REGULATIONS, SCHEME AND SYLLABUS FOR MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

Two Year Programme (four semesters)

(Choice Based Credit System)

Important Note:

a. *If the University or affiliating body is following Choice Based Credit System, (CBCS) as approved and circulated by the UGC, the credit hours given in the following curriculum framework need to be considered along with the hours of teaching mentioned for each paper/ activity / course.*

b. *If the University or affiliating bodies have yet to adopt CBCS, only the hours of teaching mentioned for each paper/ activity / course will be considered, the credit in teaching hours may be ignored.*

Preamble:

The Master of Physical Education (M.P.Ed.) two years (Four Semesters- Choice Based Credit System) programme is a professional programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges/Universities and Teacher Educators in College of Physical Education.

The M.P.Ed. programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprise of compulsory and optional theory as well as practical courses and compulsory school internship in School/ College/Sports Organizations/Sports Academy/Sports Club.

1. Intake, Eligibility and Admission Procedure:

The Intake, Eligibility and Admission Procedure as per the NCTE norms and standards / University common admission procedure given below.

SELECTION PROCEDURE

- Admission shall be made into M.P.Ed course on the basis of marks obtained in the entrance examination (Theory) conducted by the University and the achievement in sports during their study at Degree (Graduation) / Post Graduation / BPEd level.
- The entrance examination (Theory) will be conducted by the University for 100 marks and weightage of marks for sports achievement will be for 100 marks.
- The Entrance examination will be conducted on the syllabus of B.P.Ed. course. The question paper shall be set with 100 questions, either multiple choice questions, match the following, fill up the blanks and one word answers. Each question carries one mark.
- The criteria for awarding marks for sports achievement is furnished below.
- The sports and games achievement certificates (original) will be verified and the marks will be awarded accordingly. Hence, the candidates should bring their original sports and games achievement certificates along with evidence documents like Form I for Internationals, Form II for Nationals and Form III for Inter-university participants etc., on the day of entrance examination.
- The merit list will be prepared basing on the aggregate of 200 marks.
- If there is a tie, the tie will be resolved by giving weightage to the percentage of marks secured in B.P.Ed. Course. If tie persists, persons securing highest marks in the sports achievements is preferred. If the tie still persists, age will be considered for the merit and the elder person will be awarded better rank.
- There shall be reservation of seats for SC/ST/BC, CAP, NCC, Women, etc. as per the rules of the University/State Government.
- As the course demands vigorous physical activity, pregnant women candidates are not eligible for admission. The pregnant women candidates are not eligible to continue the course.
- In-service candidates shall produce Relieving Certificate from the concerned Head of Institution along with the Permission Certificate from the concerned Authorities.
- Student should produce Physical Fitness Certificate from Civil Surgeon or Assistant Surgeon (Govt. Doctor) to get eligibility for admission and to pursue the study.

Award of Marks for the Sports Achievements for the Admission into M.P.Ed. Course (Maximum 100 Marks Only)

1	2	3	4
Category	**Sports Distinction / Participation**	**Certificate issuing Authority**	**Incentive Marks for the following events and games** **For all the games and events for which Association of Indian University conducts Inter University Tournaments**
1	Representing the Country in International Meets Approved by the Respective International Sports Federations / Sports Associations / Sports Authorities/FISU	International Sports Association/Federation **Or** Federation affiliated to Indian Olympic Association	100 Marks
2	Medal / Place/ at Senior Nationals, National Games **(OR)** All India Inter-University Meets	All India Sports Federation / All India Sports Association affiliated to Indian Olympic Association **(OR)** Association of Indian Universities	Gold : 80 Marks Silver: 70 Marks Bronze: 60 Marks
3	Medal / Place/ at Junior National **(OR)** South Zone Inter-University Meets **(OR)** South Zone Nationals	National Federations **(OR)** Association of Indian Universities	Gold : 55 Marks Silver: 45 Marks Bronze: 35 Marks
4	Participation at Senior Nationals, National Games **(OR)** Inter-University Meets **(OR)** South Zone Nationals	All India Sports Federation / All India Sports Associations affiliated to Indian Olympic Association **(OR)** State Association **(OR)** Universities	30 marks
5	Junior National Participation	All India Sports Federation / All India Sports Association affiliated to Indian Olympic Association	20 Marks
6	Inter District Tournaments	State Association	Gold:15 Silver:10 Bronze:5
7	Inter-collegiate tournaments	University	Gold:10 Silver:7 Bronze:5

NOTE:

1. Only the games and sports events, which are included in the latest Sports calendar of Association of Indian Universities, will be considered for awarding incentive marks.
2. Candidate's merit certificates of highest level of participation / achievement will be considered to place them in any one of the above five categories. Candidate will not be considered for more than one category for award of incentive marks.
3. Candidate's merit certificate of highest level of participation / achievement in sports and games will be considered only during their study at Degree (Graduation) / Post Graduation / BPEd Course.
4. National level meets include National games, Senior Nationals, Junior Nationals.

2. Duration

The M.P.Ed programme is of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the program requirements within a maximum of three years from the date of admission to the program.

3.Medium of Instruction

The medium of instruction is English and the student has to write the examination only in English.

4. The CBCS System

All programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

5. Course

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

6. Courses of Programme

The M.P.Ed. programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the M.P.Ed. Programme.

• **Theory**	
	• Core Course
	• Elective Course • Choice Based Course from Outside the Department (Open Elective / Non Core).
• **Practicum**	
	• Compulsory Course (Track and Field)
	• Elective Course
	• Teaching / Coaching Practices
	• Internship

7. Semesters

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November/ December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. Working days

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

8. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M.P.Ed. programme is 90 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sl. No.	Special Credits forte Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner) Sports Achievement National level Competition (Medal Winner) Sports participation International level Competition	1 2 4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two games)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7	News Reporting / Article Writing / book writing / progress report writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

9. Examinations

i. There shall be examinations at the end of each semester, for first semester in the month of November / December: for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or May / June.

ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

10. Condonation

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for

condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

11. Pattern of Question paper: Question papers shall have eight questions. The student is required to answer five out of eight questions, corresponding to five units of each theory paper.

12. Evaluation

i. Theory: Internal assessment 20 marks:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are

One Test	10 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Total	20 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

ii. Evaluation of theory paper for 80 Marks : All university examination theory papers shall be evaluated as per the university system.

iii. Practicum Internal evaluation: The internal assessment shall be done for 20 marks in each practicum. If more than one event/game is present under the same practicum, each event/game shall be evaluated separately for 20 marks by the concerned teacher dealt the event/ game. The average of the awarded marks of all the teachers shall be taken.

iv. Practicum External evaluation: The External assessment shall be done for 80 marks in each practicum. If more than one event/game is present under the same practicum, each event/game shall be evaluated separately for 80 marks by the external

examiner nominated by the university. The average of the awarded marks of all the events/games of that practicum shall be for 80 marks.

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 20:80. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

13. Minimum Passing Standards

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e., 8 marks out of 20 marks and 32 marks out of 80 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 10 out of 20 marks and 40 out of 80 marks for the practical courses.

14. Grading

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. M.P.Ed. 12 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$1111 = \frac{\Sigma_{111}{}^{1}{}_{1}11_{1}}{\Sigma_{111}1_{1}}$$

$$1111 = \frac{\Sigma_{111}{}^{1111}{}_{1}}{1}$$

Where C*i* is the Credit earned for the course is in any semester; G*i* is the Grade point obtained by the student for the course and n number of courses obtained in that semester;

1111_1 is SGPA of semester *j* and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

15. Classification of Final Results

For the purpose of declaring a candidate to have qualified for the Degree of Master of Physical Education in the First class / Second Class / Pass Class or First Class with Distinction, the

marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

16. Award of the M.P.Ed. Degree

A candidate shall be eligible for the award of the degree of the M.P.Ed. only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

17. Revaluation, Betterment and Reappearance

As per the University Rules

18. Letter Grades and Grade Points

i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

ii The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	**Grade Point**	**Latter Grade**	**Description**	**Classification of final result**
85 & above	8.5-10.0	O	Out standing	First class with distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second class
50-54.99	5.0-5.99	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail / Dropped	Dropped
	0	AB	Absent	

18. Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for M. P. Ed. Programme.

The credit grade points are to be calculated on the following basis:

Example – I

Marks obtained by Student in course MPCC101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 03

Credits Grade Point (CGP) = 6.5 × 03 = 19.5

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

SEMESTER - I

Course Code	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade Point
MPCC-101	3	65	A	6.5	19.5
MPCC-102	3	60	A	6	18
MPCC-103	3	62	A	6.2	18.6
MPEC-101 / MPEC-102	3	57	B+	5.7	17.1
MPPC-101	3	55	B+	5.5	16.5
MPPC-102	3	72	A+	7.2	21.6
MPPC-103	3	66	A	6.6	19.8
MPPC-104	3	72	A+	7.2	21.6
	24				152.7

Examples: Conversion of marks into grade points

MPCC-101 65 = 60 + 5 = 6.0 + 5 x (0.99 / 9.99) = 6.0 + 5 x 0.1 = 6.0 + 0.5 = 6.5

MPCC-102 60 = 6.0

MPCC-103 62 = 60 + 2 =6.0 + 2 x (0.99/9.99) = 6.0 + 2 x 0.1 = 6.0 + 0.2 = 6.2

MPEC-101/MPEC-102 57 = 55 + 2 = 5.5 + 2 x (0.49 / 4.99) = 5.5 + 2 x 0.1 = 5.5 + 0.2 = 5.7

MPPC-101 55 = 5.5

MPPC-102 72 = 70 + 2 = 7.0+ 2 x (1.49 /14.99) = 7.0 + 2 x 0.1 = 7.0 +0.2 = 7.2

MPPC-103 66 = 60 + 6 = 6.0 + 6 x (0.99 / 9.99) = 6.0 + 6 x 0.1 = 6.0 + 0.6 = 6.6

MPPC–104 72 = 70 + 2 = 7.0+ 2 x (1.49 /14.99) = 7.0 + 2 x 0.1 = 7.0 +0.2 = 7.2

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points

= 152.7/24 = 6.3625

SGPA Sem. I = 6.3625

At the end of Semester-1

Total SGPA = 6.3625

Cumulative Grade Point Average (CGPA) = 6.3625/1 = 6.3625

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER - II

Course Code	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade Point
MPCC-201	3	76	A+	7.6	22.8
MPCC-202	3	64	A	6.4	19.2
MPCC-203	3	59	B+	5.9	17.7
MPEC-201 / MPEC-202	3	80	A+	8	24
MPPC-201	3	49	C	4.9	14.7
MPPC-202	3	64	A	6.4	19.2
MPPC-203	3	55	B+	5.5	16.5
MPPC-204	3	72	A+	7.2	21.6
	24				155.7

SGPA Sem. II = 6.4875

At the end of Semester-2

Total SGPA for two Semesters = 12.85

Cumulative Grade Point Average (CGPA) = 12.85/2 = 6.425

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER - III

Course Code	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade Point
MPCC-301	3	64	A	6.4	19.2
MPCC-302	3	64	A	6.4	19.2
MPCC-303	3	59	B+	5.9	17.7
MPEC-301 / MPEC-302	3	81	A+	8.1	24.3
MPPC-301	3	49	C	4.9	14.7
MPPC-302	3	64	A	6.4	19.2
MPPC-303	3	68	A	6.8	20.4
MPPC-304	3	75	A+	7.5	22.5
	24				157.2

SGPA Sem. III = 6.55
At the end of Semester-3
Total SGPA for three Semesters = 19.4
Cumulative Grade Point Average (CGPA) = 19.4/3 = 6.466667
CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER - IV

Course Code	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade Point
MPCC-401	3	83	A+	8.3	24.9
MPCC-402	3	76	A+	7.6	22.8
MPCC-403	3	59	B+	5.9	17.7
MPEC-401 / MPEC-402	3	81	A+	8.1	24.3
MPPC-401	3	49	C	4.9	14.7
MPPC-402	3	78	A+	7.8	23.4
MPPC-403	3	81	A+	8.1	24.3
MPPC-404	3	75	A+	7.5	22.5
	24				174.6

SGPA Sem. IV = 7.275
At the end of Semester-4
Total SGPA for all the four semesters = 26.675
Cumulative Grade Point Average (CGPA) = 26.675 /4 = 6.66875
CGPA = 6.66875 Grade = A, Class = First Class

Note:

(1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3)The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4)For the award of the class, CGPA shall be calculated on the basis of: (a) Marks of each Semester End Assessment And

(b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for M.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.

19. Grievance Redressel Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

20. Revision of Syllabi

Syllabus will be revised from time to time according to the National Council for Teacher Education / University norms.

Semester – I

Part A : Theoretical Course						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC-101	Research Process in Physical Education & Sports Sciences	3	3	20	80	100
MPCC-102	Physiology of Exercise	3	3	20	80	100
MPCC-103	Applied Statistics in Physical Education & Sports	3	3	20	80	100
Elective Course (Anyone)						
MPEC-111	Fitness and Life Style Management	3	3	20	80	100
MPEC-112	Sports Technology					
Part- B Practical Course						
MPPC-121	Track and Field Running Events (compulsory) Any one of the following i.e. Gymnastics/ Swimming / Yoga	10	5	20	80	100
MPPC-122	Games Specialisation – Badminton / Baseball / Cricket/ Football/ Handball /Hockey/ Kabaddi / Kho- Kho / Netball/ Softball/ Table Tennis / Tennis / (*Any two games – One Indigenous & one ball game*)	10	5	20	80	100
MPPC-123	Teaching Lessons: Coaching lessons in the events of MPPC- 121 and 122.	5	5	20	80	100
MPPC-124	Class room Teaching Lessons on theory of different Sports & Games	5	5	20	80	100
Total		**42**	**32**	**160**	**640**	**800**

Semester - II

Part A : Theoretical Course						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC-201	Yogic Sciences	3	3	20	80	100
MPCC-202	Sports Biomechanics and Kinesiology	3	3	20	80	100
MPCC-203	Tests, Measurement and Evaluation in Physical Education	3	3	20	80	100
Open Elective Course						
MPEC-211	Open elective / Non Core Principles of Human Resource Management OR Stress Management	3	3	20	80	100
Part- B Practical Course						
MPPC-221	Track and Field Jumping and hurdle Events (compulsory) Any one of the following i.e. Gymnastics/ Swimming / Yoga	10	5	20	80	100
MPPC-222	Laboratory Practical in Physiology of Exercise and Bio Mechanics & Kinesiology (Two practical in each subject)	10	5	20	80	100
MPPC-223	Any two of the following activities: Aerobics / Self Defensive Techniques – Taekwondo / Shooting / Archery.	5	5	20	80	100
MPPC-224	Adventure Activities / Mass demonstration Activities	5	5	20	80	100
Total		**42**	**32**	**160**	**640**	**800**

Semester - III

Part A : Theoretical Course						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC-301	Scientific Principles of Sports Training	3	3	20	80	100
MPCC-302	Sports Medicine, Athletic Care and Rehabilitation	3	3	20	80	100
MPCC-303	Sports Psychology and Sports Sociology	3	3	20	80	100
Open Elective Course						
MPEC-311	Open Elective / Non Core Communication Skills For Managers OR Group Dynamics	3	3	20	80	100
Part- B Practical Course						
MPPC-321	Track and Field: Throwing Events. Field test for Fitness & Skills	10	5	20	80	100
MPPC-322	Laboratory : Sports Psychology and Physiotherapy lab *(Any two practical in each subject)*	10	5	20	80	100
MPPC-323	Games Specialisation – **Any two games other than two games opted from first semester** Badminton / Baseball / Cricket/ Football/ Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis	5	5	20	80	100
MPPC-324	Teaching Lessons: Coaching lessons in the events of MPPC- 321 and 323.	5	5	20	80	100
Total		**42**	**32**	**160**	**640**	**800**

Semester - IV

Part A :Theoretical Course						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC-401	Information & Communication Technology (ICT) in Physical Education	3	3	20	80	100
MPCC-402	Health Education and Sports Nutrition	3	3	20	80	100
MPCC-403	Education Technology in Physical Education	3	3	20	80	100
Elective Course (Anyone)						
MPEC-411	Dissertation / Project work / Event Management	3	3	20	80	100
MPEC-412	Sports Management and Curriculum Designs in Physical					
Part- B Practical Course						
MPPC-421	Track and Field – Combined events Training methods: Circuit, Interval, Fartlek, Plyometric & Resistance Trainings	10	5	20	80	100
MPPC-422	Game Specialisation – Practical Skills - any one opted from four games in previous semesters - Record & Viva-voce.	10	5	20	80	100
MPPC-423	Officiating in Track and Field / Gymnastics / Swimming/Yoga	5	5	20	80	100
MPPC-424	Coaching lessons in Game of Specialization - Internship	5	5	20	80	100
Total		**42**	**32**	**160**	**640**	**800**
Grand Total for Four Semesters		**168**	**128**	**960**	**2240**	**3200**

SCHEME OF EXAMINATION

SEMESTER – I

Paper	Subject	Internal	External	Total
	THEORY (300)			
MPCC-101	Research Process in Physical Education & Sports Sciences	**20**	**80**	**100**
MPCC-102	Physiology of Exercise	**20**	**80**	**100**
MPCC-103	Applied Statistics in Physical Education & Sports	**20**	**80**	**100**
	ELECTIVE (100)			
MPEC-111	Communication, Soft Skills & Personality Development			
MPEC-112	Sports Technology	**20**	**80**	**100**
	PRACTICAL (400)			
MPPC-121	Track and Field Running Events (compulsory) Any one of the following i.e. Gymnastics/ Swimming / Yoga	**20**	**80**	**100**
MPPC-122	Game of Specialisation – Badminton / Baseball / Cricket/ Football/ Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis / (*Any two games – One Indigenous & one ball game*)	**20**	**80**	**100**
MPPC-123	Teaching Lessons: Coaching lessons in the events of MPPC- 121 and 122.	**20**	**80**	**100**
MPPC-124	Class room Teaching Lessons on theory of different Sports & Games	**20**	**80**	**100**
	Total	**160**	**640**	**800**

SEMESTER – II

Paper	Subject	Internal	External	Total
	THEORY (300)			
MPCC-201	Yogic Sciences	**20**	**80**	**100**
MPCC-202	Sports Biomechanics and Kinesiology	**20**	**80**	**100**
MPCC-203	Tests, Measurement and Evaluation in Physical Education	**20**	**80**	**100**
	OPEN ELECTIVE (100)			
MPEC-211	Open elective / Non core	**20**	**80**	**100**
	PRACTICAL (400)			
MPPC-221	Track and Field Jumping and hurdle Events (compulsory) Any one of the following i.e. Gymnastics/ Swimming / Yoga	**20**	**80**	**100**
MPPC-222	Laboratory Practical in Physiology of Exercise and Bio Mechanics & Kinesiology (Two practical in each subject)	**20**	**80**	**100**
MPPC-223	Any two of the following activities: Aerobics / Self Defensive Techniques – Taekwondo / Shooting / Archery.	**20**	**80**	**100**
MPPC-224	Adventure Activities / Mass demonstration Activities	**20**	**80**	**100**
	Total	**160**	**640**	**800**

SEMESTER – III

Paper	Subject	Internal	External	Total
	THEORY (300)			
MPCC-301	Scientific Principles of Sports Training	**20**	**80**	**100**
MPCC-302	Sports Medicine, Athletic Care and Rehabilitation	**20**	**80**	**100**
MPCC-303	Sports Psychology and Sports Sociology	**20**	**80**	**100**
	OPEN ELECTIVE (100)			
MPEC-311	Open Elective	**20**	**80**	**100**
	PRACTICAL (400)			
MPPC-321	Track and Field: Throwing Events. Field test for Fitness & Skills	**20**	**80**	**100**
MPPC-322	Laboratory : Sports Psychology and Physiotherapy lab *(Any two practical in each subject)*	**20**	**80**	**100**
MPPC-323	Games Specialisation – **Any two games other than two games opted from first semester** Badminton / Baseball / Cricket/ Football/ Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis	**20**	**80**	**100**
MPPC-324	Teaching Lessons: Coaching lessons in the events of MPPC- 321 and 323.	**20**	**80**	**100**
	Total	**160**	**640**	**800**

SEMESTER – IV

Paper	Subject	Internal	External	Total
	THEORY (300)			
MPCC-401	Information & Communication Technology (ICT) in Physical Education	**20**	**80**	**100**
MPCC-402	Health Education and Sports Nutrition	**20**	**80**	**100**
MPCC-403	Education Technology in Physical Education	**20**	**80**	**100**
	ELECTIVE (100)			
MPEC-411	Dissertation / Project work / Event Management			
MPEC-412	Sports Management and Curriculum Designs in Physical Education	**20**	**80**	**100**
	PRACTICAL (400)			
MPPC-421	Track and Field – Combined events Training methods: Circuit, Interval, Fartlek, Plyometric & Resistance Trainings	**20**	**80**	**100**
MPPC-422	Game Specialisation – Practical Skills - any one opted from four games in previous semesters - Record & Viva-voce.	**20**	**80**	**100**
MPPC-423	Officiating in Track and Field / Gymnastics / Swimming/Yoga	**20**	**80**	**100**
MPPC-424	Coaching lessons in Game of Specialization (Internship)	**20**	**80**	**100**
	Total	**160**	**640**	**800**

Theory Syllabus

Semester – I

MPCC-101: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Unit-1 Introduction

Meaning, Definition, Nature, Scope and importance of research in Physical Education. Classification of Research: Basic, Applied and Action Research, Location of Research Problem, Criteria for selection of a Research problem and Qualities of a good researcher.

Unit-2 Methods of Research

Descriptive Methods of Research: Survey, Case study. Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

Unit-3 Experimental Research

Experimental Research: Meaning, Nature and Importance, Variable: Definition, Types of Variables, Experimental Design: Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design and Factorial Design.

Unit-4 Sampling

Meaning and Definition of Sample and Population. Types of Sampling: Probability Methods: Systematic Sampling, Cluster sampling, Stratified Sampling, Area Sampling and Multistage Sampling. Non- Probability Methods: Convenience Sampling, Judgment Sampling and Quota Sampling.

Unit-5 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, full paper for presenting in a conference, publishing in journals, Mechanics of writing Research Report, Footnote and Bibliography.

References:

1) Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
2) Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
3) Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press
4) Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
5) Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
6) Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
7) Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
8) Moorthy A. M. Research Processes in Physical Education (2010); Friend Publications

MPCC-102 : PHYSIOLOGY OF EXERCISE

Unit-1 Introduction, Skeletal Muscles and Exercise

Definition of Physiology, Exercise Physiology and importance of Exercise Physiology in sports. Macro & Micro Structure of the Skeletal Muscle, Types of Muscle fibers and their characteristics, Chemical Composition, Chemistry of Muscular Contraction, Sliding Filament theory of Muscular Contraction. Muscle Tone, Heat Production in the Muscle and Effects of exercise and training on the muscular system.

Unit-2 Cardiovascular System and Exercise

Structure of the Heart , Heart Valves and Direction of the Blood Flow, Conduction System of the Heart, cardiac Circulation, Cardiac Cycle, Heart Rate ,Stroke Volume, Cardiac Output and Heart Rate and stroke Volume interactions. Effects of exercise and training on Cardio vascular system.

Unit-3 Respiratory System and Exercise

External and Internal Respiration, Mechanism of Respiration, Respiratory Muscles, Minute Ventilation , Ventilation at Rest and During Exercise. Exchange of Gases in Lungs and Tissues, Control of Ventilation, Ventilation and Anaerobic Threshold, Oxygen recovery, Lung Volumes and Capacities, Anatomical Dead Space. Effects of exercise and training on respiratory system.

Unit-4 Metabolism and Energy Transfer

Metabolism : Definition and types- Anabolism and Ketabolism, Anaerobic Metabolism: ATP,PC or Phosphagen System, Anaerobic Glycolysis, Aerobic Metabolism: Aerobic Glycolysis, Fat Metabolism. Metabolism during Rest and Exercise (.High Intensity ,and Long Duration Exercises),

Unit-5 Climatic conditions and Ergogenic aids

Variations in Temperature and Humidity,– Thermoregulation, –Sports performance in hot Cool and humid Climate, high altitude, acclamiatization and circadian rhythm. Ergogenic Aids: Pharmacological, Hormonal, Physiological aspects and their effects on sports performance. Doping and WADA.

Note: Laboratory Practicals in Physiology be designed and arranged internally.

References:

1) Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2) Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
3) Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
4) David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
5) Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
6) Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
7) Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
8) Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human
9) Performance. Philadelphia: Lippincott Williams and Wilkins Company. John Bullock. et.al., Physiology, 4th Ed.Newyork

MPCC-103: APPLIED STATICTICS IN PHYSICAL EDUCATION AND SPORTS

UNIT I – Introduction

Meaning, Definition, types, Functions, need and importance of Statistics. Meaning of the terms, Population, Sample, Data and types of data. Variable: Definition and types of Variables, Discrete and Continuous. Parametric and non-parametric statistics.

UNIT II –Measures of Central Tendency

Construction of frequency table. Meaning, Definition , Importance, Computation, Advantages and Disadvantages of Measures of central tendency. – Mean, median and mode.

UNIT III – Measures of Dispersions and Scales

Meaning, Purpose, Calculation and a Advantages of Range, Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error. Scales : Meaning, Purpose, Computation and advantages of T scale; 6 Sigma scale, Z Scale and Hull scale.

UNIT IV – Probability Distributions and Graphs

Normal Curve. Principles of normal curve, Properties of normal curve. Meaning of probability,-–. Divergence from normality. Skewness and Kurtosis. Graphical Representations in Statistics: Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve and Pie Diagram.

UNIT V – Inferential and Comparative Statistics

Tests of significance, "T" test, "F" ratio, chi square test, level of confidence and interpretation of data. 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.

Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

REFERENCE

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc

Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;

Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi

Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc

Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication

Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

MPEC-111 : FITNESS AND LIFE STYLE MANAGEMENT (ELECTIVE)

Unit-1

Concept of Fitness Definition and meaning of Fitness, Different Kinds of Fatnesses, Physical Fitness, Skill Related and Health Related Physical Fitness. Relationship of fitness and health fitness to develop health of an individual, Wellness revolution: Life style and Health fitness relationship, Meaning of active life style, Physical Inactivity and associated health risks Diabetes, Hypertension, Atherosclerosis, Arthritis

Unit - 2

Meaning of Health, Health related fitness components: Body Compositions, Cordio Vasular Fitness, Muscular Endurance, strength, flexibility, benefits of health related fitness. Benefits of Health fitness Components: Meaning of health related and Physical fitness components Exercise protocols for the health fitness components, Body Composition, concepts of body weight and components of body weight, Assessment of body composition, Obesity, Meaning of Obesity and risk factors, of Obesity and over fatness- Muscular and joint flexibility-risk factors Associated with poor muscular and Joint flexibility. .

Unit-3

Nutrition: base for human performance-Carbohydrates, Fats and Proteins. Recommended intake for Normal persons and exercising individuals. Vitamins, Minerals and Water. Osteoporosis and Calcium, Minerals and performance. Optimal nutrition for exercise, Energy value of different important foods, Food Pyramid, fluid replacement before, during and after exercise for temperature regulation and injury prevention, carbohydrates and electrolytes during exercise.

Unit-4

Stress-meaning and types of stress, Physical and mental stress-Harmful effects of overtraining and excessive exercise on health, -mental stress and painful effects of mental stress on health. Anxiety, Depression, insomnia, Compulsive obsessive behaviors, Stress relief through exercise and stress management protocols.

Unit-5

Health behavior, Self efficacy and health behavior, Behavioral modification for wellness, Social support and health of an individual, Life style and other related aspects of activity during childhood . Facts on childhood obesity and activity.

References:

1. Lifestyle management in Health and Social care, Merinda Thew and Jim McKenna, Blackwell Publishing. United Kingdom.
2. Predicting Health behavior, Mark Connor and Paul Norman, Open University Press, Buckingham, UK.
3. Health Behavior and health education: Theory, research and Practice, Karen Glanz, Barbara Rimer, Viswanath, John wiley and sons, USA. (Free pdf book)
4. Human Body Composition, Steven B Heymstead, Timothy Lohan, Zimian Wang, Scott B Going, Human Kinetics, USA.
5. Science of Flexibility, Michael J Alter, Human Kinetics, USA.
6. Applied Body Composition Assessment, Vivian H Heyward, Dale R Wagner, Human Kinetics, USA.
7. Coping with life stress-the Indian experience, Meena Hariharan, Amazon Books.
8. Stress Management- a Wellness approach, Nanette E Tummers, Human Kinetics, USA.
9. Wellness Workbook: How to achieve enduring health and vitality, John W Travis and Regina S Ryan, Crown publishing, New York.
10. The Soul of Wellness: 12 holistic principles for achieving a healthy body, mind, heart and spirit, Rajiv Parti, Select book incorporation, New York.
11. Wellness coaching for lasting Lifestyle change, Michael Arloski, Whole person associates, Duluth, USA.
12. Staying Healthy with Nutrition: The complete guide to Diet and Nutritional medicine, Elson M Has,.

MPEC-112: SPORTS TECHNOLOGY (Elective)

Unit I – Sports Technology
Meaning, definition, Importance of technology in Sports, General Principles and purpose of instrumentation in sports, Technological impacts on sports.

Unit II – Science of Sports Materials
Adhesives- Nano glue, nano moulding technology, Nano turf. Foot wear production, Factors and applications in sports, constraints. Foams- Polyurethane, Polystyrene, Styrofoam, closed-cell and open-cell foams, Neoprene, Foam. Smart Materials: Shape Memory Alloy (SMA), Thermo chromic film, High-density modeling foam.

Unit III – Surfaces of Playfields
Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials: synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. 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: Running,Throwing and Jumping Events. Protective equipments: Types, Materials and Advantages. Sports equipment with nano technology, 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. Use of computer and software in mater analysis and coaching.
Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/ sports goods manufacturers.

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

Semester - I Practicum Course

MPPC- 121: Track and Field - Running Events (compulsory)

Any one of the following i.e. Gymnastics/ Swimming / Yoga .

Running
Fundamental techniques –Short and Middle distance.

Use of Starting blocks- stance on the blocks.

Running ABC, 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. Drills.

Advanced techniques Various techniques of sprint start: Bullet, Medium and Elongated

Laying out of Standard Track with staggers

Gymnastics
Floor Exercise, Pyramids, Parallel bars and Balancing beam.

Swimming
Float, Free style, and Breast stroke.

Yoga
Yoga postures in standing, sitting, prone, supine and balancing Asanas.

MPPC- 122 : Game of Specialisation – Badminton / Baseball / Cricket/ Football/ Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis

A candidate has to learn and perform proficiency and officiating in any two games – One Indigenous & one ball game

MPPC- 123: Teaching Lessons: Coaching lessons in the events of MPPC- 121 and 122.

Student has to take Coaching lessons of each 45 mins in the activities and games mentioned above MPPC 121 and 122. 5 lessons (4 Internal and 1 External)

MPPC- 124: Class room teaching Lessons on theory of different Sports & Games

Student has to take Teaching lessons on theory of each 45 mins in different sports and games of the above MPPC 121 and 122. 5 lessons (4 Internal and 1 External)

Semester-II

MPCC-201 : Yogic Sciences

Unit I – Introduction
Meaning, Definition, Scope and importance of Yoga, Essentials For Yoga Practices; Age, Diet, Stomach Emptying bowels, bathing, Clothes, Sun Bathing, No Straining, Place, Time, Awareness, Sequence. Contra indication, Counter Pose, Inverted Asana, Breathing, and Relaxation. Basic Systems of Yoga with importance - Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi. Streams of Yoga: Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga and Gnana Yoga.

Unit II – Aasanas , Kriyas, Bandhas and Mudras:
Asana: Definition, Classification, Sitting, Standing, Lying, & Inverted ASanas. Benefits of Asanas, Asanas and Loosening Exercises, Surya Namaskara- Description and Benefits. Kriyas **:** Meaning, Neti, Nauli, Dhauti, Kapalabhati, Trataka, Bhastrika, Benefits. Bandhas**:** Jalandhara, , Udyana, Mula and their Importance. Mudras: Definition, Purpose, Benefits of Hastamudras, Asamyuktahasta, Samyuktahasta, Manamudra, Kayamudra, Bandha Mudra, Adharamudra.

Unit III – Pranayama**:** Definition, Tradition, Types , Importance & Impact of Pranayama on naadis. Chakras: Definition and types, Effects of Pranayama on major chakras.

Unit IV – Meditation: Meaning, Definition and Benefits. Types of Meditation: Passive, active, Saguna and Nirguna Meditation. Meditation and Health, Meditation and stress Management.

Unit V – Yoga and Sports
Effects of Yoga on Physiological Systems: Respiratory , Circulatory, Digestive, Nervous and Excretory Systems. Place of Yoga as Supplementary , Compensatory , Regenerative and Yogic Power. Role of Yoga in Sports: Promotion of Mental Wellbeing, Self Actualization, Concentration , Suppression of Anxiety and depression. Role of Yoga in Making out a Sports Person.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: Kanchan Prkashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House
book.
Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
Karbelkar N.V.(1993) Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga. Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.
Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication. Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.
Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.
*Satya Murty.K, **Elements of Yoga**,Vedadri Brahma Gnana Kendra, Pedakakani, Guntur, India,(2015)*

MPCC-202: SPORTS BIOMECHANICS AND KINSESIOLOGY

UNIT I – Introduction

Meaning, nature, importance and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Statics, Kinematics, Kinetics, gravity, Center of Gravity, Line of gravity and base of the body. Vectors and Scalars.

UNIT II – Muscle Action

Origin, Insertion and action of Muscles around shoulder, Elbow, Hip, Knee and muscles of Abdomen & Trunk.

UNIT III – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion and General motion. uniform & Non Uniform motion. Laws of Motion : law of Inertia, Law of acceleration and law of reaction. Force: Definition and types of force: Centripetal Force, Centrifugal Force, Sources of force, components of Force, Factors of Force. pressure ,friction ,Buoyancy and Spin .

UNIT IV – Projectiles and Levers

Freely falling bodies, Projectiles: Principles of Projectiles: Stability, equilibrium and its Types. Factors Effecting on Equilibrium . Definition of Work, Power and Energy. Mechanical Energy: kinetic energy, potential energy and strain energy. Levers: Definition and Types of Levers and their practical application. Mechanical Advantage. Fluid Resistance, Aerodynamics.

UNIT V – Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Video Analysis. Methods of analysis – Qualitative, Quantitative, Predictive methods.

Note: Laboratory practicals should be designed and arranged for students internally.

REFERENCE:

Deshpande S.H.(2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal.

Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005. Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersery: Prentice hall. Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)

Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.

Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Peter.M.Mc.Ginnis, Biomechanics of Sport and Exercise, Human Kinetics, U.S.A, 1999

MPEC-203 : MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

UNIT I – Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection: Scientific Authenticity, Administrative Considerations and Educational Applications. Scientific Authenticity: Validity, Reliability, Objectivity, Norms, Duplicate Forms and Standard Directions.

UNIT II – Physical Fitness Tests

Physical Fitness: Meaning and Definition, Physical Fitness Tests: AAHPER, JCR Tests. Roger's physical fitness Index. Cardio vascular test: Harvard step test, Cooper's 12 minutes run / walk test.

UNIT III – Motor Fitness Tests

Meaning and Definition of Motor Fitness, Motor Fitness Tests; Indian Motor Fitness Test, Oregon Motor Fitness Test. Motor Ability: Meaning, Definition. Motor Ability Test: Barrow Motor Ability Test, Newton Motor Ability Test. Muscular Fitness: Kraus Weber Minimum Muscular Fitness Test.

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

Physiological Test - Aerobic Capacity: Bruce Treadmill Test Protocol, Beep test. Anaerobic Capacity: Margaria-Kalamen test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Girth: Arm, Waist, Hip, Thigh. Skin Folds: Chest, Abdomen, Midthigh, Triceps, Illiac Crest.

UNIT V – Skill Tests

Specific Sports Skill Test: Badminton: French Stalter Short Service Test, Miller Wall Volley Test. Basketball: Knox, Johnson Basketball Test. Hockey: Henry Friedel Field Hockey Test, Schmithal's Field Hockey Test, Volleyball: Russel Lange Volleyball Test, Brady Volleyball Test. Football: Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test, Broer Miller Test.

Note: Practicals of indoor and out-door tests be designed and arranged internally.

REFERENCES :

Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications

Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press

Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company

Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc

Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc

Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications

Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research

Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaigm IL: Human Kinetics

Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

MPEC-211 : OPEN ELECTIVES (Choose A or B)

A) PRINCIPLES OF HUMAN RESOURCE MANAGEMENT

UNIT-I

Human Resource Management - Definition - Objectives - Functions - Scope - Importance - HRM in India - Evolution of HRM - Computer Application in Human Resource Management - Quality of a good Human Resource Managers - Human Resource Planning - Job Analysis, Job description and Job Specification.

UNIT-II

Recruitment and Selection - Sources of Recruitment - Selection Process - Test Types - Interview Types - Career Planning - VS Man Power Planning and succession Planning - Career Planning - Process - Career Development - Placement and Induction.

UNIT-III

Training - Methods of Trading - Executive Development - Performance Appraisal - Methods of Performance Appraisal - Transfers - Promotion - Wage & Salary Administration - Wage Boards and Pay Commission - Wage Incentive - Fringe Benefits - Employees Welfare - Safety and Health Measures - Grievance Procedures - Redressal of Grievances.

UNIT-IV

Industrial Relations - Meaning & Characteristics Industrial Relations - Parties to Industrial relations - Nature of Trade Unions - Problems of Trade Union - Measures to Strengthen Trade Union Movement in India - Causes for Industrial Disputes - Settlement of Industrial Disputes. M.A. Human Resource Management: Syllabus

UNIT-V

Collective - Bargaining - Features - Pre-requisite of Collective Bargaining - Agreement at different levels - Workers Participation in Management - Objectives for Successful Participation.

References:

1. Human Resource Management - Dr. C.B. Gupta - Sultan and Sons.
2. Personnel & Human Resource Management - P. Subba Rao - Himalaya Publishing House.
3. Human Resource and Personnel Management - K. Aswathappa - Tata Mc Graw Hill Publishing Co. Ltd.
4. Personnel Management & Human Resources - C.S. Venkata Rathnam & B.K. Srivastava. TMPL.
5. Dynamics of Industrial Relations - Dr. C.B. Memoria, Dr. Satish Memoria &S.V. Gankar - Himalaya Publishing House.
6. Performance Appraisal, Theory and Practice - AIMA - Vikas management Series, New Delhi - 1986.
7. Human Resource Management: Pattanayak pH 1.2002 M.A. Human Resource Management: Syllabus

B) STRESS MANAGEMENT

UNIT-I
Setting to Stress- Stress: Meaning - Approaches to stress, Good Stress Vs Bad Stress, The individual and work.

UNIT-II
Manifestations of Stress - Stages of Stress, Signs of Stress at work, Personal types and Stress.

UNIT-III
General sources of Stress - Stress and Health - Physiological and psychological illness.

UNIT-IV
Stress Management - Stress Diary, Becoming change skilled, Adopting a healthy life style, Right attitude, Thought Awareness, Imaginary (Auto-genic Therapy), Learning to relax, Correct breathing, Value and goal planning, Time Management, General advice - The individual's ten Commandments for effective Stress management.

UNIT-V
Organization and Stress Management - Recognize the signs, Approaches to the problem, Providers Assistance.

References:
1. Ann Edworthy, Managing Stress, Open University Press, Buckingham, Phildephia.
2. K.Hari Gopal, Organizational Stress, University Press.
3. Dr.Rakesh Chopra Santosh Sharma, The stress Cyclone Suffer or Emerge out: The choice of yours, Institute of corporate Management, Excel Books.

Semester - II Practicum Course

MPPC- 221: Track and Field - Jumping Events (compulsory)

Any one of the following i.e. Gymnastics/ Swimming / Yoga .

Jumping
Fundamental techniques –Broad jump, High Jump, Triple jump and Pole vault

Advanced techniques in jumps and Drills. Laying out of Jumping Sectors

Gymnastics
Horizontal bar, Roman rings, Gymnastics positions, Rhythmic Gymnastics and Vaulting horse.

Swimming
Butterfly, Back stroke, Medley and Rules regarding swimming.

Yoga
Pranayama, Dhyana, Bhandas, Mudras and Kriyas.

MPPC- 222 : **Laboratory Practical in Physiology of Exercise and Kinesiology and Bio mechanics**

Student has to learn atleast two practical in Exercise Physiology and Kinesiology and Biomechanics in the laboratory and prepare work book on practicals.

MPPC- 223: Any two of the following activities:

Aerobics / Self Defensive Techniques – Taekwondo / Shooting / Archery.

Student has to learn atleast two activities from the above and exhibit proficiency in examination.

MPPC- 224: Adventure Activities (Trucking, rock climbing and cycling) / Mass demonstration Activities (Bharathiyam, Pyramids, Callisthenics and light apparatus)

Student has to learn the activity from the above and exhibit demonstration and show proficiency during examination.

Semester III

MPCC-301: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING UNIT- I

Introduction

Sports training: Definition – Aims, Characteristics, Principles of Sports Training. Load: Definition, Components of load. Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures for over load – Super Compensation . Recovery. Detraining and Retraining.

UNIT II – Components of Physical Fitness

Strength: Meaning, types - Isometric, Isotonic and Iso kinetic exercises – Factors determining strength – Methods to improve strength. Speed: Meaning – types - Factors determining speed – Methods to improve speed. Endurance: Meaning – types - Factors determining endurance – Methods to improve Endurance.

UNIT III – Flexibility and Coordination

Flexibility: Meaning – types - Factors determining flexibility – Methods to improve flexibility - Coordination : Meaning, types - Factors determining coordination – Methods to improve coordination.

UNIT IV – Methods of Sports Training

Aerobic training, Anaerobic training, Weight training, Fartlek Training, Interval training, Plyometric training, Resistance training, Pressure training, High Altitude training, Functional training, Repetition method of training, and Transfer of training effects.

UNIT V – Periodization

Training Plan: Micro, Meso and Macro Cycles. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Phases of Periodisation, Preparatory Period, Competition Period and Transition Period. Top form, Tapering performance. Training schedules.

REFERENCES :

Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
Cart, E. Klafs &Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company
Daniel, D. Arnheim (1991) Principles of Athletic Traning, St. Luis, Mosby Year Book
David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and
Bartlett Publications
Yograj Thani (2003), Sports Training, Delhi : Sports Publications
Michael; J.Alter : Sciences of stretching (1988) Human Kinetics.
The Physiology basis of Physical Education and Athletics, 4th Edition, Fox, Bruisesr and Foss. Larry G. Shaver : Essentials of Exercise Physiology.
Stwven J. Flack & WIllam J. Kraemer : Designing resistance training programme (1997) Human Kinetics.

MPCC-302: SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION

Unit I – Introduction

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE (Protection, Rest, Ice, NSAIDS (Non Steroidal anti inflammatory drugs), Compression & Elevation) therapy, Aquatic therapy.

Unit II – Posture

Posture, Values of Good posture, Causes of Bad posture, Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knees, Bow legs, Flat foot. Causes for deviations and treatment including exercises. Posture test, Gait and types.

Unit III – Rehabilitation Exercises

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles. Gait training, swiss ball exercises.

Unit IV – Massage

Brief history of massage – Massage as an aid for relaxation, Principles of massage, Physiological , Chemical, Psychological effects of massage,Contra indications of Massage, Classification of Massage , Stroking manipulation: Effleurage , Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling, Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation: Vibration and shaking.

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, Therapeutics modalities : Cryo, thermo, Hydro, Electro, Actino therapy Strapping, Taping and Bandages, supporting, Aiding techniques for equipment for upper extremities and Lower extremities and spine.

Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure.(To be assessed internally)

REFERENCES:

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

MPCC-303 : SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY

UNIT I - Introduction

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning, Motor Perception,Factors Affecting Perception–Perceptual Mechanism. Personality: Meaning, Definition, Structure, Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II – Motivation, Emotion

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning Goal Setting,. Anxiety: Meaning and Definition, Nature, Types, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning, Definition, Causes of Stress and Sports Performance. Aggression: Meaning, Definition and Types of Agression, Aggression and Sports Performance. Relaxation: Meaning, Definition and Types of relaxaion.Methods of measuring, Motivation, Anxiety, Stress and Aggression.

UNIT III – Psychological Test

Types of Psychological Test: Instrument based tests: Pass-along test,Tachistoscope,Reaction timer, Finger dexterity board, Depth perception box, Kinesthesiometer board. Questionnaire: Sports Achievement Motivation tests, Sports Anxiety test, Sports aggression tests, stress test.

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. Violence in Sports.

UNIT V – Group Cohesion

Group: Definition and Meaning, , Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics, Competition and cooperation. Current Problems in Sports and Future Directions, Sports Social Crisis Management , Women in Sports: Sports Women in our Society, Gender inequalities in Sports.

Practicals: *Atleast five experiments related to the topics listed in the Units above shouldbe conducted by the students in laboratory. (Internal assessment.*)

REFERENCES:

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co. Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
Whiting, K, Karman.,. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.
Marten, Rainer ; Social Psychology and Physical achieving.

MPCC-311 : OPEN ELECTIVES (Choose A or B)

A) COMMUNICATION SKILLS FOR MANAGERS

UNIT-I

Communication - Meaning and Significance for management - Types of Communication - Process of Communication - Media - Barriers and Gateways in Communication - Principles of Effective Communication.

UNIT-II

Correspondence - Norms for Business Letters - Letter for different Kinds of Situations - Personalized Standard Letters, Enquiries, Customers Complaints, Collection Letters - Sales Promotion Letters.

UNIT-III

Report writing - structure of Reports - Long and Short Reports - Formal and Informal Reports - Writing Research Reports, Technical Reports - Norms for including Exhibits & Appendices.

UNIT-IV

Non - Verbal Communication - Personal Appearances Postures - Body Language - Use of Charts, Diagrams and Tables - Visual and Audio Visual Aids for Communication - Dyadic Communication - Face to Face Communication - Telephone Conversion.

UNIT-V

Conducting Meetings: Procedure - Preparing Agenda, Minutes and Resolutions Conducting Seminars and Conferences - Procedure of Regulating Speech - Evaluating Oral Presentation - Group Discussion - Drafting Specific Negotiation Skills. M.A. Human Resource Management: Syllabus

References:

1. RAISHER : Business Communication - ATTBS
2. KRISHNA MOHAN & MEERA BANNERJEE - Developing Communication Skill Macmillan.
3. WOOLCOTT & UNWIN - Mastering Business Communication
4. ANDERSON & OTHERS - Thesis Writing.
5. JANE WHNEY GIBSON - Oral Communication - Arrangement Perspective
6. MURPHY HERTA A AND PECK, CHARLES E - Effective Business Communication 2nd ed., 1976, Tata Mc Graw Hill New Delhi

B) GROUP DYNAMICS

UNIT-I
Group Dynamics - Understanding Groups, Phases of Group Development - Group Cohesion and Alienation - Conformity and Obedience.

UNIT-II
Group and its formation - Formal and Informal Groups - Functions Fulfilled by Group Variables Affecting the Integration in Groups of organizations Groups and Personal Needs.

UNIT-III
Training for Effective Group Membership - T-Group Training or Sensitivity Training - Process of Decision Making in Groups - Problems and Approaches for 'Consensus' formation - Effective Meetings.

UNIT-IV
Theory and Model of Interpersonal Behaviour of C. Willian Shutz - FIRO - B. Test - Its Application - Achieving Group Compatibility - Problems in reaching Compatibility.

UNIT-V
Use of Groups in Organisations vs Industrial Performance - Inter group Problems in Organisations - Inter Group Competition - Reducing Competition through Training - Conflict - Management of Conflict - Preventing Interpersonal Conflict and inter group Conflict. Achieving Group - Team work development. M.A. Human Resource Management: Syllabus

References:
1. Organization Psychology - Eder Scheim.
2. T-Group Development and OD - Dharani P sinha.
3. Interpersonal Underworld - G. William Shutz

Semester - III Practicum Course

MPPC- 321: Track and Field – Throwing Events (compulsory)

Throwing Events
Fundamental techniques –Shot-put, discuss, javelin and Hammer

Advanced techniques in throws and Drills. Laying out of Throwing Sectors

Field Test for Fitness and Skills
Student has to learn testing procedures to test any two fitness variables and skills related to sports / games on ground and prepare practical work book on practical done.

MPPC- 322: Laboratory Practical in Psychology and Physiotherapy

Student has to learn atleast two practical in Psychology and Physiotherapy in the laboratory and prepare work book on practical done.

MPPC- 323: Game of Specialisation – Badminton / Baseball / Cricket/ Football/ Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis

A candidate has to learn and perform proficiency and officiating in any two games – other than two games opted in the First Semester.

MPPC- 324: Teaching Lesson – Coaching lessons in the Track and Field of this Semester / Gymnastics / Swimming / Yoga

Student has to take Coaching lessons on the above of each 45 mins. 5 lessons (4 Internal and 1 External)

Semester - IV

MPCC-401: INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication, Communication Barriers & Facilitators of communication, Communicative skills of English. Listening, Speaking, Reading & Writing Concept & Importance of ICT , challenges in integrating ICT in Physical EducationT in Education

Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration.

Unit II – Fundamentals of Computers

Characteristics, Types & Applications of Computers, Hardware of Computer: Input, Output & Storage Devices, Software of Computer: Concept & Types, 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 Effects and MS Publisher: Newsletter & 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

REFERENCES:

B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006 Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition- 2001 Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005

Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004

ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006

Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999

Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006

MPCC-402: HEALTH EDUCATION AND SPORTS NURTITION

Unit - I Health Education

Meaning, Definition of Health, Health Education. Concept, Dimensions, and Determinants of Health. Health Instructions, Aims, objectives and Principles of Health Education. Health Service, Health supervision .

Unit - II Health Problems in India

Communicable: Tuberculosis, Measles, Mums, Rabis, Polio, wooping cough, Hepatitis, Ebola, Swine fle, Dengue, Malaria and STD:Gonorrea, HIV/Aids, Syphilis. and Non Communicable Diseases: Cancer, Asteoporosis, Asthama, Hyper tension, Diabetes. Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population,

Personal and Environmental Hygiene in schools

Objective of school health service, Role of health education in schools

, Nutritional service, Health appraisal, , Healthful school environment, first- aid and emergency care. Health Agencies: Red cross, WHO, St.JohnAmbulance, UNICEF, UNESCO.

Unit- III –Hygiene and Health

Meaning of Hygiene, Types of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effects of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress

Unit – IV- Introduction to Sports Nutrition

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Carbohydrate, Protein, Fats, Vitamins, Minerals, Water Dehydration and fluids replacement, Classification of food, organic food, Carbohydrate loading, Hyponatramia., Role of carbohydrates, Fat and protein on Sports Performance.

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.

References:

Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education". Ghosh, B.N. "Treaties of Hygiene and Public Health".

Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".

Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. 'The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale 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 Acids, Thorons.

MPEC-403: EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION

Unit I – Nature and Scope

Educational technology: concept, Nature and Scope. Forms of educational technology: teaching technology, instructional technology, and behavioural technology; Transactional usage of educational technology: integrated, complementary, supplementary stand-alone (independent); programmed learning stages; media application stage and computer application stage.

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, Use of Television and CCTV in instruction and Training, Video Conferencing, SITE (Satellite Instructional, Television, Experiment) experiment, countrywide 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. Procedure and organization of Teleconferencing/Interactive video-experiences of institutions, schools and universities. Recent experiments in the third world countries and pointers for, India with reference to Physical education. Recent trends of Educational Technology in Physical Education..

REFERENCE:

Amita Bhardwaj, New Media of Educational Planning".Sarup of Sons, New Delhi-2003 Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi : Doaba House),
1959.
Communication and Education, D. N. Dasgupta, Pointer Publishers
Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi
Essentials of Educational Technology, Madan Lal, Anmol Publications
K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982
Kozman, Cassidy and kJackson. Methods in Physical Education (W.B. Saunders Company,Philadelphia and London), 1952.

MPEC-411 : DISSERTATION/PROJECT WORK/EVENT MANAGEMENT (ELECTIVE)

1. Student who have chosen elective paper in Dissertation / Project Work / Event Management has to choose the Supervisor in the Department and select the Topic/Event of his choice in consultation with his/her Supervisor and submit the proposal on or before the end of the second semester to the Principal / Head of the Department.

2. Further the student has to submit his/her Dissertation (four copies)/Project/Event not less than 15 days before the begining of the Fourth Semester examinations and appear Viva-voce examination.

3. Student who have chosen elective paper in Dissertation / Project Work / Event Management has to choose the Supervisor in the Department and select the Topic/Event of his choice in consultation with his/her Supervisor and submit the proposal on or before the end of the second semester to the Principal / Head of the Department.

MPEC- 412: SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION

(Elective)

UNIT I – Introduction to Sports Management

Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personol Management: Objectives of Personol Management, Personol Policies, Role of Personol Manager in an organization, Personnel recruitment and selection.

UNIT II – Program Management

Importance of Programme development and the role of management, Factors influencing programme development. Steps in programme development, Competitive Sports Programs, Benefits, Management Guidelines for School, Colleges Sports Programs, Management Problems in instruction programme, Community Based Physical Education and Sports program.

UNIT III – Equipment and Public Relation

Purchase and supplies of Equipment, Guidelines for selection of Equipment and Supplies, Purchase of equipment and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment. Public Relations in Sports: Planning the Public Relation Programme – 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, contextuality and plurality. Approaches to Curriculum; Subject centered, Learner centered and Community centered, Curriculum Framework.

UNIT V – Curriculum Sources

Factors affecting curriculum: Sources of Curriculum materials, text books, Journals,Dictionaries, Thesis, Encyclopaedias, Micropaedias, Magazines, 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.

REFERENCE:

Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.
Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.
Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall. Chakraborthy & Samiran. (1998) . Sports Management. New Delhi: Sports Publication. Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company. McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research,. U.K. Routledge NCERT (2000) . National Curriculum Framework for School Education, New Delhi: NCERT.
NCERT (2000) . National Curriculum Framework for School Education, New Delhi: NCERT.
NCERT (2005). National Curriculum Framework, New Delhi: NCERT. NCERT (2005). National Curriculum Framework-2005, New Delhi: NCERT.
Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House. Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication.

Semester - IV Practicum Course

MPEC- 411: Dissertation / Project work / Event Management

Student who have chosen elective paper in Dissertation / Project Work / Event Management has to choose the Supervisor in the Department and select the Topic/Event of his choice in consultation with his/her Supervisor and submit the proposal on or before the end of the second semester to the Principal / Head of the Department.

Further the student has to submit his/her Dissertation (four copies)/Project/Event not less than 15 days before the beginning of the Fourth Semester examinations and appear Viva-voce examination.

MPPC- 421: Track and Field – Combined Events

Combined Events
Pentathlon – Order of events , Heptathlon – Order of events and Decathlon – Order of events.

Rules regarding Track and Field. Officiating in Track and Field.

Training Methods – Design Circuit, Interval, Fartlek, Plyometric and Resistance training with load dynamics. Training Schedules.

Student has to prepare a detailed work book of the above.

MPPC- 422: Game of Specialization

A student has to choose any one of the games learned in the previous semesters as a Game of Specialization and exhibit the proficiency, and officiating ability.

Student has to prepare a detailed Record with the following guidelines and attend for viva- voce.

1. Origin, History and development of game
2. Technical terms related to the game
3. Fundamental Skills
4. Techniques and Tactics
5. Advanced Skills / drills
6. Game strategies / set play
7. Lead up games
8. Training Schedules for six weeks.
9. Skill tests
10. Talent identification
11. Selection criteria
12. Rules of the game, laying of court, advanced gadgets,
13. Officiating and signals

14. Mechanics of officiating
15. Major Tournaments, Trophies and the results
16. Awards and Awardees in the respective game/event.
17. Paper cuttings and latest articles

MPPC- 423: Officiating in Track and Field / Gymnastics / Swimming/Yoga

Student has to learn system of officiating in any one of the above events, participate in the intramural or extramural as official and show his abilities during the examinations.

MPPC- 424: Coaching lessons in Game of Specialization (Internship)

Student has to take 10 coaching lessons of each 45 mins duration in his/her game of specialization. 5 lessons at schools and 4 internal and 1 external at the institution/department.

Master of Physical Education I Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC-101: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Define the term 'Research' and explain its scope in Physical Education with examples

2. Explain the Research Problem and location of Research Problem

3. What is historical research and what are the steps in historical research?

4. Explain the descriptive method of research Survey method and case study

5. Describe the meaning nature and importance of experimental research

6. Explain the static group comparison design, equated group design and factorial design?

7. Write short notes on the following
   a) Meaning of the sample
   b) Area Sampling
   c) Non-probability
   d) Judgment sampling and quota sampling

8. Write short notes on the following
   a) Action Research
   b) Survey Method
   c) Types of variables
   d) Systematic Sampling

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Master of Physical Education I Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC-102: PHYSIOLOGY OF EXERCISE

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions

All questions carry equal marks (5 X 16 = 80)

1. What is exercise Physiology? What its need and importance in Sports?

2. What is sliding filament theory? Explain muscular contraction with an example?

3. Explain heart valves and direction of the blood flow?

4. Explain effects of exercise and training on cardio vascular system?

5. Discuss external and internal respiration with examples?

6. Discuss ventilation at rest and during exercise with examples?

7. Write short notes on the following
   a) ATP
   b) Anabolism
   c) Anaerobic, Metabolism
   d) Fat metabolism

8. Write short notes on the following
   a) Thermo regulation
   b) Acclimatization
   c) WADA
   d) Ergogenic aids

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Master of Physical Education I Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC-103: APPLIED STATICTICS IN PHYSICAL EDUCATION AND SPORTS

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Define the term statistics and explain its need and importance in Physical Education?

2. Define the term variable and explain types of variable with examples

3. Explain the meaning and importance of measures of central tendency?

4. Discuss advantages and disadvantages of measures of central tendency?

5. Explain the meaning purpose and calculation of standard deviation?

6. Explain the meaning purpose and types scales?

7. Write short notes on the following
   a) Normal curve
   b) Skewness
   c) Histogram
   d) Pie diagram

8. Write short notes on the following
   a) Tests of significance
   b) Coefficient of correlation
   c) Level of confidence
   d) ANOVA

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Master of Physical Education
(Model Question Paper)
(Effective from 2015-2016 admitted batch)
(ELECTIVE)
MPCC 111: FITNESS AND LIFE STYLE MANAGEMENT

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the concepts of fitness, definition and meaning of fitness.

2. What is life style and health fitness and fitness relationship.

3. Explain the benefits of health fitness components and physical fitness components.

4. Explain the assessment of body composition, obesity, meaning of obesity and risk factors.

5. Discuss the effects of carbohydrates, proteins and fats on the performance of an individuals

6. Explain the fluid replacements before during and after exercise for temperature regulation and injury prevention.

7. Write short notes on the following
   a) Stress
   b) Anxiety
   c) Stress Management
   d) Compulsive obsessive behaviours

8. Write short notes on the following
   a) Health Behaviour
   b) Behavioural Modification for wellness
   c) Facts on childhood obesity and activity
   d) Self efficacy and health behaviour

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Master of Physical Education
(Model Question Paper)
(Effective from 2015-2016 admitted batch)
(ELECTIVE)
MPCC 112: SPORTS TECHNOLOGY

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the meaning and importance of technology in sports

2. Discuss the general principles and purpose of instrumentation in sports

3. Discuss the foot wear production and factors and application in supports

4. Discuss closed cell and open cell foams with example

5. Discuss the construction and installation of sports surfaces

6. Discuss the use of computer and software in match analysis and coaching

7. Write short notes on the following
   a) Clothing and shoes
   b) Protective equipment
   c) Measuring equipment
   d) Sports equipment with nano technology

8. Write short notes on the following
   a) Bowling Machine
   b) Servicing Machine
   c) Lighting Facility
   d) Live coverage of sporting event

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Master of Physical Education II Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC-201: YOGIC SCIENCES

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the meaning, definition, scope and importance of yoga?

2. Explain the streams of yoga and its importance?

3. Define the Asanas, Classification and its benefits?

4. Explain the types of creas and its meaning and advantages?

5. Define Pranayama, its importance and impact of Pranayama on Naadis?

6. Explain the Chakras, effects of Pranayama on major chakras?

7. Write short notes on the following
   a) Meditation
   b) Types of meditation
   c) Saguna & Nirguna
   d) Meditation and stress management

8. Write short notes on the following
   a) Suppression on anxiety
   b) Role of yoga in sports
   c) Yoga effects on nerves system
   d) Regenerative and yogic power

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Master of Physical Education II Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC-202: SPORTS BIOMECHANICS AND KINSESIOLOGY

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the meaning and scope of sports biomechanics?

2. Explain the nature and importance of applied kinesiology

3. Explain horizon insertion and action of muscle around shoulder?

4. Describe the muscle of abdominal and trunk?

5. Explain the meaning and types of motion?

6. Explain the definition and types of course?

7. Write short notes on the following
   a) Projectiles
   b) Aero dynamics
   c) Lever
   d) Mechanical advantage

8. Write short notes on the following
   a) Analysis of movement
   b) Biomechanical analysis
   c) Predictive method
   d) Video analysis

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Master of Physical Education II Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC-203: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Define measurement and evaluation and explain its need and importance?

2. Define test and criteria for test selection?

3. Explain the meaning and definition of physical fitness?

4. Explain coopers 12 minutes test?

5. Explain means and definition of motor fitness?

6. Cross Weber test?

7. Write short notes on the following
   a) Anthropometric test
   b) Physiological test
   c) Skin fold test
   d) Bee test

8. Write short notes on the following
   a) Sports skill test
   b) Miller wall volley test
   c) Johnson soccer test
   d) Dyer tennis test

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Master of Physical Education
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

(OPEN ELECTIVE)

MPEC 211: A-PRINCIPLES OF HUMAN RESOURCE MANAGEMENT

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Discuss the Computer Application in Human Resource Management with an examples?

2. Explain the recruitment selection, process of recruitment and selection process?

3. What are the safety and health measures and grievance procedures and redressal?

4. Discuss the industrial relation and their characteristics and parties to industrial relation?

5. Explain collective bargain, with future and pre requisite of collective bargaining and with an examples?

6. Discuss the objectives, functions, scope and importance of HRM

7. Write short notes on the following
   a) Qualities of Good Human Resource Managers
   b) Career planning and process
   c) Performance appraisals
   d) Settlement of industrial disputes

8. Write short notes on the following
   a) Workers participation in Management
   b) Problems of Trade Union
   c) Wage salary administration
   d) Placement of Induction

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Master of Physical Education
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

(OPEN ELECTIVE)

MPEC 211: B-STRESS MANAGEMENT

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the meaning and approaches to stress with examples

2. Discuss the manifestation, stages of stress and signed of stress at work?

3. What are the general sources of stress and explain stress and health?

4. Discuss stress management and time management with examples?

5. Explain organization and stress management and its implications?

6. What are the individual's 10 commandments for effective stress management?

7. Write short notes on the following
   a) Good stress and Bad stress
   b) Personal types and stress
   c) Physiological & Psychological illness
   d) Autogenic therapy

8. Write short notes on the following
   a) The individual and work
   b) Stress Management
   c) Providers assistance
   d) Learning to relax

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Master of Physical Education III Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC-301: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Define Sports Training and explain Aims, Characteristics, Principles of Sports Training?
2. Explain the definition components of load?
3. Explain the components of physical fitness?
4. Explain speed and methods to improve speed?
5. What are the factors determining flexibility methods to improve flexibility?
6. Explain meaning types and factors determine coordination?
7. Write short notes on the following
   a) Aerobic training
   b) Weight training
   c) Plyometric training
   d) Transfer of training effects
8. Write short notes on the following
   a) Training plan
   b) Periodisation
   c) Training schedule
   d) Transition period

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Master of Physical Education III Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

PE-302: SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the meaning and importance of sports medicine?

2. Explain with definition and principles of therapeutic exercise?

3. Explain Posture and values of good posture?

4. Explain deviations in posture and its causes?

5. Explain rehabilitation exercises with examples?

6. Explain PNF techniques and principles?

7. Write short notes on the following
   a) Massage
   b) Pressure manipulation
   c) Hacking
   d) Skin rolling

8. Write short notes on the following
   a) Bandages
   b) Expose in injuries in sports
   c) Aiding Techniques
   d) Therapeutic Modalities

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Master of Physical Education III Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC-303: SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the meaning, need and importance of sports psychology?

2. Explain the meaning and basic consideration in motor learning?

3. Explain the meaning and types of motivation?

4. Explain the meaning and causes of test in sports performance?

5. Explain the types of psychological test with examples?

6. Explain sports achievement motivation test and its importance?

7. Write short notes on the following
   a) Sports Sociology
   b) Violence in Sports
   c) Fans and Spectators
   d) Sports as Social Institution

8 Write short notes on the following
   a) Group Cohesion
   b) Women in sports
   c) Group Dynamics
   d) Gender in Equality in Sports

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Master of Physical Education
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

(OPEN ELECTIVE)

MPEC 311: A-COMMUNICATION SKILLS FOR MANAGERS

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the meaning and significance of communication for management?

2. Discuss correspondence and norms for business letters with examples?

3. What is report writing and explaining formal and informal report?

4. Discuss non verbal communication and use of chart diagrams and tables?

5. Explain conducting meetings, proceedings and agenda preparation?

6. What are the letters for different kinds of situations and explain any three of them?

7. Write short notes on the following
   a) Barriers in communication
   b) Business letters
   c) Technical reports
   d) Dyadic communications

8. Write short notes on the following
   a) Group discuss
   b) Process of communications
   c) Writing Research report
   d) Conducting seminars and conferences

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Master of Physical Education
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

(OPEN ELECTIVE)

MPEC 311: B-GROUP DYNAMICS

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain group dynamics and understanding groups with examples?

2. Explain formal and informal groups and function fulfilled by groups?

3. What is the process of decision making group explaining with examples?

4. Discuss achieving group compatibility and problems in reaching compatibility?

5. Explain management of conflict and preventing inter group conflict?

6. What are the inter group problems in organization? Illustrate with examples?

7. Write short notes on the following
   a) Group cohesion and alienation
   b) Variables effecting the integration in groups
   c) Problems and approaches for concerns
   d) Model of inter personal behaviour

8. Write short notes on the following
   a) Confirmative and obedience
   b) Groups and personal needs
   c) Effective meetings
   d) Inter Group competition

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Master of Physical Education IV Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC401: INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the concept, process and types of communication?

2. Discuss the challenges in integrative ICT in Physical Education?

3. Discuss the characteristics, types and applications of component?

4. Discuss the concept, types and functions of computer network?

5. Explain the MS Word and its main features and with the uses in Physical Education?

6. Discuss the MS-Excel with main features and applications in Physical Education?

7. Write short notes on the following
   a) Project Based Learning
   b) Co-operative Learning
   c) Collaborative Learning
   d) Constructivism

8. Write short notes on the following
   a) E-Learning
   b) Web Based Learning
   c) Visual Class Room
   d) ICT in Physical Education

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Master of Physical Education IV Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC 402: HEALTH EDUCATION AND SPORTS NURTITION

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the concepts and dimensions and determines of health?

2. Discuss the aims, objectives and principles of Health Education?

3. Discuss the objectives of School Health Services with examples?

4. Discuss the personal and environmental hygiene in schools?

5. Discuss the meaning and types of hygiene with examples?

6. Discuss the life style management and management of stress?

7. Write short notes on the following
   a) Classification of food
   b) Sports Nutrition
   c) Role of Carbohydrates
   d) Basic Nutrition Guidelines

8. Write short notes on the following
   a) Concept of BMI
   b) Weight Management Programme
   c) Role of diet and exercise
   d) Obesity

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Master of Physical Education IV Semester Examinations
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

MPCC 403: EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Discuss the concepts, Major and scope of educational technology?

2. Discuss the different forms of Educational Technology with examples?

3. Explain the systems approach to physical education and its component?

4. Discuss the effectiveness of communication in instructional system with example?

5. Discuss the concepts and views of instructional design?

6. Discuss the instructional design for competency based teaching with examples?

7. Write short notes on the following
   a) Audio Visual Media
   b) Interactive Radio Conferences
   c) Animation Films
   d) Use of T.V.

8. Write short notes on the following
   a) Interactive Video
   b) Computer Conferencing
   c) Tele Conferencing
   d) Optical Fiber Technology

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Master of Physical Education
(Model Question Paper)
(Effective from 2015-2016 admitted batch)

(ELECTIVE)

MPCC 412: SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION

Time: 3 hrs. Max. Marks : 80

Answer any FIVE Questions
All questions carry equal marks (5 X 16 = 80)

1. Explain the basic principles and procedures of sports management

2. What is the role of personal manager in an organization

3. Discuss the importance of programme development and role of management

4. What is the community based physical education and sports programme

5. What is public relations in sports? What is the importance of public relation

6. What are the guidelines for purchase, selection of equipment and supplies

7. Write short notes on the following
   a) Curriculum
   b) Principles of Intergration
   c) Conservative Relevance
   d) Curriculum Frame work

8. Write short notes on the following
   a) Curriculum Research
   b) Revoluation of Curriculum
   c) Curriculum Design
   d) Intergration of Physical Education with other sports sciences

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10. Resolved that since the masters program started during the academic year 2007-2008, the provision under the item 10 of the agenda stands good.

11. Under any other cognate subject with the permission of the chair

a) Resolved to prepare a new time table to suit the Choice Based Credit System for both 2013-2014 and 2015-16 admitted batches.

b) It is resolved to follow the new common core syllabus as proposed by the A.P. State Council of Higher Education as per the guidelines of the National Council for Teacher Education (NCTE) be followed in its true letter n spirit.

c) Resolved to invite expert Physical Education Teachers for delivering Guest lecturers to Masters Course.

d) Resolved to request the University authorities to provide Computer Systems to All the teachers of Department of Physical Education.

e) Resolved to request the University authorities to create mandatory facilities like computers lab with Internet facility, Psychology Lab, Physiotherapy Lab, Exercise Physiology Lab.

f) Resolved to send proposals to organize Seminars, Conferences and Workshops of National and International importance at the Department of Physical Education, Andhra University.

g) Resolved to request the university authorities to create hostel facility to the students of Masters Program.

h) Resolved to invite expert Physical Education Teachers for delivering guest lecturers to Masters Course.

The meeting concluded with a vote of thanks to the Chairman, PG Board of Studies.

CHAIRMAN

P.G. Board of Studies in Physical Education & Sports Sciences