





**MASTER OF PHYSICAL
EDUCATION & SPORTS (M.P.E.S)**

This Syllabus is

**Approved by Board of Studies of
EKLAVYA UNIVERSITY, DAMOH (MP)**


Arun



23.05.23






EKLAVYA UNIVERSITY, DAMOH (U.P.)

Scheme of Examination M.P.E.S Sem I

/For batch admitted in Academic Session 2023-24

Subject wise distribution of marks and corresponding credits

S.No.	Subject Code	Subject Name	Maximum Marks Allotted				Total Marks	Contact Periods Per week			Total Credits	
			Theory Slot		Practical Slot			L	T	P		
			End Sem	Mid Sem	Quiz/Assignme/Attendance	End Sem						Lab Work/Sessional
1	MMPES20S101	Research Methodology in Physical Education & Sports	60	30	10	0	0	4	0	0	4	
2	MMPES20S102	Physiology of Exercise in Physical Education & Sports	60	30	10	0	0	4	0	0	4	
3	MMPES20S103	Educational Technology in Physical Education & Sports	60	30	10	0	0	4	0	0	4	
4	MMPES20S104	Health Education & Sports	60	30	10	0	0	4	0	0	4	
5	MMPES20S105	Track and Field I: Sprints, Hurdles, (Any two Event)				60	40	100	0	0	4	
6	MMPES20S106	Swimming/Gymnastics/Shooting (Any one)				60	40	100	0	0	4	
7	MMPES20S107	Yoga Performance Asanas, Kriyas, Bandhas Pranayama.				60	40	100	0	0	4	
8	MMPES20S108	Racket Sports: Badminton/ Table Tennis/Squash/Lawn Tennis. Any one Indigenous: Sports: Kabaddi Malkhambh/ Kho-Kho etc.(Anyone)				60	40	100	0	0	4	
TOTAL			240	120	40	240	160	800	16	0	16	32

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EKLAVA UNIVERSITY, DAMOH (I.P.)

Scheme of Examination M.P.E.S Sem II

/For batch admitted in Academic Session 2023-24

Subject wise distribution of marks and corresponding credits

S.No.	Subject Code	Subject Name	Maximum Marks Allotted				Total Marks	Contact Periods Per week			Total Credits	
			Theory Slot		Practical Slot			L	T	P		
			End Sem	Mid Sem	Quiz/Assignme/Attendance	End Sem						Lab Work/seasonal
1	MMPES20S201	Applied Statistics in Physical Education & Sports	60	30	10	0	0	4	0	0	4	
2	MMPES20S202	Biomechanics in Physical Education & Sports	60	30	10	0	0	4	0	0	4	
3	MMPES20S203	Sports Psychology in Physical Education & Sports	60	30	10	0	0	4	0	0	4	
4	MMPES20S204	Professional Preparation and Curriculum Design in Physical Education & Sports	60	30	10	0	0	4	0	0	4	
5	MMPES20S205	Track and Field II: (Throwing Events)				60	40	100	0	0	4	
6	MMPES20S206	Games Specialization - (Any One) (Individual skills, game situation, officiating, lead-up games in Kabaddi/Kho-Kho/Badminton/ Table Tennis/ Tennis /Squash /Baseball/Volleyball/Bas ketball /Cricket/football/Handball/ Hockey /Netball/Softball, etc				60	40	100	0	0	4	
7	MMPES20S207	Teaching Lessons of Track and Field (5Lessons)				60	40	100	0	0	4	
8	MMPES20S208	Teaching Lessons of Game Specializations (5 Lessons)				60	40	100	0	0	4	
TOTAL			240	120	40	240	160	800	16	0	16	32










SYLLABUS

FOR

Master of Physical Education & Sports (M.P.E.S)

Arjun




Dr. P. S. Rao
23.05.23



P. S. Rao

VISION STATEMENT OF EKLAVYA UNIVERSITY

Eklavya University will transform lives and communities through learning.

MISSION STATEMENT OF EKLAVYA UNIVERSITY

- Nurture achievers in life and careers through a value based, industry relevant and future ready education.
- Emphasize research, interdisciplinary learning and practical hands on education.
- Equip every student with the required social and technical skills to achieve employment generation.
- Provide a holistic education deeply rooted in the ways of the traditional Gurukul system.
- Bring quality education within the reach of every individual, by committing to the achievement and maintenance of excellence in education, research and innovation.
- Create and disseminate knowledge through research and creative inquiry.
- Serve students by teaching them problem solving, leadership and teamwork skills, lateral thinking, commitment to quality and ethical behavior.
- Create a diverse community, open to the exchange of ideas, where discovery, creativity and personal and professional development is encouraged and can flourish.
- Contribute to the social fabric and economic health of the Bundelkhand region, the state and the country at large, by enhancing and facilitating economic empowerment, providing equal opportunities and employment generation.





MASTER OF PHYSICAL EDUCATION & SPORTS (M.P.E.S)

VISION STATEMENT OF DEPARTMENT

To initiate transformation and includes engaging in the continuous learning necessary in a rapidly advancing world, identifying and addressing critical issues related to the education of all people and using technology to broaden and support learning opportunities.

MISSION STATEMENT OF DEPARTMENT

The mission of the department is to build a better future for all. This includes individuals, our state, our nation and our world. We fulfill our mission by preparing competent, committed and reflective teachers as we engage in outstanding teaching, innovative and impactful research and meaningful outreach. Our Core values includes: Excellence, Diversity and Student Focus.

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PROGRAMME EDUCATIONAL OBJECTIVES (PEOs)

- To make a unique contribution to balanced development and living.
- To foster pedagogy based around critical thought and action.
- To teach effective & efficient competency and skills required for professional growth of the prospective teachers.
- To inculcate rational thinking and to develop specific temperament among the prospective teachers.
- To be able to use organizational, administrative and managerial skills in the practical field.

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PROGRAMME OUTCOMES (POs)

- Encourages a holistic approach based on a socio-ecological perspective.
- Promote greater integration and balance between the social and physical sciences.
- Contextualize physical education with a set of attitudes and values that signify the importance of movement as a valued human practice.
- Centralize and acknowledge that the individual, in his/ her search for personal meaning, once Educated in Health and Physical Education, would be able to make positive contributions to the Enhancement of Society.
- Promote the learning of new skills.
- Enhance, extend, inform and critique the deliberate use of exercise, play, sport and other forms of physical activity within and individual and societal context.

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PROGRAMME SPECIFIC OUTCOMES (PSOs)

- To prepare physical education teacher for school level.
- To impart skills, knowledge and behaviors to the chosen field.
- To analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.
- To communicate effectively among a range of audiences/ stakeholders.
- To recognize the need for and an ability to engage in continuing professional development.
- To identify and analyze user needs and take them into account in the selection, creation, evaluation and administration of physical education and sport sciences programs.
- To incorporate effectively integrate Science/ Technology/ IT-based solutions to applications.

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**SCHOOL OF EDUCATION &
LIBRARY SCIENCE**

**Master of Physical
Education & Sports
(M.P.E.S)**

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Course Code	RESEARCH METHODS IN PHYSICAL EDUCATION & SPORTS (First Semester)			L	T	P	C
MMPE20S101				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To acquaint the student with philosophy of research in physical education. To make student understand need and importance of research in physical education. To give student knowledge of research in physical education. To enable the student to understand and apply different types and methods of research. To acquaint the student with need and importance of research statistics. To give student knowledge of fundamentals of research statistics. 							
Course Outcome							
<ul style="list-style-type: none"> To define research and describe the research process and research methods. To understand the research context within the area of physical education and sports. To understand the processes and requirements for conducting successful research in physical education and sports. Understand and apply basic research methods. Students use print and electronic library resources effectively and appropriately. Understand and apply basic research methods including research design, data analysis, and interpretation. Students develop testable hypotheses, differentiate research design, evaluate aptness of research conclusions, and generalize them appropriately. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Identify the research problem in the field of physical education and sports. Know to Summarize the various research literature. Understand and apply the basics of statistics in research. Organize the samples and sampling techniques which is relevant to the study. Apply the systematic methods in writing research thesis. 							
Unit-I	Introduction						12 Hrs
	<ul style="list-style-type: none"> ➤ Definition of Research, Need and importance of Research in Physical Education and Sports ➤ Scope of Research in Physical Education and Sports ➤ Types of Research: Basic, Applied and Action Research ➤ Research Problem: Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations 						
Unit-II	<ul style="list-style-type: none"> ➤ Survey of Related Literature ➤ Need for surveying related literature ➤ Literature Sources, Library Reading ➤ Historical Research: Meaning and definition of Historical Research, Historical Sources, Evaluation of Historical data 						12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Survey Studies: Meaning of Survey ➤ Tool of Survey Research ➤ Questionnaire and Interview: Meaning of Questionnaire and Interview, ➤ Construction, Appearance and Development of Questionnaire, ➤ Procedure of conducting interview, Suggestions to enhance response, 						12 Hrs

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	<ul style="list-style-type: none"> ➤ Case Studies: Meaning of Case Studies, Objectives ➤ Normative Survey: Meaning of Normative Survey, Factors affecting Normative Survey 	
Unit-IV	<ul style="list-style-type: none"> ➤ Philosophical Research: Meaning of Philosophical Research, Tool of Philosophical Research, Steps in Critical Thinking ➤ Experiment Research, Meaning of Experiment Research, Experimental Designs, Types of Designs, Suitability of Designs 	12 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Research Proposal: Meaning and Significance of Research Proposal, Preparation of Research Proposal ➤ Research Report: Meaning of Research Report, Qualities of a good Research Report, Part of a Research Report. 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Thomas Jerry R. and Nelson, Jack K. Research Process in Physical Activity: Human Kinetics, Champaign, Illinois : 2001 • Baumgartner, Ted A. and Clinton H. Strong conduction and Reading Research in Health and Human Performance. Brown and Benchmark, 1994. • Clarke, H.H. and Clarke. K. H Research Processes in Physical Education. Englewood cliffs: N.J. Prentice Hall. 1984 		
Reference Books		
<ul style="list-style-type: none"> • Yoginder Prasad Sharma. Physical Education and Research Methodology: Reliance publishing House. New Delhi, 1997 • Sharma, Sita Ram, Research Methodology in Physical education and sports: Book Enclave – Jaipur, 1997. • Kamlesh, M.L. Methodology of research in Physical Education and sport : Metropolitan. New Delhi, 1986. 		


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Course Code	PHYSIOLOGY OF EXERCISE IN PHYSICAL EDUCATION & SPORTS			L	T	P	C
MMPE20S102				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To enable the student to understand the physiological effects of Exercise on different system or/and on the body as a whole. To enable the students to understand bioenergetics & role of energy systems in sports activities. To enable the students to understand the role of nutrition & its relevance in energy production. To enable student to understand the importance of exercise physiology in research. 							
Course Outcome							
<ul style="list-style-type: none"> Describe and apply the fundamental and advanced concepts of exercise physiology. Define and describe the term exercise physiology, recognize the energy system for aerobic and anaerobic components of exercise, summarize the underlying physiological basis of physical fitness, physical training, health and wellness. discover the nutritional aspect of fitness and performance, comprehend the physiological changes and adaptations during exercise in different environmental conditions. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Understand the basic principles of physiology and Exercise Physiology. Apply the knowledge in the field of physical education and movement activity. Analyze the practical knowledge during the practical situation. Remember and recall the definition of physiology and co-relate the principles of physiology. Appraise the effects during the training and practical sessions. 							
Unit-I	<ul style="list-style-type: none"> ➤ Other Physiological aspects of Exercise and Sports ➤ Concept of Physical Fitness and physical training, warming-up, conditioning and fatigue ➤ Physiological aspects of development of strength, endurance, skill, speed, agility and coordination 						12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Sports and Nutrition ➤ Basic concept of a balanced diet, Appropriate diet before, during and after athletic performance ➤ The effect of alcohol drugs and smoking on athletic performance 						12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Energy cost of various sports activity ➤ Definition of Energy cost ➤ Energy cost of various sports activities assessing them 						12 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Work and Environment ➤ Work capacity under different environment ➤ Conditions (Hot, humid, cold & high altitude) 						12 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Obesity and Wight Control: Definition of obesity, Measurement of body fat by various methods (under water weight and skin fold measurement), Body weight control, Positive and negative energy balance 						12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures							
Text Book(s)							
<ul style="list-style-type: none"> Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunder 							

company, 1976).

- Morehouse, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C.V. Mosby Company, 1976).
- Karpovich, P.V. and Sinning, Wayne E. Physiology of muscular Activity (Philadelphia: W.B. Saunders Company, 1971). 7th Ed 3. Clarke, H.H. and Clarke. K. H Research Processes in Physical Education. Englewood cliffs: N.J. Prentice Hall. 1984

Reference Books

- Bourne, Geoffery H. The Strucrure and Functon of Muscles: (London Academic Press 1973).
- Astrand, P.O. and Rodahi. Karri. Text Book of work Physiology. (Tokyo McGraw Hill kogakusha, Ltd. 1979).
- Mathew, D.K. and Fox, E.L. Physiology Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976). 9

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The image contains several handwritten signatures and marks. On the left, there is a signature that appears to be "P. V. Karpovich" and another signature below it. In the center, the word "Astrand" is written in a cursive script, followed by a circled number "3". To the right, there is a signature that appears to be "P. O. Astrand" and another signature to its right.

Course Code	EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION & SPORTS			L	T	P	C
MMPE20S103				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To enable the learner to become effective user of technology in Physical Education. To acquaint the learner with the challenges and opportunities emerging in integrating new technology in physical education process. To make the student familiar with new trends, techniques in physical education along with e-learning. 							
Course Outcome							
<ul style="list-style-type: none"> Integrate the knowledge about communication process and teaching for learner. List down the information technology utilized in the field of sports. Analyze the issues related to internet, networking, e-learning and cyber security. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Understand concept of information and communication technology in physical education field. Analyze sporting data of various types via astute use of statistical packages. Practice mathematics, statistics, information technology in sport technology related problems. Offer Hands on Knowledge in information and communication Technology. 							
Unit-I	<ul style="list-style-type: none"> ➤ Concept of Class Management: Meaning & Principles, Specific Principles (Strength of Class, Place and Time of Class, Uniform Class Formation, Safety) ➤ Measures and Discipline ➤ Steps of Class Management ➤ Explanation of Different Teaching Methods for Presenting Material 						12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Introduction, General and Specific Lesson Plan ➤ Principles of Lesson Plan ➤ Importance of Lesson Plan in Physical Education and Sports ➤ Meaning, Importance of Audio-Visual Aids. ➤ Steps of Audio-Visual Aids, Technology Devices in Physical Education and Sports (Adobe Premier, Underwater Camera, Various Measuring Tools, wind Gauges, Foul Indicators, Electronic Gadgets Adobe Photoshop, Microsoft Animation, Laser Beam, Technology, LCD Display, Power Point Presentation) 						12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Introduction, Principles for Planning Facilities ➤ Types of Facilities ➤ Meaning and Types of Command ➤ Meaning, Need and Importance of Public Relation in Physical Education ➤ Meaning, Objectives and Types of Budget ➤ Principles of Preparation of Budget 						12 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ The Need for Office for Physical Education Teacher, its Location and Set Up ➤ Handling and Communication-Office Writing, Circulars, Notification and Invitation 						12 Hrs
Unit-V	➤ Writing Reports and display, Monitoring						12

	<ul style="list-style-type: none"> ➤ Concept, Need and Importance of Intramural and Extra Murals ➤ Types of Tournaments 	Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Knap Clyde & E: Teaching Methods for Physical Education, MC Graw Hill book Co. Inc. • Tirunurayana, C&S Hariharan: Method in Physical Education (South India Press karalkudi India). • Kamlesh M.L. & Sangra, M.S.(1982)Methods in Physical Education, Parkash Brothers, Jullundur. 		
Reference Books		
<ul style="list-style-type: none"> • Two experienced Professors: Organization and Administration and Recreation in Physical Education, (1982) Prakash Brothers, Jullundhur. • Wakharkar D.C. (1967), Manaul of Physical Education, Pearl Publicatons, Bombay. • Dhakraborty S.Sports Management Delhi Sports Publications, 1998. 		

Course Code	HEALTH EDUCATION & SPORTS			L	T	P	C
MMPE20S104				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> Acquire knowledge about physical and health education. Understand the rules and the regulations of sports and games. Develop the skills in organizing the physical education programmers in schools. Develop the activities required for organizing physical education meets and events. Acquire knowledge about recreation, health and safety education. Acquire knowledge about common communicable diseases. 							
Course Outcome							
<ul style="list-style-type: none"> Understand the concept of holistic health through fitness and wellness. Explain the concept of physical fitness, health related and motor fitness. Evaluate primary health status. Prepare fitness schedules & evaluate fitness. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Understand the basic principles of Health Education. Apply the knowledge in the field of physical education and Movement activity. Analyze the practical knowledge during the practical situation. Appraise the effects of health condition during the training and practical sessions 							
Unit-I	<ul style="list-style-type: none"> ➤ Concept of Health: Meaning, Definition and its Different Dimensions ➤ Characteristics of Healthy Individual ➤ Concept of Health Education ➤ Meaning, Need & Importance ➤ Health Education and its Relation with General Education ➤ Method and Medium of Health Education ➤ Health during Camp & Traveling 						12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ School Health Programme and Health Environment ➤ Academic Programme and Healthy Programme ➤ Health Insurance ➤ Factors Affecting Health and Wellness 						12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ First Aid and Safety Measures ➤ Prevention of Communicable, Diseases ➤ Nutrition Macro and Micro Nutrients ➤ Weight Management/ Obesity Control 						12 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Substance Abuse (Smoking, Tobacco, Chewing etc.) ➤ Health Organization and Administration Structure 						12 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Health Organizations: World Health Organization (WHO), Red-Cross Society, National Aids Control ➤ Organization (NACO), Mental and Emotional Health, Sex Education 						12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures							
Text Book(s)							
<ul style="list-style-type: none"> Daimple: Foundations of Health, Dehl: Healthful living, Mcgraw Hill 							
Reference Books							
<ul style="list-style-type: none"> Physical Education and Health (Dr. A.K.Uppla, Dr. Gautam) Physical and Health Education (Mr. V.D.Sharma & Granth Singh) 							

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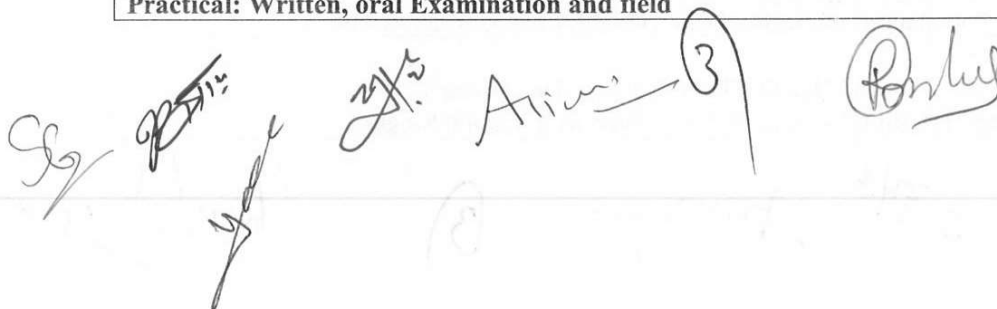
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Course Code	TRACK AND FIELD- I (SPRINTS/ HURDLES) Practical Course (Any One Event)	L	T	P	C
MMPE20S105		0	0	4	4
Pre-requisite	Nil	Syllabus version			
100 Marks					
Course Objectives					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, ground markings and dimensions, rules in the games and duties of officials of the event of hurdles and relays. To develop a knowledge about the historical development of this game. 					
Course Outcome					
<ul style="list-style-type: none"> To provide detail knowledge of Running events regarding rules, regulation skills, strategies and tactics of Running events. To enhance performance to regular practices. To provide teaching and coaching opportunities to the students To provide opportunities to organize different level of tournaments. To provide opportunities of officiating and to develop the qualities of official concerning the duties of official in running events. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To assist in planning a presentation or training session. To help the trainer eliminate irrelevant information. To focus the attention of the trainees. To ensure that both the trainer and trainee know where they are going. To test the recall and understanding of the trainees. 					
<ul style="list-style-type: none"> ➤ Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. ➤ Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug ➤ Ground Marking, Rules and Officiating ➤ Fundamental Skills: Starting, Clearance and Landing Techniques ➤ Types of Hurdles ➤ Ground Marking and Officiating ➤ Approach Run, Take off ➤ Clearance over the bar ➤ Landing ➤ Fundamental Skills: throwing Techniques ➤ Types of throwing ➤ Ground Marking and Officiating. 					120 Hrs
Practical: Written, oral Examination and field					


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Course Code	SWIMMING/ GYMNASTICS/ SHOOTING Practical Course (Any One out of these)	L	T	P	C
MMPE20S106		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To understand the basic knowledge of different fields of study in Physical Education. To be empowered to establish and develop a viable and forceful line between concepts, theories and practice in the field of physical education and sport science. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, rules of the games and duties of officials in the event of shooting. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, exercises, rules of the games and duties of officials in the event of gymnastics. to develop a knowledge about the historical development of this game. To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, pool markings and dimensions, rules of the games and duties of officials in the event of swimming. To develop a knowledge about the historical development of this game. 					
Swimming: Fundamental Skills <ul style="list-style-type: none"> ➤ 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 Co ordination ➤ 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 					120 Hrs
Gymnastics: Floor Exercise <ul style="list-style-type: none"> ➤ Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap ➤ Vaulting Horse ➤ Approach Run, Take off from the beat board, Cat Vault, Squat Vault 					
Shooting: Fundamental Skills <ul style="list-style-type: none"> ➤ Basic stance, grip, Holding rifle/ Pistol, aiming target ➤ Safety issues related to rifle shooting ➤ Rules and their interpretations and duties of officials 					
(Any one out of three)					
Practical: Written, oral Examination and field					




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Course Code	YOGA PERFORMANCE (ASANAS, KRIYAS, BANDHAS, PRANAYAMA) Practical Course (Any One out of these)	L	T	P	C
MMPE20S107		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, ground markings and dimensions, rules in the games and duties of officials of the event of hurdles and relays. To develop a knowledge about the historical development of this game. 					
Course Outcome					
<ul style="list-style-type: none"> To provide detail knowledge of yoga regarding rules, regulation skills, strategies and tactics. To enhance performance to regular practices. To provide teaching and coaching opportunities to the students. To provide opportunities to organize different level of tournaments. To provide opportunities of officiating and to develop the qualities of official concerning the duties of official in yoga competition. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To assist in planning a presentation or training session. To help the trainer eliminate irrelevant information. To focus the attention of the trainees. To ensure that both the trainer and trainee know where they are going. To test the recall and understanding of the trainees. 					
Yoga <ul style="list-style-type: none"> ➤ Surya Namaskara ➤ Pranayams ➤ Corrective Asanas ➤ Kriyas, Asanas, Sitting, Standing ➤ Laying Prone Position, Laying Spine Position 					120 Hrs
Practical: Written, oral Examination and field					

Course Code	RACKET SPORTS (BADMINTON/ TABLE TENNIS/ SQUASH/ LAWN TENNIS)- Any One INDIGENOUS SPORTS (KABADDI MALKHAMBH/ KHO-KHO ETC.)- Any One Practical Course	L	T	P	C
MMPE20S108		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stance, ground markings and dimensions, rules in the games and duties of officials of the event of hurdles and relays. To develop a knowledge about the historical development of this game. 					
Course Outcome					
<ul style="list-style-type: none"> To provide detail knowledge of Badminton, table tennis, regarding rules, regulation skills, strategies and tactics of Badminton. To enhance performance to regular practices. To provide teaching and coaching opportunities to the students. To provide opportunities to organize different level of tournaments. To provide opportunities of officiating and to develop the qualities of official concerning the duties of official in racket and indigenous sports. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To assist in planning a presentation or training session To help the trainer eliminate irrelevant information To focus the attention of the trainees To ensure that both the trainer and trainee know where they are going To test the recall and understanding of the trainees. 					
RACKET SPORTS					120 Hrs
Badminton: Fundamental Skills					
<ul style="list-style-type: none"> ➤ Racket parts, Racket grips, Shuttle Grips ➤ The basic stances ➤ The basic strokes: Serves, Forehand-overhead and underarm, Backhand-overhead and underarm, Drills and lead up games ➤ Types of games: Singles, doubles, including mixed doubles. ➤ Rules and their interpretations and duties of officials 					
Table Tennis: Fundamental Skills					
<ul style="list-style-type: none"> ➤ 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 ➤ Rules and their interpretations and duties of officials 					
Squash: Fundamental Skills					
<ul style="list-style-type: none"> ➤ Service: Under hand and Over hand ➤ Service Reception ➤ Shot: Down the line, Cross Court ➤ Drop, Half Volley ➤ Tactics: Defensive, attacking in game ➤ Rules and their interpretations and duties of officials 					
Tennis: Fundamental Skills					
<ul style="list-style-type: none"> ➤ Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental 					

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- grip, Chopper grip.
- Stance and Footwork
- Basic Ground strokes: Forehand drive, Backhand drive
- Basic service, Basic Volley
- Over-head Volley, Chop
- Tactics: Defensive, attacking in game
- Rules and their interpretations and duties of officials.

INDIGENOUS SPORTS

Kabaddi: Fundamental Skills

- 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: Various formations, 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 holds, Techniques of escaping from chain formation, Combined formations in offence and defense
- Ground Marking, Rules and Officiating

Kho Kho: Fundamental Skills

- 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, Judgement 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
- Ground Marking
- Rules and their interpretations and duties of officials

Malkhambh and Light Apparatus: Fundamental Skills

- Lathi: Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises
- Malkhamb: Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
- Rope Malkhamb: Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing.

(Any one from each sports out of these)

Practical: Written, oral Examination and field





**SCHOOL OF EDUCATION &
LIBRARY SCIENCE**

**Master of Physical
Education & Sports
(M.P.E.S)**

SEMESTER-II

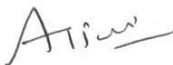
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Course Code	APPLIED STATISTICS IN PHYSICAL EDUCATION & SPORTS (Second Semester)			L	T	P	C
MMPE20S201				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> • Know how to organize, manage, and present data. • Explore and organize data for analysis. • Use and apply a wide variety of specific statistical methods. Demonstrate understanding of the properties of probability and probability distributions. • Demonstrate understanding of the probabilistic foundations of inference. 							
Course Outcome							
<ul style="list-style-type: none"> • Apply inferential methods relating to the means of Normal distributions. • Effectively communicate results of statistical analysis. • Demonstrate understanding of statistical concepts embedded in their courses. • Demonstrate proficiency in analyzing data using methods embedded in their courses. • Demonstrate ability to select appropriate methodologies for analysis based on properties of particular data set. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> • Understand and apply the statistics in research. • Organize the samples and sampling techniques which is relevant to the study. • Apply the statistics in research thesis for evaluation. 							
Unit-I	<ul style="list-style-type: none"> ➤ Fundamentals of Statistics ➤ Definition and use in physical and sports ➤ Research measure of central tendency: Mean, Median, Mode, Definition meaning, characteristics, uses and computation from ungrouped and grouped data ➤ Percentiles and quartiles 						12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Meaning, importance, computing percentile from grouped data ➤ Measures of Variability: Range, Quartile deviation, standard deviation, Meaning, computation from grouped and ungrouped data. ➤ Use and characteristics of measures of Variability 						12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Normal Curve: Definition and Principles of normal curve, relation between bio-nominal and normal curve, properties of normal curve, Skewness, Kurtosis, Standard Scale- Z, T, 6 sigma, 7 sigma ➤ Statistics Inference: Reliability validity limits, factors affecting reliability, T, F and Z statistics, Null hypothesis, Type I and type II errors, Two and one tailed tests, significance level 						12 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Sampling: Sample and stratified random sampling, standard error, sampling errors. Correlation: Meaning, magnitude, computing Product Moment Method (Ungrouped and grouped data), rank difference method, level of significance for correlation coefficients 						12 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ One way and two way analysis of variance (ANOVA), LSD and Scheffer's test Research proposal and preparation of Research Report ➤ Brief Introduction to Computer application 						12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures							

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Text Book(s)

- Best, John W. Research in Education, New Delhi Prentice Hall of India (P) Ltd. 1963.
- Clarke David H. and Clarke H. Harrison, research Process in Physical Education, recreation and Health, Englewood Cliffs, new Jersey Prentice Hall Inc. 1979.
- Clarke H. Harrison, the Application of Measurement in Health and Physical Education New York, Prentice Hall Inc. 1979.

Reference Books

- Good V. Carter and Scates Douglas E., Methods of research Application-Century, New York, 1954.
- Mauly George J., The science of Educational Research, New Delhi Eurasia Publishing House (P), 1963.
- Robson M Brar T.S. and Uppal A.K. Thesis format, Gwalior, LNCPE, 1979.

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Course Code	BIOMECHANICS IN PHYSICAL EDUCATION & SPORTS			L	T	P	C
MMPES20S202				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To enable student to understand the science of Biomechanics and kinesiology in relation to human performance. To enable student to analyze various fundamental movements and understanding the relevance of analysis. To enable student to understand the body structure and apply the knowledge in analysis of movements. To enable student to apply the knowledge of biomechanics for the purpose of research. 							
Course Outcome							
<ul style="list-style-type: none"> Explain the basic mechanical concepts and will be able to interpret its relation to human body movements. Organize and specify the overall goal of the course. Apply and analyze the factors of mechanical laws involved in human movement. Explain the principles of movement analysis. Analyze the mechanical principles of motor skills and sports related skills along with their proper techniques and corrective measures. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Identify biomechanical, health, physiological and psychological limitations to and interventions for improving physical performance. Analyse and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury. Know effectiveness of human movement using mechanical principles. 							
Unit-I	Introduction to Bio-mechanics						12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning and Concept of Biomechanics ➤ Importance of Biomechanics in Physical Education & Sports ➤ Approaches for Studying Movement ➤ Concept of Motion & Its types ➤ Distance and Displacement, Speed, Velocity and Uniform Acceleration, Force and Momentum, Pressure, Mass and Weight, Gravity and Centre of Gravity, Work, Power, Energy 						
Unit-II	Body Balance and Stability Control						12 Hrs
	<ul style="list-style-type: none"> ➤ Balance, Equilibrium and stability ➤ Controlling Balance in Static Positions ➤ Controlling Balance during Movements ➤ Structural of Motor Action and Bio-mechanical Principles: Spin & its types ➤ Effect of Spin on speed of the ball on the surface ➤ Effect of Spin on speed of the ball in flight ➤ Magnus effect: its application in sports 						
Unit-III	Newton's Law of Motion						12 Hrs
	<ul style="list-style-type: none"> ➤ Law of Inertia – (Linear motion) ➤ Law of Moment of Inertia (Angular Motion) 						

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	<ul style="list-style-type: none"> ➤ Law of Momentum (Linear Motion) ➤ Law of Angular Momentum (Angular Motion) ➤ Law of Action and Reaction (Linear Motion) ➤ Law of Action and Reaction (Angular Motion) 	
Unit-IV	Aerodynamic drag forces <ul style="list-style-type: none"> ➤ Skin Friction ➤ Profile Drag ➤ Effect of Stream line on drag ➤ Terminal Velocity 	12 Hrs
Unit-V	Forces and Movements <ul style="list-style-type: none"> ➤ Forces Action on a System ➤ Reaction Forces ➤ Friction Forces ➤ Centripetal and Centrifugal Forces ➤ Elastic Force ➤ Internal & External Forces ➤ Lever, Types of Lever and their Mechanical Advantage and Disadvantage with Special Reference to Physical Education and Sports ➤ Projectile of Motion:-Projecting for Horizontal and Vertical Distance 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Gowitzke, BA and Milner M. 1998, Scientific Basis of human movement (3rd Edition) • Hay. J (1978) The Bio-Mechanics of Sports Techniques 2nd Edition Englewood Cliffs: Prentice Hall. 		
Reference Books		
<ul style="list-style-type: none"> • Kreighbaum & Bartheles, Biomechnis, Ny: Macmillan 1985. • Mood S.D. Beyond Biomechanics-New York – Taylor (1996) • Hall, S.J. Basic Biomechanics, London, Mosy 1991 • Hay, J & Reid (1982) The Anatomical and Mechanical Basis of Human Motion. 		

Course Code	SPORTS PSYCHOLOGY IN PHYSICAL EDUCATION & SPORTS			L	T	P	C
MMPE20S203				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To get acquainted with the meaning, nature and scope of sports psychology. To be able to know & prepare psychological profiles of sportsmen. To understand the role of sports psychology in the performance. To know the various psychological problems and its coping techniques for better sports performance. To introduce to the role of leaders, counselors and social psyche in the performance enhancement. To introduce the Psychological Tests and be able to conduct these tests on subjects. 							
Course Outcome							
<ul style="list-style-type: none"> Correlate the psychological concepts with the sports and athlete specific situations. Integrate the knowledge about personality, motor learning for behavior modification of athletes. Relate different theories of motor learning with its influence on motor perception and related cognitive abilities of athletes. List down the strategies for motivation utilized in the field of sports. Analyze the issues related to social behavior based on physiological structure and function. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Explain group mechanisms and group psychology in a sports context Reflect upon motivational psychology as applied to sports activities Formulate relevant constructs of exercise psychology Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions. To apply core sociological theories to sports psychology in physical education. 							
Unit-I	<ul style="list-style-type: none"> ➤ 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 						12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Cognitive Processes in Physical Activities: ➤ Meaning of Cognition ➤ Characteristics of cognitive processes in Sports ➤ Sensation & Perception ➤ Thinking and Imagination 						12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Memory, Mental activity of athlete, Mental activity and sports related goals. ➤ Attention: Meaning, Dimension, Distractibility in Attention, Strategies to develop Attention ➤ Motor Learning: Meaning of Motor Learning, Factors Affecting Motor Learning ➤ Motor development in various periods of childhood & adolescence 						12 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Psychological aspects of Regulation: Meaning of Action Regulation ➤ Psychological Characteristics of Physical Activities: Action 						12 Hrs



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	programme in different games and sports ➤ Importance of action regulation	
Unit-V	<ul style="list-style-type: none"> ➤ Personality: Meaning of personality ➤ Personality traits of sports persons ➤ Relationship of personality to sports performance ➤ Personality differences among various sports group 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Alderman, R.B. Psychological Behaviour in Sports, (Philadelphia: London, Sounders Company, 1974). • But Susan Dorcas, Psychology of Spors (Network: Van Nastrand Reinhold Company) Edn. 2. • Cratty Brayant, J.Movement Behaviour and Motor Learning. (Philadelphia: Lea and Febiger, 1973). 		
Reference Books		
<ul style="list-style-type: none"> • Craty Bryant, j Psychology and Physical activity (New Jersey Englewood Cleffs, prentice Hall Inc. 1965) • Cratty Bryant, J. Psychological Proportion and Athletics Excellence, (New York: Movement publications Inc. 1978). • Gold Stein and Joffery J. (Ed.) Sports Games and Play Social and Psychological view points (Lowerence Eribanm Associates, Publishers R.J. 1979). 		

Course Code	PROFESSIONAL PREPARATION & CURRICULUM DESIGN IN PHYSICAL EDUCATION & SPORTS			L	T	P	C
MMPE20S204				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> Develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle acquire good health, physical fitness and bodily coordination through participating regularly in physical activity promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement have basic competence and confidence to face different challenges. 							
Course Outcome							
<ul style="list-style-type: none"> Know sports management and employ principles of strategic planning, and financial and human resource management. Assess marketing needs and formulate short term and long term solutions. Conceive, plan, execute, and evaluate a sports event. Introduce the teaching and curriculum objectives and course module design. Analyze the planning strategies, teaching, learning and assessment. Develop strategies to promote quality learning, practice marking and consider methods of course and self-evaluation. Evaluating learning intentions and the process that is guided through explicit and manageable criteria. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> To develop opportunities to construct & design the curriculum of PE in broader aspects realizing the age group, gender consideration and physiological basis Identify issues relevant to modern physical education and sport management. Explore the area as a career perspective To describe organization and administration of sports programmers. To analyze and interpret sports philosophy, sports sociology, business systems, sports management, public administration and marketing techniques 							
Unit-I	<ul style="list-style-type: none"> ➤ Concept of Physical Education: Meaning and Definition ➤ Foundations of Professional Preparation, Features of Indian Democracy with regard to Contribution of Physical Education & Sports ➤ Understanding of Foundations of Physical Education and Sports ➤ Meaning of Profession, Preparation, Curriculum and Design. ➤ Basis of Professional Preparation in Physical Education and Sports Sciences 						12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Forces and Factors Affecting Educational Policies and Prgrammes ➤ Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme ➤ Professional Courses, Advancement Schemes of UGC and Professional Programmes ➤ Role of Government and Institutes for Professional Preparation of in-service training programmes in Physical Education & Sports Coaching 						12 Hrs

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Unit-III	<ul style="list-style-type: none"> ➤ In-Service Education of Professional Personnel Nature & Scope of Responsibility for in-service training programme. ➤ Concept of Evaluation in Professional Preparation Programmes: Meaning, Importance, Process and its Applications 	12 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Concept of Curriculum Design and Development: Meaning, Need and Basic Principles ➤ Factors Influences the Physical Education Curriculum Design ➤ Conceptual Understanding of Physical Education Curriculum & Design 	12 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Historical Review of Professional Preparation in India, Japan & China ➤ Concept of Curriculum Contents in Physical Education ➤ Professional Preparation Curricular Programme 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Gupta Rakesh, Akhilesh, Santosh, Professional Preparation & Curriculum Design in Phy. Education. • Bhatia, K.K. and Narang, Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publishers, 1991. 		
Reference Books		
<ul style="list-style-type: none"> • Bhatia, K.K.Kadian, KS Chanda, PC and Sharma (1990) Contemporary Problem of Indian Education, Jalandhar Prakash Brother Educational Publishers. • Graily, J.Byrant (1990) Career Potentials in Physical Activity New Jery, Prentice Hall in Englowood Cliffs USA 		

Course Code	TRACK AND FIELD (THROWING EVENTS) Practical Course				L	T	P	C
MMPES20S205					0	0	4	4
Pre-requisite	Nil				Syllabus version			
				100 Marks				
Course Objectives								
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of throwing. To develop a knowledge about the historical development of the game. 								
Course Outcome								
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, apparatus used, court markings and dimensions, rules and duties of officials, etc. in the throwing events. To develop a knowledge about the historical development of the game. 								
Student Learning Outcomes (SLO)								
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, equipments used, ground markings and dimensions, rules and duties of officials, etc. in the event of throwing. To develop a knowledge about the historical development of this game. 								
TRACK AND FIELD							120 Hrs	
Throwing Events								
<ul style="list-style-type: none"> ➤ Discus Throw, Javelin, Hammer throw, shot-put ➤ Basic Skills and techniques of the Throwing events ➤ Ground Marking/ Sector Marking ➤ Interpretation of Rules and Officiating ➤ Grip ➤ Stance ➤ Release ➤ Reserve/ (Follow through action) ➤ Rules and their interpretations and duties of officials 								
Practical: Written, oral Examination and field								


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Course Code	GAMES SPECIALIZATION: INDIVIDUAL SKILLS, GAME SITUATION, OFFICIATING, LEAD-UP GAMES IN KABADDI/ KHOKHO/ BADMINTON/ TABLE TENNIS/ TENNIS/ SQUASH/ BASEBALL/ VOLLEYBALL/ BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL/ HOCKEY/ NETBALL/ SOFTBALL Practical Course (Any One)	L	T	P	C
		MMPE20S206		0	0
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To develop a knowledge about the historical development of this game. To understand undergraduate level of professional preparation in physical education and sports. 					
Course Outcome					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of volleyball/ basketball/ cricket/ football/ handball/ hockey/ netball/ softball etc. To develop a knowledge about the historical development of this game. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, techniques, stances, forms, rules and duties of officials, etc. in the event of volleyball/ basketball/ cricket/ football/ handball/ hockey/ netball/ softball. To develop a knowledge about the historical development of this game. 					
Basketball: Fundamental Skills <ul style="list-style-type: none"> ➤ Player stance and ball handling ➤ Passing: Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass ➤ Receiving: Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running ➤ Dribbling: How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble ➤ Shooting: Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw ➤ Rebounding: Defensive rebound, Offensive rebound, Knock out, Rebound Organization ➤ Individual Defensive: Guarding the man with the ball and without the ball ➤ Pivoting ➤ Rules and their interpretations and duties of the officials Cricket: Fundamental Skills <ul style="list-style-type: none"> ➤ Batting: Forward and backward defensive stroke ➤ Bowling: Simple bowling techniques ➤ Fielding: Defensive and offensive fielding ➤ Catching: High catching and Slip catching ➤ Stopping and throwing techniques ➤ Wicket keeping techniques Football: Fundamental Skills <ul style="list-style-type: none"> ➤ Kicks: Inside kick, Instep kick, Outer instep kick, lofted kick ➤ Trapping: trapping rolling the ball, trapping bouncing ball with sole ➤ Dribbling: With instep, inside and outer instep of the foot ➤ Heading: From standing, running and jumping, Throw in 					120 Hrs

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- Feinting: With the lower limb and upper part of the body.
- Tackling: Simple tackling, Slide tackling.
- Goal Keeping: Collection of balls, Ball clearance-kicking, throwing and deflecting

Hockey: Fundamental Skills

- Player stance & Grip, Rolling the ball, Dribbling, Push, Stopping, Hit, Flick, Scoop
- Passing: Forward pass, square pass, triangular pass, diagonal pass, return pass, Reverse hit, Dodging
- Goal keeping: Hand defence, foot defence
- Positional play in attack and defense
- Rules and their interpretations and duties of officials, Ground Marking

Softball: Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight
- Throwing (different passes and their uses): one handed passes (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
- Techniques of getting free: dodge and sprint, sudden sprint, sprint and stop, sprinting with change of speed
- Defending: marking the player, marking the ball, blocking, inside the circle, outside the circle (that is, defending the circle edge against the pass in)
- Intercepting: pass, shot, The toss-up
- Role of individual players
- Rules and their interpretations and duties of officials

Volleyball: Fundamental Skills

- Players Stance: Receiving the ball and passing to the team mates, The Volley (Over head 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

Hand Ball: Fundamental Skills

- Fundamental Skills: Catching, Throwing, Ball Control
- Goal Throws: Jump Shot, Centre Shot, Dive Shot, Reverse Shot
- Dribbling: High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense
- Rules and their interpretations and duties of officials

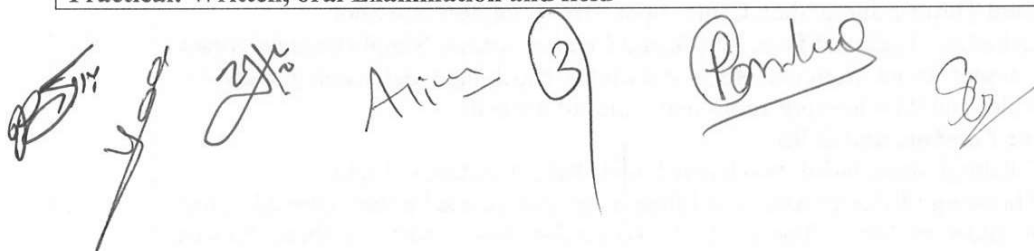
Netball: Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight
- Throwing (different passes and their uses): one handed passes (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
- Techniques of getting free: dodge and sprint; sudden sprint, sprint and stop, sprinting with change of speed
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot, The toss-up
- Role of individual players
- Rules and their interpretations and duties of officials.

(Any One out of these)

Practical: Written, oral Examination and field

Course Code	TEACHING PRACTICE (LESSON PLANS OF TRACK & FIELD) Practical Course	L	T	P	C
MMPE20S207		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> • Understand and appreciate the concept of Sustainable Development in wider perspective. • Understand the relationship between Physical Education and Individual and its role in SD. • Understand the nature and diversified role of schools in contemporary Indian Society for Sustainable Development. • Explores the dimensions of Human & Child Rights in School and Social context. 					
Course Outcome					
<ul style="list-style-type: none"> • To train the student teachers to conduct classes and lesson plans on Racket Sports/ Team Games/ Indigenous Sports both in the department classes as well as in the schools of their internship program. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> • To train the student teachers to conduct classes and lesson plans on Racket Sports/ Team Games/ Indigenous Sports both in the department classes as well as in the schools of their internship program. 					
TEACHING LESSON OF TRACK & FIELD					120 Hrs
05 teaching practice lesson plans of track and field out of which 04 lesson plans internal and 01 lesson plans external at school within premises on the students of M.P.E.S course.					
Practical: Written, oral Examination and field					


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Course Code	TEACHING PRACTICE (LESSON PLANS OF GAME SPECIALISATIONS) Practical Course	L	T	P	C
		MMPE20S208		0	0
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> Understand and appreciate the concept of Sustainable Development in wider perspective. Understand the relationship between Physical Education and Individual and its role in SD. Understand the nature and diversified role of schools in contemporary Indian Society for Sustainable Development. Explores the dimensions of Human & Child Rights in School and Social context. 					
Course Outcome					
<ul style="list-style-type: none"> To train the student teachers to conduct classes and lesson plans on Racket Sports/ Team Games/ Indigenous Sports both in the department classes as well as in the schools of their internship program. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> To train the student teachers to conduct classes and lesson plans on Racket Sports/ Team Games/ Indigenous Sports both in the department classes as well as in the schools of their internship program. 					
TEACHING LESSON OF TRACK & FIELD					120 Hrs
<ul style="list-style-type: none"> The Candidate has choice to select any one of the following games as the Specialization- II (Second best) in 2nd Semester: kabaddi/ kho-kho/ badminton/ table tennis/ tennis/ squash/ baseball/ volleyball/ basketball/ cricket/ football/ handball/ hockey/ netball/ softball. 05 teaching practice lesson plans of track and field out of which 04 lesson plans internal and 01 lesson plans external at school within premises on the students of M.P.E.S course. 					
Practical: Written, oral Examination and field					

