criteria of Selection of Problem.

2.3. Formulation of a Research Problem.

2.4. Limitations and Delimitations.


Unit-II

3. Survey of Related Literature

3.1. Need for surveying related literature.

3.2. Literature Sources.

3.3. Library Reading.


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- 4. Historical Research
 - 4.1. Meaning and definition of Historical Research.
 - 4.2. Historical Sources.
 - 4.3. Evaluation of Historical data.

Unit-III

- 5. Survey Studies.
 - 5.1. Meaning of Survey.
 - 5.2. Tool of Survey Research.
 - 5.2.1. Questionnaire and Interview.
 - 5.2.2. Meaning of Questionnaire and Interview.
 - 10
 - 5.2.3. Construction, Appearance and Development of Questionnaire.
 - 5.2.4. Procedure of conducting interview.
 - 5.2.5. Suggestions to enhance response.
 - 6. Case Studies.
 - 6.1. Meaning of Case Studies.
 - 6.2. Objectives.
 - 7. Normative Survey.
 - 7.1. Meaning of Normative Survey.
 - 7.2. Factors affecting Normative Survey.

Unit-IV

- 8. Philosophical Research.
 - 8.1. Meaning of Philosophical Research.
 - 8.2. Tool of Philosophical Research.
 - 8.3. Steps in Critical Thinking.
- 9. Experiment Research
 - 9.1. Meaning of Experiment Research.
 - 9.2. Experimental Designs
 - 9.2.1. Types of Designs.
 - 9.2.2. Suitability of Designs.
- 10. Research Proposal
 - 10.1. Meaning and Significance of Research Proposal.
 - 10.2. Preparation of Research Proposal.
- 11. Research Report
 - 11.1. Meaning of Research Report.
 - 11.2. Qualities of a good Research Report.
 - 11.3. Part of a Research Report.

References:-

- 1. Thomas Jerry R. and Nelson, Jack K. Research Process in Physical Activity: Human Kinetics, Champaign, Illinois : 2001
- 2. Baumgartner, Ted A. and Clinton H. Strong conduction and Reading Research in Health and Human Performance. Brown and Benchmark, 1994.


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3. Clarke, H.H. and Clarke. K. H Research Processes in Physical Education.
4. Englewood cliffs: N.J. Prentice Hall. 1984
5. Yoginder Prasad Sharma. Physical Education and Research Methodology: Reliance publishing House. New Delhi, 1997
6. Sharma, Sita Ram, Research Methodology in Physical education and sports: Book Enclave - Jaipur,1997.
7. Kamlesh, M.L. Methodology of research in Physical Education and sport : Metropolitan. New Delhi, 1986.
8. Kothari, C. R. Research Methodology methods and techniques. Ed.2 :Wishwa Parkahwan. Chennai, 1995.
9. Clarke, David H and Clarke, H. Hariison/Research Process in physical education Englewood cliffs, N. J. Prentice Hall Inc. 1984.


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M.P.E.S (Semester-3rd) 2017-18

Paper-IV (EVALUATION TECHNIQUES IN PHYSICAL EDUCATION)

Paper code- (MPES-307)

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours

Course Outcomes:

1. Understand the basics of Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyze the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answers

type questions of 2 marks each to be selected from the entire syllabus.


3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer Type questions will carry 16

marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question


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No. 1 is compulsory. All questions carry equal marks.

Unit-1

1. Measurement of Strength and Skill.

- 1.1. Kraus-Weber test and muscular fitness.
- 1.2. Instrument for measuring strength.
- 1.3. Roger's physical fitness index and suggested changes in the PFI Test.
- 1.4. Volleyball - Brady volleyball, Russel and Lange test.
- 1.5. Basketball - Johnson test, Knox test.
- 1.6. Soccer - McDonald test and Johnson test.
- 1.7. Badminton - Mille Volley test, Lockhart McPherson test.
- 1.8. Field Hockey Dribbling and Goal Shooting test, Mehrotra test battery in Hockey.

Unit-II

2. Measures of Posture and Anthropometry

- 2.1. Measure of Posture - IOWA Posture Test (Curelonh's)
- 2.2. Anthropometrics Measurements -
 - 2.2.1. Girth Measurements - upper arm, fore arm, calf, chest.
 - 2.2.2. Width Measurements - Biacromial chest, Illiocrestral, Bieficondylar (Femur and Humerus). Height Measurement - Stature and sitting height.
 - 2.2.3. Somatotype - Scheldon's Technique an Inroduction.

Unit-III

3. Measurement of Social efficiency and Psychological Factors

- 3.1. Social Efficiency and Attitude Scales:
 - 3.1.1. Cook socio-metric status index.
 - 3.1.2. Edgerton Attitude Scale for high school Freshman Boys.
 - 3.1.3. McMohan Sportsmanship Questionnaire.
- 3.2. Psychological Factors:
 - 3.2.1. Anxiety Scale-SCAI (Marten and Others)
 - 3.2.2. Cattell's 16-PF Personality Questionnaire and Sybil B. G.
 - 3.2.3. Self Motivation Inventory (SMF).

Unit-IV

4. Medical Examination

- 4.1. Testing personnel, Time and testing, Economy of testing, test records.
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- 4.2. Preparation of report.
- 4.3. Construction of table groups.
- 4.4. Purpose of reporting justification and Particular phases of the Programme, worth of a change
Methodology.

References:-

1. Barrow M. Harold and McGhee, Rosemary. A Practical approach to Measurement in Physical Education. (Philadelphia: Lea and Febiger, 1979). Edn. 3rd .
2. Bosco S. James and Gustafson F. William, Measurement and Evaluation in Physical Fitness and


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- Sports. (New Jersey: Englewood Cliffs, Prentice hall, 1983).
3. Clarks, H. David and Clarke Hanison. H. Application of Measurement of Physical Education (Englewood Cliffs. Prentice Hall, Inc., 1987) Edn. 6.
 4. Hubbard W. Alfred (Ed.) Research method in health Physical Education and Recreation 3rd revised Edn. (Washington: D.C. American Association of Health, Physical Education and Recreation.
 5. Johnson L. Barry and Nelson K. Jack, Practical measurement for Evaluation in physical education, 1st Indian Reprint, (Delhi: Surjeet Publication, 1982) Edn. 3rd.
 6. Larson, L. A. and Yawn, R. C. Measurement and Evaluation in physical education and recreation education (St. Louis L. C. V. Moshy Com., 1957)
 7. Larson, L.A. Encyclopedia of sports sciences and medicine education and recreation 3rd revised Edn. (Washington: D.C. American Association of health, Physical education and recreation, 1973).
 8. Mathews, Donald K. Measurement in physical education (London: W.B. Saunders Co., 1973) Edn. 5.
 9. Philips D. Allen and Honark E. James. Measurement and evaluation in physical education, New work: Willey and sons, 1073.

Paper-V Semester 3rd 2017-18
Science of Coaching Athletics

Paper code- (MPES-309)

Max. Marks: 100

External marks: 80

Internal marks: 20

Time: 3 hours

Course Outcomes:-

1. The Students will understand the concept of Periodization, Warming Up, Cool Down & its Significance.
2. The students will be able to know about the Rules and Regulations of Track and Field Events.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.


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2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16

marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is

compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- History of Athletics in India & Olympics
- Teaching, Training and Coaching of Athletes
- Selection of an Athlete
- Organization and Administration of Athletic Meet.

UNIT-II

- Track and Field Marking with Layout of Field Events
- Rules and Regulations of Track and Field Events
- Duties and Powers of Officials.

UNIT-III

- Concept of Warming-UP Meaning, Types, its Significance and Factors Affecting Warming Up, Cool Down & its Significance
- Definition of following Athletic Terminology
(i) Jogging (ii) Striding (iii) Second Wind (iv) Soreness of Muscles (v) speed Play or Fartlek (vi) Stitch in the Side (vii) Sprinting
- Training Methods -Components and Significance: (i) Interval training (ii) Acceleration Sprints (iii) Continuous Running (iv) Hollow Sprints (v) Repetition Running (vi) Sprints (vii) Fartlek or Speed Play (viii) Circuit Training

UNIT-IV

- Physical Requirements & Mechanics involved in the techniques at different stages of :

a) Sprinting (Crouch Start: Supporting Phase, Driving Phase, Recovery Phase, Finish)

b) Hurdles (Approach, Take off, Flight, Landing, Stride in between Hurdles)

c) High Jump (Approach Run, Take off, Bar Clearance, Landing)

d) Javelin Throw (Holding & Carrying, Approach Run, Transitional Steps, Throwing Stance, Release and Recovery)

e) Long Jumps (Approach Run, Take off, Flight, Landing)

f) Hammer Throw: (Handhold, Starting Position, Preliminary Swing, Turns, Release and Recovery)

PERIODIZATION


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- Concept of Periodization: Meaning, Types and Objectives
- Division of Training Aspects for Different Events for Different Periods of Training.
- Preparation of a Weekly Training Programme for
 - a) Track Events (b) Jumps (c) Throws

Suggested Readings

1. Vidyasagar; (1979) Training systematic in throwing NS NIS Patiala, India
2. Gerry A. Can (1995) : Fundamentals of Track and field Theodore b Rangansa, 62 A Gokhale Road Dada, Bombay, India.
3. Fox L. Edward: The Physiological Basis of Physical Education and Athletics, Web. Wme Brown Publishers Debuque Iowa 4th Edition.
4. Ketluyn Lsttgous: Kinsiology, Scientific Basis of Hima Helga Dustch Mention Eight Edition Wn. C.Brown, communications, Ltd., Dubuque, IA, USA.

Paper-VI (a) Semester 3rd 2017-18
Science of Teaching & Coaching game (Hockey)


Paper code- (MPES-311)
(Option- I)

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20


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Course Outcomes

1. Know the fundamental of all the games and sports
2. Understand the rules of all the games and sports
3. Preparing the students for the competition
4. Classify the students accordingly for various games and sports.
5. Design and practice the new methods of technique and training.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I History and Development of Hockey in Asia and Olympic

Teaching Training and Coaching of Hockey

Selection of Hockey Team

Organizing Hockey Tournament

UNIT-II

Layout of Hockey Ground and its Dimension

Rules and Regulations of Hockey

Duties and Powers of Officials

Size and weight of Equipments

Protective Equipments

UNIT-III

Importance of Warming Up and Cool Down

Preparation of Team, Before During and After the Game

Technical and Tactical Preparation of Different Position

Team Tactics, Formation of Attack and Difference System of Play

PERIODISATION OF TRAINING

Annual Training Plan

Training During Competition Period

Training During Preparatory Period

Training During Transitional

Weekly Training Plan


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UNIT-IV

A -Individual Skills: Teaching and Analysis

i) Hitting (ii) Dribbling, (iii) Stopping (iv) Reverse flick (v) Pushing (vi) Dodging (vii) Scoping

(viii) Hitting on the Wrong Foot

B -Passes:

i) Forward Pass (ii) Back Pass (iii) Side Pass (iv) Cross Pass (v) Through Pass (vi) Scoop Pass (vii)

Deflected Pass (viii) Flick Pass

Suggested Readings:

Horst Wein (1973) Transferred by: The Science of Hockey Devid Belchamber. M.A.

Lokesh Thani (1995): Skill in Tectics Hockey

Matin Khan: To Hell with Hockey (1982) the life story of Lympian Aslam Sher Khan

Jan Taylor with David Viar: (1988) Taylor on Hockey


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Paper-VI (b) Semester 3rd 2017-18
Science of Teaching & Coaching game (Handball)

**Paper code- (MPES-311)
(Option- II)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

Course Outcomes

1. Students will have technical knowledge about Sport.
2. Students will demonstrate & inculcate basic skills.
3. Students will inherit coaching attitude.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Handball in Haryana, India, Asia and Olympic
- Requirements of Handball: Playing Court, Playing Time, Time Out, The Ball, The Team Substitution and Equipments.
- Rules and their Interpretation and their Application in the Game of Handball.
- Officials and their Duties: Referees, The Time Keeper and the Score Keeper.

UNIT-II

Attack and defensive techniques:

- Passes: Over Arm, Under Arm, Wrist Pass, Back Hand, Chest Pass, Jump Pass and Lower Pass.
- Bouncing/Dribbling:- Low and High
- Faking-Body Fake, Arm Swing Fake, Rotation Fake, Passing Fake and Shooting Fake.
- Goal Shooting-Over Arm, Under Arm, Jump, Falling and Dive Shots
- Checking on the Ground and in the Air
- Defensive Blocking of:- Over Arm, Under Arm, Curved and Jump Shots

UNIT-III


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Attacking and Defensive Tactics:-

- The Counter Attack: Simple, Extended and Complete Fast Break
- Organization of Attack: (a) Individual: Winger, Pivot, Back Court and Centre Back Player, (b) Group:- Parallel Thrust, Waving, Changing Position/Crossing and Blocking/Freeing Oneself. (c) Attack Against Different Defense Systems- Against Man to Man, against Zone and Against Combined Defense.
- Delaying the Attack and Moving Back Quickly
- Man to man Defense Full and Half Court Processing


UNIT-IV

Different Kind of Defense

- One Defense: 6:0, 5:1, 4:2, 3:3, 3:2:1
- Combined Defense:-
- 5+1 and 1+5 Defense
- 4+2 and 2+4 Defense
- Preparation, Observation and Evaluation of Handball Game
- Periodization of Handball Training- Competitive, Preparatory and Transitional Period.
- Planning: Annual Training Plan and Weekly Training Plan.

Suggested Readings

1. ix Rules of the Game, International Handball Federation Post Box 312 Ch 4020 Basel, Switzerland
2. Playing Handball by Zoltan MARCZINKA (1993) a COMPREHENSIVE Study of the Game International Handball Federation, Tirio Budapest-Publishing Company.
3. Study Material Handball, German College of Physical Education Culture Leipzig Germany
4. Team Handball, Steps to Success (1997) Reita E. Clanton and Mary Phyl Dright Human Kinetics


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Paper-XVII (c) Semester 3rd 2017-18
Science of Teaching & Coaching game (Basketball)

Paper code- (MPES-311)
(Option- III)

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

Course Outcomes

1. Students will have technical knowledge about Sport.
2. Students will demonstrate & inculcate basic skills.
3. Students will inherit coaching attitude.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- History and Development of Basketball Game
- Fundamental of Basket Ball Game (Teaching and their Importance) Dribbling,


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Passing and Receiving, Shooting and Rebounding.

-

UNIT-II

- Dimensions of the Basketball Court, Dimension of the Blackboard. Specification of the Basketball Ring, Upright and Ball. Equipments of the Basketball Game.

UNIT-III

Administration of the Basketball game

- Officials, Table Official, Commissioner and the Duties and ; Power of the Official, Playing Regulation, Violations in Basketball Game Fouls and Penalty in Basketball Game.

UNIT-IV

- Team Defense, Offense, Fast Break, Team Tactics Team/Talent, Signal of the Official in Basketball Game.

REFERENCE

1. The complete handbook of individual skills: Robert Fox
2. Handbook of official Basketball rules-BFI
3. Complete Book of Basketball – Theory Balron berg.


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Paper-VI (d) Semester 3rd 2017-18
Science of Teaching & Coaching game (Volleyball)

Paper code- (MPES-311)
(Option- IV)
Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

Course Outcomes

1. It will be helpful in making difference between technique, tactics, skill and style.
2. The Students will be able to teach Game different Evaluation of skills of the players.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.


2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates


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1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Origin of Game
- History of Volley Ball
- Ancient History of Volley Ball
- Haryana History of Volley Ball
- Role of Haryana's People for the Development of Volley Ball Game.

UNIT-II

- Length and Width of Volley Ball Court.
- Height of Volley Ball Net
- Length and Width of Volley Ball Net
- Total Number of Volley Ball Players
- Interpretation of Rules

UNIT-III

- Smash (ii) Blocking (iii) Lifting (iv) Underhand (v) Upper Hand Service

Strategy and Tactics

- Rotation
- Placing of Libero
- Placing of Players
- Dropping

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UNIT-IV

Duties and Power of Officials

- Number of referee
- Duties of empire
- Duties of Lineman
- Technical Officials

Suggested Readings

1. Keith Nichollos: (1967-76) Modern Volley Ball
2. S.K. Sagar: Play Better Volley Ball
3. S.K.Sagar: Skill & Tests
4. Deepak Jain: Teaching and Coaching Volley Ball Science of Teaching and Coaching.


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Paper-VI (e) Semester 3rd 2017-18
Science of Teaching & Coaching game (Badminton)

Paper code- (MPES-311)
(Option- V)

Time: 3 hours


Max. Marks: 100

External marks: 80

Internal marks: 20

Course Outcomes

1. It will be helpful in making difference between technique, tactics, skill and style.
2. The Students will be able to teach Game different Evaluation of skills of the players.


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NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Badminton in India Asia and Olympic.
- Teaching, Training and Coaching of Badminton
- Selection of a Badminton Player
- Organizing Badminton Tournament, Types of Tournament

UNIT-II

- Layout of Badminton Court and its Dimensions
- Rules and Laws of Badminton
- Duties and Power of Official
- Size and Weight of Equipments

UNIT-III

- Technical and Tactical Preparation of Different Strokes.
- Preparation of a Player Before during and After the Game
- Tactical Formation of Attack and defense
- Importance of Warming Up and Cool Down.

UNIT-IV

Teaching and Analysis:

- Service (2) Drive (3) Over Lead (4) Drop (5) Smesh (6) Net Shots (7) Under Arm Back Hand


Periodization of Training

- Training During Preparation Period
- Training During Completion Period
- Training During Transitional Period
- Organizing Training Sessions.

Suggested Readings

1. Deepak Jain- Teaching and Coaching Badminton.
2. Lokesh Thani- Skills and Tactics


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Paper-VI (f) Semester 3rd 2017-18
Science of Teaching & Coaching game (Kabaddi)

Paper code- (MPES-311)
(Option- VI)

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

Course Outcomes

1. It will be helpful in making difference between technique, tactics, skill and style.
2. The Students will be able to teach Game different Evaluation of skills of the players.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Define Kabaddi, Types of Kabaddi, Style and Formation of Kabaddi-Origin of Kabaddi.

- History of Kabaddi in India and Abroad, Origin of Kabaddi in Modern Time and Ancient Time.

- Scope of Kabaddi in India, Asian Games, World Championship, Common Wealth and Olympic Games.

- Kabaddi Tournament in India.

- Selection of Kabaddi Team. Methods for Selection of Kabaddi Team.

-

UNIT-II

- Dimension of Kabaddi Ground/Court and its Measurement in Different Style/Types/Kinds.

- Methods and Techniques to Formation of the Kabaddi Ground/Court

- Official and Formation of Kabaddi to Conduct the good Competition/Tournaments of Championship and Duties & Uses of all the Official.


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- Responsibility & Duties of the Team Manager, Coach and Captain of the Kabaddi Team During, After and Before the Competition

UNIT-III

- Rule and Regulation of Kabaddi

- Duration, Time and Period of the Kabaddi Matches in Men, Women, Junior & Sub Junior Level.

- Famous Kabaddi Players, Teams, Arjuna Awardee, Trophies etc.

- Uniform, Diet Special Training & Coaching for Outstanding Kabaddi Players/Team Daily Training Schedule/Time Table of Kabaddi Team

-

UNIT-IV

- Training & Coaching, Describe Specific Trg. And General Training & Coaching for Kabaddi Players.

- Technique of Training, Tactic & Skill of Training of Kabaddi

- Defensive & Offensive Kabaddi Technique

- Describe in Details About the Specific Training for Kabaddi Team.

Suggested Readings

1. John W. Dann: Scientific Principle of Coaching

2. Prentice Hall eglewood Clifs, JJ.

3. VN.Rao: Kabaddi.


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Paper-VI (g) Semester 3rd 2017-18
Science of Teaching & Coaching game (Kho-Kho)

Paper code- (MPES-311)
(Option- VII)

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

Course Outcomes

1. To learn advance skills required for game pecialization and officiating- in assigned games.
2. it will be helpful to understand the evaluation and importance of technical actions in Kho Kho.
3. To learn the pedagogy of Teaching & Coaching in Major & Minor games.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answers

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I


- Define Kho-Kho Game
- Origin of Kho-Kho, Native Place/Land and its Birth in Ancient Time
- History of Kho-Kho & its Scope in India and Abroad.
- Prepare Sports Sheet

UNIT-II

- Dimension of Kho-Kho Ground/Court and its Measurement
- Methods and Techniques to Formation of the Kho-Kho Ground/Court.
- Officials During the Kho-kho Match
- Duties of all Officials During and After the Match
- Role & Duties of Kho-kho Team Captain, Coach and Team Manager and their Responsibilities During, After and Before the Completion.

UNIT-III

- Rules & Regulation of Kho-kho.


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- Duration, Time and Period of the Kho-kho Matches in Men, Women & Junior Sections.
- Runner & Charger Technique & Try
- Special Try for Kho-kho Players.
- Uniform, Diet, Special Training for Kho-Kho Players.

UNIT-IV

- Kho-kho Tournament in India and Other Countries in the World
- Selection of Kho-Kho Team, Methods of Selection.
- Famous Kho-kho Players. Arjuna Awardies, Trophies etc.
- Uniform, Diet, Training & Coaching for Kho-kho Team Daily Training Schedule/Time Table of Kho-Kho Team.
- Importance of Warming Up & Cooling Down in Kho-Kho.

Suggested Readings

1. A.S. Barhas Co., New York Sentence of Coaching


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Paper-VI (h) Semester 3rd 2017-18
Science of Teaching & Coaching game (Football)

Paper code- (MPES-311)
(Option- VIII)

Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

Course Outcomes

1. It will be helpful in making difference between technique, tactics, skill and style.
2. The students will be able to know about the rules and Regulations of Field events.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Football in India, Asia and Olympic


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- Teaching, Training and Coaching of Football
- Selection of Football Team
- Organizing Football Tournament.

UNIT-II

- Layout of Football Ground and its Dimensions.
- Rules and Regulations of Football Game
- Duties and Power of Officials
- Size and Weight of the Equipments

UNIT-III

- Importance of Warming Up and Cool Down
- Preparation of Team, Before, During and After the Game.
- Technical and Tactical Preparation of Different Positions
- Team Tactics, Formation of Attack and Defense, System of Play.

UNIT-IV

Individual Skills (Teaching and Analysis)

1. Kicking (2) Stopping (3) Heading (4) Trapping (5) Dribbling (6) Trackling (7) Throwing (8)

Civil

Pass

1. Forward Pass (2) Side Pass (3) Chip (4) Head Pass (5) Short Pass

Periodization of Training

1. Annual Training Plan
2. Training During Preparatory Period
3. Training During Competition Period
4. Training During Transitional Weekly Training Plan.

Suggested Readings

1. Kamlesh M. 21 Sangui, M.S.Method in Physical Education Parkash Brother Jalandhar.
2. H.C. Bulk Rules of games of Sports.


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Paper-XVII (i) Semester 3rd 2017-18
Science of Teaching & Coaching game (Wrestling)

Paper code- (MPES-311)
(Option- IX)

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

Course outcomes:-

1. Students will be able to evaluate and analyze the Players.
2. Students will be able to conduct specific Sports related tests.
3. Students will manage Officiating and prepare specific programs

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will


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be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Origin of Wrestling in Modern & Ancient Time
- Role of FILA (International Federation of Associated Wrestling Styles) and (WFI) Wrestling Federation of India
- Define Wrestling
- Types of Wrestling Style
- Scope of Wrestling in India
- Achievement of India in Asian, Commonwealth, World Championship & Olympic games
- Wrestling Tournaments in India.

UNIT-II

- Structure of Wrestling Mat and Platform
- Officials in Wrestling, Officials Dress
- Competition Procedures, Drawing of lots
- General Duties of Mat Chairman, Referee, Judge and Jury of Appeal
- Medical, Weighting, Wrestler/Competitors Dress
- Duties of a Coach in Wrestling Bout
- Age and Weight Categories (Male & Female)

UNIT-III

- Rules & regulations and their interpretation
- Duration of wrestling bout for Junior, Sub-junior and Seniors (Free Style & Greco Roman)
- Famous Wrestlers of India
- List of Arjun Awardee, Padam Shree, Rajiv Gandhi Khel Ratan & Bhim Awardee
- Famous Dronacharya Awardee, Coach in India

UNIT-IV

- Point for Action & Holds
- Evaluation of Importance of the Action & Holds
- Danger position & fall
- Prohibitions and illegal holds
- Basic Vocabulary
- Preparation of Score Sheet in Free Style & Greco-roman Styles
- Diet of a Wrestler
- Training & Coaching in Wrestling
- Teaching Techniques, Tactics and Skill of Wrestling
- Defensive & Offensive Wrestling
- Importance of Warming up and Cooling down in Wrestling


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REFERENCE BOOK

1. International Wrestling Rules- FILA
2. Training & Coaching-FILA

Paper-VI (i) Semester 3rd 2017-18
Science of Teaching & Coaching game (Boxing)

Paper code- (MPES-311)
(Option- X)

Time: 3 hours

Max. Marks: 100


External marks: 80

Internal marks: 20

Course Outcomes

1. Students will have technical knowledge about Sport.
2. Students will demonstrate & inculcate basic skills.
3. Students will inherit coaching attitude.

NOTE:-


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(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Historical Development of Boxing in India and Olympics

- Rules and Regulations and their interpretations

- Terminologies used in Boxing

- Selection of a boxer or boxing squad

UNIT-II

- Organizing and management of boxing competitions

- Duties and powers of referee, judge, jury, time keeper and doctor

- Target area in Boxing, Scoring Blows, decisions in Boxing

- Boxer dress and boxing equipments

- Draws, Weight in, Medical in Boxing Men/Women

UNIT-III

- Psychological preparation of a boxer at competition site, before and after bout

- Preparation of Maneuver boxer, knockout boxer, tempo boxer, universal boxer

- Weight control, mean and methods of control

- Role of a Coach/teacher at the competition sites

- Role of seconds before, during and after the bout

UNIT-IV

- Individual skill (teaching and analysis)

- Straight punches to head and Straight punches to body

- Hooks to head and Hooks to body

- Uppercuts to head, Uppercuts to Body

- Combination of punches


- Long term plan

- Short duration plan

- Weekly and daily plan

- Individual training plan

REFERENCES



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1. Indian Boxing year-by year -**Clary Miller**
2. Boxing Skills for fun and fitness-**David James**
3. Boxing the Inside Story- **Gilbert Odd**
4. Naval Boxing USA

M.P.E.S (Semester-4th) 2017-18
Paper-VII (Scientific Principle of Sports Training)

Paper code- (MPES-402)

Max. Marks: 100


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External Marks: 80
Internal Marks: 20
Time: 3 hours

Course Outcomes

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games
4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer Type questions will carry 16

marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-I

1. Introduction

1.1. Definition, aims and characteristics of sports training .

1.2. Principles of sports training specificity, overload, and reversibility.

1.3. Massed and distributed practice.

Unit-II

2. Training load and adaptation

2.1. Loading – Definition, internal and external load.

2.2. Components of load – Intensity of loading density of loading, duration and extent.

2.3. Progressive and fluctuation method of load.

2.4. Over load – Symptoms, causes and remedies.

Unit-III


3. Motor Fitness Variable

3.1. Physical Fitness Components – Definition, importance, classification and determining factors of speed, Endurance, Basic Endurance, Flexibility and Coordinative abilities.

3.2. Fitness and training.

3.3. Basic types of training – resistance training, circuit training, interval training, fartlek training,

pressure training, poly metrics, pressure training.


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Unit-IV

4. Technical and Tactical Training

- 4.1. Definition of techniques and tactics.
- 4.2. Aims of technical training.
- 4.3. Classification of technique.
- 4.4. Training tactics.
- 4.5. Principles of tactical preparation.

References:-

1. Hardayal, Singh, Science of sports Training, New Delhi : D.V.S. Publications, 1994
2. Dick, Frank , Science of Sports training, London : Henry Kimpton Publisher Ltd., 1980
3. Fox, Edward, Richard, Boners and merie foss. The Physiological basis for exercise and sport,
U.S.A. : WCB, Brown and benchmark Publisher, 1993
4. Uppal, A.K. Principles of sports training friends, Publication: Delhi, 2001
5. Bompa, Tudor, Periodisation of strength, Veritas Publication, Canada : 1996
6. Paish, Wilf, Complete Manual of sports science, London : A and C Black Publisher Ltd., 1998.
7. Bompa, Tudor, O. periodization: Theory and methodology of training Champaign
HumanKinetics Inc., 199


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M.P.E.S (Semester-4th) 2017-18
Paper-VIII (Applied Statistics)

Paper code- (MPES-404)

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours

Course Outcomes

1. Understand and apply the statistics in research.
2. Organize the samples and sampling techniques which is relevant to the study.
3. Students will understand the use of statistical software and MS Excel for statistical operations
4. Students will interpret and make inferences based on the statistical Operations
5. Apply the statistics in research thesis for evaluation

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer Type questions will carry 16

marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-I

What is statistics? Definition and use in physical and sports. Research measure of central tendency –

Mean, Median, Mode, Definition meaning, characteristics, uses and computation from ungrouped and

grouped data.


Percentiles and quartiles – Meaning, importance, computing percentile from grouped data.

Measures of

Variability – Range, Quartile deviation, standard deviation, Meaning, computation from grouped and

ungrouped data. Use and characteristics of measures of Variability.

Unit-II


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Normal Curve – Definition and Principles of normal curve, relation between binomial and normal curve, properties of normal curve, Skewness, Kurtosis, Standard Scale $-Z$, T , 6σ , 7σ .

Statistics Inference: Reliability validity limits, factors affecting reliability, T , F and Z statistics, Null

hypothesis, Type 1 and type II errors, Two and one tailed tests, significance level.

Unit-III

Sampling – Sample and stratified random sampling, standard error, sampling errors.

Correlation-

Meaning, magnitude, computing Product Moment Method (Ungrouped and grouped data), rank

difference method, level of significance for correlation coefficients.

UNIT_IV

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One way and two way analysis of variance (introduction), LSD and Scheffer's test

Research proposal and preparation of Research Report.

Brief Introduction to Computer application

Reference:

1. Best, John W. Research in Education, New Delhi Prentice Hall of India (P) Ltd. 1963.

2. Clarke David H. and Clarke H. Harrison, research Process in Physical Education, recreation and

Health, Englewood Cliffs, new Jersey Prentice Hall Inc. 1979.

3. Clarke H. Harrison, the Application of Measurement in Health and Physical Education New York,

Prentice Hall Inc. 1979.


4. Good V. Caster and Scates Douglas E., Methods of research Application-Century, New York,

1954.

5. Mauly George J., The science of Educational Research, New Delhi Eurasia Publishing House (P),

1963.

6. Robson M Brar T.S. and Uppal A.K. Thesis format, Gwalior, LNCPE, 1979.


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M.P.E.S (Semester-4th) 2017-18
Paper-IX (Athletics Care & Rehabilitation)

Paper code- (MPES-406)

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours

Course outcomes

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Recognize and appropriately treat common sports injuries and conditions from onset through rehabilitation.
4. Identify and apply knowledge of anatomy to the design and execution of research studies.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates


1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-I

Concept of Athletic Trainer and Sports Physician;

Role of Physical Education Teacher/Coaches in Athlete's Care and Rehabilitation;

Team Medical Care, its concept and approaches


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Age determination in talent search scheme

Hygiene in Camps and Competitions.

UNIT-II

Definition of Macro trauma and Micro trauma, Tissue response to stress, Inflammation and different steps

of wound healing Overuse trauma, Problem common sites and their management.

Common regional injuries and their management)Head & Neck, Face, Thorax, Abdomen, Pelvis, upper

Limbs and Lower Limbs (shoulder, elbow, wrist, hip, knee and Ankle Joints).

UNIT-III

Therapeutic Modalities & Rehabilitation

Brief description of therapeutic modalities used in rehabilitation

Different forms of Hydrotherapy and Thermotherapy Hot and Cold Packs, Whirlpool, contrast bath,

paraffin bath, infrared, short wave Diathermy and Ultra Sound, indication & contraindications of each

modality. Cryo Therapy Compression, Cryo Kinetics.

Brief concept of electrical muscle stimulator, dialups wax and laser therapy.

UNIT-IV

Rehabilitation

Definition concept & approach in athletic rehabilitation, action plan of athletic rehabilitation

Role of ice in treatment of sports injury

Pregnancy and exercises

References:


1. Ray, Steven and Irvin Richard, "Sports medicine" (New Jersey: Englewood Cliffs, Prentice Hall,

1983)

2. William J.G.P. Sports Medicine, (London Edward Arnold Pulkshers) Pandey P.K. and Gupta

L.G. Outline of Sports Medicine, (New Delhi: Jaypee Brothers, 1987)

3. Pandey P.K. Know How Medicine (Jalandhar: A.P. Publisher, 1989)


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M.P.E. S (Semester-4th) 2017-18
Paper-X – (Sports Journalism)

Paper code- (MPES-408)

Option - I

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours


Course Outcomes:

1. Students will know basic concepts of Journalism and Sports Journalism
2. Students will prepare sports bulletin
3. Students will know ways to use media in Journalism
4. Students will review major Competitions and Games with respect to media and journalism
5. Students will prepare reports in Sports and Journalism

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will


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be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I: Introduction

Meaning and Definition of Journalism, ethic of Journalism-Canons of Journalism- Sports Ethic and

Sportsmanship-Reporting Sports Events. National and International sports News Agencies.

UNIT- II: Mass Bulletin

Concept of Sports Bulletin; Journalism and Sports education-Structure of Sports Bulletin- Compiling a

bulletin-Types of bulletin-Role of Journalism in the Field of Physical Education; Sports as an integral part

of Physical Education-Sports Organization and Sports Journalism-General news reporting and sports reporting

UNIT-III Mass Media

Mass Media in Journalism: Radio and T.V. commentary-Running commentary on the radio- Sports

expert's comments. Role of Advt. in journalism. Sports Photography: Equipment-Editing – Publishing

UNIT-IV Report Writing on Sports

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and

Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in News paper,

Organization of Press Meet

REFERENCES

Ahiya B.N. (1988) Theory and Practice of Journalism : Set to Indian context Ed3 Delhi: Surjeet

Publications.

Ahiya B.N. Chobra SSA (1990) Concise Course in Reporting. New Delhi: Surjeet Publications

Bhatt S.C. (1993) Broadcast Journalism Basic Principles, new Delhi. Haranand Publication Dhananjay

Joshi (2010) value Education in Global Perspective New Delhi Lotus Press.

Padmanabhan. A & Perumal A (2009), Sc. and Art of Living, Madurai: Pakavathi Publication.

Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication

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M.P.E.S. (Semester-4th) 2017-18
Paper-X – (Yogic Science)

Paper code- (MPES-408)

Option - II

Max. Marks: 100


External Marks: 80

Internal Marks: 20

Time: 3 hours

Course outcomes

1. Understand the basic concepts of yoga


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2. Apply the principles of yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyze the techniques and of body posture to bring out healthy change.
5. Develop the knowledge through practice, participate and organize.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5

questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer Type questions will carry 16

marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I : Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, asana, Pranayama, Prathyahara,

Dharana, Dhyana, Samadhi, concept of Yogic Practices: Principles of Breathing –Awareness-relaxation,

Sequence_Counter pose-Time-place-Clothes, Bathing- Emptying the bowels-Stomach-Diet-No straining-

Age-Contra-Indication-Inverted Asana-Sunbathing.

UNIT-II : Asanas and Pranayam

Loosening Exercise: Techniques and benefits, Asanas: Types-Techniques and Benefits, Assans: Types-

Techniques and Benefits, Surya Namaskar: Methods and benefits, Pranayams: Types-Methods and

benefits, Nadis: Meaning Methods and benefits, Chakras: Major Chakaras-Benefits of clearing and

balancing Chakras.

UNIT-III: Kriyas

Shat Kriyas-Meaning Techniques and Benefits of Neti-Dhoti-Kapalapathi-Tradka-Nauli-Basti, Bandas:

Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

UNIT-IV: Mudras


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Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta Hastam, Samyukta Hastam, Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation-Passive and active, Saguna Meditation and Nirguna Meditation.

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- George Feuerstein, (1975), Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
- Gore, ((190), Anatomy and Physiology of Yogic Practices, Lonavata: Kanchan Prakashan.
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- Swami Kuvalayanda, (1998) asanas. Lonavala: Kaivalyadhama.
- Swami Satyananada Saraswati (1989) Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
- Swami Sivnanda, (1971) The Science of Pranayama. Chennai: A divine Life Society Publication.
- Thirumalai Kumar. S and Indira S (2011) Yoga in Your Life, Chennai: The Prkar Publication
- Tiwari O.P. (1998) Asanas_ Why and How. Lonavala: Kaivalyadham.

M.P.E.S (Semester-4th) 2017-18
Paper-X (Value & environmental Education)

Paper code- (MPES-408)

Option - III

Max. Marks: 100


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External Marks: 80
Internal Marks: 20
Time: 3 hours

Course Outcomes:

1. Students will inculcate values in to their daily routines
2. Students will be able to judge values and commitment to values.
3. Students will know about environmental studies
4. Students will make sustainable use of natural resources and use products which are environmentally recommended
5. Students will know the status of Sanitation, urban & rural health and will keep themselves and their surroundings clean and healthy
6. Students will know about govt. policies for management of Pollution.

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answers type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I: Introduction to value Education

Values: Meaning, definition, concepts of Values. Value Education: Need, Importance and Objectives, Moral Values: Need and Theories of Values. Classification of Values: Basic Values of Religion, Classification of values.

UNIT-II : Value Systems

Meaning and definition, Personal and Communal Values, Consistency, Internally consistent, internally inconsistent, judging value system, Commitment, Commitment to values.

UNIT-III: environmental Education

Definition, Scope, Need and Importance of environmental studies, Concept of environmental education. Historical Background of environmental education, Celebration of various days in relation with environment, Plastic recycling & prohibition of plastic bag/cover. Role of School in environmental conservation and sustainable development, Pollution free eco-system.

UNIT-IV: Rural Sanitation and Urban Health


Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems Process of Urban Health, Services of Urban area, Suggested Education Activity, Services of Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.


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Rao, MN & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Townsend C.
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Mc Kinney, ML and Schoel, R.M. environmental Science System and Solution (Web
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