

Program Syllabus Booklet

**Master of Physical Education
(M.P.Ed – 710)**



Session: 2021-22

**Department of Physical Education
Guru Kashi University, Talwandi Sabo**

TABLE OF CONTENTS

S No.	Content	Page No
1	Program Specific Outcomes and Program Outcomes Annexure -1	4-5
2	Curriculum / Scheme - Annexure-2	6-9
3	Semester wise Syllabi - Annexure-3	10-74
4	Academic Instructions - Annexure-4	75

Program Name: Master of Physical Education

Program Code: 710

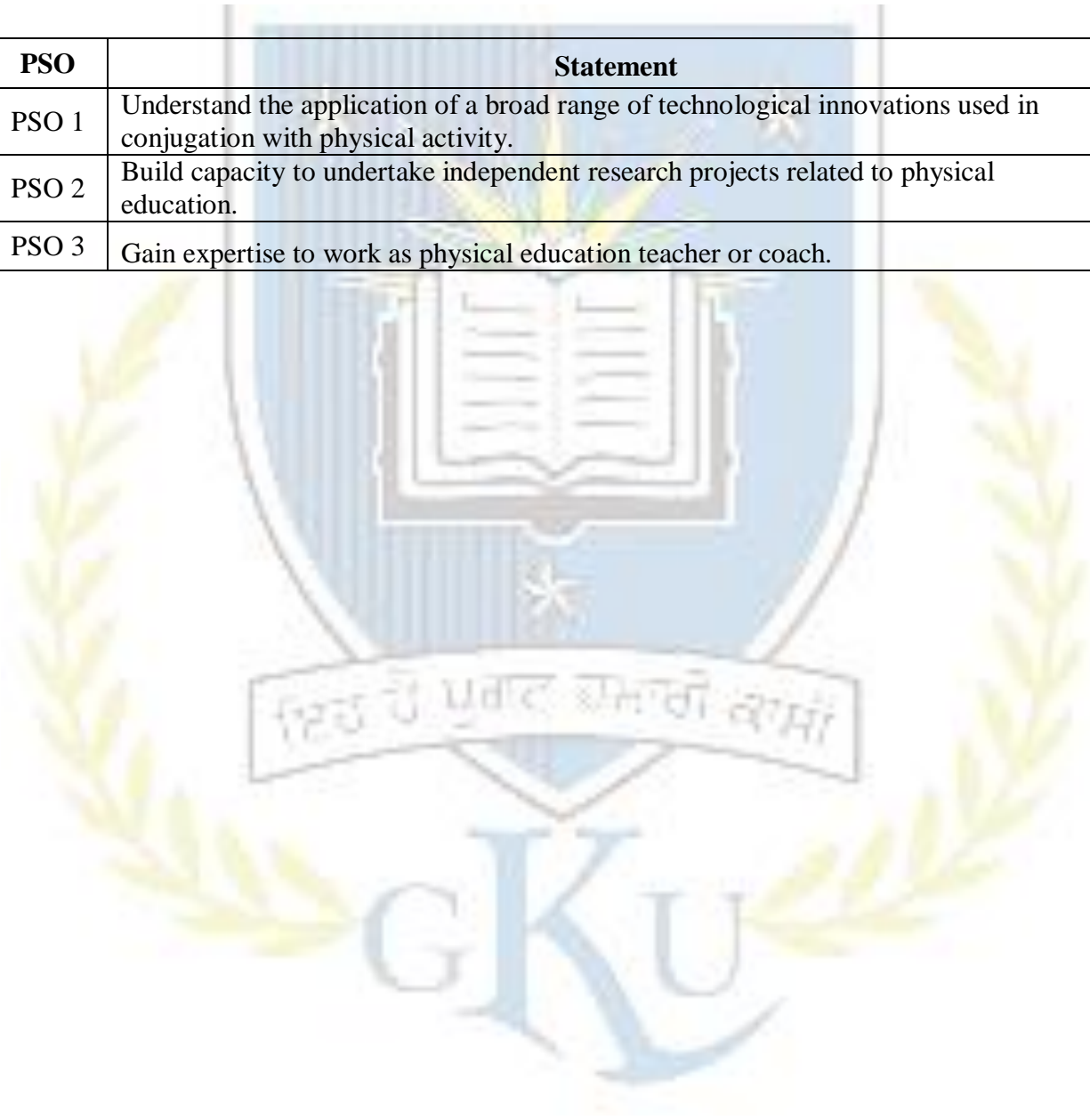
The Program outcomes for the Program Master of Physical Education are as follows:

Master of Physical Education Post Graduates will be able to:

PO	Statement
PO1	Physical Education knowledge: Apply the knowledge of programming and Planning in physical education, to understand functions of different systems of the body during exercise.
PO2	Problem analysis: Identify the hurdles associated with organization and administration of different events and training schedules.
PO3	Design/development of solutions: Design sports training program on basis of scientific principles of training.
PO4	Conduct investigations of complex problems: Use research-based knowledge and research methods including design of experiments, analysis and interpretation of data, and synthesis of the information to provide valid conclusions.
PO5	Modern tool usage: Select and apply appropriate training techniques and use modern equipments such as smart watches, heart rate monitors, pedometer etc. to enhance performance.
PO6	Physical Education and society: Analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.
PO7	Environment and sustainability: Understand the impact of the physical education activities in societal and environmental contexts, and work as a demonstrator for the betterment of physical education.
PO8	Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation
PO9	Individual and team work: Function effectively as an individual or as a member or leader in different teams and set yourself as a role model for others.
PO10	Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.
PO11	Skilled manager: Capable of identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.
PO12	Life-long learning: Recognition of the need for and an ability to engage in continuing professional development.

The Program specific outcomes for the program Master of Physical Education are as follows:

PSO	Statement
PSO 1	Understand the application of a broad range of technological innovations used in conjugation with physical activity.
PSO 2	Build capacity to undertake independent research projects related to physical education.
PSO 3	Gain expertise to work as physical education teacher or coach.



Study Scheme

Semester: 1st										
Sr.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	710101	Research Process in Physical Education & Sports Sciences	T	4	0	0	4	30	70	100
2	710102	Physiology of Exercise.	T	4	0	0	4	30	70	100
3	710103	Yogic Sciences	T	4	0	0	4	30	70	100
4		Elective-I	T	4	0	0	4	30	70	100
5	710106	Track and Field -I	P	0	0	4	2	30	70	100
6	710107	Intramural Organization	P	0	0	4	2	30	70	100
7	710108	Yoga & Games	P	0	0	4	2	30	70	100
8	710109	Adventure Activities/ Mass demonstration Activities-	P	0	0	4	2	30	70	100
Total No. of Credits				16	16	24				

Elective-I (Choose any one Course)		
S. No	Course Code	Course Name
1	710104	Tests, Measurement and Evaluation in Physical Education
2	710105	Sports Technology

Semester:2nd										
Sr.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	710201	Applied Statistics in Physical Education & Sports	T	4	0	0	4	30	70	100
2	710202	Sports Biomechanics & Kinesiology	T	4	0	0	4	30	70	100
3	710203	Athletic Care and Rehabilitation	T	4	0	0	4	30	70	100
4		Elective-II	T	4	0	0	4	30	70	100
5	710206	Track and Field II	P	0	0	4	2	30	70	100
6	710207	Games Specialization-I	P	0	0	4	2	30	70	100
7	710208	Teaching Lessons	P	0	0	4	2	30	70	100
8	710209	Class Room Teaching Lessons	P	0	0	4	2	30	70	100
Total No. of Credits				16	16	24				

Elective-II (Choose any one Subject)		
S.No	Subject Code	Subject Name
1	A710204	Sports Journalism and Mass Media
2	A710205	Sports Management and Curriculum Designs in Physical Education

Semester: 3rd										
Sr.	Subject Code	Subject Name	Type of Subject T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	710301	Scientific Principles of Sports Training	T	4	0	0	4	30	70	100
2	710302	Sports Medicine	T	4	0	0	4	30	70	100
3	710303	Health Education and Sports Nutrition	T	4	0	0	4	30	70	100
4		Elective-III	T	4	0	0	4	30	70	100
5	710306	Track and Field-III	P	0	0	4	2	30	70	100
6	710307	Games Specialization-II	P	0	0	4	2	30	70	100
7	710308	Coaching Lessons-I (Track and Field)	P	0	0	4	2	30	70	100
8	710309	Coaching Lessons-II (Game)	P	0	0	4	2	30	70	100
Total No. of Credits				16	16	24				

Elective-III (Choose any one Subject)		
S.No	Subject Code	Subject Name
1	710304	Sports Engineering
2	710305	Physical Fitness and Wellness

Semester: 4th										
Sr.	Course Code	Course Name	Type of Course T/P	(Hours Per Week)			No. of Credits	Internal Marks	External Marks	Total Marks
				L	T	P				
1	710401	Information & Communication Technology (ICT) in Physical Education	T	4	0	0	4	30	70	100
2	710402	Sports Psychology	T	4	0	0	4	30	70	100
3	710403	Dissertation	T	4	0	0	4	30	70	100
4		Elective - IV	T	4	0	0	4	30	70	100
5		Elective - V	T	4	0	0	4	30	70	100
6	710406	Track and Field-IV	P	0	0	4	2	30	70	100
7	710407	Games Specialization-III	P	0	0	4	2	30	70	100
8	710408	Officiating Lessons-I (Track & Field)	P	0	0	4	2	30	70	100
9	710409	Officiating Lessons-II (Game)	P	0	0	4	2	30	70	100
Total No. of Credits				16	16	24				

Elective-IV (Choose any one Subject)		
S.No	Subject Code	Subject Name
1	A710404	Value and Environmental Education
2	A710405	Education Technology in Physical Education

Elective-V (Choose any one Subject)		
S.No	Subject Code	Subject Name
1	710403	Dissertation
2	A710410	Yoga

Course Name: Research Process in Physical Education & Sports Sciences

Course Code: 710101

Semester: 1st

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Understand the need and importance of Research in Physical Education.
CO2	Acquire knowledge about different types and methods of research.
CO3	Write research proposals, thesis and dissertations in physical education.
CO4	Develop measurement tools for undertaking research.

Course Content

UNIT-I

Introduction to Research, Qualities and Characteristics of Research & Research Problem.

Science and scientific method; Research -definition, the process, importance, nature and types. Qualities and Characteristics of good research and good researcher; Need and scope of research in physical education and sports. Definition of and developing a research question; Identifying, locating and selecting a research problem; Characteristics of a good research problem.

UNIT-II

Literature Review & Literature search strategies: Purpose and importance of literature review. Basic: Steps in literature search; writing literature review.

UNIT-III

Hypothesis, Sampling, Technique and Designs of Sampling: Definition, importance and types of hypothesis: Formulating and stating hypothesis. Characteristics of a good hypothesis; Testing the hypothesis. Defining population and sample and their characteristics; Sampling theory; Importance of sampling: Sampling techniques; Sampling designs; Sample size.

UNIT-IV

Data Collection Tools, Questionnaire, Interview, Observation: Use and Importance of data collection tools in Research. Types of questionnaire; constructing and administering a questionnaire; questionnaire standardization procedure. Planning interview, preparing question schedule, conducting interview, summing up.: observational procedure, recording observation i.e. check list, score card and Rating scale.

UNIT V

Research Proposal and Report: Chapterization of thesis/dissertation, front materials, body of thesis, back materials. Method of writing research proposal, thesis/ dissertation; Method of writing abstract and full paper for Presenting in a conference and to publishing journals. Mechanics of writing research report, foot note and bibliography writing.

Text Book

- Best, J.W. (1971). *Research in Education*. Prentice Hall, Inc; New Jersey.
- Clarke David. H & Clarke H, Harrison (1984). *Research processes in Physical Education*. Prentice Hall Inc.; New Jersey.
- Craig Williams and Chris Wragg (2006). *Data Analysis and Research for Sport and Exercise Science*. Rout ledge Press; London.
- Jerry R Thomas & Jack K Nelson (2000). *Research Methods in Physical Activities; Human Kinetics*. Champaign; Illinois.
- Kamlesh, M.L. (1999). *Research Methodology in Physical Education and Sports*. KSK Publishers; New Delhi.
- Moses, A.K. (1995). *Thesis Writing Format*. Poompugar Pathippagam; Chennai.
- Rothstain, A. (1985). *Research Design and Statistics for Physical Education*. Prentice Hall, Inc; Englewood Cliffs.
- Subramanian, R. Thirumalai Kumar S. & Arumugam C. (2010). *Research Methods in Health, Physical Education and Sports*. Friends Publication; New Delhi.
- Moorthy A.M. (2010). *Research Processes in Physical Education*. Friends Publication; New Delhi.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3

Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25
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The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Physiology of Exercise

Course Code: 710102

Semester: 1st

Credits: 04

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Course Outcomes:

CO	On successful completion of this course, the students will be able to:
CO1	Understand the physiological effects of Exercise on different human body systems.
CO2	Appreciate the role of energy systems of human body during sports activities.
CO3	Analyse and implicate the role of nutrition & its relevance in energy production during sports.
CO 4	Understand the effect of Climatic conditions and sports performance

Course Content

UNIT I

Skeletal Muscles and Exercise: Meaning, Nature, Scope and Importance of Exercise Physiology in Games and Sports. Macro & micro structure of the skeletal muscle. Chemical composition: Sliding filament theory of muscular contraction. Types of muscle fiber. Muscle tone. Effect of exercise and training on the muscular system.

UNIT II

Cardiovascular System and Exercise: Heart valves and direction of the blood flow: Conduction System of the Heart. Blood supply to the Heart: Cardiac cycle, stroke volume, cardiac output, heart rate. Blood flow at rest and during exercise - Hemodynamic Principle. Factors affecting heart rate: Cardiac hypertrophy, effect of exercises and training on the cardiovascular system.

UNIT III

Respiratory System and Exercise: Mechanics of breathing: Respiratory muscles, minute ventilation, ventilation at rest and during exercise. Diffusion of gases: Exchange of gases in the lungs, exchange of gases in the tissues, control of ventilation, ventilation and the anaerobic threshold. Oxygen debt: Lung volumes and capacities, VO₂ max - concept nd

implication sports performance. Effect of exercises and training on the respiratory system.

UNIT IV

Metabolism and Energy Transfer: Metabolism: ATP–PC or phosphate system, lactic acid system, anaerobic metabolism. Aerobic and anaerobic systems during rest and exercise. Short duration high intensity exercises, High intensity exercise lasting several minutes, long duration exercises, measurement of energy cost of an activity.

UNIT V

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

Text Books:

- Kumar, A. and Moses, R.(1995). *Introduction to Exercise Physiology*. Poompugar Pathipagam, Madras.
- Beotra, A.(2000). *Drug Education Handbook on Drug Abuse in Sports*. Sports Authority of India, Delhi.
- Clarke, D.H. (1975). *Exercise Physiology*. Prentice Hall Inc., Englewood Cliffs, New Jersey.
- Fox, E.L., and Mathews, D.K. (1981). *The Physiological Basis of Physical Education and Athletics*. Sanders College Publishing, Philadelphia
- Guyton, A.C. (1976). *Text book of Medical Physiology*. W.B. Sanders co. Philadelphia
- Richard, W. Bowers.(1989). *Sports Physiology*. Brown Publishers, WMC.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3

Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25
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The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Yogic Sciences

Course Code: 710103

Semester: 1st

Credits: 04

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4 0 0**

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Understand the various concepts of yogic practice.
CO2	Demonstrate yoga asanas and explain its benefits.
CO3	Undertake teaching practice and research in the field of yoga.
CO4	Understand the basics and benefits of Yoga

Course Content

UNIT I

Introduction to Yoga: Meaning, Definition, types, aims and objectives of yoga. Importance of yoga in education & other fields of life. Historical development of yoga from ancient to modern times. Meaning and definition of yoga astanga yoga: Yama, niyama, aasna, pranayama, prathyahara, dharana, dhyana, Samadhi.

UNIT II

Nadis, Aasanasand Pranayam: Loosening exercise: Techniques and benefits. Pranayam: Types, techniques and benefits, surya namaskar, methods and benefits. Nadis: Meaning, methods and benefits, Asanas: Their benefits, types of Asanas, preparation & technique of different asanas and their effects on the body. Chakars : Major chakaras- Benefits of clearing and balancing chakras.

UNIT III

Kriyas

Shat Kriyas: Meaning, techniques and benefits of neti, dharti, kapalapathi, tratarka, nauli, basti. Bandhas: Meaning, techniques and benefits of jalendrabandha, jihvabandha, uddiyanabandha, mulabandha.

UNIT IV

Mudras Meaning, techniques and benefits of hasta mudras, asamyuktahastam, samyuktahastam, mana mudra, kaya mudra, banda mudra, adhara mudra. Meditation: Meaning, Techniques and

benefits of meditation, Passive and active meditation, saguna meditation and nirguna meditation.

UNIT V

Yoga and Sports - Yogasupplemental exercise: Yoga compensation exercise, yoga regeneration exercise, Power Yoga, role of Yoga in Psychological Preparation of athlete. Mental wellbeing, anxiety, depression concentration, self actualization. Effect of yoga on physiological system: Circulatory, skeletal, digestive, nervous, respiratory, excretory System.

Text Book:

- Feuerstein, G. (1975). *Text Book of Yoga*. MotilalBansaridassPublishers (P)Ltd., London.
- Gore (1990). *Anatomy and Physiology of Yogac Practices*. KanchanPrakashan, Lonavata.
- Purperhart, H. (2004). *The Yoga Adventure for Children*. A Hunter House book, Netherlands.
- Iyengar, B.K.S. (2000). *LightonYoga*. Harper Collins Publishers, New Delhi.
- Karbelkar, N.V. (1993). *PatanjalYogasutraBhashya* (Marathi Edition). Hanuman VyayamPrasarakMandal.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" - Low Correlation, "2" - Medium Correlation, "3" - High Correlation and "-" indicates there is no correlation.

Course Name: Test, Measurement and Evaluation in Physical Education (Elective)

Course Code: 710104

Semester: 1st

Credits: 04

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4 0 0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Identify the need & importance of test, measurement and evaluation in physical education
CO2	Administer different motor fitness and physical fitness tests.
CO3	Perform anthropometric measurements.
CO4	Analyze and interpret the results of tests and measurements used in the field of physical education.

Course Content

UNIT I

Introduction to test, measurement and evaluation: Meaning and Definition of test, measurement, evaluation. Criteria for Test Selection - Scientific, authenticity. Principle and Scope of test, measurement and evaluation. Importance of measurement and evaluation in physical education. Approach to measurements

UNIT II

Motor Fitness Tests: Meaning and definition of motor fitness. Test for motor fitness: Indiana motor fitness test (for elementary and high school boys, girls and college men), Oregon motor fitness Test (separately for boys and girls), JCR test. Motor ability: Barrow motor ability test, Newton motor ability Test. Muscular Fitness: Krausweber minimum muscular fitness test.

UNIT III

Physical Fitness Tests: Physical fitness test: AAHPERD health related fitness battery (revised in 1984). ACSM health related physical fitness test, Roger's physical fitness Index. Cardio vascular test: Harvard step test, 12 minutes run /walk test, Multi-stage fitness test (Beep test).

UNIT IV

Anthropometric and Aerobic-Anaerobic Tests: Physiological testing: Aerobic capacity: The Bruce treadmill test protocol, 1.5 mile run test for college age males and females. Anaerobic Capacity: Margaria-Kala men test, Wingate anaerobic test. Anthropometric measurements: Method of measuring height, standing height, sitting height. Method of measuring Circumference: Arm, waist, hip, thigh. Method of measuring skin folds: Triceps, sub scapular, supra iliac. Somatotypes - Primary components, Implication of somatotypes in physical education.

UNIT V

MEASUREMENT OF SPORTSSKILLS - Basketball: Johnson basketball test, Knox basketball test, Harrison basketball test Badminton: Lockhart Mc. Pherson badminton test, Hicks badminton test. Hockey: Henry Fridal field hockey test, Schmithal's dribble. dodge, circular tackle & drive, Schmithal's goal shooting, field & drive test Volleyball: Brady's volleying test, French & Cooper's repeated volleying test, French & Cooper's serve test. Cricket - Sutcliff Crikcet Test, Tennis - Dyer Tennis Test.

Text Books:

- Authors Guide, (2013). *ACSM's Health Related Physical Fitness Assessment Manual*. ACSM Publications, USA
- Collins, R.D., & Hodges P.B. (2001) *A Comprehensive Guide to Sports Skills Tests and Measurement*, (2nd edition). Scarecrow Press, Lanham.
- Cureton, T.K. (1947). *Physical Fitness Appraisal and Guidance*. The C. Mosby Company, St. Louis.
- Getchell, B. (1979). *Physical Fitness A Way of Life*, 2nd Edition. John Wiley and Sons, Inc, New York.
- Jenson, Clayne R. and Cynthia, C. Hirst. (1980). *Measurement in Physical Education and Athletics*. Macmillan Publishing Co. Inc, New York.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" - Low Correlation, "2" - Medium Correlation, "3" - High Correlation and "-" indicates there is no correlation.

Course Name: Sports Technology (Elective)

Course Code: 710105

Semester: 1st

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Identify design of sports equipment and develop skills to optimise and test them.
CO2	Comprehend the science of sports material and equipment.
CO3	Recognize modern sports equipments and gadgets.
CO4	Modern techniques and skills achieved through latest Equipments.

Course Content

UNIT I

Sports Technology: Meaning, definition, purpose, advantages and applications, general principle and purpose of instrumentation in sports. Work flow of instrumentation and business aspects, technological impacts on sports.

UNIT II

Science of Sports Materials - Adhesives - Nano gule, nano moulding technology, Nano Turf. Foot wear production, factors and application in sports, constraints. Foams - Polyurethane, Polystyrene, Styrofoam. Smart Materials - Shape memory alloy (SMA), Thermo Chromic film, High density modelling foam.

UNIT III

Surfaces of Playfields: Modern surfaces for play fields, construction and installation of sports surfaces. Types of materials: Synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern play equipments. Use of computer and software in Match Analysis and Coaching.

UNIT IV

Modern Equipment: Playing equipments: Balls- Types, materials and advantages. Bat/Stick/Racquets: Types, materials and advantages. Clothing and shoes: Types, materials and advantages. Measuring equipments: Throwing and jumping events. Protective equipments: Types, materials and advantages. Sports equipment with nanotechnology, advantages.

UNIT V

Training Gadgets: Basketball: Ball feeder, mechanism and advantages. Cricket: Bowling machine, mechanism and advantages, Tennis: Serving machine, mechanism and advantages, Volleyball: Serving machine mechanism and advantages. Lighting facilities: Method of erecting flood light and measuring luminous. Video Coverage: Types, size, capacity, place and position of camera in live coverage of sporting events.

Text Book:

- Charles, J. A., Crane, F.A.A. and Furness, J.A.G. (1987). *Selection of Engineering Materials*. Butterworth Heiremann, UK.
- Finn, R.A. and Trojan P.K. (1999). *Engineering Materials and their Applications*. Jaico Publisher, UK.
- Mongilo, J. (2001). *Nano Technology 101*. Greenwood publishing group, New York.
- Walia, J.S. (1999). *Principles and Methods of Education*. Paul Publishers, Jullandhar.
- Kochar, S.K. (1982). *Methods and Techniques of Teaching*. Sterling Publishers Pvt. Ltd, New Delhi, Jullandhar.
- Kozman, Cassidy and Jackson. (1952). *Methods in Physical Education*. W.B. Saunders Company, Philadelphia and London.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Track and Field I: Running Events & *Gymnastics/*Swimming (*Anyone)

Course Code: 710106

Semester: 1st

Credits: 02

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0 0 4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Develop fundamental skills of running, gymnastics and swimming.
CO2	Gain expertise in ground marking in real game situation.
CO3	Perform game officiating duty independently with perfection.
CO4	Development and knowledge about Sprints.

Course Content

Running

Fundamental skills: Short and Middle distance. Use of Starting blocks: Stance on the blocks. Body position at the start: Starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish. Advanced Skills: Various techniques of sprint start, bullet start, standing start. Active game practice.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Intramural Organization

Course Code: 710107

Semester: 1st

L T P

Credits: 020 0 4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Perform organisational and managerial duties during a game/sports event.
CO2	Plan and organize the Victory ceremony.
CO3	Learn the rules and regulations of Flag Hosting and March Past.
CO4	Able to learn about the Intramural and various sports events.

Course Content

UNIT I

National flag: Meaning, concept and significance of National flag, symbolism of tri-color and Wheel. Code of hoisting or lowering of Flag, Dimensions of the Flag & tri-color proportions. Honors of the flag and its use. Penalty of misusing or dishonouring the Flag.

UNIT II

Opening and closing ceremonies: Schedule and formality of opening ceremony, unfurling of Flag, Flame igniting, oath, march-past of players / teams, salutation, declaration of opening of the Meet. Brief address by the guests, announcement of beginning of competition victory & prize distribution ceremony, planning of schedule for victory ceremony.

UNIT III

Closing Ceremony: Assembly of sports-persons, march-past, salutation, re-assembly, brief address of the guests, declaration of results and distribution of prizes / certificates, vote of thanks, ceremonial flag-lowering, Flame exiting wishing, declaration of closing of the Meet. Practical of the organization of sports/athletic meet during Intramural programme should be arranged as a project by the students under the supervision of the faculty. Organization of sports festival, play day, social party games etc. should be encouraged.

UNIT IV

Yoga & Games: *Self Defence Techniques-Martial Arts, Taek- won-do/ *Shooting/ *Archery – (*Any One)

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Yoga and Game

Course Code: 710108

Semester: 1st

Credits: 02

L T P
0 0 4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Develop fundamental skills of self-defence arts, shooting and archery.
CO2	Gain knowledge of rules and regulations of these sports.
CO3	Perform officiating duties in real game situation.
CO4	Analyse and expertizevarious games.

Course Content

Yoga, Asanas prescribed by Maharshi 'Patanjali', shudhikriyas, jalneti, sutraneti, dugdhaneti, kunjaj, nauli, bhastika, shatkriya, pranayams, anulom-vilom, kapalbhati. Self Defense Techniques-Martial arts, Taekwondo, Shooting Archery.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" - Low Correlation, "2" - Medium Correlation, "3" - High Correlation and "-" indicates there is no correlation.

Course Name: Mass demonstration activities

Course Code: 710109

Semester: 1st

Credits: 02

L T P
0 0 4

Course Outcomes: On successful completion of this course, the students will be able to: On successful completion of this course, the students will be able to learn:

CO	On successful completion of this course, the students will be able to:
CO1	Achieve fundamental skills of various demonstrative activities.
CO2	Analyse the type of activities and its style to perform in group.
CO3	Acquire the skill of teaching these activities.
CO4	Able to demonstrate various sports activities.

Course Contents

UNIT I

Adventure activities: Trekking, wall climbing, river crossing, mountaineering etc.

UNIT II

Mass demonstration activities: Lezim, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc. (Student sare expected to learn and organize mass drill in school situation)
Apparatus / light apparatus grip, Attention with apparatus / light apparatus, Stand –at–ease with apparatus / light apparatus, Exercise with verbal command, drum, whistle and music–two count, four count, eight count and sixteen count .Standing exercise, Jumping exercise, Moving exercise, Combination of above all.

UNIT III

Malkhamb: Table of exercises on malkhamb should be prepared internally for teaching. General out-line of the contents of teaching of theory of Games and Sports. Introduction of the game/sport and historical development with special Text Book to India, orientation of the students to the play are and equipment used in the game / sport, Important tournaments held at National and International levels, Distinguished sports awards and personal it misrelated to the Game/sport. Warming-up-general free hand exercises, specific workout using equipment. Fundament al skills, lead up activities, general rules and the reinterpretations, duties of officials, officiating class competition sand Intramurals, Marking of the play area.

UNIT IV

Aerobics: Rhythmic aerobics, dance, low impact aerobics, high impact aerobics, kick boxing moves, march single, basics, side to side alternate turns, double side to side, step touch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over thetop, back lunge, straddle, kick front, travels11. Kick side, corner, (Warm up and cool down being successful in exercise and adaptation to aerobic workout).

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/C O	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO1 0	PO1 1	PO1 2	PSO1	PSO 2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Applied Statistics in Physical Education & Sports
Course Code: 710201

Semester: 2nd

Credits: 04 **L T P**
4 0 0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Understand basic approaches to research.
CO2	Perform statistical analysis of a basic research work.
CO3	Apply various statistical tests to research work in the field of physical education.
CO4	Analyse the Statistical data in the field of physical education and sports.

Course Content

UNIT I

Introduction: Meaning, Definition, Need and Importance of Statistics in Physical Education. Types of Statistical Process: *descriptive, comparative, inferential, predictive*. Attribute and variable. Frequency distribution, Raw scores, Single scores. Types of data, Population and sample. Parameters and statistics

UNIT II

Data Classification, Tabulation and Measures of Central Tendency: Meaning, uses and construction of frequency table. Meaning, purpose, calculation and advantages of Measures of central tendency—Mean, median and mode.

UNIT III

Measures of Dispersions and Scales: Meaning, purpose, calculation and advances of Range, Quartile deviation, Mean deviation, Standard deviation, Probable error, meaning, purpose, calculation and advantages of scoring scales- Sigma scale, Z scale, Hull scale.

UNIT IV

Probability Distributions and Graphs: Normal curve: Meaning of probability, principles of normal curve, and properties of normal curve. Divergence from normality: Skewness and Kurtosis. Graphical representation in Statistics: Line diagram, bar diagram, Histogram, Frequency Polygon,

UNIT V

Inferential and Comparative Statistics: Tests of significance: Independent “t” test,

dependent “t” test, chi square test, level of confidence and interpretation of data. Correlation: Meaning of correlation, co-efficient of correlation, calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Text Books

- Best, J.W. (1971). *Research in Education*, Prentice Hall, Inc, New Jersey.
- Clark, D.H. (1999). *Research Problem in Physical Education*, 11th edition. Prentice Hall, Inc., Eagle wood Cliffs.
- Jerry, R Thomas. & Jack, K Nelson. (2000). *Research Methods in Physical Activities*. Human Kinetics, Illonosis.
- Kamlesh, M.L. (1999). *Research Methodology in Physical Education and Sports*. KSK Publishers, New Delhi.
- Rothstain, A. (1985). *Research Design and Statistics for Physical Education*. Prentice Hall, Inc., Engle wood Cliffs.
- Sivarama Krishnan, S. (2006). *Statistics for Physical Education*. Friends Publication, Delhi.
- Thirumalaisamy, (1998). *Statistics in Physical Education*. Senthilkumar Publications, Karaikudi.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Sports Biomechanics and Kinesiology

Course Code: 710202

Semester: 2nd

Credits: 04

	L	T	P
	4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Comprehend the laws of physics and identify their role in human body locomotion.
CO2	Grasp the anatomical and biomechanical bases of human movement
CO3	Recognize the physiological bases of human movement
CO4	Identify role of Biomechanics in exercise and games

Course Content

UNIT I

Introduction: Meaning, nature, role and scope of applied kinesiology and Sports Biomechanics. Meaning of axis and planes, dynamics, kinematics, kinetics, Statics. Centre of gravity, Line of gravity, plane of the body and axis of motion, Vectors and Scalars.

UNIT II

Muscle Action: Structural classification of muscles, characteristics of muscle tissue, muscles fiber types, reciprocal innervation, all or none law, Types of muscles contraction, Role of muscles, Angle of pull, Two-joint muscles, Reflex-action, Muscle tone. Origin, insertion and action of muscles. Pectoralis major and minor, deltoid, biceps, triceps (Anterior and Posterior), Trapezius, Serratus, Sartorius, Rectus Femoris, Quadriceps, Hamstring, Gastrocnemius.

UNIT III

Motion and Force: Meaning and definition of motion. Types of motion: Linear motion, angular motion, circular motion, uniform motion. Principles related to the law of Inertia, law of acceleration and law of counterforce. Meaning and definition of force, sources of force, force components. Force applied at an angle pressure. Centripetal force centrifugal force. Friction: Buoyancy. Spin.

UNIT IV

Projectile and Lever: Freely falling bodies: Projectiles, equation of projectiles, Stability, factors influencing equilibrium, guiding principles for stability, static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage - classes of lever, practical application. Water resistance, Air

resistance, aerodynamics.

UNIT V

Movement Analysis: Analysis of movement: Types of analysis, Kinesiological, Biomechanical. Cinematographic .Methods of analysis–qualitative, quantitative, predictive. Principles and Analysis of following movement (Throwing, Striking, Jumping Squat, Dead Lift).

Text Books:

- Deshpande,S.H. (2002). *ManavKriyaVigyan–Kinesiology* (Hindi Edition). Amravati.
- Hanuman VyayamPrasarakMandal.
- Hoffman,S.J. (2005).*Introduction to Kinesiology*.Human Kinesiology publication In..
- Steven Roy,&Richard Irvin. (1983). *Sports Medicine*. Prentice Hall Inc.,New Jersey.
- Thomas. (2001). *Manual of structural Kinesiology*.McGraw Hill, New York.
- Uppal,A. K. &Lawrence,Mamta. (2004).*MP Kinesiology*.Friends Publication,India.
- Uppal, A. (2004).*Kinesiology in Physical Education and Exercise Science*.Friendspublications, Delhi.
- Williams,M. (1982).*Biomechanics of Human Motion*.Saunders Co, Philadelphia.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Athletic Care and Rehabilitation

Course Code:710203

Semester: 2nd

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Perform examination and evaluation of posture.
CO2	Conduct sports injuries first aid and rehabilitation program.
CO3	Apply techniques of massage therapy.
CO4	Understand the role of rehabilitation after injury.

Course Content

UNIT I

Corrective Physical Education: Definition and objectives of corrective physical education. Posture and body mechanics, standards of standing posture, value of good posture, draw backs and causes of bad posture. Posture test: Examination of the spine

UNIT II

Posture: Normal curve of the spine and its utility. Deviations in posture: Kyphosis, lordosis, flat back, scoliosis, round shoulders, Knock-knee, Bowleg, Flat foot. Causes for deviations and treatment including exercises.

UNIT III

Rehabilitation: Meaning, definition and importance of rehabilitation. Objectives and principles of Rehabilitation. Steps of Rehabilitation. Passive, active, assisted, resisted exercise for Rehabilitation. Stretching, PNF techniques and principles.

UNIT IV

Massage: Brief history of massage, massage as an aid for relaxation, points to be considered in giving massage. Physiological, Chemical, Psychological effects of massage, indication and contraindication of Massage, Classification of the manipulation used in massage. Specific uses in the human body: Stroking manipulation, effleurage - Pressure manipulation, Petrissage, Kneading. Ironing Skin Rolling: Percussion manipulation, tapotement, hacking, clapping, beating, pounding, slapping, cupping, poking, shaking manipulation, deep massage.

UNIT V

Sports Injuries Care, Treatment and Support: Principles pertaining to the prevention of sports injuries, care and treatment of exposed and unexposed injuries in sports, Meaning, need

and importance of physiotherapy. Principles of apply cold and heat, infrared drays, ultrasonic therapy: Short wave diathermy therapy. Principles and techniques of strapping and bandages.

Text Books:

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

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Sports Journalism and Mass Media (Elective)

Course Code: 710204

Semester: 2nd

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Identify various types of Media, their functioning and forms of Journalism.
CO2	Comprehend the role of journalism in physical education.
CO3	Develop skills of report writing in context of game/sports event for publications in news paper.
CO4	Knowledge of national and international sports news agencies.

Course Content

UNIT I

Introduction: Meaning and definition of journalism, ethics of journalism, canons of journalism. Sports ethics and sportsmanship, Reporting sports events. Traditional and open source reporting. National and International sports news agencies.

UNIT II

Sports Bulletin: Concept of sports bulletin: Journalism and sports education, structure of sports bulletin, compiling a bulletin, types of bulletin. Role of journalism in the field of physical education. Sports as an integral part of physical education, sports organization and sports journalism, general news reporting and sports reporting.

UNIT III

Mass Media: Concept, Characteristics and function of Mass Media. Commentary – Running commentary on the radio. Sports expert's comments, role of advertisement in journalism. Sports photography, equipment, editing, publishing.

UNIT IV

Report Writing on Sports: Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an annual sports meet for publication in news paper. Organizations of press meet.

UNIT V

Journalism: Sports organization and sports journalism, general news reporting and sports

reporting. Methods of editing sports report, evaluation of reported news. Interview with and elite player and coach.

Text Books:

- Ahiya, B.N. (1988). *Theory and Practice of Journalism*. Surjeet Publications, Delhi.
- Ahiya, B.N. & Chobra, S.S.A. (1990). *Concise Course in Reporting*. Surjeet Publication, New Delhi.
- Bhatt S.C. (1993). *Broadcast Journalism Basic Principles*. Haran and Publication, New Delhi.
- Joshi, D. (2010). *Value Education in Global Perspective*. Lotus Press, New Delhi.
- Kannan, K. (2009). *Soft Skills*. Yadava College Publication, Madurai.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Sports Management and Curriculum design in Physical Education

(Elective)

Course Code: 710205

Semester: 2nd

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Understand the concept of sports management.
CO2	Manage events of physical education and sports.
CO3	Develop skills of financial management and budget making during sports events.
CO4	Development and knowledge of various sports Events

Course Content

UNIT I

Introduction to Sports Management: Management: Meaning, definition, scope, principles, functions of management: Planning, Organizing, Staffing, Directing, Controlling, Coordinating, Evaluating and innovating Skills of management: Personal skills, Human skills, Conceptual skills, Technical skills and Conjoined skills Styles of management Roles of manager: Interpersonal roles, Informational roles, Decisional roles Qualities of a manager

UNIT II

Program Management: Tournament organization: Types of tournament-Knock out or Elimination, League or Round Robin, Combination, Consolation, Challenge Tournaments. Intramural Competitions: Meaning and Importance of Intramural, Objectives of Intramural. Importance of programme development and the role of management. Steps in Programme development. Management guidelines for School, colleges sports programs, management problems in instruction program, community based physical education and sports program.

UNIT III

Equipments and Public Relation: Purchase and care of supplies of equipment, guidelines for selection of equipments and supplies, purchase of equipments and supplies, equipment room, equipment and supply manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipments. Public relations in sports: Planning the public relation program, principles of public relation, public relations in school and communities, public relation and the media.

UNIT IV

Curriculum: Meaning and definition of curriculum. Principles of curriculum construction: Students centered, activity centered, community centered, forward looking principle, principles of integration. Theories of curriculum development, conservative (Preservation of Culture), relevance, flexibility, quality, contextually and plurality. Approaches to Curriculum; Course centered, learner centered and community centered, Curriculum Frame work.

UNIT V

Curriculum Sources Factors that affecting curriculum: Sources of curriculum materials, textbooks, journals, dictionaries, encyclopedias, magazines, and internet. Integration of physical education with other sports sciences, curriculum research, objectives of Curriculum research, importance of curriculum research. Evaluation of curriculum, methods of evaluation.

Text Book:

- Aggarwal, J.C.(1990).*Curriculum Reform in India–World overviews*, Doaba World Education Series–3.DoabaHouse, Bookseller and Publisher, Delhi.
- Arora, G.L.(1984).*Reflections on Curriculum*.NCERT, New Delhi.
- Bonnie, L.(1991).*The Management of Sports*. Mosby Publishing Company, Park House, St. Louis.
- Bucher A, Charles. (1993).*Management of Physical Education and Sports*(10th Edition).MobsyPublishing Company, St.Louis.
- Carl, E. &Will, Goose. (1982). *Curriculum in Physical Education*. Prentice Hall, London.
- Chakraborty&Samiran. (1998). *Sports Management*. Sports Publication, New Delhi.
- Charles, A, Bucher.&March, L, Krotee. (1993). *Management of Physical Education andSports*.Mosby Publishing Company, St. Louis.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3

Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25
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The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Track And Field II: Jumping events & Hurdles*Swimming/*Gymnastics

(*Any one)

Course Code:710206

Semester: 2nd

Credits: 02

L	T	P
0	0	4

Course Outcomes: On successful completion of this course, the students will be able to::On successful completion of this course, the students will able to learn:

CO	On successful completion of this course, the students will be able to:
CO1	The importance of jumping in Sports & Games.
CO2	The skills to demonstrate and assess various techniques of take-off; fly in air and landing in different types of jumping.
CO3	The techniques of swimming and gymnastics.
CO4	Acquire knowledge of jumping Events

Course Content

Course Content in gymnastics and swimming should be chalked out internal lycon side ring advance level of students and suitable to their age and gender.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1

CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Games Specialization-I (*Any two games) *Kabaddi/ *kho-kho/ *Badminton/ *Table Tennis/ *Tennis/ *Squash/ *Baseball/ *Volleyball/ *Basketball/ *Cricket/ *Football/ *Handball/ *Hockey/ *Netball/ *Softball.

Course Code:710207

Semester: 2nd

Credits: 02

L T P
0 0 4

Course Outcomes: On successful completion of this course, the students will be able to: On successful completion of this course, the students will be able to learn:

CO	On successful completion of this course, the students will be able to:
CO1	The skills of Warm- up Training for better Motor Abilities.
CO2	Fundamental skills of any two team games.
CO3	The tactics and Strategy of chosen team games.
CO4	Achievement and development of Specific Game.

Course Content

The Candidate has choice to select any one of the following games as the Specialization–II (Second best) in 2nd Semester.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3

CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Teaching Lessons: Indigenous Activities and Sports (four internal & one external)

Course Code:710208

Semester: 2nd

Credits: 02

L	T	P
0	0	4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Develop fundamentals of teaching practice.
CO2	Prepare and maintain records in the school.
CO3	Gain skill of assessment work done in the school
CO4	Achievement of teaching skills and techniques

Course Content

The students of M.P.Ed–II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by the students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the part soft he lesson covered progressively.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/ CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO1 0	PO1 1	PO1 2	PSO1	PSO 2	PSO3
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CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.



**Course Name: Class Room Teaching Lesson: Theory of Different Sports & Games (four
Internal & one External)**

Course Code: 710209

Semester: 2nd

Credits: 02

L	T	P
0	0	4

Course Outcomes: On successful completion of this course, the students will be able to: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Develop fundamentals of teaching practice.
CO2	Prepare and maintain records in the school.
CO3	Gain skill of assessment work done in the school
CO4	Development of teaching through teaching practice

Course Content

The students of M.P.Ed–II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by the students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the part soft he lesson covered progressively.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/C O	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO1 0	PO1 1	PO1 2	PSO1	PSO 2	PSO3
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CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.



Course Name: Scientific Principles of Sports Training

Course Code: 710301

Semester: 3rd

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Undertake training and coaching assignments in the field of physical education.
CO2	Recognize the areas of recent development in sports and inculcate them in the training process
CO3	Develop skills to plan training programs as per the need of an athlete.
CO4	Development of physical training techniques.

Course Content

UNIT I

Introduction: Sports training: Definition, aim, characteristics, principles of sports training. Concept of load, adaptation and recovery. Overload: Definition causes of over load, symptoms of over load. Remedial measures: Super compensation, altitude training, cross training.

UNIT II

Methods of Training and muscular adaptations: Methods of Training: Importance, Principles, Types of training - Weight training, Circuit training, Interval training, Fartlek training, Cross-Country and Plyometric training. Training means and methods: Types, Classification of Physical Exercise, Basic Methods of Conditioning .Muscular Adaptations to Aerobic and Anaerobic training: Fiber Composition, Oxygen Delivery, Energy Production.

UNIT III

Flexibility: Flexibility: Methods to improve the flexibility stretch and hold method, ballistic method. Specials type Training: Plyometric training. Training for coordinative abilities, methods to improve coordinative abilities. Sensory method, variation in movement execution method,

variation in external condition method, combination of movement method, types of stretching exercises.

UNIT IV

Training Plan: Training Plan: Macro cycle, meso cycle, micro cycle. Short term plan and long term plan. Periodisation: Meaning, single, double and multiple periodisation, preparatory period, competition period and transition period.

UNIT V

Doping: Definition of doping, side effects of drugs, dietary supplements, IOC list of doping classes and methods. Blood doping: The use of erythropoietin in blood boosting, blood doping control, the testing program, problems in drug detection. Blood testing in doping control problems with the supply of medicines Course to IOC regulations. Over, the, counter drugs (OTC), prescription only medicines (POMs), Controlled drugs (CDs). Reporting test results, education.

Text Books:

- Beotra, Alka. (2000). *Drug Education Handbook on Drug Abuse in Sports*. Sports Authority of India, Delhi.
- Bunn, J.N. (1998). *Scientific Principles of Coaching*. Prentice Hall Inc., Engle Wood Cliffs, New Jersey.
- Cart, E. Klafs & Daniel, D. Arnheim (1999). *Modern Principles of Athletic Training*. C.V. Mosby Company, St. Louis.
- Daniel, D. Arnheim (1991). *Principles of Athletic Training*. Mosby Year Book, St. Louis.
- David, R. Mottram (1996). *Drugs in Sport*. School of Pharmacy, John Moore University, Liverpool.
- Gary, T. Moran (1997). *Cross Training for Sports*. Human Kinetics, Canada.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1

CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Sports Medicine

Course Code: 710302

Semester: 3rd

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Provide first aid treatment and rehabilitation programs for sports injuries.
CO2	Gain knowledge about sports injuries affecting different parts of body.
CO3	Develop skills to use the sports techniques flawlessly to minimize injuries.
CO4	Development and knowledge of sports Medicine.

Course Content

UNIT I

Introduction: Meaning, definition and importance of sports medicine, definition and principles of the rapetic exercises coordination exercise. Balance training exercise, strengthening exercise, mobilization exercise, gait training, gym ball exercise. Injuries: acute, sub-acute, chronic, advantages and disadvantages of PRICE, PRINCE therapy, aquatic therapy.

UNIT II

Basic Rehabilitation: Basic Rehabilitation, Strapping/tapping, definition, principles precautions contraindications. Proprioceptive neuromuscular muscular facilitation: Definition hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, Isometric. Stretching: Definition, types of stretching, advantages, dangers of stretching, manual muscle grading.

UNIT-III

AGE AND GENDER CONSIDERATION IN SPORTS: Biological, chronological age and age determination. Suitability of sports at various stages of growth. Special problems women and

sports performance .Exercise benefits at various stages of life. Physical, physiological, bio-chemical and bio-mechanical difference between men &women.

UNIT IV

Upper Extremity Injuries and Exercise: Upper limb and thorax injuries: Shoulder- sprain, strain, dislocation, and strapping. Elbow- sprain, strain, strapping. Wrist and Fingers- sprain strain, strapping. Thorax, Rib fracture. Breathing exercises, relaxation techniques, freeh and exercise, stretching and strengthening exercise for shoulder, elbow, wrist and hand. Supporting and aiding techniques and equipment for upper limb and thorax injuries.

UNIT V

Lower Extremity Injuries and Exercise: Lower limb and abdomen injuries: Hip- adductor strain, dislocation, strapping. Knee- sprain, strain, strain, strapping. Ankle- sprain, train, strapping. Abdomen- Abdominal wall, contusion, abdominal muscle strain. Free exercises–Stretching and strengthening. Exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for lower limb and abdomen injures. Practical lab: Practical and visit to physiotherapy centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, visit to TV centre etc. should be planned internally.

Text Books:

- Christopher, M. Norris. (1993). *Sports Injures Diagnosis and Management for Physiotherapists*. Thomson LithoLtd., East Kilbride.
- James, A. Gould &George J. Davies. (1985). *Physical Therapy*. C.V. Mosby Company, Toronto.
- Morris, B. Million (1984).*Sports Injuries and Athletic Problem*.Surjeet Publication, New Delhi.
- Pande.(1998).*Sports Medicine*.KhelShityaKendra, New Delhi.
- The Encyclopedia of Sports Medicine. (1998).

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3

Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25
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The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Health Education and Sports Nutrition

Course Code: 710303

Semester: 3rd

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Identify the components of sports nutrition and their role in achieving sports oriented goals.
CO2	Manage health related issues in athletes like hypertension and stress.
CO3	Design weight control program for athletes according to their age.
CO4	Development of Weight management plan

Course Content

UNIT I

Health Education: Health Education: Meaning, Scope, Objectives and Spectrum, Principles and Importance of health education, Planning and evaluation in health education programmers. **Pollution:** Definition, effects and control measures of Air pollution, Water pollution, Noise pollution and Radiation. Natural hazards and their mitigation.

UNIT II

Health Problems in India: Communicable and non-communicable diseases, obesity, malnutrition, adulteration in food, environmental sanitation, explosive, population. Personal and environmental hygiene for schools, objective of school health service, role of health education in schools. Health services care of skin, nails, eye health service, nutritional service, health appraisal, health record, healthful school environment, first-aid and emergency care etc.

UNIT III

Health Hazards, Stress And Injury Management: Hazards of substance abuse: smoking, alcohol & tobacco, Valuable use of leisure time. Emphasis on proper rest, sleep and dreams. Healthy Living and positive lifestyle. Wellness of mind, body and soul. Stress: meaning, causes and management.

UNIT IV

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

UNIT V

Nutrition and Weight Management: Concept of BMI (Body mass index), obesity and its hazard, dieting versus exercise for weight control maintaining a Healthy Lifestyle. Weight management program for sporty child, Role of diet and exercise in weight management. Design diet plan and exercise schedule for weight gain and loss.

Text Books:

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

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Sports Engineering (Elective)

Course Code: 710304

Semester: 3rd

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Understand the mechanics of engineering materials.
CO2	Identify sports dynamics and utilize them to enhance performance.
CO3	Develop skills for designing and maintenance of sports infrastructure.
CO4	Use of technology in the field of physical education

Course Content

UNIT I

Introduction to sports engineering and Technology: Meaning of sports engineering, human motion detection and recording, human performance, assessment, equipment and facility designing and sports related instrumentation and measurement.

UNIT II

Mechanics of engineering materials: Concepts of internal force, axial force, shear force, bending movement, torsion, energy method to find displacement of structure, strain energy. Biomechanics of daily and common activities, Gait, Posture, and Body levers, ergonomics. Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

UNIT III

Sports Dynamics: Introduction to dynamics, kinematics to particles, rectilinear and plane

curvilinear motion coordinate system. Kinetics of particles, Newton's laws of motion, work, energy, impulse and momentum.

UNIT IV

Infrastructural Development: Sports infrastructure, gymnasium, pavilion, swimming pool, indoor stadium, out-door stadium, play park, academic block, administrative block, research block, library, sports hostels, etc. Requirements: Air ventilation, daylight, lighting arrangement, galleries, storerooms, office, toilet blocks (M/F), drinking water, sewage and waste water disposal system, changing Rooms (M/F). Sound system (echo-free), internal arrangement according need and nature of activity to be performed, corridors and Gates for free movement of people.

UNIT V

Maintenance and Facility life cycle costing: Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation. Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration. Building process: Design phase (including brief documentation), construction phase functional (occupational) life, re-evaluation, refurbish, demolish. Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.

Text Book:

- Franz, K.F. et. al., (2013). *Rout ledge Handbook of Sports Technology and Engineering* Rout ledge.
- Steve Hake. (1996). *The Engineering of Sport*. CRC Press.
- Youlin Hong. (2013) *Rout ledge Handbook of Ergonomics in Sport and Exercise* Routledge.
- Jenkins M. (2003). *Materials in Sports Equipment, Volume I*. Elsevier.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Physical Fitness and Wellness (Elective)

Course Code: 710305

Semester: 3rd

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Apply fitness and wellness management techniques.
CO2	Pursue and orient students towards achieving a healthy and positive life style.
CO3	Develop competency for profile development, exercise guidelines adherence.
CO4	Physiological effect of human movement.

Course Content

UNIT I

Introduction: Meaning and definition of physical fitness, physical fitness concepts and techniques. Principles of physical fitness, physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

UNIT II

Nutrition: Nutrients: Nutrition labeling in formation, food choices, food guide pyramid, Influences on food choices social, economic, cultural, food sources. Comparison of food values. Weight management, proper practices to maintain, lose and gain. Eating disorders, proper hydration, and the effects of performance enhancement drugs.

UNIT III

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

UNIT IV

Anaerobic Exercise: Resistance training for muscular strength and endurance, principles of resistance training. Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. And proper breathing techniques). Weight training principles and concepts, basic resistance exercises (including freehand exercise, free weight exercise, weight machines, exercise bands and tubing. Medicine balls, fit balls) advanced techniques of weight training

UNIT-V

Flexibility Exercise: Flexibility training, relaxation techniques and core training. safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

Text Book:

- David K. Miller & T. Earl Allen (1989). *Fitness, A life time commitment*. Surjeet Publication, Delhi.
- Dificore Judy (1998). *The complete guide to the postnatal fitness*, A & C Black Publishers Ltd., London.
- Dr. A.K. Uppal (1990). *Physical Fitness*. Friends Publications, India,
- Elizabeth & Kenday (1986). *Sports fitness for women*. B.T. Bats fords Ltd, London.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith (2002). *Fitness Fun*. Human Kinetics Publishers.
- Lawrence, Debbie (1999). *Exercise to Music*. A & C Black Publishers Ltd., London.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1

CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Track and field III: Throwing events & Introduction of heptathlon events, *Gymnastics/* Swimming (*Any one)

Course Code: 710306

Semester: 3rd

Credits: 02

L T P
0 0 4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Demonstrate and assess techniques of throwing, gymnastics and swimming appropriately.
CO2	Understand the rules and regulations of throwing events, gymnastics and swimming.
CO3	Develop skills for officiating a match in real game situation.
CO4	Development of techniques and skills used for throwing events

Course Content

Course Content in Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
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CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.



Course Name: Games Specialization II: Boxing/Fencing/Judo/Karate/Wrestling/Wushu

(Any two)

Course Code: 710307

Semester: 3rd

Credits: 02

L	T	P
0	0	4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Gain expertise in officiating signals of the games.
CO2	Perform tests and measurements related to these games appropriately.
CO3	Develop skills for demonstrating the basic and advanced techniques of these games.
CO4	Achieving knowledge of specific games.

Course Content

Course Content in the game of specialization should be chalked out internally considering advance level of students and suitable to their age and gender.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2

CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Coaching Lessons I: Track and Field/Gymnastics/Swimming (four internal & one external)

Course Code: 710308

Semester: 3rd

Credits: 02

L	T	P
0	0	4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Undertake training and coaching assignment.
CO2	Prepare and maintain records in the school.
CO3	Perform assessment of the work done in school
CO4	Achievement of Coaching Techniques and skills

Course Content

The students of M.P.Ed–II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the part soft he lesson covered progressively.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/C O	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO1 0	PO1 1	PO1 2	PSO1	PSO 2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Coaching Lessons II: Game Specializations (four internal & one external)

Course Code: 710309

Semester: 3rd

Credits: 02

L	T	P
0	0	4

Course Outcomes: On successful completion of this course, the students will be able to: On successful completion of this course, the students will able to:

0

CO	On successful completion of this course, the students will be able to:
CO1	Undertake training and coaching assignment.
CO2	Prepare and maintain records in the school.
CO3	Perform assessment of the work done in school
CO4	Teach the specific game and can rectify mistakes.

Course Content

The students of M.P.Ed–II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the part soft he lesson covered progressively.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/C O	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO1 0	PO1 1	PO1 2	PSO1	PSO 2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.



Course Name: Information & Communication Technology (ICT) in Physical Education

Course Code: 710401

Semester: 4th

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Become adept in latest advanced technologies which can assist in coaching and improving sports performance.
CO2	Develop skills to use computers and internet applications.
CO3	Integrate ICT for teaching and training in the field of physical education.
CO4	Achievement of techniques through ICT

Course Content

UNIT I

Communication & Classroom Interaction: Concept, elements, process & types of communication barriers & facilitators of communication. Cloud Computing. Communicative skills of English-listening, speaking, reading & writing concept & importance of ICT. Need of ICT in education scope of ICT: Teaching learning process, publication evaluation, and research and administration challenges in integrating ICT in physical education.

UNIT II

Fundamentals of Computers: Characteristics, types & applications of computers hardware of computer: Input, output & storage devices software of computer: Concept & types. Application in

Physical Education and sports. Computer Memory: Concept & types viruses & its management concept. Types & functions of computer networks internet and its applications web browsers & search engines legal & ethical issues.

UNIT III

MS Office Applications: MS word: Main features & its uses in physical education. MS excel: Main features & its applications in physical education. MS access: Creating a database, creating a table, queries, forms & reports on tables and its uses in physical education. MS power point: Preparation of slides with multimedia affects MS Publisher: News letter & brochure.

UNIT IV

ICT Integration in Teaching Learning Process: Approaches to integrating ICT in teaching learning process project based Learning (PBL). Co-operative learning collaborative learning. ICT and constructivism: A pedagogical dimension.

UNIT V

E-Learning & Web Based Learning: E-Learning. Web based learning visual classroom.

Text Books:

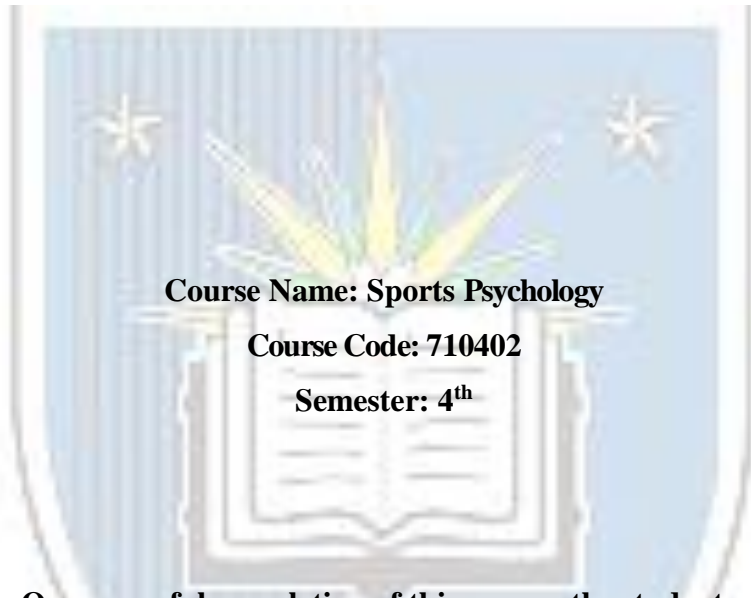
- Ram. (2006). *New Age International Publication, Computer Fundamental, Third Edition*. Brain under ID G Book. India.
- Heidi Steel. (2006). *Microsoft Office Word 2003-2004 ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing.*

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3

Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25
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The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.



Course Name: Sports Psychology

Course Code: 710402

Semester: 4th

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Grasp the meaning, nature and scope of sports Psychology.
CO2	Prepare psychological profiles of sportspersons.
CO3	Conduct various psychological tests on players.
CO4	Gain knowledge about various psychological problems faced by sportspersons and their coping techniques.

Course Content

UNIT I

Sports Psychology and Sensory Perceptual Process: Meaning and scope of sport psychology. Importance of sport psychology. Divisions of sport psychology. Sensory Perceptual Process. Meaning, mechanism and stages of sensory perceptual process. Classification of senses and sensory perceptual process. Factors in perception Implication of sensory-perceptual process in exercise and sport

UNIT II

Motivation: Meaning and definition, types of motivation: Intrinsic, extrinsic. Achievement motivation: Meaning, measuring of achievement motivation. Anxiety: Meaning and definition, nature, causes, method of measuring anxiety. Competitive anxiety and sports performance. Stress: Meaning and definition, causes. Stress and sports performance. Aggression: Meaning

and definition, method of measurement. Aggression and sports performance. Self concept: Meaning and definition, method of measurement.

UNIT III

Goal Setting: Meaning and definition, process of goal setting in physical education and sports. Relaxation: Meaning and definition, types and methods of psychological relaxation. Psychological tests: Types of psychological test-Instrument based tests (Pass along test, Tachistoscope, Reaction timer, Finger dexterity board, Depth perception box, Kinesthesio meter board). Questionnaire: Sports achievement motivation, sports competition anxiety.

UNIT IV

Sports Sociology: Meaning and definition, sports and socialization of individual sports as social institution. National integration through sports, fans and spectators: Meaning and definition, advantages and disadvantages on sports performance. Sports and politics. Leadership: Meaning, definition, types. Leadership and sports performance. Leadership theories.

UNIT V

Group Cohesion: Group: Definition and meaning, group size, group son composition, group cohesion, group interaction, group dynamics. Socio-economic status and sports. Current problems in sports and future directions, sports social crisis management. Women in sports: Sports women in our society, participation pattern among women, gender in equalities in sports. Practical: At least five experiments related to the topics listed in the UNITs above should be conducted by the students in laboratory. (Internal assessment.)

Text Books:

- Authors Guide (2013). *National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests*. National Council of Educational Research and Training Publication, New Delhi.
- Jain. (2002). *Sports Sociology*. Heal SahetyKendrePublishers.
- Jay Coakley. (2001). *Sports in Society– Issues and Controversies in International Education*. Mc-Craw Seventh Ed.
- John D Lauther(2000). *Psychology of Coaching*. PrenticceHall Inc., New Jersy.
- MiroslawVauks&Bryant Cratty(1999). *Psychology and the Superior Athlete*. The Macmillan, London.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/C O	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO1 0	PO1 1	PO1 2	PSO1	PSO 2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2

CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Dissertation

Course Code: 710403

Semester: 4th

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Plan an independent research work related to physical education.
CO2	Learn about various methods of data collection.
CO3	Identify the problems faced while undertaking a research work.
CO4	Develop skills to interpret and critically analyse the results and formulate conclusions accordingly.

Course Content

A candidate shall have dissertation for M.P.Ed.–IV semester and must submit his/her synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee). A candidate selecting dissertation must submit this/her dissertation not less than one week before the beginning of the 6th semester examination. The candidate has to face the Viva-Voce conducted by DRC.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
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CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Value and Environmental Education (Elective)

Course Code: 710404

Semester: 4th

Credits: 04

L	T	P
4	0	0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Appreciate the need and importance of moral values in life.
CO2	Comprehend the various concepts of environment education.
CO3	Identify various health problems prevalent in rural and urban areas.
CO4	Knowledge of Environmental degradation.

Course Content

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. Meaning of Environmental Education for Sustainable Development (EESD). Judging value system, commitment, commitment to values.

UNIT: III

Environmental Education: Definition, scope, need and importance of environmental studies. Concept of environmental education, Objective and 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 on urban slum area. Sanitation at fairs & festivals, mass education.

UNIT: V

Natural Resources and related environmental issues: Water resources, food resources and land resources, definition, effects and control measures of- Air pollution, water pollution, soil pollution, noise pollution, thermal pollution management of environment and Govt. policies, role of pollution control board.

Text Books:

- Miller T.G. Jr. (1971). *Environmental Science*. Wadsworth Publishing Co., U.S.A.
- Rao, M.N. & Datta, A.K. (1987). *Waste Water Treatment*. Oxford & IBH Publication Co. Pvt. Ltd., India.
- Heywood, V.H. and Watson V.M., (1995) *Global biodiversity Assessment*. Cambridge University Press, U.K.
- Jadhav, H. and Bhosale, V.M. (1995). *Environmental Protection and Laws*. Himalaya Pub. House, Delhi.
- McKinney, M.L. and Schoel, R.M. (1996). *Environmental Science System and Solution*. Web enhanced Ed.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2

CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

Course Name: Education Technology in Physical Education and Sports

Course Code: 710405

Semester: 4th

Credits: 04

L T P
4 0 0

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Gain expertise in application of pioneering technologies to enhance teaching in physical education.
CO2	Inculcate use of audio visual media for the purpose of teaching and training in physical education.
CO3	Identify recent innovations in the area of education technology related to physical education.
CO4	Use of technology in the field of physical education

Course Content

UNIT-I

Education Technology: Educational technology: Need, Nature and Scope, Effective teaching and Principles of teaching Teacher’s responsibilities, Phases and levels of teaching, A review of methods of teaching employed in physical education.

UNIT: II

Systems Approach to Physical Education and Communication: Systems approach to education and its Components: Goal setting, task analysis, content analysis. Context analysis and evaluation strategies: Instructional strategies and media for Instruction. Effectiveness of communication in instructional system: Communication modes, barriers and process of communication.

UNIT: III

Instructional Design: Instructional design: Concept, views. Process and stages of development of instructional design. Overview of models of instructional design: Instructional design for competency based teaching, models for development of self learning material.

UNIT: IV

Audio Visual Media in Physical Education: Audio-visual media-meaning, importance and various forms Audio/Radio: Broadcast and audio recordings, strengths and limitations, criteria for selection of instructional UNITS, script writing, pre-production, post-production process and practices, audio conferencing and interactive radio conference. Video/Educational television: Telecast and video recordings strengths and limitations, video conferencing, SITE experiment, country wide classroom project and satellite based instructions. Use of animation films for the development of children's imagination.

UNIT: V

New Horizons of Educational Technology: Recent innovations in the area of ET interactive video: Hypertext, video-texts, optical fiber technology, laser disk, computer conferencing. etc. Procedure and organization of Tele conferencing/interactive video-experiences of institutions, schools and universities. Recent experiments in the third world countries and pointers for, India with Text Book to Physical education. Recent trends of research in educational technology and its future with Text Book to education.

Text Books:

- AmitaBhardwaj. (2003). *New Media of Educational Planning*. Sarupof Sons, New Delhi.
- Bhatia and Bhatia. (1959). *The Principles and Methods of Teaching*. DoabaHouse, New Delhi.
- Essentials of Educational Technology, MadanLal, Anmol Publications
- Sampath, A. Pannirselvam and S. Santhanam. (1981). *Introduction to Educational Technology*. Sterling Publishers Pvt. Ltd., New Delhi.
- Kochar, S.K. (1982). *Methods and Techniques of Teaching*., Sterling Publishers Pvt. Ltd., New Delhi, Jalandhar.
- Kozman, Cassidy and k Jackson. (1952). *Methods in Physical Education*. W.B. Saunders Company, Philadelphia and London.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/C O	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO1 0	PO1 1	PO1 2	PSO1	PSO 2	PSO3
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CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.

**Course Name: Track and field IV: Introduction of decathlons event,
*Gymnastic/*Swimming Practical Skill (*Any one)**

Course Code: 710406

Semester: 4th

Credits: 02

L T P
0 0 4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Assess and demonstrate various techniques of gymnastics and swimming.
CO2	Understand the rules and regulations of the mentioned games and comply by them in real game situation.
CO3	Develop officiating skills of these games and exhibit them during a match.
CO4	Knowledge of decathlon events and can teach them.

Course Content

Course Content in Gymnastics and Swimming should be chalked out internally considering advance level of students and suitable to their age and gender. Practical Skill Test any one out of these after completion of syllabus.

The mapping of the PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Games Specialization III: Practical skills (Any two)

Course Code: 710407

Semester: 4th

Credits: 02

L T P
0 0 4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Develop skills to modify gaming techniques in order to enhance performance.
CO2	Gain expertise in the basic and advanced techniques of these games
CO3	Perform tests and measurements associated with these games.
CO4	Achieving of highest value of specific game.

Course Content

Course Content in game or sport of specialization should be chalked out internally considering advance level of students and should be suitable to their age and gender. Practical skill test-any two.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Course Name: Officiating Lessons I: Track and Field/Gymnastics/Swimming (four internal & one external)

Course Code: 710408

Semester: 4th

Credits: 02

L T P
0 0 4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Recognize the officiating signals used in track and field, gymnastics and swimming.
CO2	Develop skills to officiate a game/sports event of track and field, gymnastics and swimming.
CO3	Identify the fouls occurring during a game/sports event of track and field, gymnastics and swimming.
CO4	Knowledge and skills of Swimming and gymnastics

Course Content

The students of M.P.Ed–II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by the students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the part soft he lesson covered progressively.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/C O	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO1 0	PO1 1	PO1 2	PSO1	PSO 2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: “1” – Low Correlation, “2” – Medium Correlation, “3” – High Correlation and “-” indicates there is no correlation.



Course Name: Officiating Lessons of Game Specializations (four internal & one external)

Course Code: 710409

Semester: 4th

Credits: 02

L	T	P
0	0	4

Course Outcomes: On successful completion of this course, the students will be able to:

CO	On successful completion of this course, the students will be able to:
CO1	Achieve proficiency in teaching and demonstrating games and sports to school students.
CO2	Develop new ideas and use innovative methods for improving teaching.
CO3	Assess the methods for grading students based on performance.
CO4	Officiating the games at national level

Course Content

The students of M.P.Ed–II Semester need to develop proficiency in taking teaching classes in

indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the part soft he lesson covered progressively.

The mapping of PO/PSO/CO attainment is as follows:

PO/PSO/CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	2	2	3	1	1	2	1	2	2	3	1	2	1	2
CO2	2	2	1	1	2	3	2	1	2	1	1	2	3	2	3
CO3	1	1	2	2	2	3	1	1	1	2	2	2	3	1	1
CO4	1	1	3	1	2	2	2	1	1	3	1	2	1	1	3
Average	1.25	1.5	2	1.75	1.75	2.25	1.75	1	1.5	2	1.75	1.75	2.25	1.25	2.25

The correlation levels are: "1" – Low Correlation, "2" – Medium Correlation, "3" – High Correlation and "-" indicates there is no correlation.

Total Number of Course	32
Number of Theory Course	16
Number of Practical Course	16
Total Number of Credits	96

Annexure-4

ACADEMIC INSTRUCTIONS

Attendance Requirements

A student shall have to attend 75% of the scheduled periods in each course in a semester; otherwise he / she shall not be allowed to appear in that course in the University examination and shall be detained in the course(s). The University may condone attendance shortage in special circumstances (as specified by the Guru Kashi University authorities). A student detained in the course(s) would be allowed to appear in the subsequent university examination(s) only on having completed the attendance in the program, when the program is offered in a regular semester(s) or otherwise as per the rules.

Assessment of a course

Each course shall be assessed out of 100 marks. The distribution of these 100 marks is given in subsequent sub sections (as applicable).

Components	Internal (50)				External (70)	Total	
	Attendance	Assignment		MST1	MST2		ETE
		A1	A2				
Weightage	10	10	10	30	30	70	
Average Weightage	10	10		10		30	100

Passing Criteria

The students have to pass both in internal and external examinations. The minimum passing marks to clear in examination is 40% of the total marks.