

Session (2019-21)

Ch. Bansi Lal University, Bhiwani



**Examination Scheme
&
Syllabi
for
Master of Physical Education and Sports
(SEMESTER- I to IV)
(2019-2021)**



Chaudhary Bansi Lal University, Bhiwani
(A State University established by Govt. of Haryana Act No. 25 of 2014)

Study & Evaluation Scheme
Of
Master of Physical Education and Sports
Summary

Programme: MPES
Duration: Two year Full time (four Semester)
Medium: English and Hindi
Minimum Required Attendance: 75%
Total Credit: 108 Total Marks : 3100
Assessment Evaluation:

Internal Marks	Major Test (End Semester Exam) Mark	Total Marks
20	80	100

Internal Evaluation

Minor Test	Attendance	Assignment	Total Marks
10	5	5	20

Duration of Examination

Major Test(End Semester Exam)	Internal (minor Test)
3hrs	1 ^{1/2} hours

To qualify the course, a student is required to secure a minimum of 40% marks in aggregate including the Major test(End Semester Examination) and internal evaluation. A candidate who secures less than 40% of marks in a course shall be deemed to have failed in that course. The student should have obtained at least 40% marks in aggregated to qualify the semester.

Note: From session 2019-21 student should be involved in extra- curricular activities through Hobbies Club (Non CGPA) such as Poetry, Science Club, Drama etc. and will be awarded a letter grade at the completion of M.P.E.S

Question Paper Structure

There shall be nine questions in all Question no 1 shall be compulsory, consisting of eight short answer type question covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit. Each question shall carry equal marks.

Ch. Bansilal University, Bhiwani

Scheme of Examination for Master of Physical Education and Sports

Credits = 27

Marks = 800

Semester-I

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical	
19MPES101	Research Process in Physical Education	C.C.	04	--	04	04	--	04	80	20	--	100
19MPES102	Principles of Sports Training	C.C	04	--	04	04	--	04	80	20	--	100
19MPES103	Kinesiology	C.C	04	--	04	04	--	04	80	20	--	100
19MPES104/19MPES105	Health Education and Sports Nutrition /or Yogic Science	D.S.E	04	--	04	04	--	04	80	20	--	100
19MPES106	Practicum: (i) Athletics- (Track Events & Throws)	C.C.	--	06	06	--	03	03	--	--	100	100
19MPES107	(ii) Game	C.C.	--	06	06	--	03	03	--	--	100	100
19MPES108/ 19MPES109	(iii) Health Education /or Yoga	C.C.	--	02	02	--	01	01	--	--	50	50
	Fundamental of Information technology	S.E.C.	02	--	02	02	--	02	40	10	--	50
	Generic/Open Elective Course	G.E.C.	02	--	02	02	--	02	80	20	--	100
	Total		20	14	34	20	07	27	440	110	250	800

C.C.- Core Course D.S.E.= Discipline Specific Elective Course S.E.C.= Skill Enhancement Course G.E.C.- Generic/Open Elective Course

Principles of Sports Training

Principles of Sports Training

Semester-II

Scheme of Examination for Master of Physical Education and Sports
Credits = 27
Marks = 800

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit		Examination Scheme			Total	
			Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment		Practical
19MPES201	Research Process and Statistics in Physical Education	C.C.	04	--	04	04	--	04	80	20	--	100
19MPES202	Sports Biomechanics	C.C.	04	--	04	04	--	04	80	20	--	100
19MPES203	Physiology of Exercise-I	C.C.	04	--	04	04	--	04	80	20	--	100
19MPES204 or 19MPES205	Education Technology in Physical Education Foundation & Professional Preparation in Physical Education	D.S.E.	04	--	04	04	--	04	80	20	--	100
19MPES206	Practicum: (i) Athletics	C.C.	--	06	06	--	03	03	--	--	100	100
19MPES207	(ii) Game	C.C.	--	06	06	--	03	03	--	--	100	100
19MPES208	(iii) Applied Statistics	C.C.	--	02	02	--	01	01	--	--	50	50
	Fundamental of Information technology	S.E.C.	--	04	04	--	02	02	--	--	50	50
	Generic/Open Elective Course	G.E.C.	02	--	02	02	--	02	80	20	--	100
	Total		18	18	36	18	09	27	400	100	300	800

C.C.- Core Course D.S.E.= Discipline Specific Elective Course S.E.C.= Skill Enhancement Course G.E.C.- Generic/Open Elective Course

Scheme of Examination for Master in Physical Education and Sports

Semester III

Credits= 26

Total Marks = 650

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit			Examination Scheme			Total
			Theory	Practical	Total	Theory	Practical	Total	Theory	Internal Assessment	Practical	
19MPES301	Dissertation	C.C.	04	--	04	04	--	04	--	--	--	---
19MPES302	Tests, Measurement and Evaluation in Physical Education	C.C.	04	--	04	04	--	04	80	20	--	100
19MPES303	Physiology of Exercise-II	C.C.	04	--	04	04	--	04	80	20	--	100
19MPES304	Athletic Care and Rehabilitation	C.C.	04	--	04	04	--	04	80	20	--	100
19MPES305	Practicum: (i) Game - I	C.C.	--	06	06	--	03	03	--	--	--	100
19MPES306	(ii) Game - II	C.C.	--	06	06	--	03	03	--	--	--	100
19MPES307	(iv) Tests, Measurement and Evaluation in Physical Education	C.C.	--	02	02	--	01	01	--	--	--	50
19MPES308	Exercise Physiology	C.C.	--	02	02	--	01	01	--	--	--	50
	Communication Skill	A.E.C.	--	04	04	--	02	02	--	--	--	50
	Total		16	20	36	16	10	26	240	60	350	650

C.C.- Core Course

A.E.C.- Ability Enhancement Course

E.C.C.- Extra Curricular Hobby/ Passion Club

Signature

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Signature

Scheme of Examination for Master in Physical Education and Sports

Semester IV

Credits = 28

Total Marks = 850

Paper Code	Subjects	Type of Course	Contact Hours Per Week			Credit		Examination Scheme			Total	
			Theory	Practical	Total	Theory	Practical	Theory	Internal Assessment	Practical		
19MPES401	Dissertation	C.C.	04	--	04	--	--	04	80	20	--	100
19MPES402	Sports Psychology	C.C.	04	--	04	--	--	04	80	20	--	100
19MPES403	Sports Medicine	C.C.	04	--	04	--	--	04	80	20	--	100
19MPES404	Sports Management and Curriculum Designs in Physical Education	C.C.	04	--	04	--	--	04	80	20	--	100
19MPES405/ 19MPES406	Elective- Sports Journalism/or Value and Environmental Education	D.S.E.	04	--	04	--	--	04	80	20	--	100
19MPES407	Practicum: Sports Psychology	C.C.	--	02	02	--	01	01	--	--	50	50
19MPES408	(i) Game - I	C.C.	--	06	06	--	03	03	--	--	100	100
19MPES409	(ii) Game - II	C.C.	--	06	06	--	03	03	--	--	100	100
19MPES410	(iii) Class Room Teaching	C.C.	--	02	02	--	01	01	--	--	100	100
Total			20	16	36	20	08	28	400	100	350	850

C.C.- Core Course

D.S.E.= Discipline Specific Elective Course

E.C.C.- Extra Curricular Hobby/ Passion Club




Semester	Core Course		DSE		GEC (Open Elective)	AE		Total
	Theory	Practical	Theory	Case Study/Supervised Field Training		Supervised Field Project	Compulsory AEC	
1	3x4=12	07	1x4=4	--	02	--	02	27
2	3x4=12	07	1x4=4	--	02	--	02	27
3	4x4=16	08	--	--	--	02	--	26
4	4x4=16	08	1x4=4	--	--	--	--	28
Total	56	30	12	--	04	02	04	108

1. C.C.= Core Course
2. D.S.E.= Discipline Specific Elective Course
3. G.E.C.= Generic/Open Elective Course
4. A.E.C.= Ability Enhancement Course
5. S.E.C.= Skill Enhancement Course
6. E.C.C.= Extra-Curricular Hobby/ Passion Club

Signature

Signature
11/02/2019

Master of Physical Education & Sports

Semester -I

Paper Code : 19MPES 101

Session : 2019-21

Paper: Research Process In Physical Education

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit -1

Introduction: - Meaning and Definition of Research, Need and importance of Research in Physical Education and Sports, Characteristics of Research in Physical Education & Sports; Types of Research - Historical, Descriptive, Experimental, Philosophical; Research Problem, location and criteria of Selection of Problem, Formulation of a Research Problem, Meaning of Limitations and Delimitations.

Unit-II

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

Meaning and definition of Hypothesis, significance of Hypothesis in research, Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

Unit-III

Review of related literature: - Survey of Related Literature: Need for surveying related literature, Kinds of Related Literature, Literature Sources – Primary and Secondary, steps in Literature Search.

Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator, Source of variables.

Unit-IV

Ethical Issues and tools in Research: - Ethical Issues in Research: Principles of research ethics, Areas of Scientific Dishonesty, Responsibilities of Researchers.

Tools of Research: Observation, Interviews, questionnaires, opinion or attitude scales, Criteria for the selection of research tool, Psychological Tests and Personality Inventories.



1



Suggested Readings:

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

Master of Physical Education & Sports

Semester -I

Paper Code: 19MPES 102

Session : 2019-21

Paper: Principles of Sports Training

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit -1

Introduction: - Sports training: Definition, Aim and Characteristics, Principles of Sports Training; Meaning of training Load, Load Intensity, Load Volume, Over Load: Meaning, Causes of Over Load, Symptoms of Overload and Remedial Measures of over load; Characteristics and benefits of Altitude Training

Unit-II

Components of Physical Fitness:- Strength: Meaning of muscular strength, Types of strengths, Method of improving different types of strengths, Speed: Meaning, Types of speed, methods of improving different types of speed; Endurance: Meaning, Types of endurance, Methods to improve different types of Endurance.

Unit-III

Flexibility and Coordinative ability: - Meaning of muscular Flexibility, Types of muscular flexibility, Methods to Improve the Flexibility- ballistic stretching, dynamic stretching, active stretching, passive (or relaxed) stretching, static stretching, isometric stretching & PNF stretching.

Meaning of Coordinative ability, Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method. Special Type Training: Plyometric Training.

Unit-IV

Training Plan:- Meaning of periodisation, Phases of periodisation: Preparatory Phase, Competition Phase and Transition Phase, Types of periodisation: Meaning, Single, Double and Multiple Periodisation; Macro Cycle in Preparatory, Competition and Transition Period; Meso-Cycle in Preparatory, Competition and Transition Period; Training Plan: Short Term Plan and Long Term Plans.

Suggested Readings:



1. Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
2. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
3. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company
4. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
5. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
6. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
7. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
8. Yograj Thani (2003), Sports Training, Delhi : Sports Publications

Master of Physical Education & Sports

Semester -I

Paper Code : 19MPES 103

Session : 2019-21

Paper : Kinesiology

Maximum Marks 100
Theory Examination :80
Internal Assessment :20
Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit -1

Introduction:- Meaning, importance and scope of Kinesiology in Physical Education; Meaning of axis and planes; Types of axis and planes; Medical Terminology of Body Positions; Terminologies of different Body movements.

Unit-II

Muscles of various regions :- Functional classification of Skelton Muscles; Origin, Insertion and Actions of Muscles present on back and abdominal region- Latissimus Dorsi, Trapezius, Rhomboid Major, Rhomboid Minor and Rectus Abdominal; Origin, Insertion and Actions of Muscles of Hip region -Gluteus maximus, Gluteus medius and Gluteus minimus Muscles; Origin, Insertion and Action of Muscles present on Neck region- Sternocleidomastoid muscle.

Unit-III

Joints of Upper Extremity:- Shoulder joint – Structure, Ligaments, Muscle reinforcement and Movements; Elbow joint - Structure, Ligaments, Muscle reinforcement and Movements; Origin, Insertion and Actions of Muscles present on upper extremity- Deltoid, Biceps, Triceps and Pactoralis Major.

Unit-IV

Joints of Lower extremity:- Hip Joint - Structure, Ligaments, Muscle reinforcement and Movements; Knee joint – Structure, Ligaments, Muscle reinforcement and Movements; Origin, Insertion and Action of Muscles present on lower extremity- Hamstrings group of Muscles, Quadriceps group of Muscles, Sartorius Muscle, Gastrocnemius Muscle .

Suggested Readings:

1. Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd. ed.) Baltimore: Williams and Wilkins.
2. Groves, R and Camaine, D. (1983). Concepts in Kinesiology. (2nd.ed) Philadelphia: Saunders College Publishing.

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3. Hay, J. & Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice – Hall
4. Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion. 8th. Ed., Brown & Bench mark.
5. Rasch, P. (1989) Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.
6. Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.

Master of Physical Education & Sports

Semester -I

Paper Code: 19MPES 104

Session: 2019-21

Paper: Health Education and Sports Nutrition (Elective-I)

Maximum Marks 100
Theory Examination :80
Internal Assessment :20
Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit -1

Health Education:-Dimensions, Spectrum and Determinants of Health, Definition of Health, Health Education; Meaning, definition and Principles of Health Education. Personal hygiene: Care of skin, Nails, Eye, Teeth, Ear. Health service, School\College Health program, first- aid and emergency care: Fracture, sprain, strain, minor burn, abrasion.

Unit-II

Health Problems in India:- Effects of Alcohol, Tobacco and Smoking on Health, Meaning of Hypertension, Causes of Hypertension, Management of Hypertension, Meaning of Diabetics, Types of Diabetics, Causes of Diabetics, Management of Diabetics, Meaning of Stress, Causes of stress, management of Stress.

Unit-III

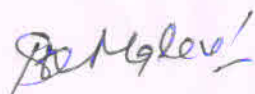
Introduction to Sports Nutrition:- Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Role of carbohydrates, Fat and protein during exercise, Calories in different food stuffs, Preparation of diet chart for Sports person, normal male and female, children and elderly persons.

Unit-IV

Nutrition and Weight Management:-Concept of BMI (Body mass index), Meaning of Obesity, Causes of Obesity, Management of Obesity, Obesity and its hazard, maintaining a Healthy Lifestyle. Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

Suggested Readings:

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et. al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".



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5. Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. 'The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
6. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
7. Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

Master of Physical Education & Sports

Semester -I

Paper Code : 19MPES 105

Session : 2019-21

Paper : Yogic Science (Elective-II)

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Introduction of Yoga:- Meaning and Definition of Yoga, Brief introduction of Patanjali Yoga sutras with brief historical background; Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and Samadhi; Yogic Practice: Place, Time, Clothes, Bathing, Diet before and after; Surya Namaskar: Methods and benefits.

Unit-II

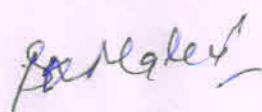
Asanas and Pranayam:- Loosening exercise- Techniques and benefits; Asanas- Meaning of Asana, its types and principles; Pranayama-Meaning of Pranayama, its types and principles; Principles of Breathing; Nadis: Meaning, and type; Ida, Pingala, Sushumna. Chakras: Meaning and type of Chakras.

Unit-III

Kriyas, Bandhas and Mudras:- Shat Kriyas- Meaning of Kriya, Techniques and Benefits (Dhauti, Basti, Neti, Nauli, Trataka Kapalapathi). Bandhas-Meaning, Techniques and Benefits (Jalandra Bandha, Uddiyana Bandha, Mula Bandha). Mudras: Meaning, Techniques and Benefits (Hasta Mudras, Mana Mudra, Kaya Mudra, Bandha Mudra).

Unit-IV

Psychological, Physiological and Meditative effects of Yoga:- Role of Yoga in Psychological Preparation of athlete- Mental Wellbeing, Anxiety, Depression, Concentration. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System. Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active.



Suggested Readings:

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

Master of Physical Education & Sports

Semester -I

Paper Code : 19MPES 106

Session : 2019-21

Practical: Athletics (Track events & Throws)

Maximum Marks 100

Track Events

- | | |
|--|------------|
| (i) Teaching ability of different types of Starts | (Marks-10) |
| (ii) (with & without starting blocks) and Finishing techniques | |
| (iii) Teaching ability of Short Put Techniques
(Standing and Parry O'brien Technique) | (Marks-10) |
| (iv) Teaching ability of Discus Throw Technique | (Marks-10) |
| (v) Teaching ability of Javelin Throw Technique | (Marks-10) |
| (vi) Interpretation of various rules of Throwing Events | (Marks-20) |
| (vii) (Track Events, Short Put, Discus and Javelin throw) | |
| (viii) Marking of Short Put, Discus and Javelin throw Sector | (Marks-20) |
| (ix) Marking of Track 400m and 200m. | (Marks-20) |

Note: Candidate have to take at least 5 teaching lessons on various techniques.

Paper Code- 19MPES107

Practical – Game (Basketball and Kabaddi)

Marks- 100

1. Basketball

Marks- 50

- | | |
|---|------------|
| (i) Marking of Basketball Court | (Marks-10) |
| (ii) Teaching ability of various skills of Basketball | (Marks-20) |
| (iii) Interpretation of Various rules of Basket-ball | (Marks-10) |
| (iv) Filling the score sheet of Basket-ball | (Marks-10) |

2. Kabaddi

Marks – 50

- | | |
|--|-------------|
| (i) Marking of kabaddi Court | (Marks-10) |
| (ii) Teaching Ability of various skills of kabaddi | (Marks-20) |
| (iii) Interpretation of Various rules of kabaddi | (Marks-10) |
| (iv) Filling the score sheet of Kabaddi | (Marks- 10) |

Note: Candidate have to take at least 5 teaching lessons of each game.

Semester-I

Paper Code-19MPES108

Practicum Health Education

Marks 50

- i. Name and location of various bones and muscles of Human Body
- ii. First Aid for various conditions and articles of first aid box
- iii. Identification of various forms of postural deformities and their remedial exercises

Paper Code- 19MPES109

Practical Yoga

Marks – 50

LIST OF YOGIC PRACTICES

ASANA

- | | |
|---------------------------|-----------------------|
| 1. Shirsh Asana | 13. Bak Asana |
| 2. Vipratarani | 14. Mayur Asana |
| 3. Hal Asana | 15. Ustra Asana |
| 4. Bhujang Asana | 16. Vriksh Asana |
| 5. Ardh-Shalbh Asana | 17. Padma Asana |
| 6. Vakra Asana | 18. Trikon Asana |
| 7. Ardha Matasyaendrasana | 19. Sarvang Asana |
| 8. Paschimottan Asana | 20. Manduk Asana |
| 9. Vajra Asana | 21. Pawan Muktasana |
| 10. Supta Vajra Asana | 22. Chakra Asana |
| 11. Yoga Mudra | 23. Pad-hast Asana |
| 12. Nauka Asana | 24. Katichakra Asana. |
| | 25. Surya Namaskar |

PRANAYAMA

1. Anulome-vilome
2. Ujjai
3. Bhastrika
4. Shitali
5. Suryabhedan
6. Bhramri

Note: Students are required to do any 10 asana form above mentioned Asanas and three Pranayama

Master of Physical Education & Sports

Semester -II

Paper Code: 19MPES201

Session: 2019-21

Paper: Research Process and Statistics in Physical Education

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

UNIT-I

Experimental Research – Meaning, Nature and Importance, Experimental Design - Single Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design.

Research Proposal and Report: Meaning of Research Proposal, steps of preparing Research proposal/synopsis, Format of a synopsis, Meaning of Research Report, Chapterization of Thesis/ Dissertation, Format of a dissertation.

Unit-II

Meaning of Statistics, Need and importance of statistics in Physical Education, Methods of organizing Data through Frequency Distribution, Meaning of the Measures of Central Tendency, i.e. Mean, Median and Mode.

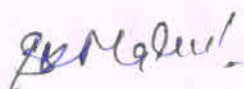
Meaning of Measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation, Meaning and computation of Percentile and Quartile.

Unit-III

Introduction to Normal Probability Curve and Correlation- Meaning of Normal Probability Curve, Properties of Normal Curve, Meaning and types of Skewness and kurtosis, Sigma Scores, Z- Scores, Hull Scores, Calculation of probability for various combinations of Heads and Tails, Meaning and Types of Linear Correlation, Computation of Correlation Coefficient with Product Movement Method and Rank Difference Method.

Unit-IV

Graphical representation of data and testing of Hypothesis- Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram, Meaning of two – tailed and one tailed test of significance, computing significance of difference between two means with t – Test (independent samples), One way ANOVA Test.



Suggested Readings:

Best J.W. Research in Education, Prentice Hall Inc. : Delhi-1982

Clarke, H.David., Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.1985.

Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics Champaign, 1996.

Weimer, Jon, Research Techniques in Human Engineering. Prentice Hall: New Jersey.1994. C.V.Good : Methods of Research , Appleton Century Crofts Inc., New York,1954.

W.R.Mouly : Educational Research Introduction, David Making CO. Inc. New York, 1975.

J.W.Best : Research in Education, Prentice Hall, 1980.

D.H. Clarke: Research Processes in Physical Education, Recreation and Health , Prentice Hall, 1970

Master of Physical Education & Sports

Semester -II

Paper Code: 19MPES 202

Session: 2019-21

Paper: Sports Biomechanics

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Meaning, definition & importance of biomechanics in physical education, Basic concepts of kinematics and kinetics. Definition of terms Distance and displacement, speed, velocity, acceleration, momentum, pressure, mass and weight, Mechanical concepts- concept of motion & its types, Structure of motor action

Unit-II

Newton's Law of motion and their application in sports, Lever- its types and advantages, Human body lever, force: Definition and effects of forces, principle of force, internal and external forces, centripetal and centrifugal forces, friction forces and drag and lift forces. Biomechanical instruments used in physical education and sports.

Unit-III

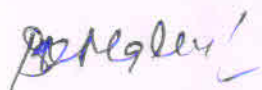
Meaning of centre of gravity and line of gravity, meaning of equilibrium, types of equilibrium, principles of equilibrium and stability, meaning of projectile, characteristics of projectile, range of projectile, height and time of projectile, buoyant force and principle of floatation.

Unit-IV

Meaning of spin, type of spin and effect of spin, Magnus effects, meaning of work, power and energy, Mechanical analysis of gait cycle, walking and running, Mechanical analysis of long jump Mechanical analysis of shot put.

Suggested Readings:

1. Gowitzke, B.A. and Milner, M. Scientific Bases of Human Movement, (3rd. Ed.) Baltimore: Williams and Wilkins, (1988)
2. Grimshaw, Paul., Lees, Adrian., Flower, Nel. & Burden, Adrian, Sports and Exercise Biomechanics, Taylor & Francis.
3. Groves, R and Camaine, D. Concepts in Kinesiology. (2nd Ed.) Philadelphia: Saunders College Publishing, (1983).
4. Hall, S.J., Basic Biomechanics, London, Mosby, 1991.







5. Hay, J. & Reid, J. The Anatomical and Mechanical Bases of Human Motion. Englewood Cliffs: Prentice-Hall, (1982)
6. Luttegens, Kathryn., Deutsch, Hega., Hamilton, Nancy. Kinesiology-Scientific Basis of Human Motion, 8 th Ed, Brown & Bench mark.
7. Nordin, M. & frankel, V. Basic Biomechanics of the musculoskeletal System, Philadelphia: Lea & Febiger, (1990).
8. Northrip, J. Logan, G. & Mckinney, W. Analysis of sport Motion. (3rd Ed.) Dubuque: William C. brown, (1983).
9. Thompson, C. Manual of structural Kinesiology. (10th Ed.). St. Louis: Times Mirror/ Mosby college Publishing, (1985)

Master of Physical Education & Sports

Semester -II

Paper Code: 19MPES 203

Session : 2019-21

Paper: Physiology of Exercise-I

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Meaning and definition of Anatomy and Physiology, Role of Anatomy and Physiology in physical education & sports

Structure, types and Function of the Cell and Tissues, Skeleton system, Classification of bones and Types of Joints

Unit-II

Introduction of Muscular system, Types of muscles in human body, Types of Muscle Contraction and Short and long term Effect of Exercise on Muscular system.

Introduction of Digestive system, Role of Digestive system in human body, Structure of Digestive organs, Mechanism of Digestion, Effect of Exercise on Digestive system

Unit-III

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition of Skeletal Muscle, Sliding Filament Theory of Muscular Contraction, Composition of slow and fast twitch muscle fibers, Muscle Tone, Neuro-muscular Junction and transmission of nerve impulse across it.

Unit-IV

structure and functions of excretory system, meaning of endocrine glands and exocrine glands, structure of the following glands - pituitary glands, thyroid, parathyroid, adrenal glands Hypothalamus. Effect of Exercise on excretory system and Endocrine System.

Suggested Readings:

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
3. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
4. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.

5. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
6. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
7. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
8. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
9. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
10. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

Master of Physical Education & Sports

Semester -III

Paper Code: 19MPES204

Session: 2019-21

Paper: Education Technology in Physical Education (Elective-I)

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit I – Introduction to Educational technology and Instructional design

Educational technology: meaning, characteristics and Scope. Types of educational technology: teaching technology, instructional technology, and behaviour technology.

Instructional design: Concept and Views, process and stages of development of Instructional design

Unit II – Concept of teaching in Physical Education

Meaning of Teaching, Teaching and training, teaching and instructions, teaching as science, Nature and characteristics of teaching.

Phases of teaching: Pre – active phase, Inter – active phase and Post active phase. General principles of teaching in physical education.

Unit III – Lesson Planning

Meaning of lesson Plan, Need of lesson plan, essentials of a good lesson plan. Different Types of lesson plans, Pre- requisites of a lesson plan.

Structure of a lesson plan: Herbart's approach - Outline of lesson plan. Recent trends of Research in Educational Technology and its future with reference to physical education.

Unit IV – Audio Visual Media in Physical Education

Meaning of Audio-visual media Aids , Classification of Audio-visual media Aids. Characteristics of Audio-visual media Aids. Procedure and organization of Teleconferencing/Interactive videoexperiences of institutions in schools and colleges. Audio Conferencing and Interactive Radio Conference - strengths and Limitations. Video/Educational Television: Telecast and Video recordings Strengths and limitations.

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REFERENCE:

Amita Bhardwaj, "New Media of Educational Planning". Sarup of Sons, New Delhi-2003

Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi : Doaba House), 1959.

Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi

Essentials of Educational Technology, Madan Lal, Anmol Publications

K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.

Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982

Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

Master of Physical Education & Sports

Semester -III

Paper Code: 19MPES205

Session: 2019-21

Paper: Foundation and Professional Preparation in Physical Education (Elective-II)

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Concept of Physical Education – Meaning and Definition

Foundations of Professional Preparation, Features of Indian Democracy with regard to Contribution of Physical Education & Sports

Meaning of Profession Preparation

Basis of Professional Preparation in Physical Education and Sports Sciences.

Unit-II

Forces and Factors Affecting Educational Policies and Programmes - Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme.

Historical Review of Physical Education in USA and Russia.

Unit-III

Historical Review of Sweden & Denmark.

Historical Review of Professional Preparation in Greece, Rome & Germany.

Historical Review of Professional Preparation in India, Japan & China.

Unit-IV

In-Service Professional Preparation Programmes in Physical Education Concept: Meaning, Importance Process and its Applications.

Professional Courses, Advancement Schemes of UGC and Professional Programmes, Role of Government and Institutes for Professional Preparation of in Service

Training Programmes in Physical Education & Sports Coaching.

Suggested Readings

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation & Curriculum Design in Phy. Education.



- II. Bhatia, K.K. and Narang, Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publishers, 1991.
- III. Bhatia, K.K. Kadian, KS Chanda, PC and Sharma (1990) Contemporary Problem of Indian Education, Jalandhar Prakash Brothers Educational Publishers.
- IV. Graily, J. Byrant (1990) Career Potentials in Physical Activity New Jersey, Prentice Hall in Englewood Cliffs USA.

Master of Physical Education & Sports

Semester -II

Paper Code: 19MPES 206

Session: 2019-21

Practical: Athletics

Maximum Marks 100

Track and Field Events

- | | | |
|-------|--|----------|
| (i) | Organisation of Athletic Meet | Marks-20 |
| (ii) | Marking of Long, High and Tripple Jump Pit | Marks-20 |
| (iii) | Teaching ability of Long, High and Triple Jump | Marks-20 |
| (iv) | Interpretation of various rules of Jumping events | Marks-10 |
| (v) | Preparation of Score Sheet of Long, High and Triple Jump | Marks-10 |
| (vi) | Baton exchange of Relay Race and Hurdle Race | Marks-20 |

Note: Candidate has to take at least 5 teaching lessons of Jumps and Hurdle Events.

Paper Code- 19MPES207

Practical- Game (Volleyball, Wrestling & Boxing)

Max. Marks-100

1. Volleyball

Marks-50

- | | | |
|-------|--|----------|
| (i) | Marking of Volleyball Court | Marks-10 |
| (ii) | Teaching ability of various basic skills of Volleyball | Marks-10 |
| (iii) | Interpretation of Various rules of Volleyball | Marks-10 |
| (iv) | Filling the score sheet of Volleyball | Marks-10 |
| (v) | Officiating Symbols | Marks-10 |

2. Wrestling & Boxing

Marks-50

- | | | |
|-------|--|----------|
| (i) | Teaching ability of various basic skills of Wrestling & Boxing | Marks-20 |
| (ii) | Interpretation of Various rules of Wrestling & Boxing | Marks-10 |
| (iii) | Filling the score sheet of Wrestling & Boxing | Marks-10 |
| (iv) | Officiating Symbols of Wrestling & Boxing | Marks-10 |

Note: Candidate has to take total 5 teaching lessons of different skills of both games.

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Paper Code- 19MPES208

Practical- Applied Statistic

Max.Marks-50

Following statistical techniques with Excel & SPSS

(i) Calculation of Mean, Median & Standard Deviation

Marks- 10

(ii) t - test, ANOVA & Correlation

Marks- 20

(iii)Plotting different types of graphs

Marks- 20



Master of Physical Education & Sports

Semester -III

Paper Code: 19MPES301

Session : 2019-21

Paper: Dissertation

- 1- A candidate shall have dissertation for mped III & IV semester. He/She must submit his/her synopsis in the IIIrd semester and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
- 2- The Evaluation process of dissertation will be carried out in IV semester.
- 3- Candidates must submit his/her dissertation not less than one week before the beginning of the IV semester examination.
- 4- The candidate has to face the viva-voce conducted by DRC

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Master of Physical Education & Sports

Semester -III

Paper Code : 19MPES302

Session : 2019-21

Paper: Test, measurement and Evaluation in Physical Education

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-1: Introduction of Test, Measurement and Evaluation

Meaning and definition of Test, Evaluation and Measurement. Need and Importance of measurement and evaluation in Physical Education and Sports. Criteria for test selection: a) Technical Standards – i) Validity ii) Reliability iii) Objectivity and iv) Norms, b) Practical Standards for administration of Test – i) Advance Preparations ii) Duties During Testing iii) Duties after testing.

Unit-2: Motor Ability and Fitness Tests

Meaning of Motor Ability, Test of Motor Ability – a) Barrow Motor Ability test b) Scott Motor Ability Test. Test of Fitness and Endurance – a) AAHPER Youth Fitness Test b) Harvard Step Test c) Copper 12 Min run test. Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test. LUS Agility Obstacle test, Nelson - Hand Reaction test , Foot Reaction test and Speed of the movement test

Unit-3: Skill Test

Test of specific sports skill - Badminton - French Short Serve, Scott Long Serve and French Clear Test. Basket Ball – Johnson Basketball Test, AAHPER Basketball Test, Hockey – Schmithals French Test in Field Hockey & Harbans Hockey Test. Mor-Christian General Soccer Ability Skill Test Battery.

Unit-4: Anthropometric and Sports Skill Test

Method of Measuring Skin folds of different regions, Measurement of Body fat percentage with skinfold measurement in men and women with skin fold measurement. Meredith Physical Growth Records and Iowa Posture Test. Broer – Miller Forehand and Backhand Drive test for Tennis skills. Modified Brady Volleyball Test.

REFERENCES :

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

ACSM Publications

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

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

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

Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications

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

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

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

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

Master of Physical Education & Sports

Semester -III

Paper Code : 19MPES303

Session : 2019-21

Paper : Physiology of Exercise-II

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Introduction of Exercise Physiology, Importance of Exercise Physiology in Physical Education & Sports.

Cardiovascular System and Exercise:- Conduction system of the Heart, Blood Circulation and its classification, Cardiac Cycle – Stroke Volume, Cardiac Output, Heart rate, Effect of exercises on the Cardio-vascular system, Electrocardiogram (ECG), Method of reading ECG.

Unit-III

Respiratory System and Exercise:- Mechanism of Breathing, Respiratory Muscles, Mechanism of Exchange of Gases in the Lungs and Tissues, Ventilation at rest and during exercise, Standard Lung Volumes and Capacities, Oxygen debt, Effect of Exercise on Respiratory System.

Unit-III

Work capacity under different environmental conditions: -

Heat Balance - Temperature Regulation, Exercise in the heat, Sweating Mechanism, Thermal Injury, Acclimatization to heat and physical conditioning.

Exercise in the Cold - Physiological Responses during exercise in the cold, Factors that Influence Heat Loss in the Cold, Health Risks of Cold Exposure, Other Factors that Influence thermoregulation,

Performance at Altitude - Acclimatization to Altitude Exposure, Exercise Performance at Altitude.

Unit-IV

Aerobic and anaerobic metabolism: Glycolytic cycle, Oxidative Cycle, Electron transport System. Meaning of Ergogenic Aids, Ergogenic Aids: Mechanical Aids, Pharmacological Aids, Physiological Aids, Nutritional Aids and Psychological Aids, Side effects of doping on health.

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Suggested Readings:

11. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
12. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
13. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
14. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
15. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
16. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
17. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
18. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
19. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
20. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

Master of Physical Education & Sports

Semester -III

Paper Code : 19MPES304

Session : 2019-21

Paper : Athletic Care and Rehabilitation

Maximum Marks 100
Theory Examination :80
Internal Assessment :20
Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

UNIT I – Mechanics of Tissue Injury and Healing

Force and its effects in injury, torque and its effect in injury, Tissue response to injury in synovial membrane, synovial fluid, soft tissue and bone. Healing of soft tissue, bone tissue healing, nerve healing, Neurological basis of pain, referred pain and radiating pain, pain pathway and pain relief mechanism.

UNIT II – Identification of injury and treatment plan

Inspection of injury site: palpation- component of palpation, Special test for identifying nature of injury.

Short term goals and long term goals in the treatment of musculoskeleton problems, Development of treatment plan: Phase one, Phase two, Phase three and Phase four.

UNIT III – Therapeutic Modalities

Proprioceptive Neuromuscular Facilitation (PNF): Meaning, benefits, pattern and technique.

Pathology of Rehabilitation in injuries with Short wave Diathermy, Micro wave Diathermy, Ultra Sound Therapy, Electric Wave Stimulation, Infra Red Rays and Ultra Violet Rays

UNIT IV – Specific Sports Injuries

Symptoms and treatment of Muscle Soreness, Tennis/Golfer Elbow, Shin Splint, Rotators Cuff injury, spondylolysis, Hoffar's syndrome, Charley House, ITFB Syndromes, Jumper's Knee, tennis Leg, Achilles tendonitis, Abdominal wall Contusion and Abdominal muscle strain.

REFERENCES:

Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.

James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.

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Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication. Pande.
(1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel
Blackwell Scientific publications.

Practical: Anthropometric Measurements

Master of Physical Education & Sports

Semester -III

Paper Code: 19MPES 305

Session: 2019-21

Practical: Game-I: Hockey & Cricket

Maximum Marks 100

(i) Hockey

Marks – 50

1. Marking of Hockey Court (Marks – 10)
2. Teaching ability of various basic skills of Hockey (Marks – 10)
3. Interpretation of Various rules of Hockey (Marks – 10)
4. Filling the score sheet of Hockey (Marks – 10)
5. Officiating Symbols (Marks – 10)

ii) Cricket

Marks – 50

1. Marking of Cricket Ground (Marks – 10)
2. Teaching ability of various basic skills of Cricket (Marks – 10)
3. Interpretation of Various rules of Cricket (Marks – 10)
4. Filling the score sheet of Cricket (Marks – 10)
5. Officiating Symbols of Cricket (Marks – 10)

Note: Candidate have to take total 5 teaching lessons of different skills of both games.

Practical
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Master of Physical Education & Sports

Semester -III

Paper Code: 19MPES306

Session : 2019-21

Practical: Game-II (Badminton/Table tennis and Handball)

Maximum Marks 100

i- Badminton/Table tennis

Marks-50

1. Marking of Badminton Court /Table tennis Table (Marks – 10)
2. Teaching ability of various basic skills of Badminton/T.T (Marks – 10)
3. Interpretation of Various rules of Badminton/T.T (Marks – 10)
4. Filling the score sheet of badminton/T.T (Marks – 10)
5. Officiating Symbols (Marks – 10)

ii- Handball

Marks-50

1. Marking of Handball Court (Marks – 10)
2. Teaching ability of various basic skills of Handball (Marks – 10)
3. Interpretation of Various rules of Handball (Marks – 10)
4. Filling the score sheet of Handball (Marks – 10)
5. Officiating Symbols of Handball (Marks – 10)

Note: Candidate have to take total 5 teaching lessons of different skills of both games.

Master of Physical Education & Sports

Semester -III

Paper Code :19MPES307

Session: 2019-21

Practical: Test, measurement and Evaluation in Physical Education

Maximum Marks 50

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- | | |
|---|----------|
| 1. Measuring Body fat with skinfold measurement calliper | 10 Marks |
| 2. Method of measuring Circumference: Arm, Waist, Hip and Thigh | 10 Marks |
| 3. Calculating Physical Fitness Index with Harvard Step test | 10 Marks |
| 4. Analysis of poster with IOWA posture test | 10 Marks |
| 5. Method of Measuring the Standing Height and Sitting Height. | 10 Marks |

Master of Physical Education & Sports

Semester -III

Paper Code : 19MPES308

Session : 2019-21

Practical : Exercise Physiology

Maximum Marks 50

Exercise Physiology

- | | |
|--|-----------|
| I. Assessment of respiratory profile | Marks- 20 |
| II. Assessment of body composition | Marks- 20 |
| III. Assessment of Blood pressure, pulse and oxygen saturation level | Marks- 10 |

Note: Candidate has to take measure above physiological Parameters of at least five Subjects and record it in a note book.

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Master of Physical Education & Sports

Semester -IV

Paper Code: 19MPES 401

Session: 2019-21

Paper: Dissertation

Maximum Marks 100
External Examination :80
Internal Assessment :20

NOTE: Students must submit their Dissertation in the office of the Department before the Start of 4th semester theory exams.

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Master of Physical Education & Sports

Semester -IV

Paper Code: 19MPES 402

Session: 2019-21

Paper: Sports Psychology

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time: 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

UNIT-I: Introduction of Sports Psychology

- I. Introduction to Sports Psychology
- II. Multidimensional components in the field of Sports Psychology.
- III. Learning process and Theories of Learning
- IV. Thorndike's theory (Connectionism or Trial and Error Learning)
- V. Pavlov's Theory of Classical Conditioning
- VI. Kohler's Insight Learning
- VII. Bandura's Social Learning Theory

UNIT-II: Motivation and Stress

- I. Meaning of Motivation, Basic Motivational concepts and Interactional model of Motivation.
- II. Strategies for Motivating Athletes and Teams.
- III. Theories of achievements Motivation (Atkinson's theory and Attribution theory)
- IV. Maslow's need-hierarchy theory
- V. Instinct theory
- VI. Meaning and Definition of Stress, Anxiety, Arousal and its Causes and Effects in Sports.

UNIT-III: Psychological Skills Training, Goal Setting and Cognitive Process

- I. Meaning and types to Psychological Skills Training (PST)
- II. Advantages of PST in Sports
- III. PST - Neglected aspect among sports participants
- IV. Phases of PST Programmes in games and sports
- V. Define Goal Setting and Types of Goals
- VI. Principals of Goal Setting
- VII. Meaning of Cognition, Characteristics of cognitive process in sports

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UNIT- IV Personality and Its Theories

- I Meaning of Personality and Structure of Personality
- II Sigmund Freud: Psychoanalytic Theory of Personality
- III. Types theory of Personality (Hippocrate's classification, Kretschmer's classification, Sheldon's and Jung)
- IV. Trait theory of Personality (Allport, Cattell, & Eysenck Personality)

REFERENCE:

1. Bhatia, Hans Raj, Test Book of Education Psychology, Delhi: Macmillan, 2003
2. Roben. B. Frost: Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co. London.
3. Dridge & Hung: Psychological foundation of Education. Harper and Row Publishers.
4. Jain, D., Introduction to Psychology, New Delhi: K.S.K, 2003.
5. Kamlesh, M.L. Education Sports Psychology, New Delhi, Friends Pub., 2006
6. Kamlesh, M.L., Key Ideas in Sport Psychology, New Delhi, Friends Pub., 2007 Kutty, S.K. Foundations of Sports & Exercise Psychology, New Delhi: Sports, 2004
7. Robert. S. Weinberg – Foundations of Sports and Exercise Psychology (Third Edition Daniel Gould
8. Jack H.Liewellyn – Psychology of Coaching: Theory and Application (Surjeet Publisher New Judy A. Blucker Delhi)
9. Jashwant Kaur Virk – Psychology of Training and Learning (Twenty First Century Publication Pardeep Kumar Sahu Patiala, 2008.
10. Dr. Arun Kumar Singh – Advanced General Psychology, Moti Lal Banarasi Das Bunglow Road Jawahar Nagar Delhi. M.P.Ed.- IV Semester



Master of Physical Education & Sports

Semester -IV

Paper Code : 19MPES 403

Session : 2019-21

Paper : Sports Medicine

Maximum Marks 100
Theory Examination :80
Internal Assessment :20
Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

UNIT- I: Introduction to Sports Medicine

- i Meaning, Definition and Importance of Sports Medicine in field of Sports.
- ii Purposes and concept of Sports Medicine.
- iii Different aspects of Sports Medicine.
- iv Career opportunities in Sports Medicine.
- v Role of Athletic Trainer in Sports Medicine.

UNIT- II: Sports Injuries.

- i Sports Injuries: Meaning and their different classifications.
- ii Sprain & Strain: Meaning, Pathological Symptoms and their treatment.
- iii Dislocation & Fracture: Meaning, Pathological Symptoms and their treatment.
- iv Strapping and Aiding Equipment for Sprain, Strain, Dislocation and Fracture.

UNIT-III: Physiotherapeutic Modalities.

- i PRICE treatment: Its advantages and Physiological Effects.
- ii Electro therapy: Its advantages and Physiological Effects.
- iii Hydrotherapy: Its advantages and Physiological Effects.
- iv Cryotherapy: Indications, Contra Indications and Precautions, its benefits and Physiological Effects.
- v Manual Therapy: Its benefits, Techniques and Physiological Effects.

UNIT- IV: Exercise Therapy

- i Meaning, definition and importance of exercise therapy
- ii. Strengthening Exercises and their benefits in rehabilitation from injuries.
- iii Flexibility Exercises and their benefits in rehabilitation.

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iv Aquatic Therapy and its benefits in rehabilitation.

REFERENCE:

1. Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
2. James, A. Gould & George J. Davies. (1985). Physical Therapy. Toronto: C.V. Mosby Company.
3. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
4. Pande. (1988). Sports Medicine. New Delhi: Khel Shitya Kendra.
5. Encyclopedia of Sports Medicine. (1998). The Olympic Books of Sports Medicine, Australia: Tittel Blackwell Scientific Publications.
6. Mellion (1995) Office of Sports Medicine II Edition Publisher Hanley & Belfus Inc. Philadelphia.
7. Steven J Karageanes: (2005) Principles of Manual Sports Medicine Lippincott Williams and Wilkins A Wolter Kluwer Company.



Master of Physical Education & Sports

Semester -IV

Paper Code : 19MPES 404

Session : 2019-21

Paper : Sports Management and Curriculum Design in Physical Education

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

UNIT- I : Introduction to Sports Management

Meaning, Definition and need of Sports Management.

Scope and principles of Sports Management.

Career Opportunities in Sports Management.

Functional Elements of Sport Management.

Different Processes of Sport Management.

UNIT- II : Leadership & Curriculum Designs in Physical Education

Meaning of Leadership, Leader Skills and Features of Sports Leader.

Various Approaches of Leadership in Sport Management.

Meaning, Importance and factors affecting physical education curriculum.

Principles of curriculum design and criteria for curriculum contents.

UNIT- III : Planning and Public Relation in Sports Management.

Meaning, Definitions and Importance of Planning.

Steps and Principles of Planning.

Developing Planning Premises & Categories of Plans.

Meaning and Importance of Public Relation in Sports Management.

Guidelines for Sound Public Relation and Essential of Public Relation Programme.

UNIT- IV : Human Recourse in Sport Management.

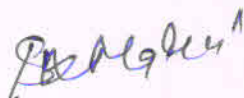
Staff Recruitment and Selection.

Guidelines for Staff Recruitment and Selection.

General Qualifications of Staff in Sport Management.

Responsibilities of Staff Members

Supervisory Working Relationship with Staff.



REFERENCE:

1. Bonnie, L. (1991) The Management of Sports. St. Louis: Mosby Publishing Company
2. Bucher A. Charles, (1993) Management of Physical Education And Sports. St. Louis: Mosby Publishing Company
3. Chelladurai, P.(1999), Human Resources Management in Sports and Recreation. Human Kinetic.
4. Lisa Pike Masteralexis, Carol A. Barr.(2005) Principles and Practice of Sport Management (Second Edition) Jones and Barlett Publishers.
5. Harold Koontze, Cyril O' Donnel Management – A system and contingency Analysis of Managerial Function VI Edition.
6. Koontze & O Donnel – Essentials of Management. Mc graw Hill, Kogakusha Ltd.



Master of Physical Education & Sports

Semester -IV

Paper Code : 19MPES405

Session : 2019-21

Paper : Sports Journalism (Elective-I)

Maximum Marks 100

Theory Examination :80

Internal Assessment :20

Max. Time : 3 hrs

Note: There shall be nine questions in all. Question no. 1 consisting of eight short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

UNIT- I Sports Journalism

1. Meaning, Definition and Elements of Journalism
2. Ethical Standards of Professional in Journalism
3. Sports as a Pondera of Jobs and Courses: - Sports Schemes and Incentives
4. Sports Journalists and Sports Writers Commentators, Broadcaster.
5. Sports News Agencies & Sports Broadcasting Channels.

UNIT- II Mass Media and Functions of Mass Media in Sports

1. Mass Media in Journalism and Types of Mass Media (Print media, Electronic media and Folk media)
2. Sports coverage in different types of media
3. Advantage to a sports person from sports coverage
4. Role of media in making and breaking images in sport.
5. Impact of Commercialization and Privatization change in sport media.

UNIT- III Sports Sociology

1. Meaning, Definition and Importance of Sports Sociology in Sports
2. Meaning, Definition, Structure and Relationship of Sports with Culture.
3. Meaning, Types and Processes of social interaction through sports.
4. Relationship of Sports with Social Institution.
5. Role of Physical Education in context of social problems.

UNIT- IV Group Cohesion in Sports

1. Nature and Group Dynamics in Sports
2. Group Cohesion in Sports
3. Group Interactions and Morale in Sports
4. Meaning and Types of Sports Society

Be Marked!

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5. Meaning of Counselling & its Need in sports, fundamental of counselling Skills in sports

REFERENCE:

- 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. (9193) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi
- (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2000) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Prespective, New Delhi: Kanishka Publication.
- Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication Shiv
- Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
- Bhusan, V. and Sachdeva, An introduction to Sociology, Delhi: Kitab, 2003.
- Jain, Rachna, Sport Sociology, New Delhi: KSK, 2005 Kanwaljeet, S., Sport Sociology, ND: Friends Pub. 2000.
- Yadvinder Singh, Sociology in Sport, Sports Publication, 7/26 Ansari road, Darya Ganj New Delhi- 110002.
- Sharma, R.N. Urban Sociology, ND: Surjeet Pub., 1993.
- Singh, Bhupinder, Sports Sociology, New Delhi: Friends, 2004.
- IGNOU, The Study of Society – Understanding Sociology, Delhi- IGNOU, 2007.
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- Prof. A Yobu, Sociology of Sports, Friends Publications (India) 1014787/23, Ansri road, Darya Ganj, New Delhi- 110 002.
- Dr. Arun Kumar Singh – Advanced General Psychology, Moti Lal Banarasi Das Bunglow Road Jawahar Nagar Delhi.

Master of Physical Education & Sports

Semester -IV

Paper Code: 19MPES406

Session: 2019-21

Paper : Value and Environmental Education (Elective-II)

Maximum Marks 100
Theory Examination :80
Internal Assessment :20
Max. Time : 3 hrs

UNIT I – Introduction to Value Education

Values: Meaning, Definition and Concepts of Values.

Value Education: Importance and Objectives of Value Education.

Moral Values: Need and Theories of Values.

Classification of Values: Basic Values of Religion and Classification of Values. Factors effecting Values

UNIT II – Ethics System

Meaning and Definition of Ethics in Sports, Need of ethics in Sports, Types of ethics, Mainstream Ethical Theories in Sports.

Ethics for a coach, a physical education teacher and a player.

WADA Ethical Panel: Guiding Values in Sport and Anti-Doping

UNIT III – Environmental Education

Definition, Scope and Need of environmental studies, Historical background of environmental education. Air Pollution: Parameters of outdoor and indoor air pollution, smog pollution, greenhouse effects, global warming, ozone depletion, Renewable and renewable mineral resources, Bio – degradable and non bio – degradable products.

UNIT-IV Natural Resources and Related Environmental Issues

Water Pollution: Parameters of water quality, Prevention and controlling groundwater and surface water pollution, water harvesting techniques

Soil contamination by salinisation and pesticides, Desertification by human impact, Preventing and controlling soil pollution. Hazardous waste: types and production, dealing with hazardous waste

REFERENCE:

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.) Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971.

Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.) 1987

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Townsend C. and others, Essentials of Ecology (Black well Science)

Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press), 1995.

Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.

Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Web enhanced Ed.) 1996.

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)



Master of Physical Education & Sports

Semester -IV

Paper Code :19MPES407

Session : 2019-21

Practical : Sports Psychology

Maximum Marks 50

-
- Assessment of Aggression among athletes. 10 Marks
 - Assessment of State and Trait Anxiety of athletes 10 Marks
 - Assessment of stress/burnout among athletes 10 Marks
 - Assessment of Achievement Motivation towards sports performance and exercise adherence 10 Marks
 - Assessment of Personality traits among athletes 10 Marks

Practical

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Master of Physical Education & Sports

Semester -IV

Paper Code :19MPES408

Session : 2019-21

Practical : Game – I (Baseball/Softball & Lawn Tennis/Judo)

Maximum Marks 100

i) Baseball/Softball

Marks – 50

1. Marking of baseball& Softball court (Marks – 10)
2. Teaching ability of various basic skills of baseball& Softball (Marks – 10)
3. Interpretation of Various rules of baseball& Softball (Marks – 10)
4. Filling the score sheet of baseball& Softball (Marks – 10)
5. Officiating Symbols (Marks – 10)

ii) Lawn Tennis/Judo

Marks – 50

1. Marking of Lawn Tennis Court/Judo (Marks – 10)
2. Teaching ability of various basic skills of Lawn Tennis/ Judo (Marks – 10)
3. Interpretation of Various rules of Lawn Tennis/ Judo (Marks – 10)
4. Filling the score sheet of Lawn Tennis/ Judo (Marks – 10)
5. Officiating Symbols of Lawn Tennis/Judo (Marks – 10)



Master of Physical Education & Sports

Semester -IV

Paper Code : 19MPES409

Session : 2019-21

Practical : Game – II (Football & Kho-Kho)

Maximum Marks 100

i) Football	Marks – 50
1. Marking of Football Court	(Marks – 10)
2. Teaching ability of various basic skills of Football	(Marks – 10)
3. Interpretation of Various rules of Football	(Marks – 10)
4. Filling the score sheet of Football	(Marks – 10)
5. Officiating Symbols	(Marks – 10)
ii) Kho-Kho	Marks – 50
1. Marking of Kho- Kho Court	(Marks – 10)
2. Teaching ability of various basic skills of Kho- Kho	(Marks – 10)
3. Interpretation of Various rules of Kho- Kho	(Marks – 10)
4. Filling the score sheet of Kho- Kho	(Marks – 10)
5. Officiating Symbols of Kho-Kho	(Marks – 10)

Note: Candidate have to take total 5 teaching lessons of different skills of both games.

Devesh *Am*
Punit
13.06.2019

Master of Physical Education & Sports

Semester -IV

Paper Code : 19MPES410

Session : 2019-21

Paper : Class Room Teaching

Maximum Marks 100

Note: Candidate have to take total 5 classroom teaching lessons on different topics related to physical education.

- (i) Candidate has to preparation five lessons delivered in the class during teaching practice in the notebook.
- (ii) Assessment will be made by the external and internal examiners on the basis on performance, confidence level, body language in teaching and use of audio visual aids related to subject matter.




19-06-2019