

This Syllabus is
Approved by Board of Studies of
EKLAVYA UNIVERSITY, DAMOH (MP)


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23.05.23






EKLAVA UNIVERSITY, DAMOH (I.P.)
Scheme of Examination M.P.E.S Sem III

/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		End Sem	Practical Slot		L	T	P	L	T	P		
			End Sem	Mid Sem		Quiz/Assignme/Attendance	End Sem								Lab Work/seasonal
1	MMPES20S301	Sports Management in Physical Education and Sports	60	30	10	0	0	100	4	0	0	4	0	0	4
2	MMPES20S302	Kinesiology in Physical Education and Sports	60	30	10	0	0	100	4	0	0	4	0	0	4
3	MMPES20S303	Tests, Measurement and Evaluation in Physical Education and Sports	60	30	10	0	0	100	4	0	0	4	0	0	4
4	MMPES20S304	Yoga Education	60	30	10	0	0	100	4	0	0	4	0	0	4
5	MMPES20S305	Track and Field III: Middle/Long Distance, steeplechase				60	40	100	0	0	0	4	0	4	4
6	MMPES20S306	Team Games Specialization: Baseball/Cricket/Football/Hockey/Softball/Volleyball/Handball/basketball/Netball etc (Any One)				60	40	100	0	0	0	4	0	4	4
7	MMPES20S307	INTERNSHIP				60	40	100	0	0	0	4	0	4	4
8	MMPES20S308	Officiating Lessons A) Officiating Lessons of Game Specializations (5Lessons) B) Officiating Lessons of Track and Field (5Lessons)				60	40	100	0	0	0	4	0	4	4
TOTAL			240	120	40	240	160	800	16	0	0	16	0	16	32








EKLAVYA UNIVERSITY, DAMOH (M.P.)

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

/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		End Sem	Practical Slot		L	T	P	
			End Sem	Mid Sem							
1	MMPE20S401	Scientific Principles of Sports Training in Physical Education and Sport	60	30	10	0	0	4	0	0	4
2	MMPE20S402	Sports Sociology	60	30	10	0	0	4	0	0	4
3	MMPE20S403	Sports Medicine	60	30	10	0	0	4	0	0	4
4	MMPE20S404	Organization and Administration in Physical Education	60	30	10	0	0	4	0	0	4
5	MMPE20S405	Dissertation				60	40	0	0	0	4
6	MMPE20S406	Track and Field IV Officiating (Any Two Event) Middle/Long Distance Race, High Jump, Triple-Jump, Relay Race, and Hammer -throw, ShotPut.				60	40	0	0	0	4
7	MMPE20S407	Games Specialization- IV officiating (Any Two Games)(Individual skills, game situation, officiating, lead-up games in Kabaddi/Kho-Kho/Badminton/Table Tennis/Tennis/Squash/Baseball/Volleyball/Basketball/Crick et/football/Handball/Hockey/Netball/Softball ,etc				60	40	0	0	0	4
8	MMPE20S408	PROJECT ORGANIZED Athletic (any one events) /Games Specialization(any one Game)				60	40	0	0	0	4
TOTAL			240	120	40	240	160	16	0	16	32

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**SCHOOL OF EDUCATION &
LIBRARY SCIENCE**

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

SEMESTER-III

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Course Code	SPORTS MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS (Third Semester)				L	T	P	C
	MMPE20S301					4	0	0
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 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 							12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Role of Manager in Physical Education and Sports ➤ Skills of Management: Technical Skill, Human Skills, Conceptual Skills, Personal Skill ➤ Qualities and Qualifications of Manager in Physical Education & Sports ➤ Layout of Play Field and Out Door Sports Area, Care and Maintenance of Play Field ➤ Need, Importance and Types of Sports Equipment ➤ Disposal of Sports Equipment 							12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Concept of Supervision: Meaning, Need and Guiding Principles ➤ Qualities of a Good Supervisor ➤ Techniques of Supervision 							12 Hrs



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	<ul style="list-style-type: none"> ➤ Aims and Objectives of Supervision ➤ Types of Facilities and their Maintenance 	
Unit-IV	<ul style="list-style-type: none"> ➤ Concept of Planning: Meaning, Definition, Need & Importance ➤ Principles of Planning Facility ➤ Steps Involved in Planning Process 	12 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ 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 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Kannp Clydo & E: Teaching Methods for Physical Education MC Graw Hill Book Co. Inc. • Tirunurayana, C&S Hariharjan: Method in Physical Education (South India Press Karalkudi India). 		
Reference Books		
<ul style="list-style-type: none"> • Kamlesh M.L. & Sangra, M.S. (1982): Methods in Physical Education Praksh Brothers, Jullundur. • Two experienced Professors: (1982) Organization and Administration and Recreation in Physical Education, Prakash Brothers, Jullundur. • Wakharkar D.C. (1967) Manual of Physical Education, Pearl Publications, Bombay. 		

Course Code	KINESIOLOGY IN PHYSICAL EDUCATION AND SPORTS			L	T	P	C
MMPE20S302				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To be able to understand the conduct of various measurement techniques. To assess an individual, athlete, special person etc using appropriate tests. To develop ability to measure accurately. Teaching of this course will start in semester- I and be evaluated at the end of semester-II. 							
Course Outcome							
<ul style="list-style-type: none"> To understand the science of Biomechanics and kinesiology in relation to human performance. To analyze various fundamental movements and understanding the relevance of analysis. To understand the body structure and apply the knowledge in analysis of movements. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> To value the correct movement techniques whether in performing sports skills or our activities in day-to-day lives. To understand the nature and scope of Kinesiology in Physical Education & Sports. To understand the importance and techniques of movement analysis. To understand the knowledge regarding antagonistic and agonistic muscles involve in the movements. 							
Unit-I	<ul style="list-style-type: none"> ➤ Concept, Scope and Role of Kinesiology in Physical Education and Sports ➤ Anatomical Body Position ➤ Meaning and Factors Affecting the Range of Motion ➤ Characteristics of Skillful Performance ➤ Fundamental Movements of Joints and their Terminology ➤ Meaning of Planes, Aims and their Types ➤ Axis and Planes involved in Joints Movements ➤ Types of Muscular Contractions 						12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Structural Classification of Skelton Muscles ➤ Functional Classification of Skelton Muscles ➤ Slow & Fast Twitch Muscle Fibers ➤ Methods of Studying the Action of Muscles ➤ Tendon Action of two Joints Muscles ➤ Body Deformities and their Remedies (a) Kyphosis (b) Lordosis (c) Scolosis (d) Knock-knee (e) Flat-foot 						12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Classification & Characteristics of Diarthrosis joints ➤ Struclture & Ligamentous enforcement of shoulders Girdle and shoulder, Elbow and Ankle Joints ➤ The Attachment and Action of the Muscles of following Joints: Shoulder Girdle and Shoulder- Trapezius, Levator scapulae, Rhomboid, serratus anterior, Pactorlis minor and major, Deltoid, Supra spinatus, Teres major, Infra and Teres minor, Spinatus and Biceps ➤ Elbow Joint: Biceps Brachii, Pronator teres, Supinator, Triceps brachii, Brachialis, Pronator quadratus, 						12 Hrs

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	➤ Ankle and Foot: Gastrocnemius, Soleus, Tibialis Anterior and Posterior, Extensor Digitorum Longus, Extensor & Flexor Hallucis Longus	
Unit-IV	➤ Structure & Ligamentous enforcement of Hip, Knee and Spinal Column joints, The Attachment and Action of the following muscles: HIP Joint- Iliopsoas, Pectineus, Rectus femoris, Sartorius, Tensor fasciae latae, Gluteus maximus, minimus and medius, Adductor Magnus, Longus and Brevis	12 Hrs
Unit-V	➤ Knee Joint: Quadriceps- Rectus Femoris, Vastus Lateralis, Vastus Intermedius and vastus medialis, Hamstring Group- Biceps Femoris, Semimembranosus Semitendinosus, Sartorius, Gastrocnemius and Popliteus ➤ Spinal Column: Levator scapula, Rectus abdominis, Sternocleidomastoid, Obliquus Internus and externus abdominis	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Zatsiorsky V.M. (1998), Kinematic of Human Motion • Kelly DL (1971), Kinesiology, Fundamental of Motion • Lattiganus K.Others, Kinesiology Scientific Basis of Human Motion 		
Reference Books		
<ul style="list-style-type: none"> • Jenson, C.R. & Schult, G.W., Applied Kinesiology: The Scientific study of human performance (2nd edition) (1977), New York MC Grah. • Hawley, G. (1937), The Kinesiology of Corrective Exercise, Philadelphia Lea Anno Febiger. 		

Course Code	TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION AND SPORTS				L	T	P	C
MMPE20S303					4	0	0	4
Pre-requisite	Nil				Syllabus version			
				100 Marks				
Course Objectives								
<ul style="list-style-type: none"> To understand terminologies & methods of evaluation in sports & Physical Education. To understand the evaluation process. To gain experience & skill to evaluate the human performance. To be better prepared to prepare & conduct measurement & evaluation. 								
Course Outcome								
<ul style="list-style-type: none"> To understand the importance and techniques of movement analysis. To understand the knowledge regarding antagonistic and agonistic muscles involve in the movements. 								
Student Learning Outcomes (SLO)								
<ul style="list-style-type: none"> To understand different tests in Physical Education. To acquire the knowledge of various tests regarding Physical fitness, Motor and Health related fitness. To understand various sports skill tests. To understand and utilize various statistical procedures for evaluation of human performance. 								
Unit-I	<ul style="list-style-type: none"> ➤ Measurement of Strength and Skill ➤ Kraus-Weber test and muscular fitness ➤ Instrument for measuring strength ➤ Roger's physical fitness index and suggested changes in the PFI Test ➤ Volleyball - Brady volleyball, Russel and Lange test 							12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ Badminton: Mille Volley test, Lockhart McPherson test. ➤ Field Hockey Dribbling and Goal Shooting test, Mehrotra test battery in Hockey 							12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Measures of Posture and Anthropometry ➤ Measure of Posture: IOWA Posture Test (Curelonh's) ➤ Anthropometrics Measurements: Girth Measurements- upper arm, fore arm, calf, chest ➤ Width Measurements: Biacromial chest, Illiocrestral, Bieficondylar (Femur and Humerus) ➤ Height Measurement: Stature and sitting height ➤ Somatotype: Scheldon's Technique an Inroduction 							12 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Measurement of Social efficiency and Psychological Factors ➤ Social Efficiency and Attitude Scales: Cook socio-metric status index ➤ Edgerton Attitude Scale for high school Freshman Boys ➤ McMohan Sportsmanship Questionnaire ➤ Psychological Factors: Anxiety Scale-SCAI (Marten and Others) ➤ Cattell's 16-PF Personality Questionnaire and Sybil B. G. ➤ Self Motivation Inventory (SMF) 							12 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Medical Examination ➤ Testing personnel, Time and testing, Economy of testing, test records ➤ Preparation of report ➤ Construction of table groups 							12 Hrs

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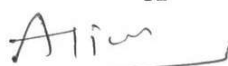
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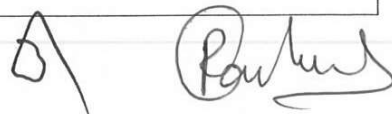
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	➤ Purpose of reporting justification and Particular phases of the Programme, worth of a change Methodology	
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Barrow M. Harold and McGhee, Rosemary. A Practical approach to Measurement in Physical Education. (Philadelphia: Lea and Febiger, 1979). Edn. 3rd . • Bosco S. James and Gustafson F. William, Measurement and Evaluation in Physical Fitness and Sports. (New Jersey: Englewood Cliffs, Prentice hall, 1983). • Clarks, H. David and Clarke Hanison. H. Application of Measurement of Physical Education (Englewood Cliffs. Prentice Hall, Inc., 1987) Edn. 		
Reference Books		
<ul style="list-style-type: none"> • Hubbard W. Alfred (Ed.) Research method in health Physical Education and Recreation 3rd revised Edn. (Washington: D.C. American Association of Health, Physical Education and Recreation. • Johnson L. Barry and Nelson K. Jack, Practical measurement for Evaluation in physical education, 1st Indian Reprint, (Delhi: Surjeet Publication, 1982) Edn. 3rd. 		

Course Code	YOGA EDUCATION			L	T	P	C
MMPE20S304				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> Describe the meaning, aims and objectives of Yoga. State the scope of and importance of Yoga Know the benefits and types of yoga Understand the concept of physical exercise difference between physical exercise and yoga. The aim of yoga is control over the mind. A man who cannot control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means. 							
Course Outcome							
<ul style="list-style-type: none"> To understand and to be equipped with the Concepts of Yogic practices and Asana. To be Equipped with the knowledge of Upanisadas and importance in one's life. To be Equipped with the knowledge of Yoga sutra, Astang Yoga and Hatayoga. To become familiar Classify and Identify the Yogic practices' and Asana's values and apply the same to the society. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Understand the basic Concepts of Yoga. Apply the principles of Yoga to live healthy and active life style. Promote the awareness of health through yoga. Analyze the techniques and of body posture to bring out healthy change. Able to execute loosening exercise ,Asanas, Pranayama and Shatkriyas. 							
Unit-I	<ul style="list-style-type: none"> ➤ Concept of Yoga: Meaning, Definition and Types of Yoga ➤ History and Development of Yoga in India ➤ Concept of Yoga in Modern World ➤ Effect of Yogic Exercise, Asanas, Kiryas and Pranayam on following Diseases: Asthma, Jaundice & Blood Pressure 						12 Hrs
Unit-II	<ul style="list-style-type: none"> ➤ 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 						12 Hrs
Unit-III	<ul style="list-style-type: none"> ➤ Astang Yog: Types and Steps ➤ Eight Paths of Yoga- (i) Yam (ii) Niyam (iii) Asans (iv) Pranayam (v) Partihar (vi) Dhyam (vii) Dharma (viii) Samadhi (Internal & External System of Yoga and their Effect) 						12 Hrs
Unit-IV	<ul style="list-style-type: none"> ➤ Yogic Methods: Sat Karmas/ Yogic Methods of Personal Hygiene/ Six Methods of Purification or Cleaning Process and their Effects ➤ Neti: Sutra Neti, Jal Neti, Dugad Neti, Ghee Neti, Rubber Neti. ➤ Dhoti: Jal Dhoti, Vastra Dhoti, Dand Dhoti, Kunnjal and Gajkarni 						12 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ Basti: Susak Basti, Jal Basti ➤ Nauli: Dakshin Nauli, Paschim Nauli, Madhya Nauli ➤ Kapal Bhati ➤ Taratak 						12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures							
Text Book(s)							
<ul style="list-style-type: none"> Asana and Pranayam by Swami Kuvlayanand 							







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- Yoga for Health Happiness and peace by Yoga Acharya Prakash Dev.
 - Yoga Method of Re-integration by Alain Dawal
 - Yoga Personal hygiene by Shri Yogendra.

Reference Books

- Yoga for everyman by demands Dubey.
- Message and Medical Gymnastics by Marg vilace.
- Water curve by Kellage
- Message and remedials Gymnastics by trely.
- Yog Shiksha/Yog Education by Dr. S.K. Mangal, Dr. Uma Mangal and SK Mana.

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Course Code	TRACK AND FIELD- III: MIDDLE/ LONG DISTANCE, STEEPLECHASE Practical Course	L	T	P	C
		MMPE20S305		0	0
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 jumping 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 jumping 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. 					
Track and Field Athletics: <i>Jumping Events</i> <ul style="list-style-type: none"> ➤ High Jump (Straddle Roll) ➤ Approach Run, Take off ➤ Clearance over the bar ➤ Landing ➤ 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 Relays: <i>Fundamental Skills</i> <ul style="list-style-type: none"> ➤ Various patterns of Baton Exchange ➤ Understanding of Relay Zones ➤ Ground Marking ➤ Interpretation of Rules and Officiating. Athletics: <i>Jumping, Pole-vault Events</i> <ul style="list-style-type: none"> ➤ 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					

Course Code	TEAM GAMES SPECIALIZATION: BASEBALL/ CRICKET/ FOOTBALL/ HOCKEY/ SOFTBALL/ VOLLEYBALL/ HANDBALL/ BASKET BALL/ NETBALL Practical Course (Any One)	L	T	P	C
MMPE20S306		0	0	4	4
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 baseball/ cricket/ football/ hockey/ softball/ volleyball/ handball/ basket ball/ netball. 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, techniques, stances, forms, rules and duties of officials, etc. in the event of baseball/ cricket/ football/ hockey/ softball/ volleyball/ handball/ basket ball/ netball. To develop a knowledge about the historical development of the game. 					
Basket ball: 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 ➤ 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 					120 Hrs

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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
- 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.

Practical: Written, oral Examination and field

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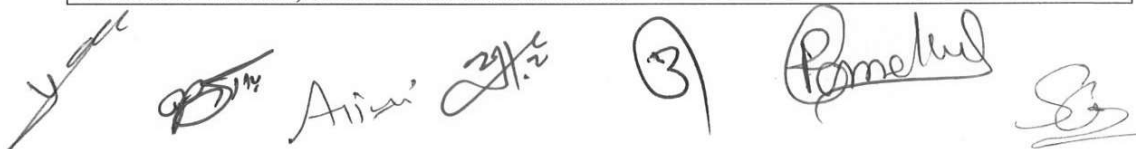
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Course Code	INTERNSHIP Practical Course	L	T	P	C
MMPE20S307		0	0	4	4
Pre-requisite	Nil	Syllabus version 100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To be able to learn and deliver the knowledge of basic fundamental skills, 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 jumping 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 jumping 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"> ➤ Each students will prepare 20 (twenty) Lesson Plans on a team games and games of specialisation 5 E's and/or Interpretation Construction (ICON) design approach under the supervision of a faculty member of the Department in four week internship programme. ➤ The students are also required to deliver the lessons by using appropriate technology and assessment tools, preferably the latest ones. 					120 Hrs
Practical: Written, oral Examination and field					

Course Code	OFFICIATING LESSONS (OFFICIATING LESSONS OF GAME SPECIALIZATIONS & OFFICIATING LESSONS OF TRACK AND FIELD) Practical Course	L	T	P	C
		MMPE20S308		0	0
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 jumping 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 jumping 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. 					
➤ 05 officiating lesson plans of track and field out of which 04 lesson plans internal and 01 lesson plans external and also 05 05 officiating lesson plans of game specialization at school within premises on the students of M.P.E.S course.					120 Hrs
Practical: Written, oral Examination and field					


 A series of handwritten signatures and initials are present below the table. From left to right, they include: a signature that appears to be 'Y. S. C.', initials 'B.M.', the name 'Anisa', a signature with '29/12' written above it, a circled number '3', a signature that appears to be 'P. M. K.', and another signature that appears to be 'S. S.'.



SCHOOL OF EDUCATION &
LIBRARY SCIENCE

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

SEMESTER-IV

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Course Code	SCIENTIFIC PRINCIPLES OF SPORTS TRAINING IN PHYSICAL EDUCATION AND SPORTS (Fourth Semester)				L	T	P	C	
	MMPE20S401					4	0	0	4
Pre-requisite	Nil				Syllabus version				
					100 Marks				
Course Objectives									
<ul style="list-style-type: none"> • Design and implement a team sport practice session for healthy populations. • Observe and evaluate coaching styles, including coaching objectives and philosophy. • Apply current research and industry standards to programs that develop skill-related health and fitness in athletes. 									
Course Outcome									
<ul style="list-style-type: none"> • To understand the concept, principles and forms of sports training. • To develop Methods of Training for all of the Fitness components • Technical and Tactical training methods to develop. 									
Student Learning Outcomes (SLO)									
<ul style="list-style-type: none"> • Understand training as performance based science. • Explain different means and methods of various training. • Prepare training schedule for various sports and games. • Appraise types of periodization for performance development. • Create various training facilities and plans for novice to advance performers. 									
Unit-I	Introduction							12 Hrs	
	<ul style="list-style-type: none"> ➤ Definition, aims and characteristics of sports training ➤ Principles of sports training specificity, overload, and reversibility ➤ Massed and distributed practice 								
Unit-II	Training Load and Adaptation							12 Hrs	
	<ul style="list-style-type: none"> ➤ Loading: Definition, internal and external load ➤ Components of load: Intensity of loading density of loading, duration and extent ➤ Progressive and fluctuation method of load ➤ Over load: Symptoms, causes and remedies 								
Unit-III	Motor Fitness Variable							12 Hrs	
	<ul style="list-style-type: none"> ➤ Physical Fitness Components: Definition, importance, classification and determining factors of speed, Endurance, Basic Endurance, Flexibility and Coordinative abilities. 								
Unit-IV	Fitness and Training							12 Hrs	
	<ul style="list-style-type: none"> ➤ Basic types of training: resistance training, circuit training, interval training, fartlek training, pressure training, plyometrics, pressure training 								
Unit-V	Technical and Tactical Training							12 Hrs	
	<ul style="list-style-type: none"> ➤ Definition of techniques and tactics ➤ Aims of technical training ➤ Classification of technique ➤ Training tactics ➤ Principles of tactical preparation 								
# Mode: Flipped Class Room, Case Discussion, Lectures									

39 3 (Signature) (Signature)

Text Book(s)

- Hardayal, Singh, Science of sports Training, New Delhi : D.V.S. Publications,
- 1994 2. Dick, Frank , Science of Sports training, London : Henry Kimpton Publisher Ltd., 1980
- Fox, Edward, Richard, Boners and merie foss. The Physiological basis for exercise and sport, U.S.A. : WCB, Brown and benchmark Publisher

Reference Books

- Uppal, A.K. Principles of sports training friends, Publication: Delhi, 2001 5. Bompa, Tudor, Periodisation of strength, Veritas Publication, Canada : 1996
- Paish, Wilf, Complete Manual of sports science, London : A and C Black Publisher Ltd., 1998.
- Bompa, Tudor, O. periodization: Theory and methodology of training Champaign HumanKinetics Inc., 199.

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Course Code	SPORTS SOCIOLOGY			L	T	P	C
MMPE20S402				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> Analyze the influence of psychological factors on involvement and performance in sport, exercise and physical education settings. This will include an extensive exploration of the field of sport and exercise psychology, mental skills that can be examined and training to improve athletic and physical performance. 							
Course Outcome							
<ul style="list-style-type: none"> To develop an understanding of the nature, scope & methods of psychology of education, physical education & sports. To understand the nature, steps and factor facilitating and obstructing learning. To develop an understanding of the intelligence, creativity & the role of the teacher in fostering them. 							
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. 							
Unit-I	Introduction						12 Hrs
	<ul style="list-style-type: none"> ➤ Definition, Meaning, Nature, and scope of sports sociology ➤ Sports as a social Phenomenon ➤ Sociological analysis of sport and sport sociology as an academic discipline. Social factors (appearance, sociability, aspiration level and audience) and their influences on participation and performance in sports 						
Unit-II	Sport and Micro Social Systems						12 Hrs
	<ul style="list-style-type: none"> ➤ Study of Sports groups. Group interaction, co MPES titian & co-operation ➤ Behavior characteristics, qualities and role of sports leaders ➤ Sports and Culture 						
Unit-III	Sports and Macro-Social System						12 Hrs
	<ul style="list-style-type: none"> ➤ Relationship between sport and socializing institution (Family, School and educational System) ➤ Inter-relationship between and regulating instauration (Politics and economy) ➤ Sports and cultural institutions (religion and art) ➤ Socialization through games and sports. 						
Unit-IV	Sports and Culture						12 Hrs
	<ul style="list-style-type: none"> ➤ Sports as a Social Institution. Sports as an element of Culture and a cultural product ➤ Manipulative Socialization ➤ Relationship between sport and culture 						
Unit-V	Social Factors Concerning Sport in Society						12 Hrs
	<ul style="list-style-type: none"> ➤ Social stratification in sport and Sports as a stratification system. ➤ Discrimination and democratization in sport with special reference to socio-economic classes and women 						

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	<ul style="list-style-type: none"> ➤ Sports and aggression, violence in sports ➤ Problem regarding professionalization and children in sports 	
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Loy, John, W. Kenyan, Gerald S, & Mc Pherson, Barry D, "Sports Culture and Society" (Philadelphia Lea & Febiger, 1981). • Ball, Donald W. and Low John W "Sport and Social order contribution to the sociology of sport" (London, Addison wesely publishing co, Inc, 1975) 		
Reference Books		
<ul style="list-style-type: none"> • Loy John W. Mc Pherson, Barry D, and Kenyan Gerald, "Sport and Social System" (London, Addison wesely publishing company Inc, 1978) • Edward Larry "Sociology of Sport" (Ilihois: The Dorsey Press, 1973). 		

Course Code	SPORTS MEDICINE			L	T	P	C	
MMPES20S403				4	0	0	4	
Pre-requisite	Nil			Syllabus version				
				100 Marks				
Course Objectives								
<ul style="list-style-type: none"> Utilize know how of relevant aspects of muscular- skeletal medicine in prevention and treatment of sports related injuries. Integrate and apply thorough knowledge and understanding of applied anatomy, sports biomechanics and relevant kinesiology to clinical Sports Medicine practice. Utilize advanced clinical competency and expertise, including clinical reasoning, in assessment and treatment of sports related injuries. 								
Course Outcome								
<ul style="list-style-type: none"> Understand their role in the management of the disability within the rehabilitation team. Understand the concept of team approach in rehabilitation. Observe and identify the diagnostic features in physical conditions. Understand the medical and surgical aspects of disabling conditions. Identify the residual potentials in patients with partial or total disability(temporary or permanent). 								
Student Learning Outcomes (SLO)								
<ul style="list-style-type: none"> To understand the role of sports medicine for sports performance. To know about adverse effects of doping in sports. To create the awareness regarding research in the field of sports medicine. To know about various technique for relaxation of sports person. To know about the various therapy for sports injuries. 								
Unit-I	<ul style="list-style-type: none"> ➤ Concept of Sports medicine ➤ Scope of sports medicine for Physical Educators and Coaches ➤ Sports medicine in India: Prevention of sports injuries, Role of Physical Educators and Coaches in prevention of sports injuries ➤ Pre conditioning injury prevention ➤ Exercise and drives Static, Stretching exercise ➤ The aphetic exercise and their classification ➤ Special pre-conditioning exercise for knee, ankle, shoulders and thigh 						12 Hrs	
Unit-II	<ul style="list-style-type: none"> ➤ Terminology and classification of common injuries, pathological changes in sprains, stain and contusion ➤ Regional injuries and their management, injuries of head, eye, ear, nose, back, shoulder, elbow, hand, abdomen, thigh, knee, leg and ankle ➤ Rehabilitation procedure of sports injuries, Principles or rehabilitation of injuries, cry therapy, Pressure bandage, hydrotherapy, electrotherapy, massage, therapeutic, massage 						12 Hrs	
Unit-III	<ul style="list-style-type: none"> ➤ Physiology of exercise, short and long term effect of exercise on muscular tissues ➤ Physiological Principles of development of strength, endurance, speed and flexibility ➤ Heart role and exercise ➤ Threshold for training, effect on heart, the cardiac reserve capacity ➤ Blood pressure and exercise ➤ Long ventilation during rest and exercise ➤ Change in lag diffusion in muscular activity 						12 Hrs	

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Unit-IV	<ul style="list-style-type: none"> ➤ Socio-psychological factors to improve performance in sports, stress and sports competition ➤ Socio-psychological stress and human performance in sports ➤ The sale's theory of stress and its implication 	12 Hrs
Unit-V	<ul style="list-style-type: none"> ➤ The Psychology and Physiology of stress ➤ Measurement of stress-Over training stress syndromes psycho-physiological training for stress and psycho-somatic fitness ➤ Yoga therapy for psycho-physiological ailments ➤ Yoga and psycho-physiological training of games and sports ➤ Drug abuse and doping in sports and its effect on performance 	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Loy, John, W. Kenyan, Gerald S, & Mc Pherson, Barry D, "Sports Culture and Society" (Philadelphia Lea & Febiger, 1981). • Ball, Donald W. and Low John W "Sport and Social order contribution to the sociology of sport" (London, Addison wesely publishing co, Inc, 1975) 		
Reference Books		
<ul style="list-style-type: none"> • Loy John W. Mc Pherson, Barry D, and Kenyan Gerald, "Sport and Social System" (London, Addison wesely publishing company Inc, 1978) • Edward Larry "Sociology of Sport" (Ilihois: The Dorsey Press, 1973). 		

Course Code	ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION			L	T	P	C
MMPE20S404				4	0	0	4
Pre-requisite	Nil			Syllabus version			
				100 Marks			
Course Objectives							
<ul style="list-style-type: none"> To understand the concept of educational management, organization and administration at the school level. To acquaint with the basic principles of school management. To develop skills for optimum utilization of resource available. 							
Course Outcome							
<ul style="list-style-type: none"> To acquaint students with knowledge of management and planning of Sports Competitions & tournaments. The student learns to plan, organize & execute sports events. To acquaint students with knowledge of sports nutrition for better performance. The students learn nutritional importance and plan for various sports. 							
Student Learning Outcomes (SLO)							
<ul style="list-style-type: none"> Understand the principles and process of Administration and Management. Administer physical education and sports programs in schools. Develop appropriate physical education curriculum, tools and budget to manage school programs. Appraise and manage physical education facilities and personnel in school. Design tournament fixtures and structures to organize competitions. 							
Unit-I	Organization and administration						12 Hrs
	<ul style="list-style-type: none"> ➤ Meaning and importance of Organization and Administration in physical education ➤ Qualification and Responsibilities of Physical Education teacher and pupil leader ➤ Planning and their basic principles ➤ Program planning: Meaning, Importance, Principles of program planning in physical education ➤ Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating 						
Unit-II	Office Management, Record, Register & Budget						12 Hrs
	<ul style="list-style-type: none"> ➤ Office Management: Meaning, definition, functions and kinds of office management ➤ Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record ➤ Budget: Meaning, Importance of Budget making, Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget 						
Unit-III	Facilities, & Time-Table Management						12 Hrs
	<ul style="list-style-type: none"> ➤ Facilities and equipment management: Types of facilities Infrastructure-indoor, out door ➤ Care of school building, Gymnasium, swimming pool, Play fields, Play grounds ➤ Equipment: Need, importance, purchase, care and maintenance ➤ Time Table Management: Meaning, Need, Importance and Factor affecting time table 						

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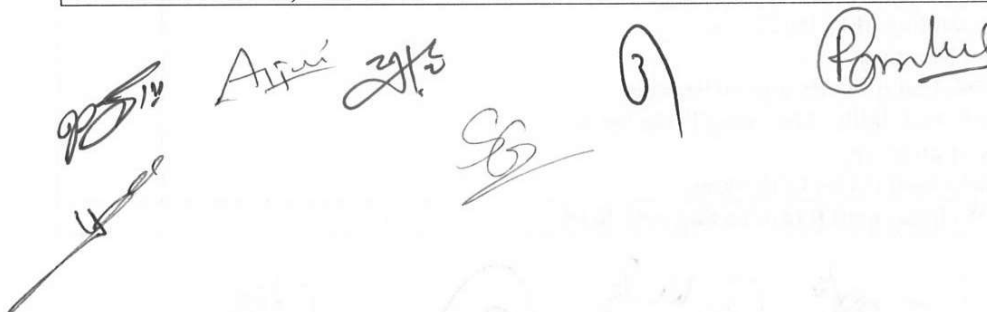
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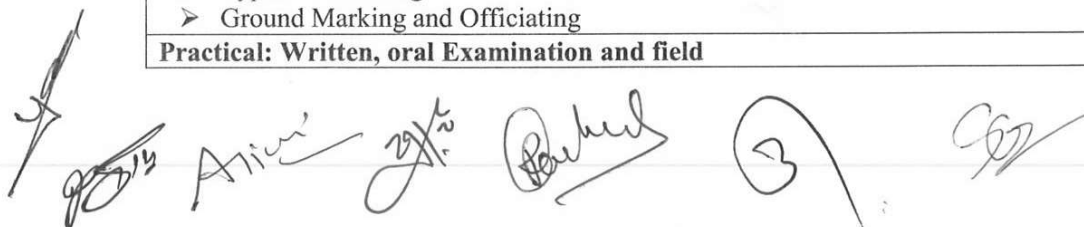
Unit-IV	Competition Organization- I ➤ Importance of Tournament ➤ Types of Tournament and its organization structure: Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament	12 Hrs
Unit-V	Competition Organization- II ➤ Organization structure of Athletic Meet ➤ Sports Event Intramurals & Extramural Tournament planning	12 Hrs
# Mode: Flipped Class Room, Case Discussion, Lectures		
Text Book(s)		
<ul style="list-style-type: none"> • Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc. • Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Lolis: The C.V. Hosby Co. • Kozman, H.C. Cassidly, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co. 		
Reference Books		
<ul style="list-style-type: none"> • Pandy, L.K. (1977). Methods in Physical Education. Delhe: Metropolitan Book Depo. • Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati • Tirunarayanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press. 		

Handwritten signatures and initials: 'S.P.', 'S.P.', 'Arun', '3', 'Ramesh'

Course Code	DISSERTATION Practical Course	L	T	P	C
MMPES20S405		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To enable the student to identify the prominent and important issues in the field of physical education. To have knowledge of history and significance of various dimensions of the issue. To carry out field survey for data collection and thus familiarise with the process of data collection and analysis. To carry out intensive study to make their dissertation valuable and authentic. To provide them opportunity to go for reference, analysis and additional subject related readings. Student should be guided by the following points during the research/study for his/her dissertation. 					
Course Outcome					
<ul style="list-style-type: none"> Opens up the students understanding of the subject and knowledge gathered. Helps in analyzing students' response and evolve curriculum accordingly. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Dissertation/ project has a great academic/ research value as well as method to develop in depth knowledge, investigation skill and serious understanding in his/ her behavior in the field of physical education. 					
<ul style="list-style-type: none"> ➤ Students will submit a report of the dissertation work, carried out by them during the coursework in two typed copies. ➤ A soft copy of the same in the form of CD/ DVD/ Pendrive will necessarily be enclosed along with each hard copy of the dissertation report. ➤ At the end of the fourth semester, the student will be assessed by an external examiner on the basis of the submitted report and an open presentation of the research work, preferably through PowerPoint (PPT) mode. ➤ The presentation will be open to available faculty members, fellow students and other interested persons. ➤ The internal marks will be given by the allotted supervisor on the basis of the students' work during the entire semester. ➤ An external examiner will not normally assess more than 25 students in a day. 					120 Hrs
Practical: Written, oral Examination and field					


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Course Code	TRACK AND FIELD-IV: OFFICIATING (MIDDLE/ LONG DISTANCE RACE, HIGH JUMP, TRIPLE-JUMP, RELAY RACE AND HAMMER THROW, SHOT PUT) Practical Course (Any Two Event out of these)	L	T	P	C
		MM PES20S406		0	0
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 jumping 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 jumping 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. 					
Track and Field Athletics: <i>Jumping Events</i> <ul style="list-style-type: none"> ➤ High Jump (Straddle Roll), Approach Run, Take off ➤ Clearance over the bar ➤ Landing ➤ 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 Relays: <i>Fundamental Skills</i> <ul style="list-style-type: none"> ➤ Various patterns of Baton Exchange ➤ Understanding of Relay Zones ➤ Ground Marking ➤ Interpretation of Rules and Officiating ➤ Fundamental Skills: Throwing Techniques ➤ Types of throwing ➤ Ground Marking and Officiating 					120 Hrs
Practical: Written, oral Examination and field					



Course Code	GAMES SPECIALIZATION- IV: OFFICIATING (INDIVIDUAL SKILLS, GAME SITUATION, OFFICIATING, LEAD-UP GAMES IN KABADDI/ KHO-KHO/ BADMINTON/ TABLETENNIS/ TENNIS/ SQUASH/ BASEBALL/ VOLLEYBALL/ BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL/ HOCKEY/ NETBALL/ SOFTBALL) Practical Course (Any two game out of these)	L	T	P	C
		MMPE20S407		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 kabaddi/ kho-kho/ badminton/ tabletennis/ tennis/ squash/ baseball/ volleyball/ basketball/ cricket/ football/ handball/ hockey/ netball/ softball. 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 basketball. To develop a knowledge about the historical development of this game. 					
Basket ball: 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

Practical: Written, oral Examination and field

Course Code	PROJECT ORGANIZED				
	Athletic (any one events)/ Games Specialization (any one Game) Practical Course	L	T	P	C
MMPE20S408		0	0	4	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
Course Objectives					
<ul style="list-style-type: none"> To enable the student to identify the prominent and important issues in the field of physical education. To have knowledge of history and significance of various dimensions of the issue. To carry out field survey for data collection and thus familiarize with the process of survey, data collection and analysis. To carry out intensive study to make their dissertation valuable and authentic. To provide them opportunity to go for reference, analysis and additional subject related readings. Student should be guided by the following points during the research/ study for his/her dissertation. 					
Course Outcome					
<ul style="list-style-type: none"> Opens up the students understanding of the subject and knowledge gathered. Helps in analyzing students' response and evolve curriculum accordingly. 					
Student Learning Outcomes (SLO)					
<ul style="list-style-type: none"> Dissertation/ Project has a great academic/ research value as well as method to develop in depth knowledge, investigation skill and serious understanding in his/her behavior for success in the field of physical education. 					
<ul style="list-style-type: none"> ➤ Students will submit a project paper of the athletic/ games specialisation, carried out by them during the coursework in two typed copies. ➤ A soft copy of the same in the form of CD/ DVD/ Pendrive will necessarily be enclosed along with each hard copy of the project report. ➤ At the end of the fourth semester, the student will be assessed by an external examiner on the basis of the submitted report and an open presentation of the research work, preferably through PowerPoint (PPT) mode. ➤ The presentation will be open to available faculty members, fellow students and other interested persons. ➤ The internal marks will be given by the allotted supervisor on the basis of the students' work during the entire semester. ➤ An external examiner will not normally assess more than 25 students in a day. 					120 Hrs
Practical: Written, oral Examination and field					

