

M.P.Ed

Master of Physical Education

**PROGRAM STRUCTURE AND SYLLABUS
2019-20 ADMISSIONS ONWARDS**

**(UNDER MAHATMA GANDHI UNIVERSITY PGCSS
REGULATIONS 2019)**



**EXPERT COMMITTEE IN PHYSICAL EDUCATION (PG)
MAHATMA GANDHI UNIVERSITY**

2019

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M.P.Ed Degree Program
(Mahatma Gandhi University Regulations PGCSS2019 from 2019-20 Academic Year)

1. Aim of the Program:

Physical Education is distinguished from other curricular areas by its primary focus on the body and on physical experience and is an integral part of the educational process, without which the education of the child is incomplete. The educational balance between academic and co-curricular activities requires an orientation towards inculcation of health consciousness amongst students, which includes the development of physical, mental and social domain of an individual. With the increase in pace of development of the nation, people striving towards attainment of better life, and for the attainment of strength to sustain the challenges of life, there is a requirement of urgency to lay a strong foundation and strengthen physical education and sports programme at all levels of the education programme for contributing towards development of human resources who can be assets for nation's growth and prosperity. This creates a need for the integration of physical education, sports, yoga and recreational activities in the education system for the overall quality of the younger generation.

Expected outcome of physical education professional training programme:

- Value physical activity: Be energetic, enjoy helping others in learning motor and sport skills.
- Be willing to serve as a role model for fitness and skill development for others.
- To advocate for the utilization of the resources needed to promote and maintain healthy behavior.
- To possess skills in developing group dynamics and to be able to communicate with the learners in social environment.
- To recognize, identify, demonstrate, apply, discuss and evaluate professional processes.

- State, compare, manipulate, design & deduce research enquiry in physical education & sports.
- Develop enquiry based approach to identify, formulate and investigate problems and issues using established theories, methodologies, practices in physical education and sports
- To communicate professionally and effectively, both oral and written instructions.
- To identify, summarize, plan and design physical activity, exercise, yoga, teaching and coaching programme as per needs of the society.
- Trained physical education teachers are expected to play an important role towards promotion of life skills for the youth of the nation.
- Physical education teachers help young people to develop the fitness, motor, personal and social skills needed to maintain a lifestyle that enhances fitness and improves health over the lifespan

The teacher education programme in physical education must emphasize the development of reflective thinking and problem-solving skills.

2. Eligibility for Admissions:

The Intake, Eligibility and Admission Procedure is as per the NCTE norms and standards.

3. Medium of Instruction and Assessment : **English**

4. Faculty under which the Degree is Awarded: **Faculty of Education**

5. Specializations offered, if any: **Sports Specialization**

6. Note on compliance with the UGC Minimum Standards for the conduct and award of Post Graduate Degrees

In the process of developing the curriculum framework, the committee engraved essential features of a programme based on the recommendations of NCTE& UGC.

- Two years M.P.Ed. programme for post graduate in physical education.
- Inclusion of courses and experiences which focus on human involvement in physical education and related areas.
- Reflect horizontal approach yielding holistic and integrated physical education discipline.
- Promote quality research and investigation in physical education that can be applied for future development of the discipline.
- Emphasize on developing skills among physical education professionals for qualitative delivery of physical education programme at senior secondary schools, colleges, and universities.
- Provide a logical balance between theory and field experience.
- Provide experiences that require human involvement in physical education and related activities.

7. THE PROGRAM STRUCTURE

Course Code	Title of the Course	Type of the Course	Hours per week	Credits
FIRST SEMESTER				
PE010101	Research Process in Physical Education and Sports Sciences	Core	4	4
PE010102	Sports and Exercise Physiology	Core	4	4
PE010103	Measurement and Evaluation in Physical Education	Core	4	4
PE800101	Yogic Sciences	Elective	3	3
PE800102	Sports Journalism			
Practicum PE010104	Track and Field (Track Events)	Core	5	3
Practicum PE010105	Yoga	Core	3	3
Practicum PE010106	Game Specialization - 1 (Any one among the following- Badminton / Table tennis / Tennis / Ball badminton) offered by the college / department)	Core	5	3
SECOND SEMESTER				
PE010201	Applied Statistics in Physical Education and Sports	Core	4	4
PE010202	Sports Psychology	Core	4	4
PE010203	Kinesiology and Sports Biomechanics	Core	4	4
PE810201	Sports Technology	Elective	3	3
PE810202	Information Communication Technology			
Practicum PE010204	Track and Field (Throwing Events)	Core	5	3
Practicum PE010205	Coaching Lessons of Sports. After sufficient practice, student should take 5 lessons	Core	3	3
Practicum PE010206	Game Specialization - 1 Continuation from semester 1 (Any one among the following- Badminton / Table tennis / Tennis / Ball badminton) offered by the college / department)	Core	5	3
THIRD SEMESTER				
PE010301	Athletic Care and Rehabilitation	Core	4	4

PE010302	Scientific Principles of Sports Training	Core	4	4
PE010303	Sports Nutrition	Core	4	4
PE820301	Physical Fitness, Wellness and Lifestyle Management	Elective	3	3
PE820302	Value and Environmental Education			
Practicum PE010304	Track and Field (Jumping Events & Combined Events)	Core	5	3
Practicum PE010305	Internship / Coaching assignment / Industrial visit	Core	4	4
Practicum PE010306	Game Specialization – 2 (Any one among the following - Football, Volleyball / Basketball/ Cricket/ Handball / Hockey offered by the college / department)	Core	5	3
FOURTH SEMESTER				
PE010401	Sports Event Management	Core	4	4
PE010402	Exercise Prescription and Programme Designing	Core	4	4
PE010403	Dissertation	Core	4	4
PE830401	Corrective and Adapted Physical Education	Elective	3	3
PE830402	Gender studies in Physical Education			
Practicum PE010404	Coaching Lessons and Officiating of Track and Field (3 internal lessons)One external lesson and one officiating experience in school/competition	Core	5	4
Practicum PE010405	Game Specialization – 2 (Any one among the following (Football, Volleyball / Basketball/ Cricket/ Handball / Hockey offered by the college / department) Coaching Lesson	Core	5	4
Total Credit				96

Elective Course Code	Group I	Elective Course Code	Group II
PE800101	Yogic Sciences	PE810201	Sport Technology
PE800102	Sports Journalism	PE810202	Information Communication Technology

Elective Course Code	Group III	Elective Course Code	Group IV
PE820301	Physical Fitness, Wellness and Life style Management	PE830401	Corrective and Adapted Physical Education
PE820302	Value and Environmental Education	PE830402	Gender Studies in Physical Educationf

FIRST SEMESTER COURSES& DETAILED SYLLABUS

PE010101	Research Process in Physical Education and Sports Sciences
PE010102	Sports and Exercise Physiology
PE010103	Measurement and Evaluation in Physical Education
Elective	
PE800101	Yogic Sciences
PE800102	Sports Journalism
Practicum PE010104	Track and Field (Track Events)
Practicum PE010105	Yoga
Practicum PE010106	Game Specialization - 1 (Any one among the following- Badminton / Table tennis / Tennis / Ball badminton) offered by the college / department)

PE010101- RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Total Credits: 4

Objective of the Course:

- 7.1. To develop understanding of the basic framework of research process.
 - 7.2. To identify appropriate research topics.
 - 7.3. To identify various sources of information for literature review and data collection.
 - 7.4. Select and define appropriate research problem, parameters and research questions.
 - 7.5. To develop an understanding of various research designs and techniques.
 - 7.6. Write a research proposal and report.
 - 7.7. Organize and conduct a scientific research in a more appropriate manner
 - 7.8. To develop an understanding of the ethical dimensions of conducting applied research.
1. **MODULE –I**
 - 1.1. Meaning and Definition of Research.
 - 1.2. Need, Nature and Scope of research in Physical Education
 - 1.3. Classification of Research, Location of Research Problem
 - 1.4. Criteria for selection of a problem
 - 1.5. Qualities of a good researcher
 2. **MODULE –II**
 - 2.1. Descriptive Methods of Research
 - 2.2. Survey Study, Case study
 - 2.3. Introduction of Historical Research, Steps in Historical Research,
 - 2.4. Sources of Historical Research: Primary Data and Secondary Data
 - 2.5. Historical Criticism: Internal Criticism and External Criticism
 3. **MODULE –III**
 - 3.1. Experimental Research – Meaning, Nature and Importance.
 - 3.2. Meaning of Variable, Types of Variables.
 - 3.3. Experimental Design - Single Group Design, Reverse Group Design,
 - 3.4. Repeated Measure Design, Static Group Comparison Design,
 - 3.5. Equated Group Design, Factorial Design
 4. **MODULE –IV**
 - 4.1. Meaning and Definition of Sample and Population.
 - 4.2. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling,
 - 4.3. Stratified Sampling,
 - 4.4. Area Sampling – Multistage Sampling.
 - 4.5. Non- Probability Methods; Convenience Sample, Judgment Sampling, Quota Sampling

5. **MODULE –V**

- 5.1. Chapterization of Thesis / Dissertation, Front Materials
- 5.2. Body of Thesis – Back materials.
- 5.3. Method of Writing Research proposal,
- 5.4. Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals
- 5.5. Mechanics of writing Research Report, Footnote and Bibliography writing

Recommended References:

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

PE010102 - SPORTS AND EXERCISE PHYSIOLOGY

The course objectives are:

- To assess basic concepts of exercise physiology
- To employ students to apply the knowledge of energy systems during exercise.
- To explain the effect of environment and ergogenic aids on exercise and training.
- Develop a thorough understanding of the relationship between physical activity and health.
- To develop the understanding of the physiological processes.

1. MODULE –I

- 1.1. Introduction to exercise and sport physiology: Definition of Physiology and Exercise Physiology. Historical aspects of exercise physiology.
- 1.2. Role of Exercise Physiology in the Field of Physical Education and Sports Research settings, research tools designs in exercise physiology & sport.
- 1.3. Structure and function of exercising muscle: Gross structure of skeletal Muscle myofibrils, Muscle fiber contraction- excitation-contraction coupling, role of calcium in the muscle fiber, Sliding filament theory, energy for muscle contraction, muscle relaxation.
- 1.4. Muscle fiber type & characteristics, Sarcoplasmic Reticulum, Motor units, Types of muscle contraction – concentric, dynamic, isometric, eccentric contraction.
- 1.5. Neural control of exercising muscle: structure and function of nervous system- neuron, nerve impulse, synapse, neuromuscular junction, neurotransmitters, postsynaptic response; Central nervous system- brain, spinal cord; peripheral nervous system- sensory division, motor division, autonomic nervous system; sensory-motor integration- sensory input, motor response.

2. MODULE – II

- 2.1. Cardiovascular system and its control: Heart – Blood flow through the heart, Myocardium, Cardiac conduction system, extrinsic control of heart activity, electrocardiogram, and Cardiac arrhythmias.
- 2.2. Terminology of cardiac function- cardiac cycle, stroke volume, and cardiac output.
- 2.3. Vascular system- Blood pressure, General Hemodynamics, Distribution of blood.
- 2.4. Blood- Blood volumes and composition, Red blood cells, blood viscosity.
- 2.5. Cardiovascular response to acute exercise – Heart Rate, Stroke volume, Cardiac output, Blood pressure, Blood flow, Blood.

3. MODULE - III

- 3.1. The respiratory system and its regulation- Pulmonary ventilation – inspiration, expiration.
- 3.2. Pulmonary volumes- tidal volume, vital capacity, residual volume, total lung capacity.
- 3.3. Pulmonary diffusion – blood flow to the lungs at rest, respiratory membrane, partial pressures of gases, gases exchange in alveoli.

- 3.4. Transport of oxygen and carbon dioxide in the blood.
 - 3.5. Gas exchanges at the muscles- Arterial- Venous oxygen difference, oxygen transport in the muscle, factors influencing oxygen delivery and uptake, carbon dioxide removal. Regulation of pulmonary ventilation.
 - 3.6. Respiratory response to acute exercise – Pulmonary ventilation during dynamic exercise, Breathing irregularities during exercise, Ventilation and energy metabolism, respiratory limitations to performance, respiratory response of acid base balance.
4. **MODULE – IV**
- 4.1. Adaptations to resistance training: Mechanism of gains in muscle strength – neural control of strength gains, muscle hypertrophy, muscle atrophy, fiber type alterations.
 - 4.2. Muscle soreness and cramps – acute muscle soreness, delayed onset muscle soreness, exercise induced muscle cramps.
 - 4.3. The endocrine system- Hormones: chemical classification of hormones, hormones secretion and plasma concentration, hormone action. Endocrine glands and their hormones.
 - 4.4. Hormonal regulation of metabolism during exercise: endocrine glands involved in metabolic regulation, regulation of carbohydrate metabolism during exercise, regulation of fat metabolism during exercise. Hormonal regulation of fluid and electrolyte during exercise.
 - 4.5. Age consideration in sport and exercise-Children and adolescents in sports and exercise, physiological response and adaptations to exercise training. The Female Athlete - Structural and Physiological Sex differences, Physiological Adjustment to heavy training, Gynecological Problems, Menstrual Cycle and Athletics, Pregnancy Child and Athletics.
5. **MODULE – V**
- 5.1. Fuel for exercise: Energy substrates – carbohydrate, Fat, Protein. Controlling the rate of energy production. Storing energy – high energy phosphates.
 - 5.2. The basic energy systems – ATP-PC system, Glycolytic system, Oxidative system. The oxidative capacity of muscle- Enzyme activity,
 - 5.3. Fiber type composition and endurance training, Oxygen needs.
 - 5.4. Energy expenditure and fatigue: Measuring Energy expenditure- Direct calorimetry, Indirect Calorimetry, Isotopic measurements of energy metabolism.
 - 5.5. Energy expenditure at rest and exercise- Basal and resting metabolic rates, metabolic rate during submaximal exercise, maximal capacity for aerobic exercise, anaerobic effort and exercise capacity.
 - 5.6. Fatigue and its causes- energy system and fatigue, metabolic by products and fatigue, neuromuscular fatigue.

Practicum: (Physiological Assessment)

- Measurement of heart rate, before and after activity and during activity.
- Measurement of resting heart rate
- Measurement of Blood Pressure by Sphygmomanometer
- Measurement of Vital Capacity and Peak Flow Rate.
- Assessment of Respiratory Rate.
- Measurement of body fat
- Assessment of Body Composition by Skinfold caliper method

Recommended References:

- McArdle, W., Katch, F., & Katch, V. (2010). Exercise physiology. Baltimore, MD: Lippincott Williams & Wilkins. ISBN 978-1451191554
- Jack H Wilmore, David L Costill & W Larry Kenney. Physiology of Sport & Exercise (2015) Human Kinetics.

PE010103 - MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

The course objectives are:

1. To develop concepts related to Test, Measurement & Evaluation;
2. To construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
3. To analyze the physical ability and performance of an individual in various sports.
4. To provide scientific techniques in selection and talent identification through various evaluation and grading process applicable in physical education and sports.
5. To develop the skills and techniques for construction of new tests for various need related to specific Sports Skills.

1. MODULE -I

1. Meaning of the terms test, measurement and evaluation. Nature and scope/purposes of measurement and evaluation programme in the field of Physical Education.
2. Taxonomy of educational objectives.
3. Domains of behavior – cognitive domain, the affective domain, psycho motor domain writing behavioral objectives
4. Test Evaluation: Criteria of Test Selection-Scientific Authenticity, (Reliability, Validity, Objectivity, norms, Administrative, Feasibility and Educational application.
5. Classification of tests-Standardized and teacher made tests, objectives and subjective tests. Advantages and disadvantages of subjective and objective evaluation.

2. MODULE - II

1. Determining the purpose of the test, planning the test – test blue print, objectives, content. Construction of test items.
2. Types of Cognitive test items - Objective- true-false, matching items, Completion items, identification, multiple choice, subjective-Short essay and essay items- writing essay items.
3. Evaluation of knowledge test- Reliability- Kuder-Richardson method, Split- Halves method
4. Validity-Item analysis- Index of Discrimination; item difficulty; individual item difficulty
5. Construction of Physical performance tests (fitness & skills tests)- steps in test construction and evaluation.Psychomotor skill tests- Simulated condition items; Game performance Items

6. Rating Scales- Constructing rating scale, Grading in Physical Education- philosophy, purpose, measurable factors, criteria & methods of grading, systems of grading.
3. **MODULE –III**
 1. Cardiovascular respiratory function- Cooper's 12 minutes continuous Run/Walk test, Tuttle pulse ratio test. Hyman's cardiopulmonary Index (CPI),Harvard step test and its modifications, Treadmill Test
 2. Motor fitness:Oregon Motor fitness test, J.C.R. Test, AAHER Youth Fitness test, Indian Motor fitness test, National Physical Fitness Programme test, Canadian Motor fitness test.
 3. Tests of General motor ability: Mc. Cloys general motor ability test, Iowa Brace test, Methony Johnson test
 4. Test for Strength and Skill: Strength: Roger's Physical fitness index, IRM and suggested changes in the PEI test.
 5. Kraus – Weber Minimum Muscular Test
 4. **MODULE -IV**
 1. Volleyball - Brady test, Russel and Lang's test; Basketball - Johnson test, Knox test
 2. Soccer - Mc Donald test, Johnson test; Field Hockey – Harbans Singh field hockey test
 3. Badminton - Broer Miller test; Tennis - Dyer Tennis test.
 4. Measures of Posture - Anthropometry, Measurement of posture and body mechanics- IOWA Posture test (Cureton's), Anthropometric Measurements-Girth Measurements - Upper arm, fore arm, calf, chest.
 5. Width Measurement - Sacromial, chest, illiocrestal, reipieondylar (Femur and Humorous) Height Measurement - Stature and sitting height
 6. Somatotype - Sheldon's technique, Heath - Carter Method.
 5. **MODULE –V**
 1. Social efficiency scale - Mc. Cloys Behavior rating scale, Co well social Behaviour trend index, Social Distance Scale, Mental Health analysis, Wasoburn's social adjustment inventory.
 2. Socio Metric Technique - Introduction
 3. Measurement of attitude and Leadership
 4. Psychological factors -Anxiety Scale - Spilberger's Competitive State - Anxiety Scales.
 5. Other sports specific scales/Questionnaire - Motivation, Achievement Motivation, Leadership etc.

Recommended References:

- James Morrow, Dale Mood, James Disch, Minsoo Kang (2016). Measurement and Evaluation in Human Performance with Web Study Guide-4th& 5th Edition

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark:Ho+Storm.
- Barron, H. M., &Mchee, R. (1997). A practical approach to measurement in physical education.Philadelphia: Lea and Febiger.
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- Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor &Francis, New York.
- Phillips, D. A., &Hornak, J. E. (1979). Measurement and evaluation in physical education. NewYork: John Willey and Sons.
- Sodhi, H.S., &Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometricstudy.Patiala: Punjab Publishing House

PE800101- A- YOGIC SCIENCES (ELECTIVE)

COURSE OBJECTIVES:

1. To appraise an understanding of the principles of yogic practices
2. To Acquaint with various types of asana, pranayama, kriya.
3. To integrate sports with yoga for performance enhancement

1. MODULE – I

- 1.1. Meaning and Definition of Yoga,
- 1.2. Astana Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samathi.
- 1.3. Concept of Yogic Practices: Principles - Breathing -Awareness-Relaxation.
- 1.4. Sequence- Counter pose –Time – Place – Blanket – Clothes – Bathing –
- 1.5. Emptying the bowels – Stomach – Diet - No straining – Age - Contra-indications - Inverted asana – Sunbathing.

2. MODULE –II

- 2.1. Loosening exercises: Techniques and benefits. Asanas: Types- Techniques and Benefits.
- 2.2. Yogasans and its values.
- 2.3. Surya namaskar: Methods and benefits.
- 2.4. Pranayama: Types- Methods and benefits.
- 2.5. Nadis: Meaning, methods and benefits.
- 2.6. Chakras: Major Chakras - Benefits of clearing and balancing Chakras.

3. MODULE –III

- 3.1. Yoga and Sports: Yoga Supplemental Exercises –
- 3.2. Yoga Compensation Exercises-
- 3.3. Yoga Regeneration Exercises-
- 3.4. Power Yoga.
- 3.5. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression, Concentration, Self-Actualization.

4. MODULE –IV

- 4.1. Effect of Yoga on Skeletal System:
- 4.2. Effect of Yoga on Circulatory,
- 4.3. Effect of Yoga on Digestive, Nervous,
- 4.4. Effect of Yoga on Respiratory, Excretory Systems.
- 4.5. International Day of Yoga, Common Yoga Protocol suggested by AYUSH

5. MODULE –V

- 5.1. Asana (Sitting, Standing, Bending & Twisting)
- 5.2. Pranayama (5 types)
- 5.3. Mudras: Meaning, Techniques & Benefits
- 5.4. Shat Kriyas- Meaning, Techniques and Benefits

- 5.5. Bandas: Meaning, Techniques & Benefits
- 5.6. Meditation: Meaning, Techniques & Benefits
- 5.7. Relaxation (Shavasana & Makrasana)

Recommended References:

- Authors Guide (2015), International Day of Yoga, Common Yoga Protocol, New Delhi: Ministry of AYUSH, Government of India.
- George Feuerstein. (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.,
- Gore. (1990). Anatomy and Physiology of Yogic Practices. Lonavala: Kanchan Prakashan.
- Helen Purperhart (2004) The Yoga Adventure for Children. Netherlands: A Hunter House Book.
- Iyengar, B. K. S. (2000). Light on Yoga. New Delhi: Harper Collins Publishers.
- Kuvalyananda Swami & S.L. Vinekar. (1963). Yogic Therapy – Basic Principles and Methods. New Delhi: Govt of India, Central Health Education and Bureau.
- Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
- Moorthy .A.M & Alagesan. S. (2004). Yoga Therapy. Coimbatore: Teachers Publication House.
- Swami Satyananda Saraswathi. (1984). Kundalini and Tantra. Bihar: Yoga Publications Trust.
- Swami Kuvalayananda. (1998). Asanas. Lonavla: Kaivalyadhama.
- Swami Satyananda Sarasvati. (1989). Asana Pranayama Mudra Bandha. Munger: Bihar School of

PE800102- B- SPORTS JOURNALISM (ELECTIVE)

COURSE OBJECTIVES:

1. To apprise the students about the origin and evolution of journalism and mass media.
2. To synthesize a basic concept of reporting and editing.
3. To appraise the varied aspects of advertising.

1. MODULE – I

1. Meaning, Definition, Evolution & scope of Sports Journalism,
2. Ethics of Journalism – Canons of journalism
3. Sports Ethics and Sportsmanship,
4. Reporting Sports Events,
5. National and International Sports News Agencies,

2. MODULE – II

1. Introduction to mass communication - The concept of mass media - Mass media in India and its present status.
2. Mass media institutions in India – Government media units
3. Press registrar of India, Press council of India - Indian news agencies media educational institutions.
4. The concept of journalism - the function of press - Press freedom and responsibility and the theories of press - Current trends in journalism.
5. Sports Photography: Equipment- Editing – Publishing. Mass Media in Journalism: Radio and T.V. Commentary

3. MODULE –III

1. Reporting, Functions, responsibilities and qualities of reporter - Functional differences of reporters – Special correspondents, foreign correspondents, columnists, free lancers, Roving Reporters,
2. Structure of Advertising - Functions of advertising, Psychology of advertising,
3. Types of advertising – Advertising media, Structure of advertising agency.
4. Editing –Magazines – Modern trends of headlines writing – Electronic news editing – picture editing – Outline writing –
5. Editorial writing – Types of editorials and analysis of editorials.

4. MODULE –IV

1. Methods of editing a Sports report.
2. Evaluation of Reported News.
3. Interview with and elite Player and Coach.
4. Practical assignments to observe the matches and prepare report and news of the same;

5. Visit to News Paper office and TV Centre to know various departments and their working.
6. Preparation of Portfolio of newspaper cuttings of sports news (national & international) for the Semester.

5. MODULE – V

1. Leads: Introduction and Definition, Importance of Leads. Principles of Leads.
2. Construction and types of leads - leads for sports reports, individual and Team games.
3. Track and field events, entries of score board and statistics
Editing Copy reading and handling sports news.
4. Design and make-up of the sports page elementary.
5. Knowledge of typography and various process of printing. Newspaper style and slant.

Recommended References:

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi :Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- MohitChakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.
- Billings, A., Butterworth, M., &Turman, P. (2012). Communication and sport. Thousand Oaks,
- Billings, A. (2014)Routledge handbook of sport and new media. RoutledgeISBN-13: 978-0415532761 ISBN-10: 0415532760
- Billings, A., Butterworth, M., &Turman, P.(2014) Communication and sport.ISBN-13: 978-1452279138ISBN-10: 1452279136
- Sandvoss, C., Real, M., & Bernstein, A. (2012). Bodies of discourse. New York, NY: PeterLang.ISBN-13: 978-1433111730ISBN-10: 143311173X
- Deninger, D. (2012). Sports on television. New York: Routledge.ISBN-10: 0415896762 ISBN-13: 978-0415

Practicum Courses

PE010104 - TRACK AND FIELD (TRACK EVENTS)

PE010106 -Game Specialization - 1

Practicum Course objectives common to Track & Field & Game specialization:

The course of Track & Field & Sports Specialization – I, is so designed to provide an opportunity to teacher educators to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

- To define and acquaint training preparation of Game/Sport
- To employ the rules and regulation of Game/Sport
- To emphasis on preparation for the Game/Sport.
- To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
- To orient & employ the rules and regulation in organization of competition in Game/Sport.

Practicum Content common to Track & Field & Game specialization:

Introduction

- Historical development of the game/sport at national and international levels.
- National Bodies controlling game/sport and their affiliated units.
- International Bodies controlling game/sport and their affiliated units.
- Major National and International competitions in Game/Sport.
- Layout and marking of play filed/ground/courts and measurement of equipment's used in Game/Sport.

Techniques/Skills development:

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic, Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports

Officiating:

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post-game)
- Rules & their interpretations.

Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept of preparation of training schedules.

- Tactical training in game/sport.

Planning of Training

- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport

PE010105 –YOGA

Practicum Course objectives:

The course of Yoga is so designed to provide an opportunity to teacher educators to learn the basic techniques of Yoga and are not only able to display them but also systematically teach them.

- To define and acquaint training preparation of Yoga
- To employ the rules and regulation of Yoga
- To emphasis on preparation for the Yoga
- To acquaint the student with progressive teaching stages of fundamentals skills of Yoga
- To orient & employ the rules and regulation in organization of competition in Yoga.

STANDING ASANAS:

Surya Namaskar ,Pada-Hasthasan , Ardha-Chakr asana, Ardha-kati-Chakrasana, Trikon asana, Parivrtha- Trikon- asana, Thalasanam, Vriksh asana, Nataraj asana

SITTING ASANAS

Sukh-asana, ArdhaPadmasana, Vajrasana ,Janu – Sirsasanam, Pachimothanasana, Poorvoth asana, Ushtrasana, Sasankasana, Supta-Vajrasana, Margarasna, Badhakon asana, Ardha Mats yandra,Kakasana

SUPINE & PRONLINE ASANAS

Merudand asana, Shalab asana, Anand asana, Bhujang asana, Pavanamukthasana, Dhanur asana, Nouk asana, Viparitha –Karani- mudra, Sarvang asana, Halasana, Karna-peed-asan, Sethu-bendha-asana, Matsy asana, Chakrasana, Shirshasana

PRANAYAMA

Sukha-Pranayama; Nadi-Shuddhi Pranayama; Anuloma-Viloma Pranayama; Ujjai Pranayama; Brahmari Pranayama; Brahmari Pranayama; Sitkari;Seetkari

DHYANA

Simple Meditation, OM meditation

BANDHA

Jalandhara-bandha, Uddiyanabandha; Moola-bandha

MUDRA

Chin-mudra; Vishnu-mudra; Yoga-mudra

KRIYA

Shat-kriyas (Kapalpathi; Trataka; Nati; Dhauti; Nouli; Basti)

MODEL QUESTION PAPERS

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

I Semester

Faculty of Education

PE010101 - RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. What is plagiarism?
2. What is literature review?
3. Write the guidelines for constructing questionnaire.
4. Explain case study method.
5. What is data?
6. Types of sampling.
7. Explain case study method.
8. Explain the meaning of research.
9. What is observation method?
10. What is secondary data?

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Explain the need for research design.
12. What research hypothesis?

13. What are factors determining sample design?
14. What are the criteria of a good research?
15. Explain the different methods of collecting data.
16. Explain range and standard deviation.
17. Define mean, median, mode.
18. Comment on the characteristics of a good sample design.

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. Explain about Qualitative research.
20. Elaborate on the need and importance research in recreation, leisure & sports.
21. Explain the contents of research proposal.
22. Discuss the problems encountered by researcher in India.

(2 x 5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

I Semester

Faculty of Education

PE010102 - SPORTS AND EXERCISE PHYSIOLOGY

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. What are motor units?
2. What are the different muscle fiber types?
3. Stroke Volume.
4. Total Lung capacity
5. Difference between Muscle soreness and cramp?
6. Direct calorimetry.
7. Explain Neuro muscular fatigue.
8. Resting metabolic rates.
9. Define Exercise Physiology?
10. Central nervous system

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Explain the types of muscle contraction.
12. Write about Respiratory responses to acute exercise.
13. What are the factors to be considered while planning exercise program for kids?

14. Explain basic energy systems
15. Explain types of muscle contraction.
16. Explain the mechanism of Pulmonary ventilation.
17. Define sliding filament theory.
18. Comment on exercise adaptations of muscle fiber types .

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. Effect of exercise on cardiovascular system.
20. Explain the role of Exercise Physiology in the Field of Physical Education
21. Explain different type of energy systems.
22. Discuss structure and function of exercising muscle.

(2 x 5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

II Semester

Faculty of Education

PE010103- MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. Define test.
2. Define norms.
3. What you mean by cardio respiratory endurance?
4. Benefits of anthropometric measurements.
5. Explain cooper test.
6. Define posture.
7. Define reliability coefficient.
8. Scoring procedure of Miller wall volley test.
9. What is the test items used in Leilich basketball test?
10. What is body composition?

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Define the taxonomy of educational objectives.
12. Which are the items included in the JCR test?
13. Explain Rating scale.
14. Define the steps of test construction and evaluation of a physical performance test.
15. Note on psychomotor test.
16. Define evaluation.
17. Define cognitive test.

18. Define the criterion for selection of a test.

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. Which are factors effecting reliability?

20. Brief note on weight training monitoring.

21. Define test, measurement and evaluation? Explain the importance in the field of sports.

22. Define validity. Explain the criterions and factors affecting validity.

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

I Semester

Faculty of Education

PE800101 -YOGIC SCIENCES (ELECTIVE)

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. What is pranayama?
2. Define yoga.
3. Who was the first person to introduced yoga in a classical way?
4. Which asana is helpful for maintaining blood pressure level?
5. How many activities are there in pranayama?
6. What are the limbs of yoga? (Ashtanga yoga)
7. Explain dhyana.
8. Define Yama and Niyama.
9. Explain Dhanurasan.
10. Explain Kriya in yoga.

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Explain the need & importance of suryanamaskar.
12. What is the difference between Yoga and Exercise?
13. Comment on Principles of Breathing –Awareness & Relaxation.

- 14.Explain Hatha yoga.
- 15.Benefits of Chakras in yoga
- 16.ExplainArdhaMatsyendrasana.
17. Explain garudasan.
18. Benefits of yoga in the field of physical education.

(6 x 2 =12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. Role of Yoga in Psychological Preparation of athlete. Explain.
- 20.Effect of Yoga on Circulatory System.
21. Explain any three sitting asanas and its benefits?
- 22.Explain the role of yoga in physical education and sports. (2 x 5 =10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

I Semester

Faculty of Education

PE80102–SPORTS JOURNALISM

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. What is Journalism?
2. Define Sports Events
3. List prominent Mass Media Institutes in India, Any five.
4. Define leads.
5. Explain National and International Sports Agencies.
6. Who is a Free Lancer?
7. Define Foreign Correspondent.
8. What is Sports Photography?
9. What is Outline Writing?
10. What are the Qualities of a Good Reporter?

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Elaborate on the evolution of Sports Journalism.
12. What is Mass Media?
13. Explain the functional difference of reporters.
14. Define Editing.
15. What is editorial writing?
16. Explain the importance & principles of Leads.
17. Discuss the method of interviewing an elite athlete.
18. Comment on latest trends in Sports Journalism.

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. Elaborate on the meaning, evolution & scope of Sports Journalism.
20. Explain the functions, responsibilities & qualities of a good reporter.
21. Define types and functions of advertising media.
22. Comment on the recent trends, types and development in Editing.

(2 x 5 = 10)

SECOND SEMESTER COURSES& DETAILED SYLLABUS

PE010201	Applied statistics in Physical education and sports
PE010202	Sports Psychology
PE010203	Kinesiology & Sports Biomechanics
Elective PE810201	Sports Technology
PE810202	Information and communication technology
Practicum PE010204	Track and Field (Throwing Events)
Practicum PE010205	Coaching Lessons of Sports. After sufficient practice, student should take 5 lessons
Practicum PE010206	Game Specialization - 1 (Any one among the following- Badminton / Table tennis / Tennis / Ball badminton) offered by the college / department)

PE010201- APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Objective of the Course:

- To completely describe a data set, using appropriate descriptive statistics.
- To interpret a set of descriptive statistics and understand the limitations of each measure.
- Students shall be able to use and apply a wide variety of specific statistical methods.
- Students shall know how to organize, manage, and present data.
- Show ability to explore and organize data for analysis.
- Students shall be able to 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.
- Apply inferential methods relating to the means of Normal distributions

1. **MODULE –I**

- 1.1. Introduction- Meaning and Definition of Statistics. Function, need and importance of Statistics.
- 1.2. Types of Statistics. Meaning of the terms, Population, Sample,
- 1.3. Data, types of data. Variables; Discrete, Continuous.
- 1.4. Parametric and non-parametric statistics.

2. **MODULE –II**

- 2.1. Data Classification,
- 2.2. Tabulation and Measures of Central Tendency
- 2.3. Meaning, uses and construction of frequency table.
- 2.4. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean,
- 2.5. Meaning, Purpose, Calculation and advantages of Measures of central tendency - median and mode.

3. **MODULE –III**

- 3.1. Measures of Dispersions and Scales Meaning,
- 3.2. Purpose, Calculation and advances of Range,
- 3.3. Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error.
- 3.4. Meaning, Purpose, Calculation and advantages of scoring scales;
- 3.5. Sigma scale, Z Scale, Hull scale

4. **MODULE –IV**

- 4.1. Probability Distributions and Graphs Normal Curve.
- 4.2. Meaning of probability- Principles of normal curve – Properties of normal curve.
- 4.3. Divergence form normality – Skewness and Kurtosis.
- 4.4. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.
- 4.5. Factorial Analysis, SPSS System.

5. MODULE –V

5.1. Inferential and Comparative Statistics

5.2. Tests of significance; Independent “t” test, Dependent “t” test – chi – square test,

5.3. Level of confidence and interpretation of data.

5.4. Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method.

5.5. Concept of ANOVA and ANCOVA.

Recommended References:

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc.
- Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Englewood Cliffs, Prentice Hall, Inc.
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
- Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.
- Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
- Thirumalaisamy (1998)
- Statistics in Physical Education, Karaikudi, Senthil Kumar Publications

PE010202 - SPORTS PSYCHOLOGY

The course objectives are:

- To impart the concepts of psychology applied in the field of physical education and sports for optimal performance.
- To introduce the field of sports psychology as a scientific discipline.
- To develop understanding about various concepts of goal setting, motor learning and personality with respect to sports and athlete performance.
- To review the motivational strategies applicable in the field of sports
- To analyze the influence of group and team on behavior of athletes influencing team cohesion and social behavior

1. MODULE –I

- 1.1. The meaning, nature and scope of sports psychology, development of sports psychology, relationship of sports psychology with other sports sciences.
- 1.2. Arousal, Anxiety, Stress, Fear, Frustration conflict - their process and effect on sport performance,
- 1.3. Implication for practice. Arousal regulation - Self-awareness of anxiety, Anxiety reduction techniques, and On-site relaxation tips, Arousal inducing techniques
- 1.4. Goal settings - Types of goals, goals setting-effectiveness, basic principles, designing a goal setting systems.
- 1.5. Meaning and Importance of attention, Dimensions of attention/concentration, choking self-talk, strategies to develop attention.

2. MODULE – II

- 2.1. Imagery: Meaning, Types, Uses, How it works, basic of imagery training,
- 2.2. Self-confidence - Definition, Benefits Optimal confidence, Influence expectation on performance,
- 2.3. self-efficacy theory, assessing and self-confidence,
- 2.4. Aggression, Meaning, Types, Causes. Aggressiveness in the athletes, displacement of aggression, aggression and frustration.
- 2.5. Motor Learning. Development of motor learning, factors affecting motor learning, motor skill acquisition, Multiple Intelligence.

3. MODULE - III

- 3.1. Personality: Meaning of personality, theories of personality – Sigmund Freud personality theory,
- 3.2. Eysenck personality theory, Trait Theory, Sheldon's theory.
- 3.3. Structure of personality and personality traits of sportsman relationship of personality to sports performance personality differences among various sports groups.
- 3.4. Measurement of personality

3.5. Emotion: Meaning and types of emotions, specific emotional process in physical activities, level of aspiration and emotion (success and failure)

4. **MODULE – IV**

4.1. Motivation: Meaning and types of motivation,

4.2. Theories of motivation, achievement motivation and competitiveness, techniques of motivation,

4.3. Importance of motivation in peak performance. Measurement of sports motivation. Feedback, Reinforcement and Intrinsic Motivation.

4.4. Principles of Reinforcement- Positive and Negative Reinforcement, modifying behavior in sports, implementing behavioral programmes, Intrinsic Motivation and Extrinsic Rewards.

4.5. Psychology and athletic injuries: Role of psychological factors in athletic injuries, Antecedents of injuries, Stress injuries relationship, Role of sports psychology in injuries rehabilitation.

5. **MODULE – V**

5.1. Group and Team Dynamics. Group - Structure, how a group becomes a team, effective team climate,

5.2. Group cohesion - Definition, conceptual model and measurement. Cohesion and performance, co-relates of cohesion, building team cohesion.

5.3. Leadership - Definition, Approaches, multi-dimensional model of sports leadership, components of effective leadership,

5.4. Sport audience and their effect on the performance of the sportsmen

5.5. Psychological aspects of competition: Psychological aspects of long term and short-term preparation for competition.

Practicum: (Psychology Assessment)

- Assessment of State and Trait Anxiety of athletes
- Assessment of Sport and Exercise Motivation
- Assessment of Personality traits among athletes
- Assessment of Group Cohesion among team and individual sports.
- Assessment of Emotion

Recommended References:

- Matt Martin & Mcanzey. Multiple Intelligence: A path to student success
- Jain. (2002), Sports Sociology, KhelSahitya Kendra Publishers.
- John D Lauther (2000) Psychology of Coaching. New Jersey: Prentice Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

- Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Fibiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports London: Hendry Kempton Publishers.
- Weinberg, R., & Gould, D. (2011). Foundations of sport and exercise psychology. Leeds: Human
- Cox, R. (2012). Sport psychology. New York: McGraw-Hill. ISBN-13: 978-0078022470. ISBN-0078022479
- Anshel, M. (2012). Sport psychology. San Francisco, CA: Pearson Benjamin Cummings. ISBN- 978-0321732491. ISBN-10: 0321732499
- LeUnes, A. (2008). Sport psychology. New York: Psychology Press. ISBN-13: 978-0805862669. ISBN-10: 0805862668

PE010203 - KINESIOLOGY & SPORTS BIOMECHANICS

The course objectives are:

- To develop the basic understanding of Biomechanics and Kinesiology and its application in performing sports activities.
- To explain the concept of mechanical laws involved in human motion.
- To develop a comprehensive understanding of movement analysis
- To develop the ability to perform mechanical analysis of various fundamental movements and sports skills

1. **MODULE -I**

1. Meaning, Nature and Scope of Applied Kinesiology and Sports Biomechanics.
2. Goals of Sport and Exercise Biomechanics.
3. History of Kinesiology and Bio Mechanics.
4. Basic dimensions and units of measurement used in mechanics.
5. Aids and equipment's for Biomechanical Analysis, Force Plate, High Speed Cameras for motion Analysis, Reflective and non-reflective markers, Wind Tunnel Test, Accelerometer

2. **MODULE - II**

1. Distance and Displacement (Linear and Angular),
2. Speed and Velocity (Linear and Angular)
3. Acceleration (Linear and Angular) Uniform Motion.
4. Relationship of Linear and Angular Motion.
5. Centrifugal and Centripetal Forces.

3. **MODULE –III**

1. Newton Laws of motion as applicable to linear and Angular motion.
2. Force: Meaning, units of force, effects of force
3. Sources of Force, Components and Resultant, Friction, Pressure.
4. Work, Power and Energy.
5. Movement of Force, Movement of Inertia, Levers

4. **MODULE –IV**

1. Freely falling bodies, Projectiles,
2. Momentum and Impulse.
3. Stability (Static and Dynamic), Initiating Rotation in the air.
4. Spin, Impact and Elasticity.
5. Fluid Mechanics. Air Resistance and Water Resistance

5. **MODULE –V**

1. Analysis of Fundamental skills: Walking, Running, Jumping,
2. Analysis of Fundamental skills Throwing- Lifting, Pulling, Pushing, Catching, and Climbing.

3. Analysis of Sports Skills of -Athletics, Gymnastics, Swimming,
4. Analysis of Sports Skills of - Football, Hockey, Basketball, Volleyball and Cricket.

LIST OF PRACTICUM

- Analysis of movement and Gait
- Types of analysis, Kinesiology, Biomechanical, & Cinematographic,
- Methods of analysis – Qualitative, Quantitative, Predictive

Recommended References:

- McGinnis, P. (2013). Biomechanics of sport and exercise. Champaign, IL: Human Kinetics. ISBN 9780736079662
- Biomechanics of Sport and Exercise ; Peter M McGinnis
- Blazeovich, A. (2007). Sports biomechanics. London: A. & C. Black. ISBN 9780713678710
- Bartlett, R. (2007). Introduction to sports biomechanics. London: Routledge, Taylor & Francis Group. ISBN 9780415339933
- Hall, S. (2014) Basic biomechanics. Mcgraw Hill Higher Educat. ISBN 9780073522760
- Knudson, D. (2007). Fundamentals of biomechanics. New York, NY: Springer. ISBN 978-0-387-49311-4
- Deshpande S.H. (2002), ManavKriyaVigyan – Kinesiology (Hindi Edition) Amravati: Hanuman VyayamPrasarakMandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology Publication in 2005).
- Steven Roy, & Richard Irvin (1983). Sports Medicine, New Jersey: Prentice Hall.
- Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill.
- Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India (2004)
- Uppal, A.K. (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends Publication
- Williams M (1982) Biomechanics of Human Motion, Philadelphia, Saunders Co.

COURSE OBJECTIVES:

- Define the relationship between sports and engineering.
- To apprise different materials used in sports.
- To explain concept related to sports dynamics and facility management.
- Describe the importance of ethics within both sports and manufacturing.
- Identify technologies and sustainable solutions to manufacturing apparel.
- Assess and understand the manufacturing techniques within two companies.
- Relate the non-engineering sports world to the knowledge and technologies that engineering has developed.

1. MODULE – I

- 1.1. Meaning of sports engineering,
- 1.2. Human motion detection and recording,
- 1.3. Human performance assessment,
- 1.4. Equipment and facility designing
- 1.5. Sports related instrumentation and Measurement

2. MODULE –II

- 2.1. Materials of Protection – discussion of the materials that are used for sports gear and protection
- 2.2. Performance of Surface Materials – discussion of the different surfaces that sports are played on and why; how can these materials make a difference from sport to sport.
- 2.3. Shoe Materials – discuss the design necessities that go into shoe materials and manufacturing and how that differs from sport to sport
- 2.4. Balls and Ballistics – discuss the difference of the equipment that is used for specific sports and basic aerodynamic principles
- 2.5. Performance of Surface Materials – discussion of the different surfaces that sports are played on and why; how can these materials make a difference from sport to sport.

3. MODULE –III

- 3.1. Concepts of internal force, axial force, shear force, bending movement, torsion,
- 3.2. Energy method to find displacement of structure, strain energy.
- 3.3. Biomechanics of daily and common activities –Gait, Posture, and Body levers, ergonomics.
- 3.4. Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc,
- 3.5. Motion coordinate system, Kinetics of particles Newton's laws of Motion, Work, Energy, Impulse and momentum

4. **MODULE –IV**

- 4.1. **Sports Infrastructure:** Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door
- 4.2. Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc. Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms,
- 4.3. Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system,
- 4.4. Changing Rooms (M/F), Sound System (echo-free),
- 4.5. Internal arrangement accords to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration

5. **MODULE –V**

- 5.1. Visit to a stadia for understanding the process of construction & requirements there of
- 5.2. Building process:- design phase (including brief documentation), construction phase
- 5.3. Functional (occupational) life, Re-evaluation, refurnish, demolish.
- 5.4. Maintenance policy, preventive maintenance, corrective maintenance, record and register
- 5.5. Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door designs, development & maintenance

Recommended References:

- Franz K. F. etc. Editor, Routledge Handbook of Sports Technology and Engineering(Routledge, 2013)
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
- Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise(Routledge, 2013)
- Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)
- Colin White, Projectile Dynamics in Sport: Principles and Applications
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010).
- Brasch, N. (2010). Sports and sporting equipment. South Yarra, Vic.: Macmillan Education
- Australia.ISBN-10: 142026902X. ISBN-13: 978-1420269024

PE810202- D- INFORMATION AND COMMUNICATION TECHNOLOGY (ELECTIVE)

COURSE OBJECTIVES:

- To impart the concepts of ICT & Education Technology in Physical Education and sports.
- To develop understanding about various concepts of computer fundamentals and applying technology in teaching learning situation.

1. MODULE – I

- 1.1. Introduction to information and communication technology
- 1.2. Computer: - Hardware & Software,
- 1.3. CPU; Memory: - Primary & Secondary Input / Output units
- 1.4. Operating System –Free Software (Linux) .
- 1.5. Windows: Components of Windows, Desktop, Icon, Concepts of Folders.

2. MODULE –II

- 2.1. MS WORD - Creating, Editing, Printing a document, mail merge
- 2.2. Formatting the Text :,Font and Size selection, Alignment of Text, Paragraph Indenting, Bullets and Numbering, Changing case,Table Manipulation:- Draw Table, Changing cell width and height, Alignment of Text in cell, Delete / Insertion of row and column, Border and shading
- 2.3. Making a presentation - Presentation Package Creating, Opening and Saving Presentations,
- 2.4. Creating the Look of Your Presentation, Working in Different Views, Working with Slides,
- 2.5. Adding and Formatting Text, Formatting Paragraphs, Checking Spelling and Correcting Typing Mistakes, Making Notes Pages and Handouts,
- 2.6. Drawing and Working with Objects, Adding Clip Art and other pictures, Designing Slide Shows, Running and Controlling a Slide Show, Printing Presentations.

3. MODULE –III

- 3.1. MS EXCEL - Introduction , Objectives, Elements of Electronic Spread Sheet
- 3.2. Opening of Spread Sheet Addressing of Cells, Printing of Spread Sheet , Saving Workbooks
- 3.3. Manipulation of Cells :- Entering Text, Numbers and Dates , Creating Text, Number and Date Series , Editing
- 3.4. Worksheet Data Inserting and Deleting Rows, Column ,Changing Cell Height and Width ,
- 3.5. Formulas and Function , Using Formulas Function
- 3.6. Analysis & Charts, Introduction to SPSS

4. MODULE –IV

- 4.1. Introduction to Networking & Internet
- 4.2. LAN, WAN,
- 4.3. CAN, MAN
- 4.4. Internet, World Wide Web,
- 4.5. Website, Portals, E Mails, Search Engines

5. MODULE –V

- 5.1. Introduction to IT Act.
- 5.2. Design various types of formats in MS Excel
- 5.3. Preparation of PPT
- 5.4. Searching & Browsing internet
- 5.5. E-referencing System
- 5.6. Video conferencing

Recommended References:

- Goldin, C., & Katz, L. (2008). The race between education and technology. Cambridge, Mass.: Belknap Press of Harvard University Press. ISBN-13: 978-0674035300. ISBN-10: 0674035305
- Castelli, D., & Fiorentino, L. (2008). Physical education technology playbook. Champaign, IL: Human Kinetics. ISBN-10: 0736060553. ISBN-13: 978-0736060554
- Leight, J. Technology for physical education teacher education. ISBN-10: 1494895765 ISBN-13: 978-1494895761
- Felker, K. (2011). Integrating technology into physical education and health. [Place of publication not identified]: American Press. ISBN-10: 0896414965. ISBN-13: 978-0896414969
- Mohnsen, B. (2012) Using technology in physical education. ISBN-10: 1893166899 ISBN-13: 978-1893166899
- Selwyn, N. (2011). Education and technology. London: Continuum International Pub. Group. ISBN-10: 1441150366. ISBN-13: 978-1441150363
- Capel, S., Breckon, P., & O'Neill, J. (2006). A practical guide to teaching physical education in the secondary school. London: Routledge. ISBN-10: 0415361117. ISBN-13: 978-0415361118

Practicum Courses

PE010204 - TRACK AND FIELD (THROWING EVENTS)

PE010106 -Game Specialization - 1

Practicum Course objectives common to Track & Field & Game specialization:

The course of Track &Field&Sports Specialization – I, is so designed to provide an opportunity to teacher educators to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

- To define and acquaint training preparation of Game/Sport
- To employ the rules and regulation of Game/Sport
- To emphasis on preparation for the Game/Sport.
- To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
- To orient & employ the rules and regulation in organization of competition in Game/Sport.

Practicum Content common to Track & Field & Game specialization:

Introduction

- Historical development of the game/sport at national and international levels.
- National Bodies controlling game/sport and their affiliated units.
- International Bodies controlling game/sport and their affiliated units.
- Major National and International competitions in Game/Sport.
- Layout and marking of play filed/ground/courts and measurement of equipment's used in Game/Sport.

Techniques/Skills development:

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic, Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports

Officiating:

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post-game)
- Rules & their interpretations.

Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept of preparation of training schedules.

- Tactical training in game/sport.

Planning of Training

- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport

PE010205 –COACHING LESSONS OF SPORTS.

After sufficient practice, student should take 5 lessons

Practicum Course objectives:

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching lessons as per selected games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

MODEL QUESTION PAPERS

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

II Semester

Faculty of Education

PE010201-ADVANCED STATISTICS IN PHYSICAL EDUCATION

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

I. Answer any **EIGHT** of the following questions

1. Statistics and types of statistics
2. Type I and Type II errors
3. Sampling and types of sampling
4. One tail and two tail tests
5. Level of significance
6. Degrees of freedom
7. Types statistical data
8. Sampling error
9. Independent test
10. Frequency distribution

(8x1=8)

PART-B

II. Write short note on any **SIX** of the following questions

11. Correlation and types of correlation
12. Normal curve and divergence from normality
13. Statistics and their uses in physical education field
14. Partial and multiple correlation
15. Explain mean, median, mod of grouped and un grouped data
16. Independent and depended t test
17. Testing of hypothesis and difference between statistical and null hypothesis
18. Explain range and standard deviation

(6x2=12)

PART-C

III. Write essay on any **TWO** of the following questions

19. Calculate r of following data

- i. A – 12,8,11,2,4,7,5,6,13,18
- ii. B - 11,14,9,5,12,15,2,7,13

20. Find Spearman's rank correlation coefficient between X and Y for this set of data:

X - 13 20 22 18 19 11 10 15
Y - 17 19 23 16 20 10 11 18

21. Find out F ratio of the following data

X – 9 10 11 13 15 12 10 8
Y – 12 14 15 16 10 8 11
Z – 20 18 12 16 17 10 13 9 13

22. Calculate mean median and standard deviation of following class interval

Class Interval	Frequency
15 – 25	60
25 – 35	35
35 – 45	22
45 – 55	18
55 – 65	15

(2 x5=10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

II Semester

Faculty of Education

PE010202- SPORTS PSYCHOLOGY

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. What is Sports Psychology?
2. What is Stress?
3. What is mean by attention?
4. What is imagery?
5. Define self confidence.
6. What is frustration?
7. Define personality
8. Define motivation.
9. What are extrinsic rewards?
10. Define leadership

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Define goal setting. What are the different types of goal settings
12. Define anxiety .what are different methods of anxiety reduction techniques?
13. What is attention? Explain its dimensions
14. What is self confidence and explain self-efficiency theory
15. What is aggression and explain its types
16. What is motor skill acquisition and explain its phases
17. define emotion and explain its types

18. explain importance of motivation in peak performance

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. What is sports psychology and explain its nature and scope of sports psychology

20. Define attention and explain its importance and dimensions.

21. What is personality? Briefly explain any two theories of personality.

22. What is leadership explain components of effective leadership

(2 x 5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

II Semester

Faculty of Education

PE010203 – KINESIOLOGY AND BIOMECHANICS

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. What is biomechanics?
2. What is electromyography (EMG)?
3. What is force plate?
4. What is centripetal force?
5. What is Friction?
6. Define Stability.
7. Define inertia.
8. Define buoyancy
9. The law applicable at the time of take-off in long jump.
10. What is Buoyancy?

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. What is biomechanics and how is it different from the two common meanings of kinesiology?
12. What are the specific foci of kinematic and kinetic analyses, and provide some examples?
13. Name and define the three kinds of muscle actions
14. What is an example of the Force– Motion Principle in human movement?
15. What factors should be considered when defining the appropriate range of motion for a particular movement?
16. Explain wind tunnel test.
17. Restate Newton's three laws of motion in angular kinetic terms.
18. Why do golf balls have dimples?

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. Which biomechanical principles are relevant to the pushup exercise? How does changing hand position from a wide base of support to a narrow base of support modify the importance of these principles?
20. Elaborate on the need and importance kinesiology and biomechanics in physical education.
21. Explain the biomechanics of high jump Technique.
22. Discuss the problems encountered by researcher in Kinesiology and biomechanics.

(2 x5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

II Semester

Faculty of Education

PE810201- C- SPORTS TECHNOLOGY (ELECTIVE)

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. Define sports engineering.
2. Mention about the various materials used for the construction head gears?
3. What are the common materials used for the construction of playing floors in an indoor Stadium?
4. Different types of heart rate monitors in sports.
5. Difference between marked and non-marked shoes.
6. Explain Wind tunnel test
7. Use of force plates.
8. Axial force
9. Purpose of dimples in a golf ball
10. Advantage of a synthetic turf surface over grass surface in a football court

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Explain about the various mechanical principles involved in the technique of Rotation technique in shot put

12. Define Newton's laws of motion with examples from sports.
13. What are the factors to be considered while designing a gymnasium?
14. Write with examples on how technology has helped in producing accurate results in various sporting events.
15. Explain the various measures in maintaining the water hygiene in a swimming pool.
16. What are the different types of materials used in sportswear for better performance?
17. Discuss about the advantages of various fitness apps found in market.
18. Need and importance of maintenance in sporting facilities.

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. Explain how biomechanics has influenced the development of sports?
20. Write in detail the safety features to be considered while designing an indoor stadium.
21. Do you think that countries with technological advancement have an advantage over other countries? What is your opinion on uniformity in sporting equipment?
22. Discuss about how technology has helped in reducing accidents and injuries in the field of sports.

(2 x 5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

II Semester

Faculty of Education

PE810202 -D- INFORMATION AND COMMUNICATION TECHNOLOGY

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

23. What is computer?
24. What is CPU?
25. What is mean by free software ?
26. What is Word Processor?
27. What is clipboard ?
28. What is spreadsheet?
29. What is a chart in excel?
30. What is slide transition?
31. How can you change the font colour in powerpoint?
32. What is LAN

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

33. What are the difference between hardware and software?
34. What is the difference between editing and formatting?
35. Elaborate the features of M S Word.
36. Explain the procedure for inserting headers and footer in word.
37. Explain the advantages of I T Act2000
38. Explain the procedure for changing font, font size and font colour in word
39. Explain different type of networks
40. Explain primary memory and secondary memory

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

41. Define computer. Explain its the advantages and disadvantages
42. What is an electronic spread sheet .what are the advantages and disadvantage of spread sheet
43. What is chart? Which are the different type of chart? How to create a chart in excel?
44. How the following tasks are performed in PowerPoint
 - Copy a slide
 - Inserting picture in slide
 - Inserting a movie clip

(2 x 5 = 10)

THIRD SEMESTER COURSES& DETAILED SYLLABUS

PE010301	Athletic Care and Rehabilitation
PE010302	Scientific Principles of Sports Training
PE010303	Sports Nutrition
Elective	
PE820301	Physical Fitness, Wellness and Life Style Management
PE820302	Value and Environmental Education
Practicum PE010304	Track and Field (Jumping Events & Combine Events)
Practicum PE010305	Internship/ Coaching Assignment/ Industrial Visit
Practicum PE010306	Game Specialization - 2 (Any one among the following-Football / Volleyball/ Basketball/ Cricket / Handball/ Hockey/ offered by the college / department)

PE010301- ATHLETIC CARE AND REHABILITATION

Objective of the Course:

- a) To apprise the students about the introduction to Athletic Care & Rehabilitation
- b) To synthesize a basic concept of sports injuries and rehabilitation.
- c) To appraise the varied therapeutic aspects of exercise.
- d) To appraise the understanding of the preventive and curative aspects of sports injuries.
- e) To explain the understanding of the rehabilitation aspects of sports injuries
- f) To describe the knowledge in the field of positive life style.

1. **MODULE –I**

- 1.1. Concept of Sports Medicine, Its aim and objectives,
- 1.2. Role of Sports Physician & Physiotherapist in sports medicine
- 1.3. Role of Conditioning expert, the coach and the player in sports medicine
- 1.4. Brief historical sketch of sports medicine in India

2. **MODULE –II**

- 2.1. Meaning definition and importance of Athletic Care & Rehabilitation
- 2.2. Concept & Categories of the athletic injuries: Traumatic, Overuse
- 2.3. Stages of healing, signs of inflammation,
- 2.4. Common athletic injuries: Sprain, Strain, Contusion, Dislocation, Fracture
- 2.5. Types of Skin Wounds: Open & closed wounds, Laceration, Abrasions, Complications of the open wounds of injured athletes

3. **MODULE –III**

- 3.1. Common predisposing factors of athletic injuries
- 3.2. Analyzing various exercises to be avoided to prevent injuries (Behind the neck Shoulder press/Neck rotation/Double leg raise/Behind the neck lateral Pull down/Full Squat).
- 3.3. Prevention of athletic injuries
- 3.4. Common treatment of soft tissue injuries
- 3.5. Common first Aid Treatment Modalities: PRICE/MEAT
- 3.6. Sub acute Phase: General role of therapeutic modalities
- 3.7. Rehabilitation: General Principles, role of therapeutic exercises.

4. **MODULE –IV**

- 4.1. Cryotherapy modalities: General description, physiological and therapeutic effects, Methods of application & contraindications.
- 4.2. Ice cold packs, immersion, evaporating sprays
- 4.3. Hydrotherapy Modalities: General description, physiological and therapeutic effects, Methods of applications and contraindication: Contrast Bath, Whirl Pool
- 4.4. Heating Modalities (Thermotherapy): General description, physiological and therapeutic effect, Methods of application & contradictions: Hot Moist Packs, Infra-

red Radiation, Wax Bath, Short Wave Diathermy, Microwave Diathermy, Ultra Sound.

4.5. Electro therapy Modalities: General description, physiological and therapeutic effects, Methods of application & contraindications: TNS, Interferential therapy (IFT)

4.6. Advanced Therapeutic Modalities : Introduction, Diapulse, LASER Therapies

5. **MODULE –V**

5.1. Head Injuries: General concept, explanation of concussion

5.2. Neck Injuries: Mechanism of injuries, general approach.

5.3. Lumbar Spine Injuries: General introduction to ligamentous and muscular injuries, Complications of injuries to nervous tissues,

5.4. Low Back pain: Common causes, general care and prevention

5.5. Shoulder Injuries: Introduction to shoulder dislocation & rotator cuff injuries.

5.6. Knee Injuries: Introduction to injuries of main ligaments of knee and meniscus tear

5.7. Ankle Injuries: Introduction to ankle sprains, grades of ankle sprain

5.8. Overuse Injuries: General approach, brief explanation of shin splints, tennis elbow

Recommended References:

- Fritz, S. (2013) Sports & exercise massage. Elsevier Mosby ISBN-13: 978-0323083829 ISBN-10: 032308382X
- McKone, W. (1997). Osteopathic athletic health care. London: Chapman & Hall. ISBN-13: 978-0412590900 ISBN-10: 0412590905
- Magee, D. (2011). Athletic and sport issues in musculoskeletal rehabilitation. St. Louis, Mo.: Elsevier/Saunders. ISBN-13: 978-1416022640. ISBN-10: 1416022643
- Miniaci, A., & Iannotti, J. (2014). Disorders of the shoulder. Philadelphia: WoltersKluwer/Lippincott Williams & Wilkins Health. ISBN-13: 978-1451130584. ISBN-10: 1451130589
- Puddu, G., Giombini, A., & Selvanetti, A. (2001). Rehabilitation of sports injuries. Berlin: Springer. ISBN-13: 978-3540674757. ISBN-10: 3540674756
www.drmirkin.com
- www.drmirkin.com

PE010302 - SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Total Credits: 4

The course objectives are:

- a. To provide knowledge and concept of sports training.
- b. To develop an understanding of the technical and tactical training.
- c. To provide the role of sport sciences to achieve the excellence

1. MODULE –I

- 1.1. Philosophy of Coaching and Qualities of a Coach.
- 1.2. Sports Training Aim, Tasks, Characteristics, and Principles of Sports training.
- 1.3. Training Load: Important features of training load (Intensity, Density, Duration and Frequency) Principles of Training Load. Relationship between load and adaptation, conditions of adaptation
- 1.4. Over load.- symptoms, causes, tackling of over load
- 1.5. Factors affecting recovery process and means of faster recovery Technique.

2. MODULE – II

- 2.1. Training for Important Motor Components: Strength: - forms of strength, Principles of strength training, strength training means and methods (Weight training, Iso metric, Isotonic, Circuit). Strength training for children and women.
- 2.2. Speed - Forms of speed, training means and methods (Repetition Method, Wind sprint, downhill run).
- 2.3. Altitude Training, Cross training, HIIT, Continuous Method, Interval Method, Repetition Method.
- 2.4. Flexibility-Forms of flexibility, Methods of development of flexibility. (Stretch and Hold Method, Ballistic method, PNF Stretching).
- 2.5. Coordinative Abilities- importance of coordinative abilities, classification of coordinative Abilities, Training means and methods. (Sensory Method, Variation in movement execution method, Variation in external condition method).

3. MODULE- III

- 3.1. Technique of skill, technique and style, Characteristics of technique
- 3.2. Phases of skill acquisition, Methods for the development of technique
- 3.3. Tactics Definition of tactics and strategy,
- 3.4. Basic Tactical concepts - offensive, defensive high performance.
- 3.5. Methods of tactical training,Control of tactical knowledge.

4. MODULE – IV

- 4.1. Planning and organization of Training program
- 4.2. Importance of planning, Principal of planning, Systems of Planning, Causes and correction of faults

- 4.3. Periodization and its types, Contents for various periods of training
- 4.4. Direct preparation for an importance competition
- 4.5. Competition planning and Preparation, Importance of Competition, Competition Frequency, Main and Build-up competitions

5. **MODULE – V**

- 5.1. Talent Identification and development
- 5.2. Evaluation of Training- Items to be included in evaluation programme, rules governing performance checks
- 5.3. motor test talent identification and development
- 5.4. Rules governing performance checks and motor test

Recommended References:

- BeotraAlka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc. Cart, E. Klafs&Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company
- Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
- Wuest, D., &Fisette, J. (2014)Foundations of physical education, exercise science, and sport. McGraw-Hill Higher Education; ISBN-10: 0073522775ISBN-13: 978-0073522777
- Bompa, T., &Haff, G. (2009). Periodization. Champaign, IL.: Human Kinetics.ISBN-13: 9780736074834
- Haff, G., & Triplett, N. Essentials of strength training and conditioning. Champaign, IL.: HumanKinetics.ISBN-13: 9780736065832
- Bompa, T., & Carrera, M. (2005). Periodization training for sports. Champaign, Ill.: Human Kinetics.
- Zatsiorsky, V., & Kraemer, W. (2006). Science and practice of strength training. Champaign, IL: Human Kinetics. ISBN 10: 0736056289

PE010303 – SPORTS NUTRITION

The course objectives are:

1. To develop concepts related to Test, Measurement & Evaluation;
2. To construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
3. To analyze the physical ability and performance of an individual in various sports.
4. To provide scientific techniques in selection and talent identification through various evaluation and grading process applicable in physical education and sports.
5. To develop the skills and techniques for construction of new tests for various need related to specific Sports Skills.

1. MODULE-I

- 1.1. Definition and Meaning, Types/Functions and Calorific value of Various Nutrients
- 1.2. Diet Types: Atkins Diet, Paleo Diet, Blood Type Diet, Ketogenic Diet, DASH diet, Weight Watchers Diet.
- 1.3. Mypyramid, Dietary Reference Intakes (DRI), RDA (Recommended Dietary Allowance), EAR (Estimated Average Requirements)
- 1.4. Calculating calorific requirements of athletes

2. MODULE- II

- 2.1. Role of Macro Nutrient in sports performance
- 2.2. Carbohydrates: Types of carbohydrates and their food sources. Functions of Carbohydrates, Glycolysis, Carbohydrate utilization during exercise, Carbohydrate Loading
- 2.3. Fat: Three classes of lipids, Functions of Lipids, Role of lipids in Physical Activity.
- 2.4. Protein : – Functions of protein, Essential and non-essential Amino Acids, Role of protein in muscle recovery

3. MODULE –III

- 3.1. Role of Macro Nutrient in sports performance
- 3.2. Exercise and micro nutrient requirement.
- 3.3. Ergogenic effect of micro nutrient supplementation
- 3.4. Recommendation of micro nutrient intake in athletes
- 3.5. Role of fluids and electrolytes in sports performance
- 3.6. Thermo regulation and exercise in heat

4. MODULE -IV

- 4.1. Effect of dehydration on exercise performance
- 4.2. Effect of fluid intake on Exercise Performance
- 4.3. Hyponatremia / Hypernatremia. Fluid requirement for athletes

- 4.4. Gastrointestinal and energy delivery
- 4.5. Factors influencing energy metabolism
- 4.6. Content and timing of food and fluid (Before, during and after).
5. **MODULE –V**
 - 5.1. Energy Supplements/Recovery Supplements/Performance enhancing Supplements.
 - 5.2. Effect of various Supplements in performance (Creatine powder, Protein, Powder, Caffeine, Glutamine, Sodium Citrate, Glycerol, Energy bars)
 - 5.3. Placebo
 - 5.4. Types of Sports Drinks: Isotonic, Hypertonic and Hypotonic

Recommended References:

- Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

**PE820301 –E- PHYSICAL FITNESS , WELLNESS AND LIFESTYLE MANAGEMENT
(ELECTIVE)**

COURSE OBJECTIVES:

- a. To appraise the concept of holistic health through fitness and wellness
- b. To explain the students about the concept of physical fitness , health related and motor fitness
- c. To describe the contemporary health issues.
- d. To apply practical principles of the fitness & wellness

1. MODULE – I

- 1.1. Meaning and Definition of fitness wellness & Nutrition
- 1.2. Physical Fitness Concepts, Components, Techniques and Principles of physical fitness.
- 1.3. Leisure time physical activity, Opportunities in the community to participate leisure activities

2. MODULE –II

- 2.1. Nutrition and wellness
- 2.2. Body Composition & Weight Management.
- 2.3. Endurance: Cardio respiratory & Muscular
- 2.4. Flexibility, Fitness & Wellness relationship
- 2.5. Stress Management & Behavior Modification.

3. MODULE –III

- 3.1. Measurement of Height & Weight
- 3.2. Measurement of Body Composition using Skin fold caliper, Bio electric impedance machine
- 3.3. Measurement of Basic Strength, Endurance and Flexibility
- 3.4. Assessment of cardio respiratory fitness, Health Related Fitness
- 3.5. Stress Assessment & its Management Techniques

4. MODULE –IV

- 4.1. Preparation & implementation of Group Exercise Plans
- 4.2. Preparation & implementation of Personal Training Plans
- 4.3. Resistance Training for Muscular Strength and Endurance; principles of resistance training,
- 4.4. Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques) Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls)
- 4.5. Group Exercises Plan, Personal Training, and Fitness & Wellness Activities for various ages & population

5. MODULE –V

- 5.1. Principles of starting a fitness center-environment, location, policy, offer of programmes, record keeping, public relation.
- 5.2. Fitness center membership and its types.
- 5.3. Safety aspects in a fitness centre.
- 5.4. Qualification and qualities for a fitness trainer

Recommended References:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35
- Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger&
- Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London
- 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York
- Hoeger, W., &Hoeger, S. Lifetime physical fitness & wellness. ISBN-13: 978-1285733142
ISBN-10: 1285733142
- Fahey, T., Roth, W., Insel, P., &Insel, C. Fit & well. ISBN-13: 978-0077770396
ISBN-10: 0077770390
- Corbin, C. (2011). Concepts of physical fitness. New York: McGraw-Hill Higher Education. ISBN-10: 9780073523828 ISBN-13: 978-0073523828
- Hoeger, W., &Hoeger, S. Fitness & wellness.(2013) Belmont, CA: Wadsworth, Cengage Learning ISBN-13: 978-1285733159 ISBN-10: 1285733150
- Greenberg, J., Dintiman, G., & Myers Oakes, B. (2004). Physical fitness and wellness. Champaign, IL: Human Kinetics. ISBN-13: 978-0736046961. ISBN-10: 0736046968

PE820302- F- Values and Environmental Education (ELECTIVE)

COURSE OBJECTIVES:

1. To apprise the students about the origin and evolution of journalism and mass media.
2. To synthesize a basic concept of reporting and editing.
3. To appraise the varied aspects of advertising.

1. MODULE – I

- 1.1. Values : Meaning, Definition, Concept of Values ,
- 1.2. Value Education: Need , Importance and objectives
- 1.3. Moral values: Need and theories of values, Classification of values .

2. MODULE – II

- 2.1. Value System : Meaning and definition,
- 2.2. Personal and Communal values ,
- 2.3. Consistency ,Internally Consistent ,internally inconsistent ,
- 2.4. Judging value system, commitment, commitment to values

3. MODULE –III

- 3.1. Environmental Education: Definition. Scope, Need and importance of environmental Studies.
- 3.2. Concept of environmental Education. Celebration of various days in relation with environment.
- 3.3. Plastic recycling and prohibition of plastic bag/Cover, role of school in environmental conservation and sustainable development, pollution free eco system.

4. MODULE –IV

- 4.1. rural sanitation and urban health
- 4.2. Rural health problems ,causes of rural health problems Points to be kept in mind for improvement of rural sanitation,
- 4.3. Urban health Problems, Process of urban health .Services of urban area .
- 4.4. Suggested education activity .Services on urban slum area.
- 4.5. Sanitation at Fairs and festivals, Mass education

5. MODULE – V

- 5.1. Water resources, food resources and land resources
- 5.2. Definition, Effects and control measures of Air pollution, Water pollution and Noise pollution
- 5.3. Management of Environment and Government policies, Role of pollution control board (PCB)

Recommended References:

- Miller T.G Jr., Environmental Science (Wordsworth Publishing company)
- Odum,EP : Fundamentals of Ecology(USA: W.BSaunders,Co 1971)
- Rao M.N &Datta (AK waste water Treatment (Oxford and IBHpublication PVT LTD)

Practicum Courses

PE010304 - TRACK AND FIELD (JUMPING & COMBINED EVENTS)

PE010306 -Game Specialization – 2

Practicum Course objectives common to Track & Field & Game specialization:

The course of Track & Field & Sports Specialization – I, is so designed to provide an opportunity to teacher educators to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

- To define and acquaint training preparation of Game/Sport
- To employ the rules and regulation of Game/Sport
- To emphasis on preparation for the Game/Sport.
- To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
- To orient & employ the rules and regulation in organization of competition in Game/Sport.

Practicum Content common to Track & Field & Game specialization:

Introduction

- Historical development of the game/sport at national and international levels.
- National Bodies controlling game/sport and their affiliated units.
- International Bodies controlling game/sport and their affiliated units.
- Major National and International competitions in Game/Sport.
- Layout and marking of play filed/ground/courts and measurement of equipment's used in Game/Sport.

Techniques/Skills development:

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic, Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports

Officiating:

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post-game)
- Rules & their interpretations.

Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept of preparation of training schedules.

- Tactical training in game/sport.

Planning of Training

- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport

PE010305- Internship / Coaching Assignment / Industrial Visit

Each student admitted to the M.P.Ed. Course shall have to undergo compulsory intensive School Internship Programme (SIP) / coaching assignment training in schools/colleges. The Teacher Intern will have an opportunity to act as a regular teacher and participate in all the school/college activities, including : Planning ,Teaching, Assessment, Interacting with children, Interacting with school teachers, Interacting with community members, Crisis management , Involvement in outreach activities

MODEL QUESTION PAPERS

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

I Semester

Faculty of Education

PE010302 :ATHLETIC CARE AND REHABILITATION

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. What are the objectives of Sports Medicine?
2. What are the causes of overuse injuries?
3. What are the stages of healing?
4. Define Athletic care
5. Whirlpool
6. Tennis Elbow
7. Explain the difference between dislocation and subluxation
8. Expand MEAT in first Aid
9. Ligaments of the knee
10. Different types of Sprain

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Role of warming up in an exercise program
12. Write a brief history of Sports medicine in India

13. Write about the common skin injuries
14. First aid for concussion
15. Causes of shoulder injuries
16. Explain Sprain ,Strain and fractures
17. Write about advance therapeutic modalities.
18. Types of Skin Wounds

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. What are the common predisposing factors of athletic injuries.
20. Elaborate about the various first aid protocols for athletic soft tissue injuries
21. Role of Massage in the treatment of athletic injuries
22. Meaning, definition and importance of Athletic Care & Rehabilitation

(2 x 5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

I Semester

Faculty of Education

PE010302-Scientific Principles of Sports Training

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. What are the symptoms of over load?
2. What are the methods of Tactical training?
3. Explain Repetition method.
4. What are the rules governing Performance checks and motor test?
5. Explain Main and Build-up competitions?
6. What are the Phases of skill acquisition?
7. Explain the importance of Coordinative abilities?
8. What are the important features of Training load?
9. What are the factors affecting recovery process?
10. Explain Interval method?

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

1. Explain the methods of development of Flexibility.
2. Explain Periodization and its types.
3. Explain the importance of talent identification.
4. Explain the training methods of coordinative abilities.
5. What is Wind Sprint?
6. What are the basic tactical concepts?
7. Explain how to tackle over load.
8. What are the qualities of good coach?

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

1. What are the important features of training load?
2. Explain Principles of Training load.
3. What are the Training methods to improve endurance?
4. Explain the Principles and methods of Strength Training.

(2 x 5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

I Semester

Faculty of Education

PE010303-SPORTS NUTRITION

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

- 1 What is Micro Nutrient?
- 2 What is DASH Diet?
- 3 What is Balanced Diet?
- 4 What are the classes of lipids?
- 5 What is Hyponatremia?
- 6 What is Estimated Average Requirements?
- 7 What is Paleo Diet?
- 8 Name the Types of Sports Drinks?
- 9 Explain the Role of micro nutrients in sports performance.
- 10** Explain the Types of Amino Acids.

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

1. Explain the effect of Dehydration on exercise performance.
2. What is the role of Micro nutrients in sports performance?
3. What are the factors influencing energy metabolism?
4. Explain the effect of supplements in performance.
5. What is the role of protein in muscle recovery?
6. Explain Blood type diet.
7. Explain the effect of fluid intake on exercise.
8. Explain dietary reference intakes.

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

1. Explain diet types.
2. Explain the role of fluids in sports performance.
3. Explain the effect of any five supplements in performance.
4. Explain the role of Lipids in Physical activity.

(2 x 5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

I Semester

Faculty of Education

**Elective - PE820301-PHYSICAL FITNESS WELLNESS AND LIFE STYLE
MANAGEMENT (2019 admissions onwards)**

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. Define Agility
2. What is Osteoporosis?
3. Physiological Age and Chronological Age
4. Define Life expectancy
5. Vo2 Max.
6. What is Power?
7. Diabetic Mellitus
8. Give the name of any two methods used to measure body composition?
9. Name the activities suitable for developing aerobic fitness
10. What are the signs of a physically healthy person?

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Differentiate low and high impact aerobic activities with examples
12. What you mean by Sarcopenia and Osteopenia?
13. Explain the important principles of developing muscular fitness
14. What are the factors influencing muscular strength?
15. Explain about the common injuries associated with aerobic exercise programme
16. What are the stages of Puberty?
17. Explain the dimensions of wellness
18. What are the different types of intimacy?

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. What is stress? Explain the effect of stress on different body systems?
20. What are the components of Health Related Physical Fitness and how to improve these components?
21. What are benefits of Muscular fitness in body systems?
22. Explain the changes occur to body systems associated with aging

FOURTH SEMESTER COURSES& DETAILED SYLLABUS

PE010401	Sports Event Management
PE010402	Exercise Prescription and Programme Designing
PE010403	Dissertation
Elective PE830401	Corrective and Adapted Physical Education
PE830402	Gender studies in Physical education
Practicum PE010404	Coaching Lessons and Officiating of Track and Field (3 internal lessons)One external lesson and one officiating experience in school/competition
Practicum PE010405	Game Specialization – 2 (Any one among the following (Football, Volleyball / Basketball/ Cricket/ Handball / Hockey offered by the college / department) Coaching Lesson

PE010401- SPORTS EVENT MANAGEMENT

Objective of the Course:

- To describe organization and administration of sports programmes.
- To analyze and interpret sports philosophy, sports sociology, business systems, sports management, public administration and marketing techniques.
- To develop opportunities to construct & design the curriculum of PE in broader aspects realizing the age group, gender consideration and physiological basis.

1. MODULE-I UNDERSTANDING SPORTS EVENT INDUSTRY

- 1.1. Introduction of sports management: Meaning, Definition, Concept & Scope
- 1.2. Types of sporting events: Mega events, Multi-sports events, Multiple –location events, cross cultural events, International events, Youth events, Events for people with disabilities, Senior events, Faculty events, Extreme events. Sports events v/s Non sports events
- 1.3. Skill & Role of Management:-Interpersonal and communication skills, Time Management skills, Technology skill, Informational role, Decisional role, Interpersonal Role
- 1.4. Sports Tourism: Types(Event sports Tourism, Active sports tourism, Nostalgia based sports tourism), Motivator for sports tourism, Scope of Sports tourism in India, Career paths in sports tourism Industry
- 1.5. Introduction to sports facility Management:-Need, Importance & Scope. Different types of sports facilities(Swimming pool, playfield-Indoor & outdoor, Gymnasium)

2. MODULE-II EVENT CONCEPTUALIZATION

- 2.1. Event planning, Leadership and decision making, Brainstorming and purpose of the event
- 2.2. SWOT Analysis
- 2.3. Developing a mission, setting goal and objective, Planning logistics
- 2.4. Planning for uniqueness, Planning promotional and ancillary components, Planning operational timeline, Planning for contingency
- 2.5. Event Bidding:- Bidding process, feasibility study, bid document, Sports commissions

3. MODULE-III EVENT STAFFING AND BUDGETING

- 3.1. Organizational chart, Identify necessary staff, Scheduling staff, Considering outsource staff
- 3.2. Managing and motivating staff, Theories of motivation-Maslow's Hierarchy of Needs Theory, Frederick Taylor's Scientific Theory, Elton Mayo's Human Relation School, Herzberg's Two-Factor Theory,
- 3.3. Management meetings, Communicating with staff and its types, Volunteers management-finding volunteers, working with volunteers
- 3.4. Team building,

- 3.5. Event Budgeting:- stages of budgeting process, types of budget, Types of revenue, Types of agreement, Types of Expenses,
4. MODULE-IV EVENT MANAGEMENT
- 4.1. Basic Event Sponsorship Concepts, Sponsorship components, benefits, sponsorship proposal, Activation and evaluation technique.
- 4.2. Basic Event Marketing Concepts, Marketing plan, Target marketing, Market mix- Product, Price, Place, Promotion, Event Promotion –Advertising, Publicity, Sales Promotion, Direct Sale, Word of Mouth, Social Media, Media Promotion and Relation, Tips for negotiating contracts
- 4.3. Event - day Management , Event Management Tips- Plan, Anticipate, Delegates, Train and rehearse, Communicate, Schedules and checklist, Contact list, Event Rundown, Event Script, Basic idea of managing staff, Spectators, Participants, Sponsors,
- 4.4. Basic concept of event service and logistics, Event time line, Event Registration, Ticket sale, Food and beverage operations, Meals for Participants,
- 4.5. Concession Operations, Hospitality Services, Waste management Services, Custodial Services, Transportation Services,
5. MODULE-V SPORTS EVENTS AND PHYSICAL EDUCATION PROGRAMME MANAGEMENT
- 5.1. Basic concept of post event details and evaluation, News conference, Sponsor follow-up, Post event debriefing, In-game evaluation, staff evaluation, Management evaluation, Budget Evaluation
- 5.2. Sports events and Physical Education programme management in schools, colleges universities, Clubs and Other Organizations
- 5.3. Physical Education Programme Models
- 5.4. Definition of manager, Leader
- 5.5. Definition of manager. Leader- Qualities of a good leader and manager

Recommended References:

- **T.Christopher Greenwell (2013)** “*Managing Sport Events*”, Human Kinetics.

The course objective is:

- To appraise the concept of holistic health through fitness.
- To explain the students about the concept of exercise designing, health related and motor fitness
- To describe the contemporary training issues.
- To apply practical principles of the fitness training.

1. Module I

- 1.1. Introduction and Overview - Risks and benefits of exercise, Physical Activity, Health, and Hypo kinetic Disease,
- 1.2. Preliminary Health Screening and Risk Classification- Health evaluation, Lifestyle evaluation, Informed consent.
- 1.3. Physical Activity Readiness Questionnaire (PAR-Q).
- 1.4. Assessment of Physical Activity
- 1.5. Assessment of Nutritional Status

2. Module II

- 2.1. Principles of Prescription and Exercise Adherence - Basic principles for exercise program design,
- 2.2. Components of an exercise program (frequency, intensity, duration, and mode),
- 2.3. Principles of training,
- 2.4. Components of fitness,
- 2.5. The art and science of exercise prescription (safety and effectiveness),
- 2.6. Exercise program adherence, Certification and licensure.

3. Module III

- 3.1. Designing Cardio- respiratory Exercise Programs - The exercise prescription,
- 3.2. Essentials of a cardio- respiratory exercise workout, Aerobic training methods and modes, personalized exercise programs.
- 3.3. Designing Resistance Training Programs - Types of resistance training, Comparison of resistance training methods,

- 3.4. Developing a resistance training program,
- 3.5. Common misconceptions and questions about resistance training.

4. Module IV

- 4.1. Designing Body Composition Programs - Basics of body composition, Body composition management principles and practices,
- 4.2. Fat mass programs, Muscle mass programs, Bone mass programs.
- 4.3. Designing Flexibility Programs - Stretching, Low back care.
- 4.4. Designing weight management and body composition programmes.
- 4.5. Design weight loss and weight gain programmes. Positive, Negative and Neutral Energy Balances.

5. Module V

- 5.1. Programming for Special Populations - Cardiac patients, pulmonary patients,
- 5.2. Programming for Special Populations Clinical conditions: Hypertension, peripheral vascular disease, diabetes mellitus, and obesity
- 5.3. Programming for Special Populations Children, the elderly, and pregnancy.
- 5.4. Programming in Professional Settings - Clinical settings, Community settings, corporate settings, Commercial settings.
- 5.5. Obesity, Types, Causes and Preventive measures.

REFERENCES:

- 1. Heyward, V.H. (2010). Advanced Fitness Assessment & Exercise Prescription. 6th ed. Champaign, IL: Human Kinetics.
- 2. American College of Sports Medicine (2010). ACSM's Guidelines for Exercise Testing and Prescription. 8th ed. Baltimore, MD: Lippincott, Williams & Wilkins.
- 3. American College of Sports Medicine (2010). ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. 5th ed. Baltimore, MD., Lippincott, Williams & Wilkins

**Elective PE830402 -GENDER, DISABILITY & INCLUSIVE SPORT
EDUCATION**

COURSE OBJECTIVES:

- Define Gender and gender inequality.
- Explain the construction of Gender to gain a solid understanding of the patterns and constraints of gender inequality around the world up to the present day,
- Review what policies and programmes can work to close gender gaps, with a focus on developing countries.
- Elaborate on the constitutional provisions for gender equality in India.
- Identify gender perspectives in some major policy documents in India

1. MODULE - I Understanding & Construction of Gender

- 1.1. Defining Gender and features of gender inequality
- 1.2. Gender inequality in Education in India
- 1.3. Gender based violence as a development and rights challenge
- 1.4. Historical roots of gender construction in India –patriarchy and its socio- cultural origins
- 1.5. Impact of gender as a social construct.
- 1.6. Gender roles and the female stereotype in India
- 1.7. The Global Gender Equality Agenda

2. MODULE - I: Gender and Schooling

- 2.1. Gender issues in access to education & physical education
- 2.2. Quality of work and equal opportunity
- 2.3. Gender in the physical education classroom and peer interactions
- 2.4. Gender issues in participation in sports

3. MODULE - III: Gender and Constitution of India

- 3.1. Constitutional provisions for education of women in India
- 3.2. UEE and programmes for education of women in India
- 3.3. Gender and policy perspective
- 3.4. Class and Inequality

4. MODULE - IV: Disability & Inclusive Education

- 4.1. Definition, concept and importance of inclusive education.
- 4.2. Historical perspectives on education of children with diverse needs.
- 4.3. Difference between special education, integrated education and inclusive education.
- 4.4. Advantages of inclusive sports education for all children
- 4.5. Educational approaches and measures for meeting the diverse needs

5. MODULE - I V: Scope of Gender Studies in Sports

- 5.1. Sports and Gender, Gender Equity and Women in Sports
- 5.2. Building inclusive learning friendly sports facilities, overcoming barriers for inclusion.
- 5.3. Creating and sustaining inclusive practices.
- 5.4. Role of teachers, parents and other community members for supporting inclusion of children with diverse needs for participation in sports.

TEXT & REFERENCES:

- Chanana, Karuna (ed) Socialisation, Education and Women, Orient Longman, New Delhi, 1988
- Mandell, Nancy (ed), Feminist Issues: Race, Class and Sexuality, Prentice Hall, Ontario, 1995
- Nambissan, Geeta B, Gender and Education: The Social Context of schooling Girl Children in India, 1995.
- Erik Olin Wright, "From Paradigm Battles to Pragmatist Realism: towards an integrated class analysis", New Left Review (forthcoming)
- Daryl Glaser, "Class as a Normative Category: Egalitarian Reasons to Take It Seriously (With a South African Case Study)
- Daryl Glaser, 'Should An Egalitarian Support Black Economic Empowerment?', Politikon, vol. 34, no. 2, 105-123, 2007.
- John Roemer paper: "Should Marxist's care about exploitation" in Analytical Marxism and Philosophy & public affairs 1985
- Michael Marmot, Richard Wilkinson, Social Determinants of Health: The Solid Facts

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

IV Semester

Faculty of Education

PE010401 -SPORTS EVENT MANAGEMENT

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. Explain Sports tourism
2. What is Brain storming?
3. Comment on Team Building
4. Tips for negotiating contracts
5. What are the Qualities of a good Manager?
6. Need of Volunteers Management.
7. What is Social Media?
8. Define an event.
9. What do you mean by check list?
10. What is time management?

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Explain SWOT Analysis
12. Differentiate between Sports events and non-sports events
13. Enumerate Communicating with staff.
14. Explain Waste Management.
15. What is Intramural and extramural?
16. Explain the Basic idea of managing spectators
17. Comment on the Benefits of sponsorship.
18. Explain different types of sporting events.

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. Explain theories of motivation.
20. Explain event promotion
21. Elaborate the sports day management process in a school

(2 x 5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

IV Semester

Faculty of Education

PE010102 –EXERCISE PRESCRPTION AND PROGRAMME DESIGN

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. Differentiate reps and sets in resistance training?
2. Define Aerobic exercises
3. Which nutrient provides most of the calories per gram?
4. Osteoporosis
5. Body Composition
6. Skin fold caliper
7. Artherosclerosis
8. Isotonic muscle contraction
9. Explain the formula for calculating BMI and how to classify results?
10. What is Apple Shape obesity?

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. What are the principles of fitness training?
12. Explain the steps to assess cardiovascular fitness using 1.5 mile run test
13. One Repetition Maximun
14. What are the precautions required for patients with Diabetics Mellutus?
15. What are the factors should be considered before prescribing exercise programme for a client?
16. Positive and Negative energy Balance
17. Sit and Reach Test
18. Briefly explain about the various methods to assess body composition

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

Explain the barriers to exercise and strategies to improve exercise adherence?

19. What are the various methods to improve Cardio Vascular fitness? Explain?
20. How to design a resistance training programme for older adult?
21. What is obesity? Explain its types and preventive measures?
22. Need and importance of health screening and risk classification before exercise prescription

(2 x 5 = 10)

Master of Physical Education (M.P.Ed) Degree (C.S.S) Examination, December 2019

I Semester

Faculty of Education

PE830402- GENDER, DISABILITY & INCLUSIVE SPORT EDUCATION

(2019 admissions onwards)

Time: Three hours

Max. Weight: 30

Section- A

(Answer any **eight** questions. Each question carries a weight of 1)

1. What do you mean by Gender equality?
2. Write a note on gender inequality prevailing in Indian Education system?
3. What do you mean by concept and importance of inclusive education?
4. Educational approaches and measures for meeting the diverse needs of various genders
5. Write a note on Class and Inequality
6. What are the policies for ensuring gender equality in sports?
7. Advantages of inclusive sports education for all children.
8. Write about a few Indian movies which promoted women in sports.
9. Why do we call certain sports as male dominated sports?
10. Does the status of women in sports in India need to rise, put your views.

(8 x 1 = 8)

Section B

(Answer any **six** questions. Each question carries a weight of 2)

11. Write a note on constitutional provisions for education of women in India.
12. Gender inequality prevails in Indian sports. Put your views on the statement.

13. Do we need special sports programmes for the third gender, the most oppressed among all the genders.
14. Explain various policies adopted by central and state government for improving the status of the girl students in our campuses.
15. Elaborate on the constitutional provisions for gender equality in India
16. Explain about Gender roles and the female stereotype in India
17. Impact of gender as a social construct.
18. UEE and programmes for education of women in India

(6 x 2 = 12)

Section C

(Answer any **two** questions. Each question carries a weight of 5.)

19. Explain about the difference between special education, integrated education and inclusive education
20. Role of teachers, parents and other community members for supporting inclusion of children with diverse needs for participation in sports.
21. Write a note on gender issues in participation in sports.
22. Discuss advantages of inclusive sports education for all children

(2 x 5 = 10)