

# ORDINANCE

FOR

**MASTER OF PHYSICAL EDUCATION AND SPORTS**



(THIS ORDINANCE HAS BEEN APPROVED IN THE MEETING OF  
BOARD OF STUDIES HELD ON DATED 31<sup>st</sup> May, 2022)

**APPLICABLE W.E.F. ACADEMIC SESSION 2022-2023**



SRI HARGOBINDGARH, PHAGWARA – HOSHIARPUR ROAD,  
PHAGWARA 144401, PUNJAB

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ROAD, PHAGWARA 144401, PUNJAB

## MASTER OF PHYSICAL EDUCATION AND SPORTS.

### SHORT TITLE AND COMMENCEMENT

I. This ordinance shall be called the ordinance for the MPES Program of GNA University, Phagwara.

II. This ordinance shall come into force with effect from academic session 2022-23.

**1. Name of Program: MPES: Master of Physical Education and Sports.**

**2. Name of Faculty: Faculty of Physical Education and Sports**

**3. Program Duration:** Total duration of the Program shall be of three years and each year will comprise of two semesters. In addition, each semester shall normally have 90 working days.

**4. Eligibility for Admission:** Candidate for admission to Master of Physical Education & Sports (MPES) shall be required to have passed Bachelor of Physical Education (B.P.Ed) or equivalent with at least 50% marks, Bachelor of Arts with Physical Education with at least 50%, Bachelor of Science (B.Sc.) in Health and Physical Education with at least 50% marks, Bachelor of Physical Education and Sports (B.P.E.S) or equivalent with at least 50% marks by the Government of Punjab or any other equivalent system recognized by the Government. Also candidate having Sports achievement ( State, National, AIU, International, Position/ Participation) with graduation (any stream).

**5. Admission Process:** The centralized admission cell shall make selection for admission to the program. The selection of the candidate shall be strictly on merit basis, subject to fulfillment of eligibility criteria. Candidates are required to fill the prescribed application form and submit the same to the admission cell. The admission cell after verifying the eligibility will forward the form to the Office of Registrar for further processing. If the candidate is selected, he/she is required to deposit the prescribed fee along with the application form and the required documents to the Office of Registrar.

**6. Curriculum:** The 2 years curriculum has been divided into four semesters and shall include lectures/ tutorials/ laboratory work/ field work/ outreach activity/ term papers/ assignments etc. or a combination of some of these. The curriculum will also include other curricular, co-curricular and extra curricular activities as may be prescribed by the university from time to time

## 7. Choice Based Credit System:

The University has adopted Choice Based Credit System (CBCS), which provides an opportunity to the students to choose courses from the offered courses comprising of Core, Elective, Ability Enhancement and Audit Courses. The choice based credit system provides a “flexible” approach in which the students can take courses of their choice, learn at their own pace, undergo additional courses and acquire more than the required credits, and adopt an interdisciplinary approach to learning. Following are the types of courses and structure for the program:

### As per UGC

**I. Core Course:** A course, which should compulsorily be studied by a candidate as a core requirement to complete the requirement of program in a said discipline of study.

**II. Elective Course:** Generally, a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's proficiency/skill is called an Elective Course.

**I. Discipline Specific Elective (DSE) Course:** Elective courses may be offered by the main discipline/subject of study, is referred to as Discipline Specific Elective. The University/Institute may also offer discipline related Elective courses from unrelated discipline (to be offered by main discipline/subject of study).

**ii. Generic Elective (GE) Course:** An elective course chosen generally from an unrelated discipline/subject, with an intention to add generic proficiency to the students.

Note: A core course offered in a discipline/subject may be treated as an elective by Other discipline/subject and vice versa and such electives may also be referred to as Generic Elective.

Elective Course(s) may also be called an “Open Elective”

**III. Foundation Course:** The Foundation Courses may be of two kinds: Compulsory Foundation and Elective foundation. “Compulsory Foundation” courses are the courses based upon the content that leads to Knowledge enhancement. They are mandatory for all

disciplines.

**IV. Ability Enhancement Courses (AEC):** The Ability Enhancement (AE) Courses may be of two kinds: Ability Enhancement Compulsory Courses (AECC) and Skill Enhancement Courses (SEC). “AECC” courses are the courses based upon the content that leads to Knowledge enhancement; i. Environmental Science and ii. English/MIL Communication. These are mandatory for all disciplines. SEC courses are value-based and/or skill-based and are aimed at providing hands-on-training, competencies, skills, etc.

**I. Ability Enhancement Compulsory Courses (AECC):** Environmental Science, English Communication/MIL Communication.

**ii. Skill Enhancement Courses (SEC):** These courses may be chosen from a pool of courses designed to provide value-based and/or skill-based knowledge.

## 8. COURSE OBJECTIVE

The objectives for which the Institute is established are:

**8.1** To prepare highly qualified leaders in the field of Physical Education, Sports/Games and other inter-disciplinary subjects.

**8.2** To serve as a center of excellence and innovations in Physical Education and to awareness about research in this field.

**8.3** To provide professional and academic leadership to other institutions in the field of Physical Education.

**8.4** To provide vocational guidance and placement service to the people in this field. To promote mass participation in Physical Education activities.

**8.5** To promote mass participation in Physical Education activities.

**8.6** To undertake extrusion programmer and field outreach activities to contribute in the development of society.

**8.7** To develop and promote programmer of Physical Education and sports/games in educational institutions and other organizations

### PROGRAMME OUTCOME EMPLOYABILITY:

Physical Education and Sports is the study, Practice, and appreciation of the Art and Science of human movement. While the movement is both innate and essential to an individual's growth

and development, it is the role of physical education to provide instructional activities that not only promote skill development and proficiency but also enhance individuals' over health.

Physical education not only fulfills a unique role in education but is also an integrated part of the whole education process. To develop a comprehensive outlook of an individual with a strong civic position moral quality, sense of responsibility, independence, initiative, and tolerant person who is able to successfully socialize and to use different forms of physical education and sports in daily life to protect his or her own health and promote effective professional activities.

### PROGRAMME SPECIFIC OUTCOMES

To cover the vast area of Physical education with experience that helps in their successful career. Moreover, it also helps in their higher education and setting up their jobs in the government and private sectors. Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity Sports and physical education provide a fit and healthful environment. Make it possible to find fit and healthy people in the nation.

#### 9. Medium of Instructions:

9.1 The medium of instructions and examination will be English, Hindi & Punjabi.

9.2 Practical work/Project Work / Project Report / Dissertation / Field Work Report / Training Report etc., if any, should be presented in English, Hindi & Punjabi.

**10. Mode:** The program is offered in 'Full Time' mode of study only.

**11. Attendance Requirement to be Eligible to Appear in End Semester Examination:**

**11.1** Every student is required to attend at least 75% of the lectures delivered squaring tutorials, practical and other prescribed curricular and co-curricular activities.

**11.2** Dean of Faculty may give a further relaxation of attendance up to 50% to a student provided that he/she has been absent with prior permission of the Dean of the Faculty for the reasons acceptable to him/her.

**11.3** Further, relaxation up to 10% may be given by the Vice Chancellor to make a student eligible under special circumstances only.

**11.4** No student will be allowed to appear in the end semester examination if he/she does not satisfy the attendance requirements. Further, the attendance shall be counted from the date of

admission in the University or commencement of academic session whichever is later.

**12. Credit:** A unit by which the course is measured. It determines the number of hours of instruction required per week.

Contact Hours per Week	Credit Assigned
1 Hr. Lecture (L) per week	1 credit
1 Hr. Tutorial (T) per week	1 credit
2 Hours Practical (Lab) per week	1 credit

### 13 . Program structure:

#### UGC

#### Details of Courses under MPES

#### MPES Semester -1<sup>st</sup>

#### Theory Subject

Sr. No	Category	Course Code	Course Title	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				L:T:P	L:T:P		
1	CR-IA	MPS101	Research Method in Physical Education	4:0:0	4:0:0	4	4
2	CR-IB	MPS102	Educational Technology and Teaching Methods in Physical Education	4:0:0	4:0:0	4	4
3	CR-IC	MPS103	Advanced Officiating And Coaching	4:0:0	4:0:0	4	4
<b>Optional Course (Any One)</b>							
4	DSE-IA	MPS104	Health Education	4:0:0	4:0:0	4	
5	DSE-IB	MPS105	Yogic Science				

#### Practical Subject

Sr. No	Category	Course Code	Course Title	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				L:T:P	L:T:P		
6	SEC-IA	MPS106	Specialization in Game: Football/Volleyball	0:0:4	0:0:2	4	2
7	SEC-IB	MPS107	Coaching Lesson in Track Events: Sprints (100,200,400)	0:0:4	0:0:2	4	2
8	SEC-IC	MPS108	Coaching Lesson in Game: Judo/Boxing	0:0:4	0:0:2	4	2

**Total Contact Hours = 28**

**Total Credit Hours = 22**

MPES Semester – 2<sup>nd</sup>

## Theory Subject

Sr. No	Category	Course Code	Course Title	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				L:T:P	L:T:P		
1	CR-IIA	MPS201	Anatomy and Physiology in Physical Education	4:0:0	4:0:0	4	4
2	CR-IIB	MPS202	Applied Statistics	4:0:0	4:0:0	4	4
3	CR-IIC	MPS203	Management of Sports	4:0:0	4:0:0	4	4
<b>Optional Course (Any One)</b>							
4	DSE-IIA	MPS204	Advanced Sports Training	4:0:0	4:0:0	4	
5	DSE-IB	MPS205	Sports Journalism				

## Practical Subject

Sr. No	Category	Course Code	Course Title	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				L:T:P	L:T:P		
6	SEC-IIA	MPS206	Specialization in Games : Kabaddi/Kho-Kho/Cycling	0:0:4	0:0:2	4	2
7	SEC-IIB	MPS207	Coaching Lesson in Athletics Middle Distance Races, Jumping Events	0:0:4	0:0:2	4	2
8	SEC-IIC	MPS208	Coaching lesson in Games: Hockey/ TableTennis	0:0:4	0:0:2	4	2
9	SEC-IID	MPS209	Coaching lessons in Yoga	0:0:4	0:0:2	4	2

Total Contact Hours = 28

Total Credit Hours = 22

MPES Semester – 3<sup>rd</sup>

## Theory Subject

Sr. No	Category	Course Code	Course Title	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				L:T:P	L:T:P		
1	CR-IIIA	MPS301	Sports Psychology	4:0:0	4:0:0	4	4
2	CR-IIIB	MPS302	Exercise of Physiology	4:0:0	4:0:0	4	4
3	CR-IIIC	MPS303	Advanced Kinesiology & Biomechanics	4:0:0	4:0:0	4	4
<b>Optional Course (Any One)</b>							
4	DSE-IIA	MPS304	Science of Coaching & Teaching Games Handball	4:0:0	4:0:0	4	4
5	DSE-IIIB	MPS305	Science of Coaching & Teaching Games Hockey				
6	DSE-IIIC	MPS306	Science of Coaching & Teaching Games Basketball				
7	DSE-IIID	MPS307	Science of Coaching & Teaching Games Volleyball				
8	DSE-IIIE	MPS308	Science of Coaching & Teaching Games Badminton				
9	DSE-IIIF	MPS309	Science of Coaching & Teaching Games Kabaddi				
10	DSE-IIIG	MPS310	Science of Coaching & Teaching Games Football				
11	DSE-IIIH	MPS311	Science of Coaching & Teaching Games Wrestling				
12	DSE-IIII	MPS312	Science of Coaching & Teaching Games Boxing				

## Practical Subject

Sr. No	Category	Course Code	Course Title	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				L:T:P	L:T:P		
13	SEC-IIIA	MPS314	Specialization in Game: Handball/ Basketball	0:0:4	0:0:2	4	2
14	SEC-IIIB	MPS315	Coaching Lesson in Athletics Long Distance Races & Throwing Events	0:0:4	0:0:2	4	2
15	SEC-IIIC	MPS316	Coaching lesson in Game: Netball/ Baseball	0:0:4	0:0:2	4	2

Total Contact Hours = 28

Total Credit Hours = 22

**MPES Semester – 4<sup>th</sup>**  
**Theory Subject**

Sr. No	Category	Course Code	Course Title	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				L:T:P	L:T:P		
1	CR-IVA	MPS401	Measurement and Evaluation in Physical Education	4:0:0	4:0:0	4	4
2	CR-IVB	MPS402	Curriculum Design in Physical Education	4:0:0	4:0:0	4	4
3	CR-IVC	MPS403	Sports Medicine	4:0:0	4:0:0	4	4
<b>Optional Course (Any One)</b>							
4	DSE-IVA	MPS404	Dissertation	4:0:0	4:0:0	4	4
5	DSE-IVB	MPS405	Science of Coaching and Teaching Athletics				
6	AECC-IV	MPS406	Class Room Theory Lesson (Practical)	0:0:4	0:0:2	4	2
7	SEC-IVA	MPS407	Specialization in Game: Cricket/Lawn Tennis	0:0:4	0:0:2	4	2
8	SEC-IVB	MPS408	Coaching Lesson in Athletics Hurdles, Relay races	0:0:4	0:0:2	4	2
9	SEC-IVC	MPS409	Coaching Lesson in Swimming	0:0:4	0:0:2	4	2

**Total Contact Hours = 32**

**Total Credit Hours = 22**

**Number of Courses**

Semester	Course with Credits			
	CR	DSC	SEC	
1	3	2	3	-
2	3	2	4	-
3	3	9	3	-
4	3	2	3	1
<b>Total</b>	<b>12</b>	<b>15</b>	<b>13</b>	<b>1</b>

**TOTAL NUMBERS OF PAPERS = 41**

**Scheme for M.P.E.S**

**1) Core Courses (CR)**

Compulsory subjects of study which support the main discipline.

**2) Elective Courses (EL)**

An option for the candidate to choose a course from a pool of courses offered by GNA University Phagwara the categories of elective courses are as under:

**a) Discipline Specific Elective(DSE)**

**b) Dissertation/Project**

**c) Generic Elective Course(GE)**

**3) Ability Enhancement Courses(AEC)**

Practical and field-based activities conducted to enhance the ability professional competencies and skills. The categories of Ability Enhancement Courses are as under:

**a) Ability Enhancement Compulsory Courses(AECC)**

**Skill Enhancement Courses(SEC)**

Sr. No.	Specify of Area	Course Type	Course Code	Subject Name
1	Core			
	a.	CR-IA	MPS101	Research Method in Physical Education
	b.	CR-IB	MPS102	Educational Technology and Teaching Methods in Physical Education
	c.	CR-IC	MPS103	Advanced Officiating and Coaching
	d.	CR-IIA	MPS201	Anatomy and Physiology in Physical Education
	e.	CR-IIB	MPS202	Applied Statistics
	f.	CR-IIC	MPS203	Management of Sports
	g.	CR-IIIA	MPS301	Sports Psychology
	h.	CR-IIIB	MPS302	Exercise of Physiology
	i.	CR-IIIC	MPS303	Advanced Kinesiology & Biomechanics
	j.	CR-IVA	MPS401	Measurement and Evaluation in Physical Education
	k.	CR-IVB	MPS402	Curriculum Design in Physical Education
	l.	CR-IVC	MPS403	Sports Medicine
2	Discipline Specific Elective			
	a.	DSE-IA	MPS104	Health Education
	b.	DSE-IB	MPS105	Yogic Science
	c.	DSE-IIA	MPS204	Advanced Sports Training

Sr. No.	Specify of Area	Course Type	Course Code	Subject Name
	d.	DSE-IIB	MPS205	Sports Journalism
	e.	DSE-IIIA	MPS304	Science of Coaching & Teaching Games Hockey
	f.	DSE-IIIB	MPS305	Science of Coaching & Teaching Games Handball
	g.	DSE-IIIC	MPS306	Science of Coaching & Teaching Games Basketball
	h.	DSE-IIID	MPS307	Science of Coaching & Teaching Games Volleyball
	i.	DSE-IIIE	MPS308	Science of Coaching & Teaching Games Badminton
	j.	DSE-IIIF	MPS309	Science of Coaching & Teaching Games Kabaddi
	k.	DSE-IIIG	MPS310	Science of Coaching & Teaching Games Football
	l.	DSE-IIIH	MPS311	Science of Coaching & Teaching Games Wrestling
	m.	DSE-IIII	MPS312	Science of Coaching & Teaching Games Boxing
	n.	DSE-IVA	MPS404	Dissertation
	o.	DSE-IVB	MPS405	Science of Coaching and Teaching Athletics
3	Skill Enhancement Course			
	a.	SEC-IA	MPS106	Specialization in Game:Football/Volleyball
	b.	SEC-IB	MPS107	Coaching Lesson in Track Events: Sprints (100,200,400)
	c.	SEC-IC	MPS108	Coaching Lesson in Game: Judo/Boxing
	d.	SEC-IIA	MPS206	Specialization in Games: Kabaddi/Kho-Kho/Cycling
	e.	SEC-IIB	MPS207	Coaching Lesson in Athletics Middle Distance Races, Jumping Events
	f.	SEC-IIC	MPS208	Coaching Lesson in Game: Hockey/Table Tennis
	g.	SEC-IID	MPS118	Coaching Lesson yoga
	h.	SEC-IIIA	MPS313	Coaching lesson in Games: Handball/Basketball
	i.	SEC-IIIB	MPS314	Coaching Lesson- Athletics Long Distance Races & Throwing Events
	j.	SEC-IIIC	MPS315	Coaching Lesson in Game: Netball/Baseball
	k.	SEC-IVB	MPS407	Specialization in Game: Cricket/Lawn Tennis
	l.	SEC-IVC	MPS408	Coaching lesson in Athletics Hurdles, Relay races
	m.	SEC-IVC	MPS409	Coaching Lesson in Swimming
4	Ability Enhancement Compulsory Course			
	a.	AECC-IV	MPS406	Class Room Theory Lesson (Practical)

Internship 10 contacting hours equal to 4 credits.

For CAS two assessment components are adopted to evaluate student's performance.

**13.1** Internal Assessment, which includes attendance, mid semester examination and other components (Assignment, Snap Test, Project, Presentation/ Class Participation, Practical Lab Continuous Assessment, Quiz, Multiple Choice Questions, Case Study, Field Survey/Field Report etc.) carrying a weightage of 40%.

**13.2** External Assessment i.e. End Semester Examination, carrying a weightage of 60%.

**13.3** Every student has to score at least 25% marks each in Continuous Assessment and End Semester examination. The minimum pass percentage is 40% in aggregate. In case a student scores more than 25% each in Continuous Assessment and End Semester Examination, but overall percentage in the concerned subject remains less than 40%, then student has to repeat End Semester Examination in that subject.

Academic Performance	Range of Marks	Grades	Grades Points	Remarks
Outstanding	≥90	A+	10	
Excellent	≥80 & <90	A	9	
Very Good	≥70 & <80	B+	8	
Good	≥60 & <70	B	7	
Fair	≥50 & <60	C+	6	
Average	≥40 & <50	C	5	
Minimally Acceptable	40	D	4	
Fail	<40	F	0	
Incomplete		I	-	
Withdrawal		W	-	
Grade Awaited		GA	-	
Minor Project		S/US		S-Satisfactory US- Unsatisfactory

**13. Grading System:** University follows eight letter grading system (A+, A, B+, B, C+, C, D, and F) that have grade points with values distributed on a 10 point scale for evaluating the performance of student. Only Absolute Grading System will be followed for evaluation.

NB: The CGPA can be converted to percentage by using the given formula:

$$\text{CGPA} \times 10 = \%$$

e.g.  $7.8 \times 10 = 78\%$

Note: Cumulative Grade Point Average (CGPA), it is a measure of overall cumulative performance of a student over all semesters. The CGPA is the ratio of total credit points secured by a student in various courses in all semesters and the sum of the total credits of all courses in all the semesters. It is expressed up to two decimal places.

**14.** Based on the grades earned, a grade certificate shall be issued to all the registered students after every semester. The grade certificate will display the course details (Course title, number of credits, grade secured) along with SGPA of that semester and CGPA earned till that semester.

**15. Re-appear:** Student with backlog of one semester will be carried forward to next semester. Re-appear examinations will be conducted twice in a year after ESE of every semester.

**16. Improvement of overall Score:** A candidate having CGPA < 5.5 and wishes to improve his/her overall score may do so within two academic years immediately after passing the degree program by reappearing into a maximum four course(s)/subject(s). The improvement would be considered if and only if the CGPA becomes > 5.5.

**17. Program qualifying criteria:** For qualifying for the Program every student is required to earn prescribed credits. If any student fails to earn prescribed credits for the program then he/she will get a chance to complete his/her Program in two more years than the actual duration of the degree.

**18. Revision of Regulations, Curriculum, and Syllabi:** The University may revise, amend, change or update the Regulations, Curriculum, Syllabus, and Scheme of examinations through the Board of Studies and the Academic Council as and when required.

**19. Acceptance of MOOC courses:**

The faculty of Physical Education and Sports accepts the MOOC course available on SWAYAM platform for credit transfer.

40% of the courses can be taken from the available list of MOOC on SWAYAM.

Instructions for MOOC courses

1. MOOC courses taken for credit transfer must be approved and recommended by Dean Academics and Dean of the Faculty before the start of the semester.
2. The copy of the list of courses taken by the students for any course has to be submitted to the Controller of the Examination.
3. MOOC course should be done from SWAYAM platform as per the guidelines of UGC.
4. To obtain the credit the student needs to complete the assessment of the course and provide the certificate of the course issued by the SWAYAM/NPTEL. After completing the certificate, the student must submit the certificate within a week to the department.
5. The fees (if any) for the registration and / or assessment of the MOOC course must be borne by the student only.
6. The student can opt for a particular online MOOC course if and only if the credit of that course is equivalently mapped with the program structure.
7. If the student obtains the same course credit which mapped with the course then credit shall be considered for this course and the grade/marks provided by the accessing authority shall be transfer to the student. The result of the MOOC shall be taken on record by the university examination cell and a result declared for these papers.
8. For any particular semester, all results for the MOOC course must be submitted along with the marks of other papers of the same semester by the course coordinator.
9. MOOC course coordinators shall be appointed for each of the course taken by the student.





## SYLLABUS OF CORE SUBJECTS PROGRAM: MPES

### MPES: MASTER OF PHYSICAL EDUCATION AND SPORTS

#### MPS 101: RESEARCH METHODS IN PHYSICAL EDUCATION

Credits 004

LTP 400

#### LTP400Pre-Requisites: NA

#### Course Objectives:

1. To understand the student's research methods in physical education.
2. To Know about Experimental Research.
3. To gain knowledge regarding the Research Report.

#### Course Outcomes:

1. Develop an understanding of various kinds of research, objectives of doing research, research process, research designs, and sampling.
2. Have basic knowledge of qualitative research techniques
3. Have adequate knowledge of measurement & scaling techniques as well as the quantitative data analysis.

#### Unit I

Meaning and Definition of Research, Need, Nature, and Scope of Research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, qualities of a good researcher.

#### Unit II

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

### Unit III

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

### Unit IV

Meaning and Definition of Sample and Population. Types of Sampling:- Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Type Sampling –: Multistage Sampling. Non-Probability Methods:- Convenience Sample, Judgment Sampling, Quota Sampling. Research Report

#### Suggested Readings:

S. No.	Authors	Title	Publisher
1	Best J.W	Research in Education	Prentice Hall, New Jersey;
2	Clark David.H & Clark H,Harrison	Research Processesin Physical Education	Prentice Hall, New Jersey;
3	Craig William and Chris Wragg	Data Analysis and Research for Sports Exercise Science,	London Rutledge Press, London
5	Kamlesh M.L.	ResearchMethods in Physical Education	Surjeet Publication, New Delhi
6	Moses, A.K	Thesis Writing Format	Poompugar Pathippagam, Chennai;

## MPES 102 EDUCATIONAL TECHNOLOGY AND TEACHING METHODS IN PHYSICAL EDUCATION

Credits : 004

LTP400

**Pre-Requisites: NA**

**Course Objectives:**

1. Understand the knowledge about Educational Technology
2. Understand the knowledge about teaching methods
3. To gain knowledge of how to teach
4. Understand the meaning and importance of methods of teaching

**Course Outcomes**

1. Students will apply design thinking to address issues of social justice within the field of educational technology.
2. Students will create their professional identity, connect with other educational technology leaders, and reflect on their learning and practice as an educator in the digital age.
3. Students will create products (radio-style audio story and a multimedia screencast) that demonstrate their skills at multimedia production.

### Unit I

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

### Unit II

**Lesson plan:** meaning, the importance of lesson plan, Principles of the lesson plan, Types of lesson plan Structure of lesson plan, various parts of a lesson plan, Feedback: student feedback on lesson content and lesson effectiveness, Teacher's self-evaluation. Techniques of presentation and class management skills

### Unit III

Initiating technology, Use of Audio/Video Technology, Image analysis, Technological devices used in Physical activity and sports (underwater camera, various, measuring tools, wind gauges, foul indicators, electronic gadgets, Adobe Photoshop, Microsoft animation, laser

beam technology, LCD display)

#### Unit IV

Educational technology: Methods in teaching, Scope of education technology in Physical Education and Sports. Its characteristics. Computer analysis instructional software, using technology to improve instructional process Use of Word Wide Web, PowerPoint presentation, assessing student learning

#### Suggested Readings:

S. No.	Authors	Title	Publisher
1	Dhakraborty S.	Sports Management	Delhi Sports Publication, New Delhi
2	Knap Clyde & E	Teaching Methods for Physical Education	MC Graw Hill book Co. Inc.
3	Wakharkar D C	Manual of Physical Education	Pearl Publication Bombay
4	Kamlesh M.L. & Sangha	Methods in Physical Education	Parkash Brothers Jullundur
5	Kamlesh M.L.	Management Concept in Physical Education	New Delhi Metropolitan Book Co. Pvt Ltd

#### MPS 103: ADVANCED OFFICIATING AND COACHING

Credits : 04

LTP 400

#### Pre-Requisites: NA

#### Course Objectives:

1. Understand the concept, Principles & Management of Officiating and Coaching.
2. Understand the duties of the Coach.
3. To enable understanding of the duties of the Official.
4. Explain the Qualities and Qualifications of a Coach.

#### Course Outcomes :

1. Advanced Self-Management.
2. Advanced Managing the Competition Environment.
3. Advanced People Management.

#### Unit I

Concept of officiating and coaching

Importance and principles of officiating

Relation of official and coach with management, players, and spectators

Measures for improving the standards of officiating and coaching

#### Unit II

Duties of a coach in general, pre, during, and post-game.

Philosophy of coaching

Responsibilities of a coach on and off the field

Psychology of competition and coaching

#### Unit III

Duties of officials in general, pre, during, and post-game.

Philosophy of officiating

Mechanics of officiating – position, singles, and movement etc.

Ethics of officiating

#### Unit IV

Qualities and qualifications of coach and official

General rules of games and sports

Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA,

**Suggested Readings:**

S. No.	Authors	Title	Publisher
1	Bunn, J.W	The Art of Officiating Sports	Englewood Cliffs N.J. prentice Hall
2	John Bunn	Scientific principles of Officiating	Englewood Cliffs N.J. prentice Hall
3	Aggarwal, K.C	Environmental Biology	Nidhi publication, Bikaner

**Pre-Requisites: NA****Course Objectives:**

1. Understand the Concept, Principles & Dimensions of Health Education.
2. Understand the Health problems in India.
3. To enable understanding the health organizations.
4. Explain the Natural Resources & related environmental issues.

**Course Outcomes:**

1. Identify, assess, and implement personal wellness behaviours and individual health promotion strategies.
2. Identify the factors influencing the multi-dimensional aspects of the health of all populations.
3. Explore transfer and career opportunities in health-related professions.

**Unit I**

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

**Unit II**

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

**Unit III**

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

**Unit IV**

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

### Suggested Readings:

S. No.	Authors	Title	Publisher
1	Agarwal, K.C	Environmental Biology	Nidhi publishers Ltd, Bikaner
2	Frank, H. &Walter, H.	Turners school health Education	Turners school health Education
3	Nemir, A.	The school health Education	Pearl Publication Bombay
4	Odum, E.P.	Fundamental of ecology	U.S.A.: W.B. Saunders Co
5	Sharma, R. D	Health and physical Education	Gupta Prakashan

### MPS105: YOGIC SCIENCE

Credits 004

LTP 400

#### Pre-Requisites: NA

#### Course Objectives:

1. Understand the various theories of physical education.
2. Explain Yoga and its types.
3. Understand the various asanas.
4. Gain knowledge about pranayama and sudhi kiryas

#### Course Outcomes:

Correlate the relative contribution of each organ system to homeostasis;  
Describe the physiological aspects of normal growth and development;  
Demonstrate the practical's efficiently.

#### Unit I

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

#### Unit II

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

#### Unit III

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

#### Unit IV

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise, Power, Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self-Actualization. Effect of Yoga on Physiological System.

## MPS106: COACHING LESSON IN GAME: FOOTBALL/ VOLLEYBALL

Credits 002

## Suggested Readings:

S. No.	Authors	Title	Publisher
1	Brown, F. Y.	How to use yoga	Sports Publication, New York:
2	Gharote, M. L. & Ganguly, H.	Teaching methods for yogic Practices.	Kaixydahmoe, Lonawala
3	Rajjan, S. M.	Yoga strengthening of relaxation for sportsman	Allied Publishers, New Delhi
4	Shankar,G	Holistic approach of yoga	
5	Shekar,K. C	Yoga for health	KhelSahitya Kendra, New Delhi

**Football**

- Running with Ball
- Heading
- Receiving
- Pass
- Throw In
- Kicking
- Goal keeping
- Principles of play
- Systems of play
- Formations

**Volleyball**

- Players Stance-Receiving the ball and passing to the teammates
- The Volley (Overhead pass)
- The Dig (Under hand pass)
- Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service
- Rules and their interpretations and duties of officials

## MPS107: COACHING LESSON IN TRACK EVENTS: SPRINTS

Credits : 003

- Types of start
- Crouch start
- Bunch start
- Medium start
- Elongated Start
- Types of finish

## MPS108: COACHING LESSON IN GAME: JUDO/BOXING

Credits : 002

### Judo

1. Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)
2. Kumi kata (Methods of holding judocostume)
3. Shisei (Posture in Judo)
4. Kuzushi (Act of disturbing the opponent posture)
5. Tsukuri and Kake (Preparatory action for attack)
6. Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawari Ukemi (Front Rolling break fall)
7. Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-Ashi (Following footsteps), Ayumi-Ashi (Waling steps).
8. Tai Sabaki (Management of the body)
9. Nage Waze (Throwing techniques)-HizaGuruma (Knee wheel), Sesame Twuriko Ashi (Drawing ankle throw), Delshiharai (Advance foot sweep), O Goshi (Major login), Seoi Nage (Shoulder throw).
10. Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami Shiho Gautama (Locking of upper four quarters), Method of escaping from each hold.

### Boxing:

1. Player stance
2. Stance – Right-hand stance, left hand stance.
3. Footwork – Attack, defense.
4. Punches – Jab, cross, hook, upper cut, combinations.
5. Defense slip – bob and weave, parry/block, cover up, clinch, counterattack
6. Tactics – Toe to toe, counter attack, fighting in close, feinting
7. Rules and their interpretations and duties of officials.

## MPS201: ANATOMY AND PHYSIOLOGY IN PHYSICAL EDUCATION

Credits : 004

LTP 400

### Pre-Requisites: NA

**Course Objectives:** After the completion of the course, the students will be able to:

1. Understand Anatomy & Physiology.
2. Understand the various systems of the body.
3. To enable understanding of the importance of Physiology in Physical Education.
4. Explain the effect of exercise and training on various systems of our body.

### Course Outcomes:

1. Describe the developmental basis of variations and abnormalities with respect to the sequential development of organs and systems, teratogens, genetic mutations, and environmental hazards
2. Identify body structures including the paraphyte of the living body;
3. Correlate the relative contribution of each organ system to homeostasis;
4. Describe the physiological aspects of normal growth and development

### Unit I

Concept of Anatomy and Physiology: - meaning and definition of anatomy And Physiology and Cell Structure. The Role of Anatomy and Physiology in Physical Education & Sports. Blood: Composition, Functions, and Types. Effects of exercise on the circulatory system.

### Unit II

Meaning, Definition, and Mechanism of Endocrine system, Digestive system:- meaning, definition, and Mechanism of Grass and Microscopic Structure of Skeletal Muscles - Mechanism of Muscular Contraction and Relaxation- Nature of Neuromuscular Activity- Muscle tone, Innervations- Muscle Work and Fatigue- Effect of Exercise on Skelton Muscles.

### Unit III

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

### Unit IV

Respiratory System and Blood Pressure Structure of Respiratory Organs- Mechanism of Respiration- Tissue and Pulmonary Respiration-Respiratory Capacities- Effect of Exercise on Respiratory System- Blood Pressure-Systolic and Diastolic Pressure- Measurement of Blood Pressure- Effect of Exercise on Blood Pressure.

### Suggested Readings:

S. No.	Authors	Title	Publisher
1	Pearee Evelyn, C	Anatomy and Physiology for Nurses London	Faber and Falber Ltd.
2	Pavat, J	Anatomy for Students and Teachers of Physical Education	London Edward Arnold and Co,London
3	Best and Taylor	The living Body	Asian Club House, New Delhi,
4	Smount, C.F.V and Medonald, R.J.S	Smount, C.F.V and Medonald, R.J.S	Edward Arnold Pvt. Ltd.,



## MPS202: APPLIED STATISTICS

Credits : 004

LTP 400

### Pre-Requisites: NA

**Course Objectives:** After the completion of the course, the students will be able to:

1. Understand the knowledge of Statistics
2. To Measure Central Tendency and Measures of Variability
3. To learn about Norma Curves, Non-Parametric Statistic
4. To know about the relationship and comparative statistics

### Course Outcomes:

1. Students will be able to read, interpret, and critically analyze journal articles directed at undergraduate students.
2. Students will demonstrate mastery of data analysis and statistical concepts by communicating critically reasoned analysis through written and oral presentations.
3. Students will acquire up-to-date skills and/or applications of computer and statistical programming related to future career choices.

### Unit I

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

### Unit II

Meaning uses, and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency, Mean median and mode. Meaning, Purpose, Calculation and advances of Range, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hulscale article, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning,

### Unit III

Normal Curve, Meaning of probability- Principles of the normal curve, Properties the of normal curve. Divergence form normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, bar diagram, Histogram, Frequency Polygon.

### Unit IV

Tests of significance; Independent “t” test, Dependent “t” test – chi-square test, level of confidence and interpretation of data. Meaning of correlation, co-efficient of correlation, calculation of co-efficient correlation by the product moment method and rank difference method. Concept of ANOVA

### Suggested Readings:

S. No.	Authors	Title	Publisher
1	Best J. W	Research in Education	New Jersey; Prentice Hall, Inc
2	Clark D.H	Research Problem in Physical Education 2nd edition	Eaglewood Cliffs, Prentice Hall, Inc.
3	Jerry R Thomas & Jack K Nelson	Research Methods in Physical Activities	Illinois; Human Kinetics;
4	Kamlesh, M. L	Research Methodology in Physical Education and Sports	New Delhi Publications, New Delhi
5	Rothstain A	Research Design and Statistics for Physical Education	Englewood Cliffs: Prentice Hall, Inc
6	Sivaramakrishnan. S	Statistics for Physical Education	Friends Publication, Delhi;
7	Thirumalaisamy	Statistics in Physical Education	Senthilkumar Publications, Karaikudi,

## MPS203: MANAGEMENT OF SPORTS

Credits : 004

LTP 400

### Pre-Requisites: NA

**Course Objectives:** After the completion of the course, the students will be able to:

1. To understand the management and role of the manager
2. To learn about program planning, public relations and financial management
3. To know about class management and teaching aids
4. To understand the management official and equipment's

### Course Outcomes:

1. Students will be able to effectively apply knowledge and skills learned throughout the curriculum in real-world settings.
2. Students will be able to apply critical thinking and reasoning skills as sports management professionals.
3. Students will be able to capably communicate, orally and in writing, as sports management professional within various sport settings.

### Unit I

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

### Unit II

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

### Unit III

Concept of Supervision: Meaning, Need and Guiding Principles - Qualities of a Good Supervisor Techniques of Supervision - Aims and Objectives of Supervision - Types of Facilities and their Maintenance

### Unit IV

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

### Suggested Readings:

S. No.	Authors	Title	Publisher
1	Earle F. Zeigler and GragW. Bowie	Management Competency Development in Sports and Physical Education	Lea and Febieger, 600 Washington Squire, Philadelphia PA19106, USA
2	Olson, John. R.	Facility and Equipment Management for sports directors.	Human Kinetics: Champaign IL
3	U.K Singh, J. M. Dewan	Sports Management	S.B. Nangia for APH Publishing Corporation, 5, Ansari Road, Daryaganj, New Delhi-110002.
4	Bonnie L, Park House:	The Management of Sports	Mosby Year Book, Inc. 11830 Westline Industrial Drive, Saint Luis, MO 63146. Publisher:” Edward F. Murphy
5	Charles A. Bucher,	Management of Physical education and Athletic Programs	Louis C.B.Mosby. Co.

## MPS204: ADVANCED SPORTS TRAINING

Credits : 004

LTP : 400

### Pre-Requisites: NA

### Course Objectives:

1. Understand the basic knowledge about Sports Training.
2. Explain the Principles of Sports Training.
3. Understand the components of fitness.
4. Gain knowledge about Training Processes.

### Course Outcomes:

1. Design and implement a team sport practice session for healthy populations.
2. Observe and evaluate coaching styles, including coaching objectives and philosophy.
3. Apply current research and industry standards to programs that develop skill-related health and fitness in athletes.

### Unit I

Importance and definition of sports training, Aim and objectives of sports training, Characteristics of sports training, Principles of sports Training  
Training Load, Adaptation, and Recovery  
Concept of load and Adaptation  
Relationship of load and recovery, physiotherapeutic and psychological means of Recovery,  
Variables of Training: Volume, Intensity, Density, Complexity  
Training zones: Target heart rate for different ages and various levels of activity.  
Training Methods  
Interval, Continuous, Circuit training, Fartlek, Weight, Plyometric and Cross training methods

### Unit II

Strength and Power Development  
Types of strength, Factors affecting strength performance  
Methods of strength training: training maximum strength; explosive strength and Strength  
Endurance  
Endurance Training  
Definition, Types and significance of endurance, Factors affecting endurance, Training

Parameters for Aerobic and Anaerobic Endurance, Methods to develop endurance  
Speed Training  
Definition, Forms of speed, Factors determining speed, Load parameters to develop speed  
Methods to develop speed abilities  
Flexibility Training  
Definition, Types of flexibility and Factors affecting flexibility;  
Methods used to develop flexibility  
Coordination Training  
Definition, Classification of coordinative abilities  
Factors affecting coordination and Methods to develop coordination

### Unit III

Definition and meaning of technique, skill and style  
Technique training & its implication in various phases; methods employed for Technique training, causes of technical fault and their correction, Definition and meaning of tactics, aim of tactics according to sport  
Training for tactics, Principles of tactical preparation

### Unit IV

Periodization, psychological super-compensation, Periodization of strength, speed and endurance training.  
Annual plan Training Phases and characteristics, Criteria for compiling an annual plan  
Peaking for Competitions, Factors facilitating peaking, tapering and types of tapers.

### Suggested Readings:

S. No.	Authors	Title	Publisher
1	Hardayal Singh	Science of sports Training	D.V.S. Publications, New Delhi
2	Dick, Frank	Science of Sports Training	Henry Kimpton Publisher Ltd, London
3	Fox, Edward, Richard, Boners and meriefoss.	The Physiological basis for exercise and sport,	WCB, Brown and benchmark Publisher, USA
4	Uppal, A.K	Principles of sports Training	friends, Publication: Delhi,
5	Bompa, Tudor	Periodisation of strength	Veritas Publication, Canada

## MPS205: SPORTS JOURNALISM

Credits : 004

LTP : 400

### Pre-Requisites: NA

### Course Objectives:

1. To understand the journalism
2. Importance of journalism in physical education.
3. Roll of Mass Media in physical education. .

### Course Outcomes:

1. Know how to seek accreditation to sporting events and to report on such events.
2. Demonstrate analytic skills in relation to reporting sporting events.
3. Produce a number of assignments that demonstrate their own style and perception of events.

### Unit I

Meaning and Definition of Journalism, Ethics of Journalism-Canons of Journalism-Sports Ethic and Sportsmanship-Reporting Sports Events. National and International sports News Agencies.

### Unit II

Concept of Sports Bulleting; Journalism and Sports education-Structure of Sports Bulleting Compiling a bulletin-Types of bulletin-Roles of Journalism in the Field of Physical Education Sports as an integral part of Physical Education-Sports Organization and Sports Journalism-General news reporting and sports reporting

### Unit III

Mass Media in Journalism: Radio and T.V. commentary-Running commentary on the radio Sports expert's comments. Role of Advt. in journalism. Sports Photography: Equipment-Editing Publishing.

### Unit IV

Theory and principles of advertising in sports  
Public relations in sports, press release, conferences Research tools for developing a sports story  
Process of news paper publishing and management

### Suggested Readings:

S. No.	Authors	Title	Publisher
1	Ahiya B.N.	Theory and Practice of Journalism : Set to Indian context	Surjeet Publications, New Delhi
2	Ahiya B.N. Chobra SSA	Concise Course in Reporting	Surjeet Publications, New Delhi
3	Bhatt S.C.	Broadcast Journalism Basic Principles,	Haranand Publication Dhananjay, New Delhi
4	Joshi	Value Education in Global Perspective New	Delhi Lotus Press, New Delhi

## MPS206: COACHING LESSON IN GAMES:

### KABADDI/KHO-KHO

Credits : 003

#### Course Outcomes

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

#### Kabaddi

- Skills in Raiding, touching with hand, various kicks, crossing of baulk line, crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variations, catching from particular position, Different catches, luring the raider to take particular position so as to facilitate catching, Catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, escaping from various hold, Techniques of escaping from chain formation, Combined formations in offence and defense.

#### Kho-Kho

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment in giving Kho, Rectification of Foul.
- Skills in Running-Zigzag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Groun Marking
- Rules and their interpretations and duties of officials.

## MPS207: COACHING LESSON IN GAMES:

### MIDDLE DISTANCE RACES, JUMPING EVENTS

Credits : 002

#### Course Outcomes

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

#### Middle Distance Race

- Start
- Types of Middle-Distance Races
- Finish

#### Jumping Events

##### Long Jump

- Approach Run
- Takeoff
- Types of Jump
- Landing

##### Triple Jump

- Approach Jump
- Takeoff
- Hop
- Step
- Style of Jump
- Landing

### High Jump

- Approach Run
- Takeoff
- Style of Jump
- Clearance of the bar
- Landing

### MPS208: Coaching lesson in Games –Hockey/Table Tennis

Credits: 002

#### Course Outcomes

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

#### Hockey

- Dribbling
- Passing
- Push
- Hitting
- Flick
- Stooping
- Scoop
- Goalkeeping
- Dodging
- Tackling
- Systems of play

#### Table Tennis:

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Ready position and footwork.

**MPS118: Coaching Lesson in Yoga**

**Credits: 002**

**Course Outcomes**

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

**Yoga:**

1. Surya Namaskara,
2. Pranayams
3. Corrective Asanas
4. Kriyas
5. Asanas
  - Sitting
  - Standing
  - Laying Prone Position, Laying Spine Position

**MPS301: Sports Psychology**

**Credits: 004**

**LTP 400**

**Pre-Requisites: NA**

**Course Objectives:**

1. Understand the basic knowledge about Sports Psychology.
2. Explain the Nature of Learning.
3. Understand the Social Science.
4. Gain knowledge about socialization

**Course Outcomes**

1. Evaluate research in sport psychology and psychological factors related to performance and participation in sports and exercise settings.
2. Evaluate the needs of clients and plan interventions based on this evaluation.
3. Choose and apply sport psychology theories and research that best fit different performance and exercise psychology cases.
4. Evaluate the effectiveness of their work with clients in sport, exercise, and performance psychology

**Unit I**

Introduction of Sports Psychology, Meaning of Sports Psychology, Scope of Sports Psychology, Development of Sports Psychology, Relationship of Sports Psychology with other Sports Sciences, Importance of Sports Psychology for Physical Education and Coaches.

**Unit II**

Cognitive Processes in Physical Activities, Meaning of Cognition, Characteristics of cognitive processes in Sports, Attitude towards activity and sport, Team (group) cohesion, Spectators, Psychological Preparation and Performance, Types of spectators- crowd, fans, Facilitation and debilitating effects of spectators on performance, Psychological preparation for competition

**Unit III**

Attention, Concentration, Confidence, Imagery and their influence on sports performance, Concept and definition of personality, Modern perspective, trait, humanistic, social cognitive and biological theories, Dynamics of personality in activity and sport, Anxiety: Concept, definition and types of anxiety, Effects of anxiety on, Physical performance.

#### Unit IV

Concept, definition and types of motivation, Theories of motivation (drive, need and instinct theories) Motor Development and Learning: Understanding motor development and motor learning, Motor development and learning in infants and children. Factors affecting motor development and motor learning, Flow in sports.

#### Suggested Readings:

S. No.	Authors	Title	Publisher
1	Cratty Bryant, J	Psychological Proportion and Athletics Excellence	Movement publications Inc, New York
2	Alderman, R.B	Psychological Behavior in Sports	Sounders Company, London
3	Craty Bryant,	Psychology and Physical activity	Englewood Cleffs, prentice Hall, New Jersey
4	CrattyBrayant, J	Movement Behavior and Motor Learning	Philadelphia: Lea and Febiger

#### MPS302 Advanced Exercise Physiology

Credits: 004

LTP 400

#### Pre-Requisites: NA

#### Course Objectives:

1. Understand the term of Physiology.
2. Understand the various systems of the body.
3. To enable to understand the importance of Physiology in Physical Education.
4. Explain the effect of exercise and training on various systems of our body.

#### Course Outcomes

1. Demonstrate knowledge of pathophysiology and risk factors associated with exercise and disease.
2. Demonstrate the ability to administer and interpret health appraisals, fitness, and clinical exercise testing.
3. Describe and understand issues involved with patient management and medications.
4. Design and monitor exercise prescriptions and fitness programming.

#### Unit I

Macro & Micro Structure of the Skeletal Muscle Chemical Composition. Types of muscle fiber. Muscle tone, Effects of exercise on muscular system. Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the Heart – Cardiac Cycle – Stroke Volume – Cardiac Output – Heart Rate – Factors Affecting Heart Rate – Effect of exercises and training on the Cardio vascular system.

#### Unit II

Mechanics of Breathing, Respiratory muscles, Minute Ventilation – Ventilation at Rest and During Exercise. Diffusion of gases – Exchange of Gases in the Lungs – Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic, Threshold. Oxygen debt, Lung's volumes and capacities – Effect of exercises and, training on the respiratory system.

#### Unit III

Metabolism, ATP – PC or Phosphate system, Anaerobic metabolism, Aerobic, Metabolism, Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration, High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long, Duration Exercises.



#### Unit IV

Variation in Temperature and Humidity, Thermoregulation – Sports performance in hot, climate, cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, and rostenedione, Beta Blocker, Chorine, Creatine, Human growth hormone on sports, performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

#### Text and Reference Books

S. No.	Authors	Title	Publisher
1	Amrit Kumar, R, Moses	Introduction to Exercise Physiology	Poompugar Pathipagam, Madras
2	BeotraAlka	Drug Education Handbook on Drug Abuse in Sports:	Sports Authority of India, Delhi
3	Clarke, D.H.	Exercise Physiology. New Jersey	Prentice Hall Inc., Englewood Cliffs.
4	David, L Costill.	Physiology of Sports and Exercise	Human Kinetics.
5	Fox, E.L.	The Physiological Basis of Physical Education and Athletics.	Philadelphia: Sanders College Publishing.
6	Guyton, A.C.	Textbook of Medical Physiology	Philadelphia: W.B. Sanders co
7	Vincent, T. Murche.	Elementary Physiology	Hyderabad: Sports Publication

#### MPS303 Advanced Kinesiology & Biomechanics

Credits: 004

LTP 400

**Pre-Requisites: NA**

**Course Objectives:**

1. Understand the basic knowledge about Kinesiology and Biomechanics.
2. Explain the importance of Kinesiology and Biomechanics.
3. Understand the Fundamental Concept of Anatomy and Physiology.
4. Gain knowledge about Mechanical concepts

**Course Outcomes**

1. Utilize fundamental knowledge of exercise physiology, biomechanics & motor learning to address health, fitness, and sport.
2. Design and implement exercise regimens using appropriate methods, techniques, and exercises.
3. Effectively communicate, both orally and in writing, to diverse audiences about the different sub-disciplines of kinesiology.

#### Unit I

Meaning, nature, role and scope of applied kinesiology in Sports. Meaning of Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

#### Unit II

Origin, Insertion and action of muscles: Pectorals major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus, femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

#### Unit III

Meaning and definition of Motion Types of Motion: Linear motion, angular, motion, circular motion, uniform motion. Principles related to the law of, Inertia, Law of acceleration, and law of counter force. Meaning and definition, Of force- Sources of force -Force components .Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

#### Unit IV

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

#### Text and Reference Books

S. No.	Authors	Title	Publisher
1	Williams M	Biomechanics of Human Motion	Philadelphia; Saunders Co. London
2	Uppal, A (2004),	Kinesiology in Physical Education and Exercise Science	Delhi Friends Publications, Delhi
3	Uppal A.K. Lawrence Mamta	Kinesiology	Friends Publication India
4	Thomas.	Manual of structural Kinesiology	Me Graw Hill, New York
5	Hoffman S.J.	Introduction to Kinesiology	(Human Kinesiology Publication

#### MPS 305 Science of Coaching & Teaching Games (Theory) Handball

Credits: 004

#### Course Objectives:

1. To know about Handball Game
2. To know about history of handball
3. To learn the Handball techniques
4. To learn the officiating of handball

#### Course Outcomes

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

#### Unit I

Brief History and Development of Handball in India, Asia and Olympic, Requirements of Handball: Playing Court, Playing Time, Time Out, the Ball, The Team Substitution and Equipment's. Rules and their Interpretation and their application in the Handball. Officials and their Duties: Referees, the Time Keeper and the Score Keeper.

#### Unit II

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

#### Unit III

The Counter Attack: Simple, Extended and Complete Fast Break, Organization of Attack: (a) Individual: Winger, Pivot, Back Court and Centre Back Player, (b) Group: -Waving, Changing Position/Crossing and Blocking/Freeing Oneself. (c) Attack Against Different Defense Systems- Against Man to Man.

Delaying the Attack and Moving Back Quickly, Man to man Defense Full and Half Court Processing

#### Unit IV

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

#### Text and Reference Books

S. No.	Authors	Title	Publisher
1	Zoltan MARCZINKA	Rules of the Game	International Handball Federation Post Box 312Ch 4020Basel, Switzerland
2	Zoltan MARCZINKA	Playing Handball	Tirio Budapest-Publishing Company
3	Kevin Dicks	Handball-The Story of Wales' First National Sports	Wales Publishers
4	DinkoVuleta	Science In Handball	University of Zegreb Faculty of Kinesiology

#### MPS304: Science of Coaching & Teaching Games (Theory) Hockey

Credits: 003

#### Course Objectives:

1. To know about Handball Game
2. To know about history of handball
3. To learn the Handball techniques
4. To learn the officiating of handball

#### Course Outcomes

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

#### Unit I

History and Development of Hockey in Asia and Olympics, Teaching Training and Coaching of Hockey, Selection of Hockey Team, Organizing Hockey Tournament.

#### Unit II

Layout of Hockey Ground and its Dimension, Rules and Regulations of Hockey, Duties and Powers of Officials, Size and weight of Equipment, Protective Equipments.

#### Unit III

Importance of Warming Up and Cool Down, Preparation of Team, Before During and After the Game, Technical and Tactical Preparation of Different Position, Team Tactics, Formation of Attack and Defence System of Play

#### PERIODISATION OF TRAINING

Annual Training Plan Training during Competition Period, Training during Preparatory Period Training during Transitional, Weekly Training Plan.

#### Unit IV

A -Individual Skills: Teaching and Analysis (i) Hitting (ii) Dribbling, (iii) Stopping (iv) Reverse flick (v) Pushing (vi) Dodging (vii) Scoping (viii) Hitting on the Wrong Foot

B -Passes:

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

**MPS306: Science of Coaching & Teaching Games (Theory) Basketball**

**Credits: 004**

**Text and Reference Books**

S. No.	Authors	Title	Publisher
1	Horst Wein	Transferred by: The Science of Hockey	DevidBelchamber. M.A.
2	LokeshThani	Skill in Tactics Hockey	DevidBelchamber. M.A
3	Matin Khan:	To Hell with Hockey (1982) the life story of Olympian AslamSher Khan	Allied Publisher, New Delhi
4	Jan Taylor with David Viar	Taylor on Hockey	Allied Publisher, New Delhi

**Course Objectives:**

1. To know about Basketball Game.
2. To know about the history of Basketball.
3. To learn the techniques of Basketball.
4. To learn the officiating basketball.

**Course Outcomes**

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

**Unit I**

History and development of Basketball Game, Fundamental of Basket Ball Game (Teaching and their Importance) Dribbling, Passing and receiving, Shooting and Rebounding.

**Unit II**

Dimensions of the Basketball Court, Dimension of the Blackboard. Specification of the Basketball Ring, Upright and Ball. Equipment's of the Basketball Game.

**Unit III**

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

**Unit IV**

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

**Text and Reference Books**

S. No.	Authors	Title	Publisher
1	Geyer Dick	Full Court Control Basketball	Parker Publishing Company, Inc. New York
2	Allen A.P	Handbook of Baseball Drills	Prentice-Hall, Inc. New York
3	McGuire Frank	Defensive basketball" Prentice-Hall	Inc, New York (1959)
4	Thomas.	The laws of the game	Published by FIBA Strasse Switzerland
5	Kanika K.	"Basketball Coaching Manual	Sports Publication
6	Heeley, W.A.	"Basketball's Ten Greatest Defenses",	Parker Publishing Co., Inc, New York

**Course Objectives:**

1. To know about Volleyball Game.
2. To know about history of Volleyball.
3. To learn the Volleyball techniques.
4. To learn the officiating of Volleyball.

**Course Outcomes**

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

**Unit I**

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

**Unit II**

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

**Unit III**

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

**Unit IV**

Number of referees, Duties of empire, Duties of Lineman, Technical Officials

**Text and Reference Books**

S. No.	Authors	Title	Publisher
1	James Dave "Volleyball for Schools"	Volleyball for Schools	S.Chand & Company Ltd New Delhi
2	Sandefur Randy	Volleyball Goodyear	Publishing Company, Inc California
3	Singh KanwalJeet & Sandh S. Gurbaksh	Scientific Foundations of Volleyball	G.N.D.U Amritsar.
4	Trotter B.J.	Volleyball for Girls & Women	The Ronald Press Company, N.Y
5	Jain. R.	Play and Learn Volleyball	Chawla Offset Printer, Delhi
6	Kumar A	Volleyball" Discovery	Publishing House, New Delhi

**MPS308: Science of Coaching & Teaching Games (Theory) Badminton**

**Credits: 004**

**Course Objectives:**

1. To know about Badminton Game.
2. To know about history of Badminton.
3. To learn the Badminton techniques.
4. To learn the officiating of Badminton.

**Course Outcomes**

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

**Unit I**

Brief history and development of Badminton in India, Asia and Olympic. Teaching, Training and Coaching of Badminton, Selection of a Badminton Player, Organizing Badminton Tournament, Types of Tournaments

**Unit II**

Layout of Badminton Court and its Dimensions, Rules and laws of Badminton. Duties and Power of Official, Size and Weight of Equipment's

**Unit III**

Technical and Tactical Preparation of Different Strokes. Preparation of a player before, during and after the Game. Tactical Formation of Attack and defense, Importance of Warming Up and Cool Down.

**Unit IV**

Service (2) Drive (3) Over Lead (4) Drop (5) Smash (6) Net Shots (7) Under Arm (8) Back Hand Training During Preparation Period, Training, During Completion Period, Training During Transitional Period, Organizing Training Sessions.

**Text and Reference Books**

S. No.	Authors	Title	Publisher
1	Deepak Jain.	Teaching and Coaching Badminton.	National Publisher
2	LokeshThani	Skill in Tactics Hockey	Gupta Parkashan
3	R. Stanton Hales:	R. Stanton Hales: Badminton (Sixth Edition)	Sports Publication
4	Judy Hash Nandan C.M. Jones	, Beginning Badminton Science of Teaching and Coaching	U.S.A. : WCB, Brown and benchmark Publisher,

## MPS309: Science of Coaching & Teaching Games (Theory) Kabaddi

Credits :004

LTP 400

### Course Objectives:

- 1.To know about Kabaddi Game.
- 2.To know about history of Kabaddi.
- 3.To learn the Kabaddi techniques.
- 4.To learn the officiating of Kabaddi

### Course Outcomes

- 1.Gain knowledge of the Game/Sport.
- 2.Learn the layout and marking for the Game/Sport.
- 3.Demonstrate various drills & lead up activities related to Game/Sport.

### Unit I

Define Kabaddi, Types of Kabaddi, Style and Formation of Kabaddi-Origin of Kabaddi. History of Kabaddi in India and Abroad, Origin of Kabaddi in Modern Time and Ancient Time, Scope of Kabaddi in India, Asian Games, World Championship, Common Wealth and Olympic Games, Kabaddi Tournament in India, Selection of Kabaddi Team. Methods for selection of Kabaddi team.

### Unit II

Dimension of Kabaddi Ground/Court and its Measurement in Different Style/Types/Kinds. Methods and Techniques to Formation of the Kabaddi Ground/Court, Official and Formation of Kabaddi to Conduct the good Competition/Tournaments of Championship and Duties & Uses of all the Official. Responsibility & Duties of the Team Manager, Coach and Captain of the Kabaddi, Team During, After and Before the Competition

### Unit III

Rule and Regulation of Kabaddi, Duration, Time and Period of the Kabaddi Matches in Men, Women, Junior & Sub Junior Level, Famous Kabaddi Players, Teams, Arjuna Awardees, Trophies etc, Uniform, Diet Special Training & Coaching for Outstanding Kabaddi Players/Team, Daily Training Schedule/Time Table of Kabaddi Team

### Unit IV

Training & Coaching, Describe Specific Training. And General Training & Coaching for Kabaddi Players, Technique of Training, Tactic & Skill of Training of Kabaddi, Defensive & Offensive Kabaddi Technique Describe in Details About the Specific Training for Kabaddi Team.

### Text and Reference Books

S. No.	Authors	Title	Publisher
1	John W. Dann	Scientific Principle of Coaching	WCB, Brown and benchmark Publisher, U.S.A.
2	VN.Rao	Art of Kabaddi.	Sports Publication

### MPS310: Science of Coaching & Teaching Games (Theory) Football

Credits : 004

#### Course Outcomes

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

#### Unit I

Brief history and Development of Football in India, Asia and Olympic, Teaching, Training and Coaching of Football, Selection of Football Team, Organizing Football Tournament.

#### Unit II

Layout of Football Ground and its Dimensions, Rules and Regulations of Football Game Duties and Power of Officials, Size and Weight of the Equipment's

#### Unit III

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

#### Unit IV

Kicking, Stopping, Heading, Trapping, Dribbling, Tackling, Throwing, Forward Pass, Side Pass, Chip, Head Pass, Short Pass Annual Training Plan, Training During Preparatory Period, Training During Competition Period Training During Transitional Weekly Training Plan.

#### Text and Reference Books

S. No.	Authors	Title	Publisher
1	Geyer Dick	Coaching Soccer Successfully	Human Kinetics Windsor
2	Cavendish Marshall	The Sportsman's World of Soccer	Marshal Cavendish London
3	Worthington Eric	Teaching Soccer Skill	Lepus Books
4	Hill-Wood Denis	Bobby Charlton's Book of European Football	Souvenir Press Ltd, London
5	Taylor Hugh	The Scottish Football Book No19	Stanley Paul, London
6	Lawson P.	"Soccer" National Westminster Bank Sport Coaching Series	Training and Education Associates Ltd, London
7	Taylor Hugh	Reilly T. & Williams Mark	Routledge, London

### MPS311: Science of Coaching & Teaching Games (Theory) Wrestling

Credits: 004

LTP 400

#### Course Objectives:

1. To know about Wrestling Game.
2. To know about history of wrestling.
3. To learn the Wrestling techniques.
4. To learn the officiating of wrestling

#### Course Outcomes

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

#### Unit I

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

#### Unit II

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

#### Unit III

Rules & regulations and their interpretation, Duration of Wrestling bout for Junior, Sub-junior and Seniors (Free Style & Greco Roman) Famous Wrestlers of India, List of Arjun Awardee, Padma Shree, Rajiv Gandhi Khel Ratan & Bhim Awardee, Famous Drona charya Awardee,

#### Unit IV

Point for Action & Holds, Evaluation of Importance of the Action & Holds, Danger position & fall, Prohibitions and illegal holds, Basic Vocabulary, Preparation of Score Sheet in Free Style



&Greco-roman Styles, Diet of a Wrestler, Training & Coaching in Wrestling, Teaching Techniques, Tactics and Skill of Wrestling, Defensive & Offensive Wrestling Importance of Warming up and Cooling down in Wrestling

**Text and Reference Books**

S. No.	Authors	Title	Publisher
1	Tom Jerman and Reid Hanley	Wrestling for Beginner	McGraw-Hill Education
2	Brooks Sympson	Winning Wrestling Moves	Human Kinetic, Germany
3	Bill Welker	The Wrestling Drill Book	Human Kinetic, Germany
4	ASEP	Coaching Youth Wrestling 3rd edition	Human Kinetic, Germany

**MPS312: Science of Coaching & Teaching Games (Theory) Boxing**

**Credits: 004**

**LTP 400**

**Course Objectives:**

1. To know about Boxing Game.
2. To know about history of Boxing.
3. To learn the Boxing techniques.
4. To learn the officiating of Boxing

**Course Outcomes**

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

**Unit I**

Historical Development of Boxing in India and Olympics, Rules and Regulations and their interpretations, Terminologies used in Boxing, Selection of a boxer or boxing squad.

**Unit II**

Organizing and management of boxing competitions, Duties and powers of referee, judge, jury, time keeper and doctor, Target Type in Boxing, Scoring Blows, decisions in Boxing, Boxer dress and boxing equipment's, Draws, Weight in, Medical in Boxing Men/Women

**Unit III**

Psychological preparation of a boxer at competition site, before and after bout, Preparation of Maneuver boxer, knockout boxer, tempo boxer, universal boxer, Weight control, mean and methods of control, Role of a Coach/teacher at the competition sites, Role of seconds before, during and after the bout

**Unit IV**

Individual skill (teaching and analysis), Straight punches to head and Straight punches to body, Hooks to head and Hooks to body, Uppercuts to head, Uppercuts to Body, Combination of punches, Long term plan, Short duration plan, Weekly and daily plan, Individual training plan.

**Text and Reference Books**

S. No.	Authors	Title	Publisher
1	Harry Mullan	The Ultimate Encyclopedia Boxing	Caltren Books
2	A J Liebling	Sweet Science	North Point Press
3	David James	Boxing Skills for fun and fitness	WCB, Brown and benchmark Publisher, U.S.A.
4	Gilbert Odd	Boxing the Inside Story	WCB, Brown and benchmark Publisher, U.S.A.
5	Clary Miller	Indian Boxing year	New Delhi Press, New Delhi

**Course Outcomes**

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

**Handball**

- Stance and Position
- Receiving
- Pass
- Dribbling
- Shootings
- Rebounding and boxing out
- Attack
- Defense
- System of play
- Formations

**Basketball**

- Stance and Position
- Receiving
- Pass
- Dribbling
- Shooting
- Rebounding and boxing out
- Offence
- Defense
- Fast Break
- Smart Faking
- System of play
- Formations

**MPS314: Coaching lesson in Athletics Long Distance Races & Throwing Events**

**Credits : 004**

<b>Course Type</b>	SEC-IIIB
<b>Course Code</b>	PED 627
<b>Course Title</b>	Coaching lesson in Athletics Long Distance Races & Throwing Events
<b>Type of Course</b>	Practical
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course Prerequisite</b>	Post-Graduation
<b>Course Outcomes</b>	1. Gain knowledge of the Game/Sport. 2. Learn the layout and marking for the Game/Sport. 3. Demonstrate various drills & lead up activities related to Game/Sport. 4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

**Long Distance Races**

- Start
- Types of Races
- Finish

**Throwing Event Shotput**

- Grip
- Body Stance
- Technique
- Throw

**Discus Throw**

- Grip
- Body Stance
- Technique
- Throw

**Javelin Throw**

- Grip
- Body Stance
- Technique
- Throw

**Hammer Throw**

- Grip, Body Stance, Technique, Throw

**MPS105 Coaching lesson in Game: Cricket/Baseball**

**Credits : 004**

<b>Course Type</b>	SEC-IVC
<b>Course Code</b>	PED616
<b>Course Title</b>	Coaching lesson in Swimming
<b>Type of Course</b>	Practical
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course Prerequisite</b>	Post-Graduation
<b>Course Outcomes</b>	1. To know about Swimming. 2. To know about history of Swimming. 3. To learn the Swimming techniques. 4. To learn the officiating of Swimming.

**Baseball:**

- Player Stances – walking, extending walking, L stance, cat stance.
- Grip – standard grip, choke grip,
- Batting – swing and bunt.
- Pitching – Baseball: slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screwball
- Softball: windmill, slingshot.
- Starting position: wind up, set.
- Fielding –
- Catching: basics to catch fly hits, rolling hits.
- Throwing: over arm, sidearm.
- Base running –
- Base running: single, double, triple, homerun.
- Sliding: bent leg slide, hook slide, head first slide.
- Rules and their interpretations and duties of officials.

**Netball**

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed pass (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.

## MPS401 Measurement and Evaluation in Physical Education

Credits : 004

LTP 400

### Course Objectives:

1. Understand the concept of Test Measurement & Evaluation.
2. Explain the Characteristics of test.
3. Gain knowledge about Physical Fitness Test.
4. Understand the tests of Sports skills.

### Course Outcomes

1. Describe assessment and evaluation definitions and related terminologies and discuss their relationship.
2. Indicate and organise the steps of programme development and discuss the role of measurement and evaluation in this process.
3. Illustrate valid and reliable tests that measure various components of physical fitness and sport.
4. Create appropriate assessments for formative and summative evaluation of student/athlete achievement.

### Unit I

Meaning of test, measurement and evaluation. Importance of measurement and evaluation in physical education, Modern developments in physical education measurements. Application of measurement to the individual differences, Physical fitness of homogenous groups. Organization and administration of tests results. Presentation and interpretation of tests results.

### Unit II

Characteristics of an effective test: validity, reliability, objectivity, economy, standard and norms. Procedure for construction of skill tests. Principles of writing knowledge tests. Physical and Motor Fitness Test a. AAPHER's youth fitness test. Kraus Webber test c. Rogers's strength test. d. Scott motor ability test. e. Barrow's motor ability test. Tuttle pulse ratio test. a. Philips J.C.R. Test b. Fleishman Physical Fitness Test Battery c. National Physical Efficiency Test d. Indiana Motor Fitness Test.

### Unit III

Basketball skill test: Johnson Basketball test, Knox Basketball test, Aahperd Basketball test Battery, Lockhart and Mc Person Badminton test. Badminton test: French short and long service test, Miller Wall-Volley Test, SAI Badminton Skill test. Field Hockey test: Firedel field hockey test, Schmithals-french field Hockey test, SAI hockey skill testing for talent sporting at young age.

### Unit IV

Soccer skill test: Johnson soccer test, McDonald soccer test, SAI Football skill test, Mitchell – McDonald Soccer skill test. Volleyball skill test: Brady's volleyball test, Russel Lange volleyball skill test, Aahperd Volleyball test, SAI Volleyball test, North Carolina State University Volleyball Skills Test Battery. Tennis skill test: Dyer Tennis Skill Test, Hewitt Skill Test, Aahperd Tennis Skills Test.

### Text and Reference Books

S. No.	Authors	Title	Publisher
1	Mcloy, Harold Charles	Test and Measurement in Health and Physical Education	Friends Publication, Delhi
2	KansalDevinder K.	Test and Measurement in sports and Physical Education	D.V.S. publication, New Delhi
3	Vincent, William J	Statistics in Kinesiology	Third Edition; Human Kinetics,
4	Barrow James R. Jackson Allenw, James G & Mood Dab P	Measurement and Evaluation in Human Performance	Diseh Printed in USA – Human Kinetics

## MPS402: Curriculum Design in Physical Education

Credits : 004

LTP 400

### Course Objectives:

1. To understand the Curriculum Design in Physical Education.
2. To know about Role of Curriculum Design in Physical Education.
3. To know about Aim and Objectives of Physical Education.

### Course Outcomes

1. Apply the concept of reporting and editing.
2. Illustrate and apply the advertising concepts.
3. Interpret the concept of journalism and mass media.
4. Students will be able to design need-based curriculum of PE various groups.

#### Unit I

Concept of Physical Education – Meaning, Definition, and Importance of Curriculum and Design Meaning and definition, Foundations of Professional Preparation. Basis of Professional Preparation in Physical Education and Sports Sciences.

#### Unit II

Basis of curriculum and design Forces and factors affecting Educational Policies and Programmes. Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme.

#### Unit III

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

#### Unit IV

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

### Text and Reference Books

S. No.	Authors	Title	Publisher
1	Rakesh, Akhilesh, Santosh,	Professional Preparation and Curriculum Design in Physical Education	New Delhi Publishers, New Delhi
2	Bhatia, K.K. and Narang,	Principles of Education (Methods and Technique)	Parkash Brothers Educational Publisher , Ludhiana
3	Graily, J.Byrant, Career Potentials in Physical Activity	Career Potentials in Physical Activity	New Jersey, Prentice Hall in Englewood cliffs USA, Newjersey

## MPS403 Sports Medicine

Credits : 004

LTP 400

### Course Objectives:

1. To understand the basic knowledge about Sports Medicine.
2. To explain the Principles of Sports Medicine.
3. To understand the sports injuries.
4. To gain knowledge about cure the injuries

### Course Outcomes

1. Develop and defend clinical reasoning skills in the clinical education setting when interacting with patients.
2. Identify, describe, and explain concepts associated with the domains of athletic training education.
3. Communicate effectively in the oral and written form using evidence-based practice principles.
4. Locate, evaluate, and use information related to evidence-based practice.

### Unit I

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic.

### Unit II

Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions and Contraindications. Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated, contractions Isotonic, Isokinetic, isometric stretching, Definition Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

### Unit III

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib, Fracture. Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and

strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding, techniques and equipment for upper limb and thorax injuries.

### Unit IV

**Lower Limb and Abdomen Injuries:** Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain- : Strain, Strain, Strapping. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal, wall, Contusion, Abdominal muscle strain. Free exercises – Stretching and strengthening, exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injuries.

### Text and Reference Books

S. No.	Authors	Title	Publisher
1	Christopher M. Norris.	Sports Injuries Diagnosis and Management for Physiotherapists.	Thomson Litho Ltd, East Kilbride
2	James, A. Gould & George J. Davies.	Physical Therapy	C.V. Mosby Company, Toronto
3	Morris B. Million	Sports Injuries and Athletic Problem	Surjeet Publication, New Delhi
4	Pande R. S	Sports Medicine.	KhelSahitya Kendra, New Delhi
5	Michael Dun	The Encyclopedia of Sports Medicine	The Olympic Book of Sports Medicine,

### MPS404 Dissertation

Credits : 004

LTP 400

#### Course Objectives:

1. Understand the implications of research in generating new knowledge
2. Conduct research independently
3. Prepare a chapter wise research report

#### Course Outcomes:

1. Identify research methods.
2. State research questions.
3. Identify literature for review
4. Integrate theory and practice

#### Course Content

Under the supervision of their research guides, Students will undertake all steps of research. They will procure all relevant tools/ prepare tools, collect data, analyze it, interpret it and write the dissertation chapters. Students will submit dissertation at a specified date, in the month of May and appear for dissertation viva before an external.

#### Text and Reference Books

S. No.	Authors	Title	Publisher
1	Best, J.W. & Kahn J.V.	Research in Education	Prentice Hall of India Pvt. Ltd., New Delhi
2	Kaul, Lokesh	Methodology of Educational Research	Vikas Publications, New Delhi
3	Chandra, S.S., & Sharma, R.K	Research in education	Atlantic Publications, New Delhi
4	Kumar, R.	Research methodology	Sage Publications India Pvt. Ltd, New Delhi

### MPS405 Science of Coaching & Teaching Athletics

Credits : 004

LTP 400

#### Course Objectives:

1. To know about Athletics.
2. To know about history of Athletics.
3. To learn the Athletics techniques.
4. To learn the officiating of Athletics.

#### Course Outcomes

1. To know about Athletics.
2. To know about history of Athletics.
3. To learn the Athletics techniques.
4. To learn the officiating of Athletics.

#### Unit I

History of Athletics in India & Olympics, Teaching, Training and Coaching of Athletes Selection of an Athlete, Organization and Administration of Athletic Meet. Track and Field Marking with Layout of Field Events, Rules and Regulations of Track and Field Events, Duties and Powers of Officials.

#### Unit II

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

#### Unit III

Physical Requirements & Mechanics involved in the techniques at different stages of Sprinting (Crouch Start: Supporting Phase, Driving Phase, Recovery Phase, Finish) Hurdles (Approach, Take off, Flight, Landing, Stride in between Hurdles) High Jump (Approach Run, Take off, Bar Clearance, Landing) Javelin Throw (Holding & Carrying, Approach Run,

Transitional Steps, Throwing, Stance, Release and Recovery) Long Jumps (Approach Run, Take off, Flight, Landing) Hammer Throw: (Handhold, Starting Position, Preliminary Swing, Turns, Release and Recovery.

#### Unit IV

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

#### Text and Reference Books

S. No.	Authors	Title	Publisher
1	KetluynLsttgous:	Kinesiology, Scientific Basis of Hima Helga Dustch Mention	Edition Wn. C.Brown, communications, Ltd., Dubuque, IA, USA
2	Fox L. Edward:	The Physiological Basis of Physical Education and Athletics,	Web. Wme Brown Publishers DebuqueLowa 4th Edition
3	Gerry A. Can (1995) :	Fundamentals of Track and field	b Rangansa, 62 A Gokhale Road Dada, Bombay, India.
4	Vidyasagar;	Training systematic in throwing	NS NIS Patiala, India

#### MPS105 Science of Coaching & Teaching Athletics

Credits : 004

#### Teaching practices:

10 Internal lesson on teaching practice in university class-room situation on any topic of Physical Education.

#### Specialization:

10 External lesson on teaching practise at designated school to the higher secondary students, out of which one lesson will be assessed by an external examiner in the school.



**MPS407 Coaching lesson in Game: Cricket/ Lawn Tennis**

**Credits : 004**

<b>Course Type</b>	SEC-IVA
<b>Course Code</b>	PED614
<b>Course Title</b>	Coaching lesson in Game: Cricket/ Lawn Tennis
<b>Type of Course</b>	Practical
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course Prerequisite</b>	Post-Graduation
<b>Course Outcomes</b>	<ol style="list-style-type: none"> <li>1. To know about Cricket/ Lawn Tennis.</li> <li>2. To know about history of Cricket/ Lawn Tennis.</li> <li>3. To learn the Cricket/ Lawn Tennis techniques.</li> <li>4. To learn the officiating of Cricket/ Lawn Tennis..</li> </ol>

**Cricket: Fundamental Skills**

- i. Batting-Forward and backward defensive stroke
- ii. Bowling-Simple bowling techniques
- iii. Fielding-Defensive and offensive fielding
- iv. Catching-High catching and Slip catching
- v. Stopping and throwing techniques
- vi. Wicket keeping techniques

- Lawn Tennis: Fundamental Skills
- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.
- Stance and Ready position and foot work.

**MPS408 Coaching lesson in Athletics Hurdles and Relay Races**

**Credits : 004**

<b>Course Type</b>	SEC-IVC
<b>Course Code</b>	PED616
<b>Course Title</b>	Coaching lesson in Athletics Hurdles and Relay Races
<b>Type of Course</b>	Practical
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course Prerequisite</b>	Post-Graduation
<b>Course Outcomes</b>	<ol style="list-style-type: none"> <li>1. To know about Athletics.</li> <li>2. To know about history of Athletics.</li> <li>3. To learn the Athletics techniques.</li> <li>4. To learn the officiating of Athletics.</li> </ol>

**1. Hurdle Races**

- Types of Races
- Start
- Takeoff
- Flight
- Landing
- Finish

**2. Relay Races**

- Types of Races
- Start
- Batten Exchange
- Finish

**MPS409 Coaching lesson in Swimming**

**Credits : 004**

<b>Course Type</b>	SEC-IVC
<b>Course Code</b>	PED616
<b>Course Title</b>	Coaching lesson in Swimming
<b>Type of Course</b>	Practical
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course Prerequisite</b>	Post-Graduation
<b>Course Outcomes</b>	1. To know about Swimming. 2. To know about history of Swimming. 3. To learn the Swimming techniques. 4. To learn the officiating of Swimming.

**Swimming:**

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Coordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, Seeding Heats and finals, Rules of the races.