

## Scheme of Examination of Master of Physical Education (M.P.E.S.)

### M.P.E.S. (P) (1<sup>st</sup> Semester)

Paper	Nomenclature of paper	Marks Theory		Pract. Exams	Total marks
		External	Internal		
MPES-101	Professional Preparation and Curriculum Design in Physical Edu. and Sports Sc.-I	80	20	-	100
MPES-103	Kinesiology	80	20	-	100
MPES-105	Anatomy & Physiology-I	80	20	-	100
MPES-107	Educational Technology & Pedagogic Techniques in Physical Education	80	20	-	100
MPES-109	Techniques of officiating and Coaching-I	80	20	-	100
MPES-111 (Opt.-I) (Opt.-II)	Optional: Anyone of the following:- a) Health Education (Theory) b) Yoga (Theory)	50	10	40	100
MPES-113	Practical Teaching lesson –Games	-	20	80	100
MPES-115	Practical Teaching Lesson- Athletics	-	20	80	100
	Total	450	150	200	800

### Activities to be taken up during 1<sup>st</sup> Semester

- A Games: - Basketball, Kho-Kho, Hockey, Handball & Badminton  
 B Athletics: - Sprints, Long Jump, Pole-vault, Hurdles, Javelin & Discus-throw.

#### Note: -

Note: - The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

### M.P.E.S. (2<sup>nd</sup> Semester)

Paper	Nomenclature of paper	Marks Theory		Pract. Exams	Total marks
		External	Internal		
MPES-202	Professional Preparation and Curriculum Design in Physical Edu. and Sports Sc.-II	80	20	-	100
MPES-204	Bio-Mechanics in Phy. Edu	80	20	-	100
MPES-206	Anatomy & Physiology-II	80	20	-	100
MPES-208	Sports Management	80	20	-	100
MPES-210	Techniques of officiating and Coaching-II	80	20	-	100
MPES-212	Teaching lesson -Games	-	20	80	100
MPES-214	Teaching Lesson- Athletics	-	20	80	100
	Total	400	140	160	700

#### Activities to be taken up during 2nd Semester

- A Games: - Volleyball, Kabaddi, Football. Cricket & Wrestling  
B Athletics: - Middle/Long Distance Race, High Jump, Triple -Jump, Relay Race, and Hammer –throw.

Distribution of marks for Practicals to be conducted by the External & Internal Examiners

#### Semester 1st & 2nd (Teaching Lessons) 100 marks

- (a) Teaching Lesson in Game/Athletics (Demonstration, Presentation, Fault Correction & Use of Teaching Aids) 40 marks  
(b) Viva (Marking, Rules and Regulations and Officiating) 40 marks  
(c) Final Lesson Plan 10 marks  
(d) Note-book of Lesson Plan 10 marks

#### Note: -

The practical classes shall be held as per the scheme of each semester. The final practical examinations shall be conducted by external & internal examiners at the end of each semester. However; separate examination for each semester will be conducted as per syllabus of each semester.

**Scheme of Examination of M.P.E.S. (3<sup>rd</sup> Semester)**

Paper	Nomenclature of paper	Marks Theory		Pract. Exams	Total marks
		External	Internal		
MPES-301	Sports Psychology	80	20	-	100
MPES-303	Physiology of Exercise	80	20	-	100
MPES-305	Research Method in Physical Education	80	20	-	100
MPES-307	Evaluation techniques in Physical Education	80	20	-	100
MPES-309	Science of Coaching Athletics (Theory)	80	20	-	100
MPES-311	Science of Coaching Game (Theory)	80	20	-	100
MPES-313	Coaching lesson -Games	-	20	80	100
MPES-315	Coaching Lesson- Athletics	-	20	80	100
	<b>Total</b>	<b>480</b>	<b>160</b>	<b>160</b>	<b>800</b>

**Activities to be taken up during 3<sup>rd</sup> & 4<sup>th</sup> Semesters**

The students will choose any one game as their specialization out of Hockey, Boxing, Wrestling, Handball, Basketball, Volleyball, Badminton, Kabaddi, Kho-Kho and Football. Minimum 05 students must opt for a Game to run the option. Athletics will be compulsory for all students.

In case of M.P.E.S. 3<sup>rd</sup> & 4<sup>th</sup> Semesters for specialized games and athletics, the Coaching Skills will be divided by the teacher concerned and the same will be informed to the Department and the students. The students will be evaluated at the end of 3<sup>rd</sup> & 4<sup>th</sup> semester accordingly.

**Note:** - The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester.

### Scheme of Examination of M.P.E.S (4<sup>th</sup> Semester)

Paper	Nomenclature of paper	Marks Theory		Pract. Exams	Total marks
		External	Internal		
MPES-402	Scientific Principle of Sports Training	80	20	-	100
MPES-404	Applied Statistics	80	20	-	100
MPES-406	Athletics care & Rehabilitation	80	20	-	100
MPES-408	Optional Anyone of the following : (I) Sports Journalism (II) Yogic Science (III) Value & environmental Education	80	20	-	100
MPES-410	Class Room Theory Lesson (Practical)	-	20	80	100
MPES-412	Teaching & Coaching Athletics (Track & Field)	-	20	80	100
MPES-414	Teaching & Coaching Game (Major & Minor indoor & outdoor)	-	20	80	100
	Total	320	140	240	700

Note:- To start the optional paper, minimum five students must opt for an optional paper. Distribution of marks for Practical to be conducted by the External & Internal Examiners

#### **Semester 3rd & 4th (Coaching Lessons) 100 marks**

(a) Coaching Lesson in Game/Athletics (Fault detection, Removal of Fault, Corrective Exercise, Teaching Aids for Corrective Exercise) 40 marks

(b) Viva (Marking, Rules and Regulations and Officiating) 40 marks

(c) Final Lesson Plan 10 marks

(d) Note-book of Lesson Plan 10 marks

**Note:-**

1. Each candidate will be evaluated in one Skill given under various heads i.e. Games & Athletics in each semester.
2. The Draw of skill will be drawn **seven days** before the practical examination.
3. Since this is a professional course aimed at improving the standards of games and sports, therefore, special attention be given to practical aspect covering various areas. For this, 10 hours per week must be devoted to the practical lessons of teaching/coaching, out of which two hours will be for teaching/coaching lessons under the supervision of the concerned teacher. To fulfill this aim, the students shall be required to prepare & take one supervisory teaching/coaching lesson in each of the activities given under Games & Athletics.
4. The Chairperson/HOD will certify on the student's note-book that all requirements pertaining to teaching/coaching practice have been fulfilled by the student. The same has to be verified by the teacher concerned before it is submitted to the Chairperson/HOD.
5. The student is free to choose any one of the events for the examination lesson i.e Pole-vault, Hammer Throw, Hurdles and triple jump, as these involve difficult skills to demonstrate and teach.
6. Duration of Practical examination will be 3 hours per group followed by Viva-voce.
7. Final lesson for practical examination will be prepared on a separate chart.
8. For M.P.E. Semester 3rd & 4th the students will prepare five coaching lessons in their specialized game and Athletics of different Games/Athletic skills in each semester.
9. Each & every student will take part in the intra-mural activities and have the following dress code for practicals/Intra murals. The colour for different courses will be different:
  - a) For Theory classes:- Trouser & Shirt (Summer Season), Trouser, Shirt, Tie & Blazer (Winter-season)
  - b) For Practical classes:- T-Shirt & shorts/lowers (Summer Season) T-Shirt with track-suits (Winter Season)
10. All practical external examiners for the examinations to be conducted will be appointed by the University out of the panel recommended by the PGBOS. However, internal examiners for these practicals will be appointed by the Chairperson PGBOS.
  - i) Preparation of five supervision lessons of class room theory in the note-book.
  - ii) Assessment will be made by the external and internal examiners on the basis on performance.
  - iii) Confidence level, body language in teaching and use of Audio-visual aids related to subject matter.

## **M.P.E.S. (Semester-1st)**

### **Paper-I Professional Preparation and Curriculum Design in Physical Education and Sports Sc.-I**

#### **Paper code- (MPES-101)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

#### **NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions 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. Understanding of Foundations of Physical Education and Sports. Meaning of Profession, Preparation, Curriculum and Design. Basis of Professional Preparation in Physical Education and Sports Sciences.

#### **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.

#### **UNIT-III**

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

#### **UNIT-IV**

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

#### **Suggested Readings**

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation and Curriculum Design in Physical Education
2. Batia, K.K. and Narang, (1991) Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publisher
3. Bhatia, K.K.Kadian, K.S.Chanda, PC and Sharma (1990) Contemporary problem of Indian Education, Jalandhar Prakash Brother Educational Publishers.
4. Graily, J.Byrant, Career Potentials in Physical Activity (1990) New Jersey, Prentice Hall in Englewood cliffs USA.

**M.P.E.S. (Semester-1st)**  
**Paper-II Kinesiology (MPES-103)**

**Paper code- (MPES-103)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

**NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I**

Concept, Scope and Role of Kinesiology in Physical Education and Sports - Anatomical Body Position- Meaning and Factors Affecting the Range of Motion- Characteristics of Skillful Performance- Fundamental Movements of Joints and their Terminology- Meaning of Planes, Aims and their Types- Axis and Planes involved in Joints Movements- Types of Muscular Contractions.

**UNIT-II**

Structural Classification of Skelton Muscles- Functional Classification of Skelton Muscles- Slow & Fast Twitch Muscle Fibers- Methods of Studying the Action of Muscles- Tendon Action of two Joints Muscles- Body Deformities and their Remedies (a) Kyphosis (b) Lordosis (c) Scolosis (d)Knock-knee (e) Flat-foot

**UNIT-III**

- Classification & Characteristics of Diarthrosis joints- Structure & Ligamentous enforcement of shoulders Girdle and shoulder, Elbow and Ankle joints - The Attachment and Action of the Muscles of following Joints:-

A) Shoulder Girdle and Shoulder:- Trapezius, Levator scapulae, Rhomboid, serratus anterior, Pactorlis minor and major, Deltoid, Supra spinatus, Teres major, Infra and Teres minor, Spinatus and Biceps.

- B) Elbow Joint: Biceps Brachii, Pronator teres, Supinator, Triceps brachii, Brachialis, Pronator quadratus,

- C) Ankle and Foot: - Gastrocnemius, Soleus, Tibialls Anterior and Posterior, Extensor Digitorum Longus, Extensor & Flexour Hallucis Longus,

**UNIT-IV**

- Structure & Ligamentous enforcement of Hip, Knee and Spinal Column joints, The Attachment and Action of the following muscles:

HIP Joint: Iliopseas, Pectineus, Rectusfemoris, Sartorius, Tensor fasciae latae, Glteus maximus, minimous and medius; Adductor Magnus, Longus and Brevis.

KNEE JOINT: Quadriceps-Rectus Femoris, Vastus Lateralis, Vastus Ingtermedius and vastus medialis, Hamstring Group-Biceps Femoris, Semimembranosus Semitendinosus, Sartorius, Gastrocnemius and Popliteus.

SPINAL COLUMN: Levator scapula; Rectus abdominis; Sternocleidomastoid; Obliquus Internus and externus abdominis.

**Suggested Readings**

1. Zatsiorsky V.M. (1998), Kinmatic of Human Motion
2. Kelly DL (1971), Kinesiology, Fundamental of Motion
3. Lattiganus K.Others, Kinesiology ( ) Scientific Basis of Human Motion
4. Jenson, C.R. & Schult, G.W., Applied Kinesiology: The Scientific study of human performance (2nd edition) (1977), New York MC Grahs.
5. Hawley, G. (1937), The Kinesiology of Corrective Exercise, Phildelphia Lea Anno Febiger

**M.P.E.S. (Semester-1st)**  
**Paper-III Anatomy and Physiology-I (MPES-105)**

**Paper code- (MPES-105)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

**NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I Introduction to Anatomy & Physiology & Blood**

Concept of Anatomy and Physiology - Cell Structure (Animal)- Properties of living Matter- The Role of Anatomy and Physiology in Physical Education & Sports- Blood: Composition, Functions and Types

**UNIT-II Muscular System**

Grass and Microscopic Structure of Skeletal Muscles - Mechanism of Muscular Contraction and Relaxation- Nature of Neuromuscular Activity- Muscle tone, Law of Reciprocal Innervations- Muscle Work and Fatigue- Effect of Exercise on Skelton Muscles

**UNIT-III Anatomy of Heart**

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

**UNIT-IV Respiratory System and Blood Pressure**

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

***Suggested Readings***

1. Pearee Evelyn, C. Anatomy and Physiology for Nurses London, (1962) Faber and Falber Ltd.,
2. Pavat, J. Anatomy for Students and Teachers of Physical Education, (1959) London Edward Arnold and Co.
3. Senson Wright: Applied Physiology
4. Willion J.F., Anotomy and Physiology, London W.B. Sauders
5. Best and Taylor, ( 1960)The living Body, New Delhi, Asian Club House
6. Smount, C.F.V and Medonald, R.J.S.(1969) Physiotherapy, Occupational therapy and Gymnastics, Edward Arnold Pvt. Ltd.,
7. Kiober Grey Anatomy and Physiology



**M.P.E.S. (Semester-1st )**  
**Paper-IV Education Technology and Pedagogic Techniques in Phy. Education**

**Paper code- (MPES-107)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

**NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I**

Concept of Class Management: Meaning & Principles- Specific Principles (Strength of Class, Place and Time of Class, Uniform Class Formation, Safety Measures and Discipline - Steps of Class Management - Explanation of Different Teaching Methods for Presenting Material

**UNIT-II**

Introduction, General and Specific Lesson Plan- Principles of Lesson Plan- Importance of Lesson Plan in Physical Education and Sports- Meaning, Importance of Audio-Visual Aids- Steps of Audio-Visual Aids, Technology Devices in Physical Education and Sports (Adobe Premier, Underwater Camera, Various Measuring Tools, wind Gauges, Foul Indicators, Electronic Gadgets Adobe Photoshop, Microsoft Animation, Laser Beam, Technology, LCD Display) Power Point Presentation.

**UNIT-III**

Introduction, Principles for Planning Facilities- Types of Facilities- Meaning and Types of Command- Meaning, Need and Importance of Public Relation in Physical Education- Meaning, Objectives and Types of Budget- Principles of Preparation of Budget

**UNIT-IV**

The Need for Office for Physical Education Teacher, its Location and Set Up- Handling and Communication-Office Writing, Circulars, Notification and Invitation - Writing Reports and display, Monitoring- Concept, Need and Importance of Intramural and Extra Murals- Types of Tournaments

***Suggested Readings***

1. Knap Clyde & E: Teaching Methods for Physical Education, MC Graw Hill book Co. Inc.
2. Tirunurayana, C&S Hariharan: Method in Physical Education (South India Press karaikudi India).
3. Kamlesh M.L. & Sangra, M.S.(1982)Methods in Physical Education, Parkash Brothers, Jullundur.
4. Two experienced Professors: Organization and Administration and Recreation in Physical Education, (1982) Prakash Brothers, Jullundhur.
5. Wakharkar D.C. (1967), Manual of Physical Education, Pearl Publicatons, Bombay.
6. Dhakraborty S.Sports Management Delhi Sports Publications, 1998.
7. Kamlesh M.L. (2000) Management Concept in Physical Education and Sports, New Delhi, Metropolitan Book Co. Pvt. Ltd. 2000.

**M.P.E.S. Semester-1st)**  
**Paper-V (Techniques of Officiating & Coaching-I)**

**Paper code- (MPES-109)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

**NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I**

Concept of Officiating: Meaning, Importance and Principles- Qualities and Duties of a Good Official- Responsibilities of a Good Official- Qualifications and Qualities of a Good Official. General Principles of Training Schedule- Preparation of Training Schedule

**UNIT-II**

Measurements, Marking, Equipments, Basic Fundamentals and Rules and Regulation of following Games a) Football (b) Basketball (c) Kabaddi (d) Badminton (e) Table Tennis  
Glossary of Football, Basketball, Kabaddi, Badminton and Table Tennis- Outstanding Achievers, Trophies and Awards related with Football, Basketball, Kabaddi, Badminton and Table-Tennis  
Preparation of Score-Sheet of Football, Kabaddi, Badminton and Table Tennis.

**UNIT-III**

Measurements, Marking, Equipments, Basic Techniques and Rules and Regulations of following: Track and Field Events of Athletics - Preparation of Score-Sheet of Track and Field Events - Layout of Standard Track - Glossary of Track and Field Events - Achievers (outstanding) and Trophies and Awards Related with Track & Field Events.

**UNIT-IV**

Principles and Methods of Selection of Players/Teams for Various Competitions - Fundamentals of Conditioning - Methods of Conditioning & Training (Progressive Resistance) - Exercise, Circuite Training, Fartlak, Interval, Weight Training. - Warming up & cooling Down - Competition Strategy for Different Games.

***Suggested Readings***

1. Rules of games and Sports, YMCA, publishing house Madras.
2. John Bunn – The art of Officiating
3. Clalls – Athletic training

## M.P.E.S. (Semester-1st)

### Paper-VI (Option-a) Health Education

Paper code- (MPES-111)

Optional – I

Max. Marks: 60

External Marks: 50

Internal Marks: 10

Time: 3 hours

#### NOTE:-

##### For Paper Setter

- 1 Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 10 marks each.

##### (b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

#### UNIT-I

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

#### UNIT-II

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

#### UNIT-III

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

#### UNIT-IV

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

#### *Suggested Readings*

1. Daimple: Foundations of Health
2. Dehl: Healthful living, Mcgraw Hill
3. Physical Education and Health (Dr. A.K. Uppla, Dr. Gautam)
4. Physical and Health Education (Mr. V.D. Sharma & Granth Singh)

## **Health Education (a) Practical**

**Max. Marks: 40**

1. Collection and Preparation of Teaching aid Materials (Posters, Pamphlets, and CDs etc.)
2. Preparation of School Health Programme
3. Organizing the Health Awareness Programmes
4. First Aid: Sling Bandages, Transportation of the Injured Persons
5. Artificial Respiration, Control of Bleeding Cuts and Wounds, Heat Stroke, Fractures, Stings and Bites of Animals

**M.P.E.S. (Semester-1st)**  
**Paper-VI (Optional-b) Yoga**

**Paper code- (MPES-111)**

**Optional – II**

Max. Marks: 60

External Marks: 50

Internal Marks: 10

Time: 3 hours

**NOTE:-**

**For Paper Setter**

1 Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.

2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

**(b) For Candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I**

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

**UNIT-II**

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

**UNIT-III**

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

**UNIT-IV**

**Internal & External Purification- Yogic Methods**

Sat Karmas/Yogic Methods of Personal Hygiene/Six Methods of Purification or Cleaning Process and their Effects.

(a) Neti: Sutra Neti, Jal Neti, Dugad Neti, Ghee Neti, Rubber Neti. (b) Dhوتي: Jal Dhوتي, Vastra Dhوتي, Dand Dhوتي, Kunnjal and Gajkarni (c) Basti: Susak Basti, Jal Basti (d) Nauli: Dakshin Nauli, Paschim Nauli, Madhya Nauli (e) Kapal Bhati (f) Taratak

References

1. Asana and Pranayam by Swami Kuvlayanand
2. Yoga for Health Happiness and peace by Yoga Acharya Prakash Dev.
3. Yoga Method of Re-integration by Alain Dawal
4. Yoga Personal hygiene by Shri Yogendra.
5. Yoga for everyman by demands Dubey.
6. Message and Medical Gymnastics by Marg vilace.
7. Water curve by Kellage
8. Message and remedials Gymnastics by trely.
9. Yog Shiksha/Yog Education by Dr. S.K. Mangal, Dr. Uma Mangal and SK Mana.

**(Optional-b) Yoga -Practical**

**Max. Marks: 40**

**Time: 3 hours**

**Prayer:-**

**Asana**

1. Sukh Asana (2) Padam Asana (3) Sudh Asana (4) Vajar Asana (5) Paschm Utam Asana (6) Aurdhmatsender Asana (7) Dhnur Asana(8) Bale Asana (9) Sarvang Asana(10) Chakar Asana(11) Bhujang Asana(12) Hanuman Asana (13) Suphad Vajarashan (14) Sirsh Asana (15) Sulabh Asana (16) Makar Asana (17) Shav Asana (18) Ustra Asana(19) Tarh Asana (20) Tikon Asana Relaxation Technique/Yog Nidra Pranayama :

Any Five Pranayama

Any two Satkaram/Kirya

Any two Bandhas

## **M.P.E.S. (Semester-2nd)**

### **Paper-VII Professional Preparation and Curriculum Design in Physical Education and Sports Sc. – (Part-II)**

#### **Paper code- (MPES-202)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

#### **NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

#### **UNIT-I**

Graduate Level Professional Preparation, Purposes, Admission Area, Curriculum, Field Experience, Teaching Practice, Facilities and Special Resources for Library, Laboratory and Research. - Post-graduate Professional Preparation, Purposes, Admission, Professional Avenues, Area of Specialization and Research Requirements. - The Specialization Professional Qualifications of Teaching Staff at Postgraduate Level.

#### **UNIT-II**

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.

#### **UNIT-III**

In-Service Education of Professional Personnel Nature & Scope of Responsibility for in -Service Training Programme - Concept of Evaluation in Professional Preparation Programmes: Meaning, Importance, Process and its Applications.

#### **UNIT-IV**

Concept of Curriculum Design and Development: Meaning, Need and Basic Principles - Factors Influences the Physical Education Curriculum Design - Conceptual Understanding of Physical Education Curriculum & Design - Historical Review of Professional Preparation in India, Japan & China - Concept of Curriculum Contents in Physical Education - Professional Preparation Curricular Programme.

#### **Suggested Readings**

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation & Curriculum Design in Phy. Education.
2. Bhatia, K.K. and Narang, Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publishers, 1991.
3. Bhatia, K.K.Kadian, KS Chanda, PC and Sharma (1990) Contemporary Problem of Indian Education, Jalandhar Prakash Brother Educational Publishers.
4. Graily, J.Byrant (1990) Career Potentials in Physical Activity New Jery, Prentice Hall in Englowood Cliffs USA.

**M.P.E.S. 2nd Semester**  
**Paper-VIII Biomechanics in Physical Education & Sports**

**Paper code- (MPES-204)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

**NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I Introduction to Bio-mechanics**

Meaning and Concept of Biomechanics - Importance of Biomechanics in Phy. Education & Sports - Approaches for Studying Movement.

**Mechanical Concepts**

Concept of Motion & Its types - Distance and Displacement, Speed, Velocity and Uniform Acceleration- Force and Momentum, Pressure, Mass and Weight, Gravity and Centre of Gravity, Work, Power, Energy.

**UNIT-II Body Balance and Stability Control**

Balance, Equilibrium and stability - Controlling Balance in Static Positions - Controlling Balance during Movements

Structural of Motor Action and Bio-mechanical Principles: Spin & its types - Effect of Spin on speed of the ball on the surface - Effect of Spin on speed of the ball in flight - Magnus effect: its application in sports

**UNIT-III Newton's Law of Motion**

Law of Inertia – (Linear motion) - Law of Moment of Inertia (Angular Motion) - Law of Momentum (Linear Motion) - Law of Angular Momentum (Angular Motion) - Law of Action and Reaction (Linear Motion) - Law of Action and Reaction (Angular Motion)

**Aerodynamic drag forces** - Skin Friction - Profile Drag - Effect of Stream line on drag - Terminal Velocity

**UNIT-IV Forces and Movements**

Forces Action on a System - Reaction Forces - Friction Forces - Centripetal and Centrifugal Forces - Elastic Force - Internal & External Forces - Lever, Types of Lever and their Mechanical Advantage and Disadvantage with Special Reference to Physical Education and Sports - Projectile of Motion:-Projecting for Horizontal and Vertical Distance

**Suggested Readings**

1. Gowitzke, BA and Milner M. 1998, Scientific Basis of human movement (3<sup>rd</sup> Edition)
2. Hay. J (1978) The Bio-Mechanics of Sports Techniques 2nd Edition Englewood Cliffs: Prentice Hall
3. Kreighbaum & Bartheles, Biomechnis, Ny: Macmillan 1985.
4. Mood S.D. Beyond Biomechanics-New York – Taylor (1996)
5. Hall, S.J. Basic Biomechanics, London, Mosy 1991
6. Hay, J & Reid (1982) The Anatomical and Mechanical Basis of Human Motion.



**M.P.E.S. (Semester –2nd)**  
**Paper-IX Anatomy & Physiology (Part II)**

**Paper code- (MPES-206)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

**NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I Skeletal System- Anatomy of Bone and Cartilage**

Kind and Functions of Bones - Name and Location of the Bones of Human Body - Types of Joints - Description of Diarthrodial-Joints - Difference in Male and Female Skeleton with Special Reference to Functional Ability in Sports.

**UNIT-II Digestive System**

Brief Description, Location and Functions of the Mouth, Teeth Tongue, Salivary Glands, Stomach Intestine - Structure & Functions of Elementary Canal - Mechanism of Digestion and Absorption of Food - Effect of Exercise on Excretory System.

**UNIT-III Nervous System**

The Neuron and the Motor Unit - The Motor and Sensory Impulses - Neuro-Transmission and Movement Mechanism - Locations, Anatomy and Functions of the Brain - Spinal Cord and its Functions - Concepts of Receptors - Reflex Action - Effect of Exercise on Nervous System

**UNIT-IV Endocrine Glands**

Meaning of Endocrine Glands - The Location and Functions of the following Endocrine Glands - Pituitary Glands, Thyroid and Parathyroid Glands: - Adrenal Glands - Effect of Exercise on Endocrine Glands

**Suggested Readings**

1. Pearee Evelyn, C. (1962) Anatomy and Physiology for Nurses London, Faber and Faber Ltd.
2. Pavat, J. (1952) Anatomy for Students and Teachers of Physical Education, London Edward Arnold and Co.
3. Senson Wright: Applied Physiology
4. Willion J.F. Anatomy and Physiology, London W.B. Saunders
5. Best and Taylor, (1960) The living Body, New Delhi, Asian Club House
6. Smount, C.F.V and Medonald, RJS: (1969) Physiotherapy, Occupational therapy and Gymnastics, Edward Arnold Pvt. Ltd.
7. Kiober Grey Anatomy and Physiology
8. Stakpoles, Anatomy and Physiology (6th Edition)

**M.P.E.S. (Semester-2nd)**  
**Paper-X- Sports Management**

**Paper code- (MPES-208)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

**NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I**

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

**UNIT-II**

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

**UNIT-III**

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

**UNIT-IV**

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

**References**

1. Kannp Clydo & E: Teaching Methods for Physical Education MC Graw Hill Book Co. Inc.
2. Tirunurayana, C&S Hariharjan: Method in Physical Education (South India Press Karalkudi India).
3. Kamlesh M.L. & Sangra, M.S. (1982): Methods in Physical Education Praksh Brothers, Jullundur.
4. Two experienced Professors: (1982) Organization and Administration and Recreation in Physical Education, Prakash Brothers, Jullundur.
5. Wakharkar D.C. (1967) Manual of Physical Education, Pearl Publications, Bombay
6. Chakraborty S. (1998) Sports Management Delhi Sports Publications

**M.P.E.S. (Semester-2nd)**

**Paper-XI- Techniques of Officiating & Coaching (Part-II)**

**Paper code- (MPES-210)**

Max. Marks: 100

Time: 3 hours

External Marks: 80

Internal Marks: 20

**NOTE:-**

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus. Students will attempt five questions in all, selecting at least one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I**

Concept of Coaching: Meaning , Nature & Scope - Basic Coaching Principles in Games & Sports - Qualities of a Good Coach - Responsibility of a Coach - Role of following in Sports Performance - a) Physical Fitness (b) Skill Ability (c) Psychological Fitness (d) Skill Execution Ability - Measures for Improving the Standard of Officials

**UNIT-II**

Marking, Measurements, , Equipments, Basic Fundamentals, Glossary, Rules & Regulations of following Games i) Hockey (ii) Handball (iii) Volleyball (iv) Kho-Kho (v) Wrestling  
- Preparation of Score Sheet for Hockey, Handball, Volleyball, Kho-Kho and Wrestling  
- Outstanding Achievers, Trophies and Award Related with Hockey, Handball, Volleyball, Kho-Kho and Wrestling.

**UNIT-III**

Marking, Measurement, Equipments, Techniques, Glossary, Outstanding Achievers and Rules & Regulations of following Athletic Events: i) Combined Events (ii) Road/Races  
- General Principles for Marking the Route for Road Races - Preparation of Score-Sheet for Combined Events & Road-Races.

**UNIT-IV Nutrition for Sports Person**

Requirement of Calories and its Sources for the Sports Persons - General Guidelines for the Diet of a Sports Person - Pre-during and Post Competition Food Stuffs for Sports Persons - Balanced Diet - Contribution of Nutrition to Sports Performance - General Guidelines for Preparing Training Session - Factors Affecting Sports Persons

**Suggested Readings**

R.L. Anand: Playing field manual

John W.Bunn: Principles of Coaching

HC Buck: Rules of Games & Sports

AS Barha: Science of Coaching

M.P.E.S (Semester-3rd) 2017-18  
Paper-I Sports Psychology

**Paper code- (MPES-301)**

Max. Marks: 100  
External Marks: 80  
Internal Marks: 20  
Time: 3 hours

**NOTE:-**

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I**

1. Introduction of Sports Psychology:
  - Meaning of Sports Psychology
  - Scope of Sports Psychology
  - Development of Sports Psychology
  - Relationship of Sports Psychology with other Sports Sciences.
2. Importance of Sports Psychology for Physical Education and Coaches

**UNIT-II**

1. Cognitive Processes in Physical Activities:
  - Meaning of Cognition
  - Characteristics of cognitive processes in Sports
2. Sensation & Perception
3. Thinking
4. Imagination

**UNIT-III**

1. Memory, Mental activity of athlete, Mental activity and sports related goals.
  - Attention
  - Meaning
  - Dimension
  - Distractibility in Attention
  - Strategies to develop Attention
2. Motor Learning
  - Meaning of Motor Learning
  - Factors Affecting Motor Learning

- Motor development in various periods of childhood & adolescence.

**UNIT-IV**

1. Psychological aspects of Regulation
  - Meaning of Action Regulation.
  - Psychological Characteristics of Physical Activities

- Action programme in different games and sports
  - Importance of action regulation
2. Personality
- Meaning of personality
  - Personality traits of sports persons
  - Relationship of personality to sports performance
  - Personality differences among various sports group

## REFERENCES

1. Alderman, R.B. Psychological Behaviour in Sports, (Philadelphia: London, Saunders Company, 1974).
2. But Susan Dorcas, Psychology of Spors (Network: Van Nastrand Reinhold Company) Edn. 2.
3. Cratty Brayant, J.Movement Behaviour and Motor Learning. (Philadelphia: Lea and Febiger, 1973)
4. Craty Bryant, j Psychology and Physical activity (New Jersey Englewood Cleffs, prentice Hall Inc. 1965)
5. Cratty Bryant, J. Psychological Proportion and Athletics Excellence, (New York: Movement publications Inc. 1978).
6. Gold Stein and Joffery J. (Ed.) Sports Games and Play Social and Psychological view points (Lowerence Eribanm Associates, Publishers R.J. 1979).

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I**

1. Other Physiological aspects of Exercise and Sports.
  - 1.1. Concept of Physical Fitness and physical training, warming-up, conditioning and fatigue.
  - 1.2. Physiological aspects of development of strength, endurance, skill, speed, agility and coordination.

**UNIT-II**

1. Sports and Nutrition:
  - 1.1. Basic concept of a balanced diet.
  - 1.2. Appropriate diet before, during and after athletic performance.
  - 1.3. The effect of alcohol drugs and smoking on athletic performance.
2. Energy cost of various sports activity:
  - 2.1. Definition of Energy cost,
  - 2.2. Energy cost of various sports activities assessing them.

**UNIT-III**

1. Work and Environment:
  - 1.1. Work capacity under different environment. Conditions (Hot, humid, cold & high altitude).

**UNIT-IV**

1. Obesity and Wight Control:
  - 1.2. Definition of obesity.
  - 1.3. Measurement of body fat by various methods (under water weight and skin fold measurement).
- 8
- 1.4. Body weight control
- 1.5. Positive and negative energy balance.

**REFERENCE:**

1. Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunder company, 1976).
2. Morehouse, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C.V. Mosby Company,1976).

3. Karpovich, P.V. and Sinning, Wayne E. Physiology of muscular Activity (Philadelphia: W.B. Saunders Company, 1971). 7th Ed.
4. Bourne, Geoffery H. The Strucrure and Functon of Muscles: (London Academic Press 1973).
5. Astrand, P.O. and Rodahi. Karri. Text Book of work Physiology. (Tokyo McGraw Hill kogakusha, Ltd. 1979).
6. mathew, D.K. and Fox, E.L. Physiology Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976).

M.P.E. S (Semester-3rd) 2017-18  
Paper-III (RESEARCH METHODS IN PHYSICAL EDUCATION)

**Paper code- (MPES-305)**

Max. Marks: 100  
External Marks: 80  
Internal Marks: 20  
Time: 3 hours

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-1

1. Introduction
  - 1.1. Definition of Research.
  - 1.2. Need and importance of Research in Physical Education and Sports.
  - 1.3. Scope of Research in Physical Education and Sports
  - 1.4. Types of Research-Basic, Applied and Action Research.
2. Research Problem
  - 2.1. Meaning of the term.
  - 2.2. Location and criteria of Selection of Problem.
  - 2.3. Formulation of a Research Problem.
  - 2.4. Limitations and Delimitations.

Unit-II

3. Survey of Related Literature
  - 3.1. Need for surveying related literature.
  - 3.2. Literature Sources.
  - 3.3. Library Reading.
4. Historical Research
  - 4.1. Meaning and definition of Historical Research.
  - 4.2. Historical Sources.
  - 4.3. Evaluation of Historical data.

Unit-III

5. Survey Studies.
  - 5.1. Meaning of Survey.
  - 5.2. Tool of Survey Research.
    - 5.2.1. Questionnaire and Interview.
    - 5.2.2. Meaning of Questionnaire and Interview.
    - 5.2.3. Construction, Appearance and Development of Questionnaire.
    - 5.2.4. Procedure of conducting interview.
    - 5.2.5. Suggestions to enhance response.



- 6. Case Studies.
  - 6.1. Meaning of Case Studies.
  - 6.2. Objectives.
- 7. Normative Survey.
  - 7.1. Meaning of Normative Survey.
  - 7.2. Factors affecting Normative Survey.

#### Unit-IV

- 8. Philosophical Research.
  - 8.1. Meaning of Philosophical Research.
  - 8.2. Tool of Philosophical Research.
  - 8.3. Steps in Critical Thinking.
- 9. Experiment Research
  - 9.1. Meaning of Experiment Research.
  - 9.2. Experimental Designs
    - 9.2.1. Types of Designs.
    - 9.2.2. Suitability of Designs.
- 10. Research Proposal
  - 10.1. Meaning and Significance of Research Proposal.
  - 10.2. Preparation of Research Proposal.
- 11. Research Report
  - 11.1. Meaning of Research Report.
  - 11.2. Qualities of a good Research Report.
  - 11.3. Part of a Research Report.

#### References:-

1. Thomas Jerry R. and Nelson, Jack K. Research Process in Physical Activity: Human Kinetics, Champaign, Illinois : 2001
2. Baumgartner, Ted A. and Clinton H. Strong conduction and Reading Research in Health and Human Performance. Brown and Benchmark, 1994.
3. Clarke, H.H. and Clarke. K. H Research Processes in Physical Education.
4. Englewood cliffs: N.J. Prentice Hall. 1984
5. Yoginder Prasad Sharma. Physical Education and Research Methodology: Reliance publishing House. New Delhi, 1997
6. Sharma, Sita Ram, Research Methodology in Physical education and sports: Book Enclave – Jaipur, 1997.
7. Kamlesh, M.L. Methodology of research in Physical Education and sport : Metropolitan. New Delhi, 1986.
8. Kothari, C. R. Research Methodology methods and techniques. Ed.2 :Wishwa Parkahwan. Chennai, 1995.
9. Clarke, David H and Clarke, H. Hariison/Research Process in physical education Englewood cliffs, N. J. Prentice Hall Inc. 1984.

Paper-IV (EVALUATION TECHNIQUES IN PHYSICAL EDUCATION)

**Paper code- (MPES-307)**

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answers type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-1

1. Measurement of Strength and Skill.
  - 1.1. Kraus-Weber test and muscular fitness.
  - 1.2. Instrument for measuring strength.
  - 1.3. Roger's physical fitness index and suggested changes in the PFI Test.
  - 1.4. Volleyball - Brady volleyball, Russel and Lange test.
  - 1.5. Basketball - Johnson test, Knox test.
  - 1.6. Soccer - McDonald test and Johnson test.
  - 1.7. Badminton – Mille Volley test, Lockhart McPherson test.
  - 1.8. Field Hockey Dribbling and Goal Shooting test, Mehrotra test battery in Hockey.

Unit-II

2. Measures of Posture and Anthropometry
  - 2.1. Measure of Posture - IOWA Posture Test (Curelonh's)
  - 2.2. Anthropometrics Measurements –
    - 2.2.1. Girth Measurements – upper arm, fore arm, calf, chest.
    - 2.2.2. Width Measurements – Biacromial chest, Illiocrestral, Bieficondylar (Femur and Humerus). Height Measurement – Stature and sitting height.
    - 2.2.3. Somatotype – Scheldon's Technique an Inroduction.

Unit-III

3. Measurement of Social efficiency and Psychological Factors
  - 3.1. Social Efficiency and Attitude Scales:
    - 3.1.1. Cook socio-metric status index.
    - 3.1.2. Edgerton Attitude Scale for high school Freshman Boys.
    - 3.1.3. McMohan Sportsmanship Questionnaire.
  - 3.2. Psychological Factors:
    - 3.2.1. Anxiety Scale-SCAI (Marten and Others)
    - 3.2.2. Cattell's 16-PF Personality Questionnaire and Sybil B. G.
    - 3.2.3. Self Motivation Inventory ( SMF).

Unit-IV

4. Medical Examination

4.1. Testing personnel, Time and testing, Economy of testing, test records.

12

4.2. Preparation of report.

4.3. Construction of table groups.

4.4. Purpose of reporting justification and Particular phases of the Programme, worth of a change Methodology.

References:-

1. Barrow M. Harold and McGhee, Rosemary. A Practical approach to Measurement in Physical Education. (Philadelphia: Lea and Febiger, 1979). Edn. 3rd .

2. Bosco S. James and Gustafson F. William, Measurement and Evaluation in Physical Fitness and

Sports. (New Jersey: Englewood Cliffs, Prentice hall, 1983).

3. Clarks, H. David and Clarke Hanison. H. Application of Measurement of Physical Education (Englewood Cliffs. Prentice Hall, Inc., 1987) Edn. 6.

4. Hubbard W. Alfred (Ed.) Research method in health Physical Education and Recreation 3rd revised Edn. (Washington: D.C. American Association of Health, Physical Education and Recreation.

5. Johnson L. Barry and Nelson K. Jack, Practical measurement for Evaluation in physical education, 1st Indian Reprint, (Delhi: Surjeet Publication, 1982) Edn. 3rd.

6. Larson, L. A. and Yawn, R. C. Measurement and Evaluation in physical education and recreation

education (St. Louis L. C. V. Mosby Com., 1957)

7. Larson, L.A. Encyclopedia of sports sciences and medicine education and recreation 3rd revised

Edn. (Washington: D.C. American Association of health, Physical education and recreation, 1973).

8. Mathews, Donald K. Measurement in physical education (London: W.B. Saunders Co., 1973) Edn. 5.

9. Philips D. Allen and Honark E. James. Measurement and evaluation in physical education, New

work: Willey and sons, 1073.

**Paper-V Semester 3rd 2017-18**  
**Science of Coaching Athletics**

**Paper code- (MPES-309)**

Max. Marks: 100

External marks: 80

Internal marks: 20

**Time: 3 hours**

NOTE:-

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

***Course Contents***

**UNIT-I**

- History of Athletics in India & Olympics
- Teaching, Training and Coaching of Athletes
- Selection of an Athlete
- Organization and Administration of Athletic Meet.

**UNIT-II**

- Track and Field Marking with Layout of Field Events
- Rules and Regulations of Track and Field Events
- Duties and Powers of Officials.

**UNIT-III**

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

**UNIT-IV**

- Physical Requirements & Mechanics involved in the techniques at different stages of :
  - a) Sprinting (Crouch Start: Supporting Phase, Driving Phase, Recovery Phase, Finish)
  - b) Hurdles (Approach, Take off, Flight, Landing, Stride in between Hurdles)
  - c) High Jump (Approach Run, Take off, Bar Clearance, Landing)
  - d) Javelin Throw (Holding & Carrying, Approach Run, Transitional Steps, Throwing Stance, Release and Recovery)
  - e) Long Jumps (Approach Run, Take off, Flight, Landing)
  - f) Hammer Throw: (Handhold, Starting Position, Preliminary Swing, Turns, Release and

Recovery)

## **PERIODIZATION**

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

## **Suggested Readings**

1. Vidyasagar; (1979) Training systematic in throwing NS NIS Patiala, India
2. Gerry A. Can (1995) : Fundamentals of Track and field Theodore b Rangansa, 62 A Gokhale Road Dada, Bombay, India.
3. Fox L. Edward: The Physiological Basis of Physical Education and Athletics, Web. Wme Brown Publishers Debuque Iowa 4th Edition.
4. Ketluyn Lsttgous: Kinsiology, Scientific Basis of Hima Helga Dustch Mention Eight Edition Wn. C.Brown, communications, Ltd., Dubuque, IA, USA.

Paper-VI (a) Semester 3rd 2017-18  
Science of Teaching & Coaching game (Hockey)

**Paper code- (MPES-311)**

**(Option- I)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

**NOTE:-**

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

***Course Contents***

UNIT-I History and Development of Hockey in Asia and Olympic  
Teaching Training and Coaching of Hockey

Selection of Hockey Team

Organizing Hockey Tournament

UNIT-II

Layout of Hockey Ground and its Dimension

Rules and Regulations of Hockey

Duties and Powers of Officials

Size and weight of Equipments

Protective Equipments

UNIT-III

Importance of Warming Up and Cool Down

Preparation of Team, Before During and After the Game

Technical and Tactical Preparation of Different Position

Team Tactics, Formation of Attack and Defence System of Play

PERIODISATION OF TRAINING

Annual Training Plan

Training During Competition Period

Training During Preparatory Period

Training During Transitional

Weekly Training Plan

UNIT-IV

A -Individual Skills: Teaching and Analysis

- i) Hitting (ii) Dribbling, (iii) Stopping (iv) Reverse flick (v) Pushing (vi) Dodging (vii) Scoping (viii) Hitting on the Wrong Foot

**B -Passes:**

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

**Suggested Readings:**

Horst Wein (1973) Transferred by: The Science of Hockey Devid Belchamber. M.A.

Lokesh Thani (1995): Skill in Tectics Hockey

Matin Khan: To Hell with Hockey (1982) the life story of Lympian Aslam Sher Khan

Jan Taylor with David Viar: (1988) Taylor on Hockey

Paper-VI (b) Semester 3rd 2017-18  
**Science of Teaching & Coaching game (Handball)**

**Paper code- (MPES-311)  
(Option- II)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**Course Contents**

**UNIT-I**

- Brief History and Development of Handball in Haryana, India, Asia and Olympic
- Requirements of Handball: Playing Court, Playing Time, Time Out, The Ball, The Team Substitution and Equipments.
- Rules and their Interpretation and their Application in the Game of Handball.
- Officials and their Duties: Referees, The Time Keeper and the Score Keeper.

**UNIT-II**

**Attack and defensive techniques:**

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

**UNIT-III**

**Attacking and Defensive Tactics:-**

- The Counter Attack: Simple, Extended and Complete Fast Break
- Organization of Attack: (a) Individual: Winger, Pivot, Back Court and Centre Back Player, (b) Group:- Parallel Thrust, Waving, Changing Position/Crossing and Blocking/Freeing Oneself. (c) Attack Against Different Defense Systems- Against Man to Man, against Zone and Against Combined Defense.
- Delaying the Attack and Moving Back Quickly
- Man to man Defense Full and Half Court Processing

**UNIT-IV**

**Different Kind of Defense**

- One Defense: 6:0, 5:1, 4:2, 3:3, 3:2:1
- Combined Defense:-



- 5+1 and 1+5 Defense
- 4+2 and 2+4 Defense
- Preparation, Observation and Evaluation of Handball Game
- Periodization of Handball Training- Competitive, Preparatory and Transitional Period.
- Planning: Annual Training Plan and Weekly Training Plan.

### **Suggested Readings**

1. ix Rules of the Game, International Handball Federation Post Box 312 Ch 4020 Basel, Switzerland
2. Playing Handball by Zoltan MARCZINKA (1993) a COMPREHENSIVE Study of the Game International Handball Federation, Tirio Budapest-Publishing Company.
3. Study Material Handball, German College of Physical Education Culture Leipzig Germany
4. Team Handball, Steps to Success (1997) Reita E. Clanton and Mary Phyl Dright Human Kinetics

Paper-XVII (c) Semester 3rd 2017-18  
Science of Teaching & Coaching game (Basketball)

**Paper code- (MPES-311)**

**(Option- III)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

***Course Contents***

**UNIT-I**

- History and Development of Basketball Game
- Fundamental of Basket Ball Game (Teaching and their Importance) Dribbling, Passing and Receiving, Shooting and Rebounding.

-

**UNIT-II**

- Dimensions of the Basketball Court, Dimension of the Blackboard. Specification of the Basketball Ring, Upright and Ball. Equipments of the Basketball Game.

**UNIT-III**

**Administration of the Basketball game**

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

**UNIT-IV**

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

**REFERENCE**

1. The complete handbook of individual skills: Robert Fox
2. Handbook of official Basketball rules-BFI
3. Complete Book of Basketball – Theory Balron berg.

**Paper-VI (d) Semester 3rd 2017-18**  
**Science of Teaching & Coaching game (Volleyball)**

**Paper code- (MPES-311)**  
**(Option- IV)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**Course Contents**

**UNIT-I**

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

**UNIT-II**

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

**UNIT-III**

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

**Strategy and Tactics**

- Rotation
- Placing of Libero
- Placing of Players
- Dropping

22

**UNIT-IV**

**Duties and Power of Officials**

- Number of referee
- Duties of empire
- Duties of Lineman
- Technical Officials

**Suggested Readings**

1. Keith Nichollos: (1967-76) Modern Volley Ball

2. S.K. Sagar: Play Better Volley Ball
3. S.K.Sagar: Skill & Tests
4. Deepak Jain: Teaching and Coaching Volley Ball Science of Teaching and Coaching.

**NOTE:-**

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**Course Contents**

**UNIT-I**

- Brief History and Development of Badminton in India Asia and Olympic.
- Teaching, Training and Coaching of Badminton
- Selection of a Badminton Player
- Organizing Badminton Tournament, Types of Tournament

**UNIT-II**

- Layout of Badminton Court and its Dimensions
- Rules and Laws of Badminton
- Duties and Power of Official
- Size and Weight of Equipments

**UNIT-III**

- Technical and Tactical Preparation of Different Strokes.
- Preparation of a Player Before during and After the Game
- Tactical Formation of Attack and defense
- Importance of Warming Up and Cool Down.

**UNIT-IV**

**Teaching and Analysis:**

- Service (2) Drive (3) Over Lead (4) Drop (5) Smash (6) Net Shots (7) Under Arm Back Hand

**Periodization of Training**

- Training During Preparation Period
- Training During Completion Period
- Training During Transitional Period
- Organizing Training Sessions.

**Suggested Readings**

1. Deepak Jain- Teaching and Coaching Badminton.
2. Lokesh Thani- Skills and Tactics

Paper-VI (f) Semester 3rd 2017-18  
Science of Teaching & Coaching game (Kabaddi)

**Paper code- (MPES-311)**  
**(Option- VI)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

***Course Contents***

**UNIT-I**

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

-

**UNIT-II**

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

**UNIT-III**

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

-

#### **UNIT-IV**

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

#### **Suggested Readings**

1. John W. Dann: Scientific Principle of Coaching
2. Prentice Hall eglewood Clifs, JJ.
3. VN.Rao: Kabaddi.

Paper-VI (g) Semester 3rd 2017-18  
Science of Teaching & Coaching game (Kho-Kho)

**Paper code- (MPES-311)**  
**(Option- VII)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.

2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answers

type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will

be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question No. 1 is compulsory. All questions carry equal marks.

**Course Contents**

**UNIT-I**

- Define Kho-Kho Game
- Origin of Kho-Kho, Native Place/Land and its Birth in Ancient Time
- History of Kho-Kho & its Scope in India and Abroad.
- Prepare Sports Sheet

**UNIT-II**

- Dimension of Kho-Kho Ground/Court and its Measurement
- Methods and Techniques to Formation of the Kho-Kho Ground/Court.
- Officials During the Kho-kho Match
- Duties of all Officials During and After the Match
- Role & Duties of Kho-kho Team Captain, Coach and Team Manager and their Responsibilities During, After and Before the Completion.

**UNIT-III**

- Rules & Regulation of Kho-kho.
- Duration, Time and Period of the Kho-kho Matches in Men, Women & Junior Sections.
- Runner & Charger Technique & Try
- Special Try for Kho-kho Players.
- Uniform, Diet, Special Training for Kho-Kho Players.

**UNIT-IV**

- Kho-kho Tournament in India and Other Countries in the World
- Selection of Kho-Kho Team, Methods of Selection.
- Famous Kho-kho Players. Arjuna Awardies, Trophies etc.
- Uniform, Diet, Training & Coaching for Kho-kho Team Daily Training Schedule/Time Table of Kho-Kho Team.
- Importance of Warming Up & Cooling Down in Kho-Kho.

**Suggested Readings**

1. A.S. Barhas Co., New York Sentence of Coaching



Paper-VI (h) Semester 3rd 2017-18  
Science of Teaching & Coaching game (Football)

**Paper code- (MPES-311)**  
**(Option- VIII)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**Course Contents**

**UNIT-I**

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

**UNIT-II**

- Layout of Football Ground and its Dimensions.
- Rules and Regulations of Football Game
- Duties and Power of Officials
- Size and Weight of the Equipments

**UNIT-III**

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

**UNIT-IV**

**Individual Skills (Teaching and Analysis)**

1. Kicking (2) Stopping (3) Heading (4) Trapping (5) Dribbling (6) Trackling (7) Throwing (8) Civil

**Pass**

1. Forward Pass (2) Side Pass (3) Chip (4) Head Pass (5) Short Pass

**Periodization of Training**

1. Annual Training Plan
2. Training During Preparatory Period
3. Training During Competition Period
4. Training During Transitional Weekly Training Plan.

**Suggested Readings**

1. Kamlesh M. 21 Sangui, M.S.Method in Physical Education Parkash Brother Jalandhar.
2. H.C. Bulk Rules of games of Sports.

Paper-XVII (i) Semester 3rd 2017-18  
Science of Teaching & Coaching game (Wrestling)

**Paper code- (MPES-311)**

**(Option- IX)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

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

UNIT-II

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

UNIT-III

- Rules & regulations and their interpretation
- Duration of wrestling bout for Junior, Sub-junior and Seniors (Free Style & Greco Roman)
- Famous Wrestlers of India
- List of Arjun Awardee, Padam Shree, Rajiv Gandhi Khel Ratan & Bhim Awardee
- Famous Dronacharya Awardee, Coach in India

UNIT-IV

- Point for Action & Holds
- Evaluation of Importance of the Action & Holds
- Danger position & fall
- Prohibitions and illegal holds

- Basic Vocabulary
- Preparation of Score Sheet in Free Style & Greco-roman Styles
- Diet of a Wrestler
- Training & Coaching in Wrestling
- Teaching Techniques, Tactics and Skill of Wrestling
- Defensive & Offensive Wrestling
- Importance of Warming up and Cooling down in Wrestling

#### REFERENCE BOOK

1. International Wrestling Rules- FILA
2. Training & Coaching-FILA

Paper-VI (i) Semester 3rd 2017-18  
Science of Teaching & Coaching game (Boxing)

**Paper code- (MPES-311)**  
**(Option- X)**

Time: 3 hours

Max. Marks: 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I**

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

**UNIT-II**

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

**UNIT-III**

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

**UNIT-IV**

- Individual skill (teaching and analysis)
- Straight punches to head and Straight punches to body
- Hooks to head and Hooks to body
- Uppercuts to head, Uppercuts to Body
- Combination of punches
- Long term plan

- Short duration plan
- Weekly and daily plan
- Individual training plan

## **REFERENCES**

- 1. Indian Boxing year-by year -Clary Miller**
- 2. Boxing Skills for fun and fitness-David James**
- 3. Boxing the Inside Story- Gilbert Odd**
- 4. Naval Boxing USA**

M.P.E.S (Semester-4th) 2017-18  
Paper-VII (Scientific Principle of Sports Training)

**Paper code- (MPES-402)**

Max. Marks: 100  
External Marks: 80  
Internal Marks: 20  
Time: 3 hours

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**Unit-I**

1. Introduction

- 1.1. Definition, aims and characteristics of sports training .
- 1.2. Principles of sports training specificity, overload, and reversibility.
- 1.3. Massed and distributed practice.

**Unit-II**

2. Training load and adaptation

- 2.1. Loading – Definition, internal and external load.
- 2.2. Components of load – Intensity of loading density of loading, duration and extent.
- 2.3. Progressive and fluctuation method of load.
- 2.4. Over load – Symptoms, causes and remedies.

**Unit-III**

3. Motor Fitness Variable

- 3.1. Physical Fitness Components – Definition, importance, classification and determining factors of speed, Endurance, Basic Endurance, Flexibility and Coordinative abilities.
- 3.2. Fitness and training.
- 3.3. Basic types of training – resistance training, circuit training, interval training, fartlek training, pressure training, plyometrics, pressure training.

**Unit-IV**

4. Technical and Tactical Training

- 4.1. Definition of techniques and tactics.
- 4.2. Aims of technical training.
- 4.3. Classification of technique.
- 4.4. Training tactics.
- 4.5. Principles of tactical preparation.

**References:-**

1. Hardayal, Singh, Science of sports Training, New Delhi : D.V.S. Publications, 1994
2. Dick, Frank , Science of Sports training, London : Henry Kimpton Publisher Ltd., 1980
3. Fox, Edward, Richard, Boners and merie foss. The Physiological basis for exercise and sport, U.S.A. : WCB, Brown and benchmark Publisher, 1993

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

M.P.E.S (Semester-4th) 2017-18  
Paper-VIII (Applied Statistics)

**Paper code- (MPES-404)**

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**Unit-I**

What is statistics? Definition and use in physical and sports. Research measure of central tendency –

Mean, Median, Mode, Definition meaning, characteristics, uses and computation from ungrouped and grouped data.

Percentiles and quartiles – Meaning, importance, computing percentile from grouped data.

Measures of

Variability – Range, Quartile deviation, standard deviation, Meaning, computation from grouped and

ungrouped data. Use and characteristics of measures of Variability.

**Unit-II**

Normal Curve – Definition and Principles of normal curve, relation between binomial and normal

curve, properties of normal curve, Skewness, Kurtosis, Standard Scale –Z, T, 6 sigma, 7 sigma.

Statistics Inference: Reliability validity limits, factors affecting reliability, T, F and Z statistics, Null

hypothesis, Type 1 and type II errors, Two and one tailed tests, significance level.

**Unit-III**

Sampling – Sample and stratified random sampling, standard error, sampling errors. Correlation-Meaning , magnitude, computing Product Moment Method (Ungrouped and grouped data), rank difference method, level of significance for correlation coefficients.

**UNIT\_IV**

38

One way and two way analysis of variance (introduction), LSD and Scheffer's test

Research proposal and preparation of Research Report.

Brief Introduction to Computer application

**Reference:**

1. Best, John W. Research in Education, New Delhi Prentice Hall of India (P) Ltd. 1963.



2. Clarke David H. and Clarke H. Harrison, research Process in Physical Education, recreation and Health, Englewood Cliffs, new Jersey Prentice Hall Inc. 1979.
3. Calrke H. Harrison, the Application of Measurement in Heal and Physical Education New York, prentice Hall Inc. 1979.
4. Good V. Caster and Scates douglas e., Methods of research Application-Century, New York, 1954.
5. Mauly George J., The science of Educational Research, New Delhi Eurasia Publishing Hours (P), 1963.
6. Robson M Brar T.S. and Uppal A.K. Thesis format, Gwalior, LNCPE, 1979.

M.P.E.S (Semester-4th) 2017-18  
Paper-IX (Athletics Care & Rehabilitation)

**Paper code- (MPES-406)**

Max. Marks: 100  
External Marks: 80  
Internal Marks: 20  
Time: 3 hours

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**Unit-I**

Concept of Athletic Trainer and Sports Physician;  
Role of Physical Education Teacher/Coaches in Athlete's Care and Rehabilitation;  
Team Medical Care, its concept and approaches  
Age determination in talent search scheme  
Hygiene in Camps and Competitions.

**UNIT-II**

Definition of Macro trauma and Micro trauma, Tissue reponse to stress, Inflammation and different steps of wound healing  
Overuse trauma, Problem common sites and their management.  
Common regional injuries and their management )Head & Neck, Face, Thorax, Abdomen, Pelvis, upper Limbs and Lower Limbs (shoulder, elbow, wrist, hip, knee and Ankle Joints).

**UNIT-III**

**Therapeutic Modalities & Rehabilitation**

Brief description of therapeutic modalities used in rehabilitation  
Different forms of Hydrotherapy and Thermotherapy Hot and Cold Packs, Whirlpool, contrast bath, paraffin bath, infrared, short wave Diathermy and Ultra Sound, indication & contraindications of each modality. Cryo Therapy Compression, Cryo Kinetics.  
Brief concept of electrical muscle stimulator, dialups wax and laser therapy.

**UNIT-IV**

**Rehabilitation**

Definition concept & approach in athletic rehabilitation, action plan of athletic rehabilitation  
Role of ice in treatment of sports injury  
Pregnancy and exercises

**References:**

1. Ray, Steven and Irvin Richard, "Sports medicine" (New Jersey: Englewood Cliffla, Prentice Hall, 1983)

2. William J.G.P. Sports Medicine, (London Edward Arnold Pulkshers) Pandey P.K. and Gupta L.G. Outline of Sports Medicine, (New Delhi: Jaypee Brothers, 1987)
3. Pandey P.K. Know How Medicine (Jalandhar: A.P. Publisher, 1989)

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I: Introduction**

Meaning and Definition of Journalism, ethic of Journalism-Canons of Journalism- Sports Ethic and

Sportsmanship-Reporting Sports Events. National and International sports News Agencies.

**UNIT- II: Mass Bulletin**

Concept of Sports Bulletin; Journalism and Sports education-Structure of Sports Bulletin-Compiling a

bulletin-Types of bulletin-Role of Journalism in the Field of Physical Education; Sports as an integral part

of Physical Education-Sports Organization and Sports Journalism-General news reporting and sports

reporting

**UNIT-III Mass Media**

Mass Media in Journalism: Radio and T.V. commentary-Running commentary on the radio-Sports

expert's comments. Role of Advt. in journalism. Sports Photography: Equipment-Editing – Publishing

**UNIT-IV Report Writing on Sports**

Brief review of Olympic Games, Asian Games, Commonwealth Games World Cup, National Games and

Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in News paper,

Organization of Press Meet

**REFERENCES**

Ahiya B.N. (1988) Theory and Practice of Journalism : Set to Indian context Ed3 Delhi: Surjeet Publications.

Ahiya B.N. Chobra SSA (1990) Concise Course in Reporting. New Delhi: Surjeet Publications

Bhatt S.C. (1993) Broadcast Journalism Basic Principles, new Delhi. Haranand Publication  
Dhananjay

Joshi (2010) value Educatio in Global Perspective New Delhi Lotus Press.

Padmanabhan. A & Perumal A (2009), Sc. and Art of Living, Madurai: Pakavathi Publication.

Varma A.K. (1993) Journalism in Inda from Earliest Times to the Present Period. Sterling  
publication  
Pvt. Ltd.

M.P.E.S. (Semester-4th) 2017-18  
Paper-X – (Yogic Science)

**Paper code- (MPES-408)**

**Option - II**

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I : Introduction**

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, asana, Pranayama, Prathyahara,

Dharana, Dhyana, Samadhi, concept of Yogic Practices: Principles of Breathing –Awareness-relaxation,

Sequence\_Counter pose-Time-place-Clothes, Bathing- Emptying the bowels-Stomach-Diet-No straining-

Age-Contra-Indication-Inverted Asana-Sunbathing.

**UNIT-II : Asanas and Pranayam**

Loosening Exercise: Techniques and benefits, Asanas: Types-Techniques and Benefits, Assans: Types-

Techniques and Benefits, Surya Namaskar: Methods and benefits, Pranayams: Types-Methods and

benefits, Nadis: Meaning Methods and benefits, Chakras: Major Chakaras-Benefits of clearing and

balancing Chakras.

**UNIT-III: Kriyas**

Shat Kriyas-Meaning Techniques and Benefits of Neti-Dhoti-Kapalapathi-Tratka-Nauli-Basti, Bandas:

Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

**UNIT-IV: Mudras**

Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta Hastam, Samyukta Hastam, Mana

Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of

Meditation-Passive and active, Saguna Meditation and Nirguna Meditation.

## REFERENCES:

- George Feuerstein, (1975), Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
- Gore, ((190), Anatomy and Physiology of Yogic Practices, Lonavata: Kanchan Prakashan.
- Helen Purperhart (2004) The Yoga Adventure for Children. Netherlands: A Hunter House Book
- Karberlkar N.V. (1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Parsarak Mandal.
- Swami Kuvalayanda, (1998) asanas. Lonavala: Kaivalyadhama.
- Swami Satyananada Saraswati (1989) Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
- Swami Sivnanda, (1971) The Science of Pranayama. Chennai: A divine Life Society Publication.
- Thirumalai Kumar. S and Indira S (2011) Yoga in Your Life, Chennai: The Prkar Publication
- Tiwari O.P. (1998) Asanas\_ Why and How. Lonavala: Kaivalyadham.

M.P.E.S (Semester-4th) 2017-18  
Paper-X (Value & environmental Education)

**Paper code- (MPES-408)**

**Option - III**

Max. Marks: 100

External Marks: 80

Internal Marks: 20

Time: 3 hours

**NOTE:-**

**(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answers type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

**(b) for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

**UNIT-I: Introduction to value Education**

Values: Meaning, definition, concepts of Values. Value Education: Need, Importance and Objectives, Moral Values: Need and Theories of Values. Classification of Values: Basic Values of Religion, Classification of values.

**UNIT-II : Value Systems**

Meaning and definition, Personal and Communal Values, Consistency, Internally consistent, internally inconsistent, judging value system, Commitment, Commitment to values.

**UNIT-III: environmental Education**

Definition, Scope, Need and Importance of environmental studies, Concept of environmental education. Historical Background of environmental education, Celebration of various days in relation with environment, Plastic recycling & prohibition of plastic bag/cover. Role of School in environmental conservation and sustainable development, Pollution free eco-system.

**UNIT-IV: Rural Sanitation and Urban Health**

Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems Process of Urban Health, Services of Urban area, Suggested Education Activity, Services of Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

**References:**

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Odum, e.P. Fundamentals of Ecology (USA W.B. Saunders Co.) 1971

Rao, MN & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Townsend C. and others,

Essentials of Ecology (Black well Science)

Mc Kinney, ML and Schoel, R.M. environmental Science System and Solution (Web enhanced Ed.)

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