

UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE UNIVERSITY)

Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION

(19/Oct./Adp/43)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi and Courses of Study for Master Degree Programme in **Physical Education (M.P.Ed)** under the **Choice Based Credit System** from the **Academic Session 2019-2020 for semester I** for the examination to be held in the year **Dec. 2019, 2020 and 2021** (as given in the Annexure).

The Syllabi of the course is available on the University website:
www.jammuuniversity.in

Sd/-

DEAN ACADEMIC AFFAIRS

No. F.Acd/II/19/6000-6006

Dated: 21-10-19

Copy to:

1. Dean, Faculty of Education
2. HOD/Convener, Board of Studies in Teacher Education
3. Director, Physical Education
4. All members of the Board of Studies
5. C.A. to the Controller of Examinations
6. Asst. Registrar (Conf. /Exams. PG)
7. Incharge University Website for necessary action please

Sumita Sharma
21/10
Assistant Registrar (Academic)

R-784

Mr. Ravi

24/10

21/10/2019

PREAMBLE:

The Master of Physical Education (M.P.Ed) – Two Years (Four Semesters) Programme is meant for preparing quality teacher in Physical Education for Secondary Schools.

VISION

In line with the University mission, the Department has the aim of educating the "whole-person" and to produce quality teachers to serve as administrators in the profession of physical education and sports. Through improving our academic programme and services to the University and local community, we pledge to continually strive for academic excellence and to maintain our leadership role in our profession.

MISSION

1. To produce quality physical education teachers for imparting ~~instructions in the subject of physical education.~~
2. To make people aware about the benefits of physical activity through extension lectures and demonstrations.
3. To provide excellent research and teaching in physical education in order to promote and develop the health and well being of people.
4. To promote health through specific physical activities, prescribed by a specialized physical educationalist.
5. To collaborate with the different organizations which are involved in promoting the quality life of the human beings i.e., educational institutions and NGOs.
6. To provide harmonious and stimulated academic environment for the ~~promotion of quality teaching and research~~ in the department.
7. To provide opportunity to faculty and students of the department for their self evaluations, accountability, autonomy and innovations in the area of physical education and sports.
8. To concentrate on quality research in the area of health, physical education and sports.
9. To introduce consultancy and training programmes for different educational institutions and other organizations for the conduct of sports and fitness events.
10. To update the curriculum and syllabi as per global needs and challenges.

OBJECTIVES:

This Programme shall strive to achieve the following objectives:

General Objectives:

1. To enable teacher to understand the nature, purpose and philosophy of physical education at secondary stage.
2. To prepare teachers of physical education with broader educational perspective.
3. To develop for potentialities and organizing physical education programmes and activities.
4. To develop capacity to organized leisure and recreational activities.
5. To empower them to inspire their students to actively participate in physical and yогic exercises.
6. To enable teachers to develop personality, character, willpower, democratic values and positive games and sports.
7. To make teachers capable of imparting basic knowledge about health, hygiene and nutrition
8. To develop skills and competencies to organized school and community games and sports.
9. To cultivate the spirit of sportsmanship, mental and physical alertness, scientific temper and optimism.
10. To promote mental health, power of self-decision and self control, correct judgment and action emotional stability and equanimity, respect for others and acceptance of authority and rules.
11. To promote appreciation and interest for indigenous games, sports and yогic exercises.
12. To create awareness about health and hygiene in the community.

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Specific Objectives:

1. To lay down a sound foundation for higher and advance studies in Physical Education in India.
2. To produce quality teachers in physical education.
3. To prepare students for advance coaching Diplomas in disciplines - Athletics, Badminton, Cricket, Gymnastics, Hockey, Basketball, Football etc.
4. To fulfil the eligibility criteria of Foreign Universities to get admission in post graduate courses abroad since it is a basic and global programme.
5. To generate employment in the fields of Health Fitness and Gym-Management, Physiotherapy, Journalism, Aquatics and Yoga.
6. To provide opportunity to talented students to excel in sports and become outstanding sports persons.
7. To promote mass participation in Physical Education activities (Games, Sports Displays etc) through intra-mural and Extra-Mural programmes.

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Scheme for M.P.Ed. (2 year course) Semester System

SESSION: 2019-20, 2020-21 & 2021-22

Theory Papers	1600 Marks
Teaching Practicals	1600 Marks
Total	3200 Marks

Note:-

- i) It is mandatory for all the students of M.P.Ed. Semester I & II to attend the Annual M.P.Ed. Camp.
- ii) It is mandatory for all the students of M.P.Ed. Semester III & IV to attend the Educational Tour of M.P.Ed.

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
SEMESTER-I

Theoretical Course: 400
Practical Course: 400

Practical Course: 400

Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-101 (Theory)	Research Process in Physical Education and Sports Sciences	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-101 (Practical)	Track and Field: Sprints, Long Jump, Shot Put	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-102 (Theory)	Exercise Physiology	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-102 (Practical)	Coaching skills: Kabaddi & Cricket	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-103 (Theory)	Yogic Sciences	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-103 (Practical)	Yoga Aerobics / Yoga	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-104 (Theory)	Test, Measurement and Evaluation in Physical Education.	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-104 (Practical)	Coaching skills: Volley Ball & Table Tennis	4	05 Hrs	60	40		100
	Total credit (theory + practical)	16+16=32					800

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER-I

Theoretical Course: 400

Practical Course: 400

Practical Course: 400							
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-101 (Theory)	Research Process in Physical Education and Sports Sciences	4	05 Hrs	60	20 Paper - 10 Seminar -10	20 Paper - 10 Seminar -10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-101 (Practical)	Track and Field: Sprints, Long Jump, Shot Put	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour	Marks			
			Wk	Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-102 (Theory)	Exercise Physiology	4	05 Hrs	60	20 Paper - 10 Seminar -10	20 Paper - 10 Seminar -10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-102 (Practical)	Coaching skills: Kabaddi & Cricket	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-103 (Theory)	Yogic Sciences	4	05 Hrs	60	20 Paper - 10 Seminar -10	20 Paper - 10 Seminar -10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-103 (Practical)	Yoga Aerobics / Yoga	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-104 (Theory)	Test, Measurement and Evaluation in Physical Education.	4	05 Hrs	60	20 Paper - 10 Seminar -10	20 Paper - 10 Seminar -10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-104 (Practical)	Coaching skills: Volley Ball & Table Tennis	4	05 Hrs	60	40		100
	Total credit (theory + practical)	16+16=32					800

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPTC-101

Title: Research Process In Physical Education
And Sports Sciences

Duration of Exam: 3 Hrs.
Credit:04

Total Marks : 100
Minor Test-I : 20
Minor Test-II: 20
Major Test: 60

UNIT I - Introduction

- 1.1 Meaning and Definition of Research - Need, Nature, Importance and Scope of Research in Physical Education.
- 1.2 Location of Research Problem, Criteria for selection of a problem
- 1.3 Qualities of a good researcher.
- 1.4 Research Hypothesis, Definition, Importance, types, formation, Characteristics, Testing.

UNIT II - Methods of Research

- 2.1 Descriptive Methods of Research;
- 2.2 Survey Study and Case study
- 2.3 Introduction to Genetics Research.
- 2.4 Historical Research

UNIT III - Experimental Research and Tools of Research

- 3.1 Experimental Research - Meaning, Nature and Importance.
- 3.2 Types of experimental Research
- 3.3 Interview, Questionnaire, Survey, Psychology Test
- 3.4 Knowledge Test, Sociometric, Photography.

UNIT IV - Research Proposal and Report

- 4.1 Design of the Study, Format and Main Body, Preliminary Section Introduction, Statement of the Problem, Significance.
- 4.2 Research Hypothesis, Nature, Types, Formation, Testing & Evaluating and importance of Hypothesis
- 4.3 Review of Related Literature, Presentation of Data, Discussion, Conclusion, Summary, Bibliography and Reference.
- 4.4 Format of Dissertation : American Psychology Writing Association (APA)
- 4.5 How to write a Research paper and Abstract (Full paper)

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPTC-101

Title : Research Process In Physical Education
And Sports Sciences

SUGGESTED READINGS:

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

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPPC-101 Title : Track and Field: Sprints, Long Jump, Shot Put

PRACTICAL COURSE

100 Marks
External Marks: 60
Internal Marks:40

PSMPPC-101	Track and Field: Sprints, Long Jump, Shot Put	60	40	05 Hrs	4
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INTERNAL PRACTICAL

Track & Field Events

- Teaching ability of different types of Starts (with & without starting blocks) (Marks -10)
- Teaching ability of Long Jump (hang Style), Triple Jump and High Jump (Marks - 10)
- Interpretation of rules related to jumps (Marks - 10)
- Marking of Track 400m and 200m. (Marks - 10)

Track & Field Events

EXTERNAL PRACTICAL

- Teaching ability of different types of Starts (with & without starting blocks) (Marks -15)
- Teaching ability of Long Jump (hang Style), Triple Jump and High Jump (Marks - 15)
- Interpretation of rules related to jumps (Marks - 15)
- Marking of Track 400m and 200m. (Marks - 15)

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPTC-102

Duration of Exam: 3 Hrs.

Credit:04

Title : Exercise Physiology

Total Marks : 100

Minor Test-I : 20

Minor Test-II: 20

Major Test: 60

UNIT - I: INTRODUCTION TO EXERCISE PHYSIOLOGY

- Definition of Physiology and Exercise Physiology
- Importance and Role of Exercise Physiology in the field of Physical Education and Sports.

Muscle

- Structure and Function
- Different types of muscles (Voluntary, Involuntary and Cardiac)
- Theories of muscular contraction
- Sliding filament Theory
- Molecular mechanism of muscular contraction
- Chemical composition of skeletal muscle
- Muscle fiber type (Red and White muscle)

UNIT-II: BIOENERGETICS, NEURO-MUSCULAR JUNCTION AND CO-ORDINATION OF MUSCULAR ACTIVITY

- Fuel for muscular Work (ATP)
- Energy of muscular contraction
- Various changes during muscular contraction
- Heat production and thermodynamics of muscle contraction
- Aerobic and Anaerobic muscular activity

Neuro-Muscular Junction and Co-Ordination of Muscular Activity

- Neurons and Motor Unit
- Transmission of nerve impulse
- Bio- electric potentials
- Neuro- muscular junction and transmission of nerve impulse across it
- Proprioception and kinesthesia - tone, posture and equilibrium

UNIT- III: PHYSIOLOGICAL CHANGES DUE TO EXERCISE, EFFECT OF CONDITIONING AND TRAINING

- Immediate effect of exercise / Work on various systems of body
- Cardio- respiratory, muscular and thermo- regulatory systems
- Heart and circulatory systems
- Respiratory System
- Brief discussion on other system during rest, sub-maximal and maximal work
- Oxygen debt, forced expiratory volume, Breathing capacity, Recovery rate, Blood supply to skeletal muscle and regulation of blood flow during exercise (Microcirculation)

UNIT-IV: ENERGY COST OF VARIOUS SPORTS ACTIVITY, WORK AND ENVIRONMENT

- Definition of Energy cost.
- Energy cost of various sports activities assessing them.

Work and Environment

- Work Capacity under different Environment Condition (Hot, Humid, Cold and High Altitude)
- Physiological Aspects: Development of Endurance, Speed and Agility.

Exercise and Aging

- Physiological Changes, Training Adaptation in Aged , Guidelines for constructing exercise programme.

Exercise and Females:

- Performance, Strength, Physical Trainability and Gynecological disorders.

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPTC-102

Title : Exercise Physiology

SUGGESTED READINGS:

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

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPPC-102 Title : Practice of Teaching & Coaching on Games/Sports/Track & Field

PRACTICAL COURSE

100 Marks

External Marks: 60

Internal Marks:40

PSMPPC-102	Coaching skills: Kabaddi & Cricket	60	40	05 Hrs	4
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INTERNAL PRACTICAL

1) Kabaddi

Marks - 20

- | | |
|-------------------------------------------------------------|-------------|
| 1. Marking of Kabaddi Court | (Marks - 5) |
| 2. Teaching ability of various basic skills of Kabaddi | (Marks - 5) |
| 3. Interpretation of Various rules of Kabaddi | (Marks - 5) |
| 4. Officiating Signals & Filling the score sheet of Kabaddi | (Marks 5) |

2) Cricket

Marks - 20

- | | |
|-------------------------------------------------------------|-------------|
| 1. Marking and Dimension of Cricket field | (Marks - 5) |
| 2. Teaching ability of various skills of Cricket | (Marks - 5) |
| 3. Interpretation of Various rules of Cricket | (Marks - 5) |
| 4. Officiating Signals & Filling the score sheet of Cricket | (Marks- 5) |

EXTERNAL PRACTICAL

1) Kabaddi

Marks - 30

- | | |
|--------------------------------------------------------|------------|
| 1. Marking of Kabaddi Court | (Marks -6) |
| 2. Teaching ability of various basic skills of Kabaddi | (Marks- 6) |
| 3. Interpretation of Various rules of Kabaddi | (Marks -6) |
| 4. Officiating Signals | (Marks- 6) |
| 5. & Filling the score sheet of Kabaddi | (Marks- 6) |

2) Cricket

Marks - 30

- | | |
|--------------------------------------------------|-------------|
| 1. Marking and Dimension of Cricket field | (Marks- 6) |
| 2. Teaching ability of various skills of Cricket | (Marks - 6) |
| 3. Interpretation of Various rules of Cricket | (Marks- 6) |
| 4. Officiating Signals | (Marks- 6) |
| 5. Filling the score sheet of Cricket | (Marks- 6) |

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPTC-103

Duration of Exam: 3 Hrs.

Credit:04

Title : Yogic Sciences

Total Marks : 100

Minor Test-I : 20

Minor Test-II : 20

Major Test: 60

Unit I – Foundation of Yoga

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Aasna, 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.

Unit II – Aasanas and Pranayam

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits.

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dhauti – Kapalabhati- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit V – Recreation and Camping

The importance of Recreation in the field of Physical Education. The educational value of Recreation, Nature and Types of recreation activities.

Camping – Meaning and educational value of the Camp, Allied Equipment required for the camp, organization of camp; Leadership in Camping, Importance of Camping.

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPTC-103

Title : Yogic Sciences

SUGGESTED READINGS:

George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.

Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan.

Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.

Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal

Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.

Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.

Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.

Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.

Swami Satyananada Saraswati (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.

Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.

Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPPC-103

Title : Yoga Aerobics/ Yoga

PRACTICAL COURSE

100 Marks
External Marks: 60
Internal Marks:40

PSMPPC-103	Yoga Aerobics / Yoga	60	40	05 Hrs	4
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INTERNAL PRACTICAL

- i. Teaching lessons of different types of Asanas / Aerobics (Marks -10)
- ii Teaching lessons of different types of Pranayan / Aerobics (Marks - 10)
- iii. Performance of: Asanas (any five) and Pranayan (any three)/ Aerobics (Marks - 10)
- iv. Viva Voce (Marks - 10)

EXTERNAL PRACTICAL

- i. Teaching lessons of different types of Asanas / Aerobics (Marks -15)
- ii Teaching lessons of different types of Pranayan / Aerobics (Marks - 15)
- iii. Performance of: Asanas (any five) and Pranayan (any three)/ Aerobics (Marks - 15)
- iv. Viva Voce (Marks - 15)

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPTC-104 Title : Test, Measurement and Evaluation in Physical Education

Duration of Exam: 3 Hrs.

Credit:04

Total Marks : 100

Minor Test-I : 20

Minor Test-II: 20

Major Test: 60

UNIT I - Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection - Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms - Administrative Considerations.

UNIT II - Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) JCR test. Motor Ability; Barrow Motor Ability Test - Newton Motor Ability Test - Muscular Fitness - Kraus Weber Minimum Muscular Fitness Test- Component of Motor Fitness

UNIT III - Physical Fitness Tests

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), Roger's physical fitness Index. Cardio vascular test; Harvard step test, 12 minutes run / walk test. (Cooper test)...

UNIT IV - Measurement of Sports Skills

Basketball: Johnson basketball test, Knox basketball test, Harrison basketball test

Badminton: Lockhart Me, Pherson badminton test, French short & long serve test, Hicks badminton test.

Hockey: Henry Fridal field hockey test. Schmithal's dribble. dodge, circular tackle & drive, Schmithal's goal shooting, field & drive test

Soccer: Johnson soccer test, Shauteles volleying, passing & recovery test, Shautele's Judgment in passing test

Volleyball: Brady's volleying test, French & Cooper's repeated volleying test, French & Cooper's serve test.

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPTC-104 Title : Test, Measurement and Evaluation in Physical Education

SUGGESTED READINGS:

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 Publication

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER - I

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPPC-104 Title : Coaching Skills: Volley Ball & Table Tennis

PRACTICAL COURSE

100 Marks

External Marks:

Internal Marks:

PSMPPC-104	Coaching skills: Volleyball & Table Tennis	60	40	05 Hrs	4
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INTERNAL PRACTICAL

i) Volleyball

Marks - 20

1. Marking of Volleyball Court
2. Teaching ability of various basic skills of Volleyball
3. Interpretation of Various rules of Volleyball
4. Officiating Signals of Volleyball
5. Filling the score sheet of Volleyball

(Marks - 4)

(Marks - 4)

(Marks - 4)

(Marks - 4)

(Marks-4)

ii) Table Tennis

Marks - 20

1. Dimension of the Table Tennis
2. Teaching ability of various basic skills of Table Tennis
3. Interpretation of Various rules of Table Tennis
4. Filling the score sheet of Table Tennis
5. Officiating Signals of Table Tennis

(Marks-4)

(Marks-4)

(Marks-4)

(Marks-4)

(Marks-4)

EXTERNAL PRACTICAL

i) Volleyball

Marks - 30

1. Marking of Volleyball Court
2. Teaching ability of various basic skills of Volleyball
3. Interpretation of Various rules of Volleyball
4. Officiating Signals of Volley
5. Filling the score sheet of Volleyball

(Marks - 6)

(Marks - 6)

(Marks - 6)

(Marks 6)

(Marks-6)

ii) Table Tennis

Marks - 30

1. Dimension of the Table Tennis
2. Teaching ability of various basic skills of Table Tennis
3. Interpretation of Various rules of Table Tennis
4. Filling the score sheet of Table Tennis
5. Officiating Signals of Table Tennis

(Marks - 6)

(Marks - 6)

(Marks - 6)

(Marks - 6)

(Marks-6)

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

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UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION (20/July /Adp/65)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi and Courses of Study for Master Degree Programme in **Physical Education (M.P.E.d)** for semesters II under the **Choice Based Credit System (as given in the annexure)** for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	for the examinations to be held in the year
M.P.Ed	Semester-II	May 2020, 2021 and 2022

The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in.

Sd/-
DEAN ACADEMIC AFFAIRS

No. F.Acd/II/20/825-832
Dated: 29-7-2020

Copy to:

1. Dean, Faculty of Education
2. HOD/Convener, Board of Studies in Teacher Education
3. Director, Physical Education, University of Jammu
4. All members of the Board of Studies
5. C.A. to the Controller of Examinations
6. Director, Computer Centre, University of Jammu
7. Asst. Registrar (Conf. /Exams. PG)
8. Incharge University Website for necessary action please

Sumita Sharma
29/7
Deputy Registrar (Academic)

[Signature]
29/7

[Signature]
29/7/2020

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
SEMESTER-II

Theoretical Course: 400

Practical Course: 400

Practical Course: 400

Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-201 (Theory)	Applied Statistics in Physical Education and Sports	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-201 (Practical)	Track and Field: Jumping events & hurdles	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Wk	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-202 (Theory)	Sports Biomechanics and Kinesiology	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-202 (Practical)	Teaching lesson of the advance skills Cricket & Hockey	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-203 (Theory)	Athlete Care and Rehabilitation	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-203 (Practical)	Teaching lesson of indigenous activity and sports (Advance skills) Kho-Kho, Kabaddi	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-204 (Theory)	Sports Management and Curriculum Designs in Physical Education	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-204 (Practical)	Class room teaching: Badminton, Table Tennis, Volley Ball, Football, Handball, Basket Ball, Cricket & Hockey	4	05 Hrs	60	40		100
Total credit (theory + practical)		16+16=32					800

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B.P.Ed. UNDER NON CHOICE BASED CREDIT SYSTEM**Semester-II****Theoretical Course: 400 Marks****Practical Course: 400 Marks**

Course Code	Title of the Papers	External Marks	Internal Marks	Teaching Hrs per week	Credits
CC-201	Educational technology and methods of teaching in physical education	80	20	05 Hrs	4
PC-201	Track and Field: Discuss Throw, High Jump, Distance Races.	60	40	05Hrs	4
CC-202	Organization & Administration in Physical Education	80	20	05 Hrs	4
PC-202	Yoga	60	40	05 Hrs	4
CC-203	Sports Nutrition & Weight Management	80	20	05 Hrs	4
PC-203	Badminton & Volley ball.	60	40	05 Hrs	4
CC-204	Sports Training	80	20	05 Hrs	4
TP-204	Teaching Practice of Movement lesson (A) Action songs. (B) Motion Story. (C) Recreational and Minor Games	60	40	05 Hrs	4

Contents to be covered:

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation..
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note: 40 Marks for each game (20 marks for skill and 20 marks for proficiency in game).
Each activity will be continued for 21 working days.

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UNIVERSITY OF JAMMU

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Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION (20/July /Adp/06)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi and Courses of Study for Two Year B.P.Ed course for semesters II (as given in the annexure) for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	for the examinations to be held in the year
B.P.Ed	Semester-II	May 2020, 2021 and 2022

The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in.

Sd/-

DEAN ACADEMIC AFFAIRS

No. F.Acd/II/20/833-840

Dated: 29-7-2020

Copy to:

1. Dean, Faculty of Education
2. HOD/Convener, Board of Studies in Teacher Education
3. Director, Physical Education, University of Jammu
4. All members of the Board of Studies
5. C.A. to the Controller of Examinations
6. Director, Computer Centre, University of Jammu
7. Asst. Registrar (Conf. /Exams. PG)
8. Incharge University Website for necessary action please

Sumitasharma
29/7/2020
Deputy Registrar (Academic)

[Signature] 29/7/2020
[Signature] 29/7/2020

UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION (20/July /Adp/05)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi and Courses of Study for Master Degree Programme in **Physical Education (M.P.E.d)** for semesters II under the **Choice Based Credit System (as given in the annexure)** for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	for the examinations to be held in the year
M.P.Ed	Semester-II	May 2020, 2021 and 2022

The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in.

Sd/-
DEAN ACADEMIC AFFAIRS

No. F.Acd/II/20/825-832

Dated: 29-7-2020

Copy to:

1. Dean, Faculty of Education
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3. Director, Physical Education, University of Jammu
4. All members of the Board of Studies
5. C.A. to the Controller of Examinations
6. Director, Computer Centre, University of Jammu
7. Asst. Registrar (Conf. /Exams. PG)
8. Incharge University Website for necessary action please

Sumita Sharma
29/7
Deputy Registrar (Academic)

[Signature]
29/7

[Signature]
29/7/2020

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
SEMESTER-II

Theoretical Course: 400
Practical Course: 400

Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			Total
				Major Test	Minor Test I	Minor Test 2	
PSMPTC-201 (Theory)	Applied Statistics in Physical Education and Sports	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-201 (Practical)	Track and Field: Jumping events & hurdles	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Wk	Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-202 (Theory)	Sports Biomechanics and Kinesiology	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-202 (Practical)	Teaching lesson of the advance skills Cricket & Hockey	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-203 (Theory)	Athlete Care and Rehabilitation	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-203 (Practical)	Teaching lesson of indigenous activity and sports (Advance skills) Kho-Kho, Kabaddi	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-204 (Theory)	Sports Management and Curriculum Designs in Physical Education	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-204 (Practical)	Class room teaching: Badminton, Table Tennis, Volley Ball, Football, Handball, Basket Ball, Cricket & Hockey	4	05 Hrs	60	40		100
Total credit (theory + practical)		16+16=32					800

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Contents to be covered:

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at World, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and Magazines of the game /track and field.
- Fundamental skills /Techniques.
- Teaching lessons
- Marking of the track / play field / court
- Officiating and specifications.

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

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Course No.PSMPTC-201

Title APPLIED STATISTICS IN PHYSICAL
EDUCATION AND SPORTS

Duration of Exam: 3 Hrs.

Credit:04

Total Marks : 100

Minor Test-I : 20

Minor Test-II: 20

Major Test: 60

UNIT I – Introduction to Statistics

- Meaning and Definition of Statistics need and importance of Statistics. Types of Statistics.
- Meaning of the terms- Population, Sample, Data, types of data. Variables: Discrete, Continuous.
- Parametric and non-parametric statistics.

UNIT II – Data Classification, Tabulation and Measures of Central Tendency

- Meaning, uses and construction of frequency table.
- Meaning, Purpose, Calculation and advantages of Measures of central tendency: Mean, median and mode.

UNIT III – Measures of Dispersions and Scales

- Meaning, Purpose, Calculation and advances of Range,
- Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error.
- Meaning, Purpose, Calculation and advantages of scoring scales: Sigma scale, Z Scale.

UNIT IV – Probability Distributions and Graphs

- Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve.
- Divergence from normality – Skewness and Kurtosis.
- Graphical Representation in Statistics: Line diagram, Bar diagram, Histogram, Frequency Polygon.

Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

Note for Paper Setters (Minor Test-I)

There will be two components in Minor Test I each of 10 marks

- 10 mark (Paper). There will be 5 questions of two marks each for Unit I
- 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test I each of 10 marks

- 10 mark (Paper). There will be 5 questions of two marks each for Unit II
- 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

SEMESTER – II

FOR THE EXAMINATION TO BE HELD MAY 2020, 2021, 2022

Course No.PSMPTC-202

Title SPORTS BIOMECHANICS AND KINESIOLOGY

Duration of Exam: 3 Hrs.

Total Marks : 100

Credit:04

Minor Test-I : 20

Minor Test-II: 20

Major Test: 60

UNIT-I: INTRODUCTION TO BIOMECHANICS

- Meaning of Biomechanics and its importance in Physical Education and Sports
- Biomechanical Principles of Movements
- Analysis of fundamental Movements: Walking, Running, throwing, Lifting, Pulling.
- Catching and Climbing.
- Fluids Mechanics: Static and Dynamic

UNIT-II: STRUCTURAL KINESIOLOGY, THE ATTACHMENTS AND ACTION OF MUSCLES OF FOLLOWING JOINTS

- The concept of Structural Kinesiology and its Academic and Professional objectives
- Professional applications of Structural Kinesiology
- The fundamental movement of joints and their terminology
- The structural classification of skeletal muscles and type of contractions
- Classification of Muscles produced movements
- The techniques of muscular analysis.
- Movable, partly moveable and immovable
- The Attachments and Action of Muscles of Following Joints: Shoulder Girdle and Shoulder elbow joint, hip joint, knee joint, ankle joint, neck joint and truck joint

UNIT-III: LINEAR AND ANGULAR KINETICS & KINEMATICS

- Newton's law of gravitation
- Momentum and impulse
- Eccentric force, couple, moment of force, torque
- moment of inertia and angular momentum
- transfer of angular velocity
- equilibrium and stability.
- Interrelationship between displacement, velocity and acceleration vectors projectile motion
- Angular distance and angular displacements
- Angular speed, angular velocity and angular acceleration
- Centripetal and centrifugal force, Friction

UNIT IV – Projectile and Lever

- Projectiles Motion- Meaning & definition.
- Factors influencing Projectile trajectory
- Guiding principles for stability -static and dynamic stability.
- Meaning of work, power, energy, kinetic energy and potential energy.
- Leverage -classes of lever - practical application.

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(c) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(d) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (120 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2020, 2021, 2022**

SEMESTER – II

Paper-I (PSMPTPC-202)

SPORTS BIOMECHANICS AND KINESIOLOGY

SUGGESTED READINGS:

- Deshpande S.H.(2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati
:Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.
- Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
- Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill.
- Uppal A.K. Lawrence Manta MP Kinesiology (Friends Publication India 2004)
- Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends
publications.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia: Saunders Co.

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2020, 2021, 2022

SEMESTER – II

Course No.PSMPPC-202

**Title: TEACHING LESSON OF THE ADVANCE SKILLS:
CRICKET & HOCKEY**

PRACTICAL COURSE

100 Marks

External Marks:60

Internal Marks:40

PSMPPC-202	Teaching lessons of the advance skills: Cricket & Hockey	60	40	05 Hrs	4
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INTERNAL PRACTICAL

1) Hockey

Marks - 20

1. Marking of Hockey Field
2. Teaching ability of various basic skills of Hockey
3. Interpretation of Various rules of Hockey
4. Officiating Signals & Filling the score sheet of Hockey

(Marks - 5)

(Marks - 5)

(Marks - 5)

(Marks 5)

2) Cricket

Marks - 20

1. Marking and Dimension of Cricket field
2. Teaching ability of various skills of Cricket
3. Interpretation of Various rules of Cricket
4. Officiating Signals & Filling the score sheet of Cricket

(Marks - 5)

(Marks - 5)

(Marks - 5)

(Marks- 5)

EXTERNAL PRACTICAL

1) Hockey

Marks - 30

1. Marking of Hockey Field
2. Teaching ability of various basic skills of Hockey
3. Interpretation of Various rules of Hockey
4. Officiating Signals of Hockey
5. Filling the score sheet of Hockey

(Marks -6)

(Marks- 6)

(Marks -6)

(Marks- 6)

(Marks- 6)

2) Cricket

Marks - 30

1. Marking and Dimension of Cricket field
2. Teaching ability of various skills of Cricket
3. Interpretation of Various rules of Cricket
4. Officiating Signals
5. Filling the score sheet of Cricket

(Marks- 6)

(Marks - 6)

(Marks- 6)

(Marks- 6)

(Marks- 6)

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2020, 2021, 2022

SEMESTER – II

FOR THE EXAMINATION TO BE HELD MAY 2020, 2021, 2022

Course No.PSMPTC-203

Title ATHLETE CARE AND REHABILITATION

Duration of Exam: 3 Hrs.

Credit:04

Total Marks : 100

Minor Test-I : 20

Minor Test-II: 20

Major Test: 60

Unit I – Corrective Physical Education

- Definition and objectives of corrective physical Education.
- Posture and body mechanics.
- Standards of Standing Posture.
- Value of good posture.
- Drawbacks and causes of bad posture.
- Posture test – Examination of the spine.

Unit II – Posture

- Normal curve of the spine and its utility
- Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot.
- Causes for deviations and treatment including exercises.

Unit III – Rehabilitation Exercises

- Definition and Meaning of Rehabilitation
- Meaning and definition of Exercises-Passive, Active, Assisted, Resisted exercise for Rehabilitation.
- Stretching, PNF (Proprioceptive Neuro Muscular Facilitation) techniques.
- Principles of Rehabilitation.

Unit IV – Massage

- Brief history of massage –
- Massage as an aid for relaxation
- Points to be considered in giving massage
- Physiological, Psychological effects of massage
- Indication / Contra indication of Massage
- Classification of the manipulation used in massage and their specific uses in the human body

Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure.(To be assessed internally)

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

- 10 mark (Paper). There will be 5 questions of two marks each for Unit I
- 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

- 10 mark (Paper). There will be 5 questions of two marks each for Unit II

- 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (two approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2020, 2021, 2022

SEMESTER - II

Paper-III (PSMPTC-203)

ATHLETE CARE AND REHABILITATION

- Doherty, J. Meno. Web, Moder D (2000) Track & Field. Englewood Cliffs. Prentice Hal Inc.
Lace, M. V. (1951) Massage and Medical Gymnastics. London: J & A Churchill Ltd.
Mc Ooyand Young (1954) Tests and Measurement. New York: Appleton Century.
Naro, C. L. (1967) Manual of Massage and. Movement. London: Febra and Febra Ltd.
Rathbome, J.I. (1965) Corrective Physical education. London: W.B. Saunders & Co.
Stafford and Kelly, (1968) Preventive and Corrective Physical Education. New York.

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A large signature, possibly "Bijina", with several smaller initials and signatures around it, including one that looks like "Ry" and another "Pulpi".

Handwritten signature: "Kajal"

Handwritten signature: "Lalita"

Handwritten signature: "Sug"

Handwritten signature: "Aparna"

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM

FOR THE EXAMINATION TO BE HELD MAY 2020, 2021, 2022

SEMESTER – II

**Course No.PSMPPC-203 Title TEACHING LESSON OF INDIGENOUS ACTIVITY
AND SPORTS (ADVANCE SKILLS), KHO-KHO,
KABADDI**

PRACTICAL COURSE

100 Marks

External Marks:60

Internal Marks:40

PSMPPC -203	Teaching Lessons of Indigenous Activities & Sports (Advance Skills) : Kho-Kho, Kabaddi.	60	40	05 Hrs	4
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INTERNAL PRACTICAL

1) Kabaddi

1. Marking of Kabaddi Court
2. Teaching ability of various advance skills of Kabaddi
3. Interpretation of Various rules of Kabaddi
4. Officiating Signals & Filling the score sheet of Kabaddi

Marks – 20

(Marks – 5)

(Marks – 5)

(Marks – 5)

(Marks 5)

INTERNAL PRACTICAL

1) Kho-Kho

1. Marking of Kho-Kho Court
2. Teaching ability of various advance skills of Kho-Kho
3. Interpretation of Various rules of Kho-Kho
4. Officiating Signals & Filling the score sheet of Kho-Kho

Marks – 20

(Marks – 5)

(Marks – 5)

(Marks – 5)

(Marks 5)

EXTERNAL PRACTICAL

1) Kabaddi

1. Marking of Kabaddi Court
2. Teaching ability of various advance skills of Kabaddi
3. Interpretation of Various rules of Kabaddi
4. Officiating Signals
5. Filling the score sheet of Kabaddi.

Marks – 30

(Marks – 6)

(Marks– 6)

(Marks – 6)

(Marks– 6)

(Marks– 6)

EXTERNAL PRACTICAL

1) Kho-Kho

1. Marking of Kho-Kho Court
2. Teaching ability of various advance skills of Kho-Kho
3. Interpretation of Various rules of Kho-Kho
4. Officiating Signals Filling the score sheet of Kho-Kho
5. Filling the score sheet of Kho-Kho

Marks – 30

(Marks–6)

(Marks–6)

(Marks–6)

(Marks– 6)

(Marks– 6)

Note : Each candidate has to submit a handwritten note book comprising of five lessons on above mentioned games / sports / events.

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SEMESTER – II

FOR THE EXAMINATION TO BE HELD MAY 2020, 2021, 2022

Course No.PSMPTC-204

Title **SPORTS MANAGEMENT AND CURRICULUM DESIGN
IN PHYSICAL EDUCATION**

Duration of Exam: 3 Hrs.
Credit:04

Total Marks : 100
Minor Test-I : 20
Minor Test-II: 20
Major Test: 60

UNIT I – Introduction to Sports Management

Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives of Personal Management, Role of Personal Manager in an organization, Personnel recruitment and selection.

UNIT II – Program Management

Importance of Programme development and the role of management. Factors influencing programme development. Steps in programme development. Competitive Sports Programs. Benefits, management Guidelines for School, Colleges Sports Programs, Management Problems in instruction programme.

UNIT III– Curriculum

Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centred. Activity centred, Community centred, Forward looking principle, Principles of integration. Theories of curriculum development, Approaches to Curriculum; Subject centred. Learner centred and Community centred, Curriculum Framework.

UNIT IV – Curriculum Sources

Factors that affecting curriculum: Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopaedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences – Curriculum research. Objectives of Curriculum research. Evaluation of Curriculum, Methods of evaluation.

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(c) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(d) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

SEMESTER – II

Paper-IV (PSMPTC-204)

SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION

SUGGESTED READINGS:

- Aggarwal, J.C (1990). Curriculum Reform in India – World overviews. Doaba World Education Series – 3 Delhi: Doaba House. Book seller and Publisher.
- Arora, G.I.. (1984): Reflections on Curriculum. New Delhi: NCERT.
- Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company. Park House.
- Bucher A. Charles. (1993) Management of Physical Education and Sports (10th ed..) St. Louis: Mobsy Publishing Company.
- Carl, E. Willgoose. (1982. Curriculum in Physical Education. London: Prentice Hall.
- Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication.
- Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
- Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
- John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum. New York: The Ronald Press Company.
- McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research.. U.K. Routledge
- NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.
- NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.
- NCERT (2005). National Curriculum Framework. New Delhi: NCERT.
- NCERT (2005). National Curriculum Framework-2005, New Delhi: NCERT.
- Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.
- Yadvinder Singh. Sports Management, New Delhi: Lakshay Publication.

**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2020, 2021, 2022**

SEMESTER – II

Course No.PSMPPC-204

**Title: CLASSROOM TEACHING: BADMINTON, TABLE
TENNIS, VOLLEYBALL, FOOTBALL, HANDBALL,
BASKETBALL, CRICKET, HOCKEY**

PRACTICAL COURSE

100 Marks

**External Marks:60
Internal Marks:40**

PSMPPC-204	Classroom Teaching : Badminton, Table Tennis, Volleyball, Football, Handball, Basketball, Cricket & Hockey	60	40	05 Hrs	4
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INTERNAL PRACTICAL

i) Games/ Sports/Events (Class Room Teaching)

Marks – 40

1. Marking of Games/ Sports/Events
2. Teaching ability of various basic skills of Games/ Sports/Events
3. Interpretation of Various rules of Games/ Sports/Events
4. Officiating Signals & filling of score sheet of Games/ Sports/Events

(Marks – 10)
(Marks – 10)
(Marks – 10)
(Marks- 10)

EXTERNAL PRACTICAL

i) Games/ Sports/Events (Class Room Teaching)

Marks – 60

1. Marking of Games/ Sports/Events
2. Teaching ability of various basic skills of Games/ Sports/Events
3. Interpretation of Various rules of Games/ Sports/Events
4. Officiating Signals of Games/ Sports/Events
5. Filling of score sheet of Games/ Sports/Events

(Marks – 12)
(Marks – 12)
(Marks – 12)
(Marks- 12)
(Marks-12)

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION

(20/Nov. /Adp/43)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi and Courses of Study for Master Degree Programme in **Physical Education (M.P.E I)** for semesters III & IV under the **Choice Based Credit System** (as given in the annexure) for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	for the examinations to be held in the year
M.P.Ed	Semester-III	December 2020, 2021 and 2022
	Semester-IV	May 2021, 2022 and 2023

The Syllabi of the courses is available on the University website: www.jammuuniversity.ac.in.

No. F.Acd/II/20/3743-3753
Dated: 18-11-2020

Copy to:

1. Dean, Faculty of Education
2. HOD/Convener, Board of Studies in Teacher Education
3. Director, Physical Education, University of Jammu
4. All members of the Board of Studies
5. C.A. to the Controller of Examinations
6. Director, Computer Centre, University of Jammu
7. Asst. Registrar (Conf. /Exams. PG)
8. Incharge University Website for necessary action please

18/11/20
DEAN ACADEMIC AFFAIRS

Sumita
17/11/2020

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
SEMESTER-III

Theoretical Course: 400
Practical Course: 400

Practical Course: 400							
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-301 (Theory)	Dissertation*/Value & Environmental Education	4	05 Hrs	60	20 Paper - 10 Seminar -10	20 Paper - 10 Seminar -10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-301 (Practical)	Track and Field Throwing Events	4	05 hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Wk	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-302 (Theory)	Scientific Principle of Sports Training	4	05 Hrs	60	20 Paper - 10 Seminar -10	20 Paper - 10 Seminar -10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-302 (Practical)	Games Specialization Boxing, Wrestling (any two)	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-303 (Theory)	Sports Medicine	4	05 Hrs	60	20 Paper - 10 Seminar -10	20 Paper - 10 Seminar -10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSPSMPPC-303 (Practical)	Coaching Lessons of Track & Field: Sprints & Relay races , track	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPTC-304 (Theory)	Health Education and Sports Nutrition	4	05 Hrs	60	20 Paper - 10 Seminar -10	20 Paper - 10 Seminar -10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-304 (Practical)	Football & Table Tennis	4	05 Hrs	60	40		100
	Total credit (theory + practical)	16+16=32					800
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			
				Major Test	Minor Test I	Minor Test 2	Total
PSMPOCC-305 (Theory))	Yoga Education (Open choice Course)	4	05 Hrs	60	20 Paper - 10 Seminar -10	20 Paper - 10 Seminar -10	100

Contents to be covered:

Note : * Students who will opt Dissertation Paper in Semester-III will submit two copies of their research report through their respective Principal / Head, Department of Physical Education, University of Jammu, Jammu. The viva voce of the student will be conducted in the Department of Physical Education, University of Jammu, Jammu.

PRACTICAL COURSE

Contents to be covered:

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at World, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and Magazines of the game /track and field.
- f) Fundamental skills /Techniques.
- g) Teaching lessons
- h) Marking of the track / play field / court
- i) Officiating and specifications.

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022**

SEMESTER - III

Paper-I (PSMPTC-301)

PSMPTC-301: DISSERTATION

1. A candidate shall have dissertation for M.P.Ed. -III Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the III Semester Examination.
3. The candidate has to face the Viva-Voce conducted by DRC.

OR

**Paper-I (PSMPTC-301)
VALUE AND ENVIRONMENTAL EDUCATION**

Duration of Examination: 3 Hours

Total Marks : 100
Theory Marks : 60
Sessional marks: 40

UNIT I - Introduction to Value Education.

Values: Meaning, Definition, Concepts of Values. Value Education: Aims, Objectives, need and importance. Moral Values: Meaning, Need and Theories of Values. Classification of Values: Basic. Values of Religion, Classification of Values, Factor effecting Values on sports performance.

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
Meaning and parameters of Noise Pollution, Govt. policies for pollution control, Role of pollution control board.

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

- (a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I
- (b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

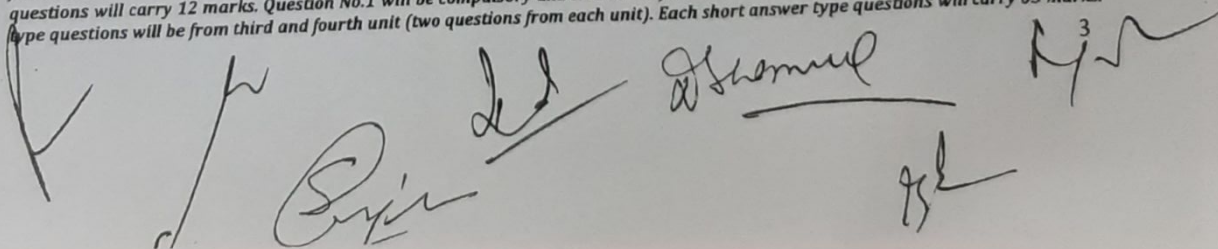
(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

- (a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II
- (b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.



SEMESTER - III

Paper-I (PSMPTC-301)

SUGGESTED READINGS:

- 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 Publications) 1987.
- 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 Publishing House), 1995.
- Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Wiley enhanced Ed.) 1996.

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022**

SEMESTER - III

Part-B: Practical Course

Total 100 Marks

External Marks:60

Internal Marks:40

PSMPPC - 301	Track and Field Throwing Events	60	40	05 Hrs	4
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INTERNAL PRACTICAL

Track & Field Events

- | | | |
|------|----------------------------------------------------|--------------|
| i. | Teaching ability of Throwing events. | (Marks -10) |
| ii. | Proficiency in Throwing events | (Marks - 10) |
| iii. | Interpretation of rules related to Throwing events | (Marks - 10) |
| iv. | Marking of throwing events | (Marks - 10) |

EXTERNAL PRACTICAL

Track & Field Events

- | | | |
|------|----------------------------------------------------|--------------|
| i. | Teaching ability of Throwing events | (Marks -15) |
| ii. | Proficiency in Throwing events | (Marks - 15) |
| iii. | Interpretation of rules related to Throwing events | (Marks - 15) |
| iv. | Marking of Throwing events | (Marks - 15) |

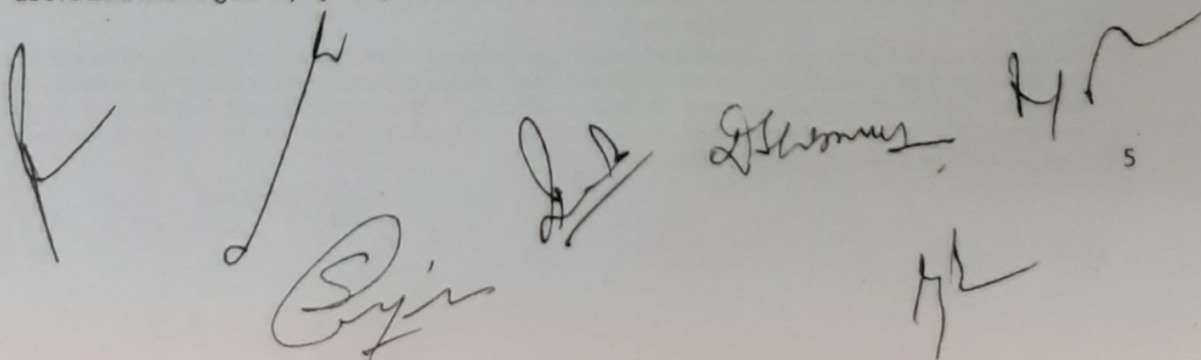
Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

Contents to be covered:

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at World, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and Magazines of the game /track and field.
- Fundamental skills /Techniques.
- Teaching lessons
- Marking of the track / play field / court
- Officiating and specifications.

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

5



M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022

Paper-II (PSMPTC-302)

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT-I: TRAINING LOAD, ADAPTATION AND RECOVERY:

- a) **Training of Load:** Meaning, Characteristics and principles of training load
- b) **Adaptation** - Meaning, conditions for adaptation of training load.
- c) **Over load** - Meaning and causes, Symptoms of overload, tackling overload.
- d) **Recovery** - Meaning and phases of recovery, Methods of recovery.
- e) Concept of super compensation

UNIT -II: DEVELOPMENT OF VARIOUS MOTOR COMPONENTS:

- a) **Strength:** Meaning, Different types of Strength, Methods of improving different forms of Strength (Maximum Strength, Explosive Strength and Strength Endurance).
- b) **Speed:** Different types of Speeds, Methods of improving different types of Speed abilities.
- c) **Endurance:** Different types of Endurance, Methods of improving different types of Endurance abilities.
- d) **Flexibility:** Different types of Flexibility, Methods of improving different types of Flexibility abilities.
- e) **Co-ordinative Abilities:** - Methods of improving different forms of co-ordinative abilities.

UNIT - III: TECHNIQUE AND TACTICAL TRAINING:

- a) Meaning and definition of technique, skill, and style.
- b) Aim of technique and tactical training in different sports.
- c) Different phases of technique training.
- d) Characteristics and implications of different phases of technique training.
- e) Methods of technique and tactical training.

UNIT - IV: TRAINING PLANS, PERIODISATION AND COMPETITION

- a) **Meaning of Training Plan and cyclicity of training:** - Macro Cycle, Meso Cycle and Micro Cycle. Training session plan.
- b) **Periodisation:** Meaning, Aim, Contents/Parts of Periodisation, Type of Periodisation: Single, Double and Multiple Periodisation.
- c) Short term and long-term planning in Sports
- d) **Competition:** Importance and Preparation (Direct and Psychological preparations)

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022**

Paper-II (PSMPTC-302)

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

SUGGESTED READINGS:

- Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company
- Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
- David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
- Gary, T. Moran (1997) - Cross Training for Sports, Canada : Human Kinetics
- Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
- 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
- Yograj Thani (2003), Sports Training, Delhi: Sports Publications

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022**

SEMESTER - III

Part-B: Practical Course

Total 100 Marks

External Marks:60

Internal Marks:40

PSMPPC - 302	Games Specialization Boxing, Wrestling	60	40	05 Hrs	4
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INTERNAL PRACTICAL

1) Boxing, Wrestling

- Dimension of Boxing & Wrestling ring
- Teaching ability of various basic skills of Boxing & Wrestling
- ~~Interpretation of Various rules of Boxing & Wrestling~~
- Officiating Signals & Filling the score sheet of Boxing & Wrestling

Marks - 40

(Marks - 10)

(Marks - 10)

(Marks - 10)

(Marks -10)

EXTERNAL PRACTICAL

2) Boxing, Wrestling

- Dimension of Boxing & Wrestling ring
- Teaching ability of various basic skills of Boxing & Wrestling
- Interpretation of Various rules of Boxing & Wrestling
- Officiating Signals & Filling the score sheet of Boxing & Wrestling

Marks - 60

(Marks - 15)

(Marks - 15)

(Marks - 15)

(Marks -15)

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

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Paper-III (PSMPTC-303)

SPORTS MEDICINE

Duration of Examination: 3 Hours

Total Marks : 100
Theory Marks 60
Sessional marks: 40

UNIT- I: INTRODUCTION TO SPORTS MEDICINE

- Meaning, Definition and Importance of Sports Medicine in field of Sports.
- Principle, purposes and concept of Sports Medicine.
- Different aspects of Sports Medicine.
- Career opportunities in Sports Medicine.
- Role of Athletic Trainer in Sports Medicine.

UNIT- II: SPORTS INJURIES.

- Sports Injuries: Meaning and their different classifications.
- Common Head, Neck, Shoulder, Elbow, Back and Abdomen sports injuries: there symptoms and treatment.
- Common Hip, Thigh, Knee, Calf and Ankle Back and Abdomen sports injuries: there symptoms and treatment.
- Strapping and Aiding Equipments for Sprain, Strain, Dislocation and Fracture.

UNIT- III : PHYSIOTHERAPEUTIC MODALITIES.

- PRICE treatment: Its advantages and Physiological Effects.
- TENS treatment: Its meaning, advantages and Physiological Effects.
- Traction, Iontophoresis, Light therapy, Hydrotherapy and Cryotherapy: Its meaning advantages and Physiological Effects.
- Manual Therapy: Its benefits, Techniques and Physiological Effects.

UNIT-IV ERGOGENIC AIDS & DOPING IN SPORTS

- Meaning of Ergogenic Aids, Ergogenic Aids: Mechanical Aids, Pharmacological Aids, Physiological Aids, Nutritional Aids and Psychological Aids.
- Meaning, definition and Side effects of doping
- Prohibited substance classification: All time, During Competition, Sports Specific
- Various categories of prohibited substances and methods
- Procedure of Sample Collection, Rights of an athlete in doping control

Practicals: Lab. Practical and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, Visit to TV Centre etc. should be planned internally.

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

- 10 mark (Paper). There will be 5 questions of two marks each for Unit I
- 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

- 10 mark (Paper). There will be 5 questions of two marks each for Unit II
- 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022**

Paper-III (PSMPTC-303)

SPORTS MEDICINE

SUGGESTED READINGS:

- Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
- James, A. Gould & George J. Davies. (1985). Physical Therapy. Toronto: C.V. Mosby Company.
- Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
- Pande. (1998). Sports Medicine. New delhi: Khel Shiksha Kendra
- The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.
- Practical: Anthropometric Measurements.

Therapist

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Exercises

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022**

SEMESTER - III

Part-B: Practical Course

Total 100 Marks

External Marks:60

Internal Marks:40

PSMPPC - 303	Coaching Lessons of Track & Field: Sprints & Relay races, track	60	40	05 Hrs	4
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INTERNAL PRACTICAL

Track & Field Events

- i. Teaching ability of different types of Sprints & Relay Races
- ii. Teaching lessons of different types of Sprints & Relay Races
- iii. Interpretation of rules related to Sprints & Relay Races
- iv. Marking of Track

(Marks 40)

(Marks - 10)

(Marks - 10)

(Marks - 10)

(Marks - 10)

EXTERNAL PRACTICAL

Track & Field Events

- i. Teaching ability of different types of Sprints & Relay Races
- ii. Teaching lessons of different types of Sprints & Relay Races
- iii. Interpretation of rules related to Sprints & Relay Races
- iv. Marking of Track

(Marks 60)

(Marks - 15)

(Marks - 15)

(Marks - 15)

(Marks - 15)

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022

Paper-IV (PSMPTC-304)

HEALTH EDUCATION AND SPORTS NUTRITION

Duration of Examination: 3 Hours

Total Marks : 100
Theory Marks : 60
Sessional marks : 40

UNIT - I: HEALTH EDUCATION

Definition of Health, Dimensions and Determinants of Health and Health Education, Health Instruction, Health Supervision, Principles of Health Education, Health Service and guidance instruction in personal hygiene.

School Health: appraisal, record and healthful environment.

Functions and Structure of WHO, National Centre for Disease Control, National Health Authority and ICMR.

UNIT - II: HEALTH PROBLEMS IN INDIA

Effect of Alcohol, Tobacco, different types of drugs on Health.

~~Meaning, Causes, Symptom and management of Hypertension, Diabetics, AIDS and Hepatitis.~~

Meaning Causes, Symptom and management of Stress.

Objective of school/college health service, Role of health education in school/college.

UNIT - III- INTRODUCTION TO SPORTS NUTRITION

Meaning and Definition of Sports Nutrition, Concept of micro and macro nutrient, Role of nutrition in sports, Basic Nutrition guidelines, metabolism pathway for Carbohydrate, Protein and Fat towards energy production, Role of carbohydrates, Fat and protein during exercise. Calculation of Calories in different food stuffs. Meaning and Composition of energy bar and drinks.

UNIT - IV DIET PLANNING FOR SPORTS

Categorisation of sports according to energy requirements, Body Weight and Energy Expenditure for different categories of sports, Pre event Meal (3-4 hrs. , 1-2 hrs and less than 1 hr), Diet plan for sports requiring 7000 k.cal., 6000 k.cal., 5200k. Cal., 4500 k.cal. and 3600 k. Cal.

Role of Fluid and electrolytes balance in sports performance, Symptoms and Results of Dehydration, Fluid Replacement Guidelines: before, during and after exercise.

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022**

Paper-IV (PSMPTC-304)

HEALTH EDUCATION AND SPORTS NURTITION

References:

- Bucher, Charles A. "Administration of Health and Physical Education Programme".
- Delbert, Oberteuffer, et. al. "The School Health Education".
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
- Hanlon, John J. "Principles of Public Health Administration" 2003.
- Turner, C.E. "The School Health and Health Education".
- 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.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD DECEMBER 2020, 2021, 2022**

SEMESTER – III

Part-B: Practical Course

Total 100 Marks
External Marks:60
Internal Marks:40

PSMPPC - 304	Football & Table Tennis	60	40	05 Hrs	4
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INTERNAL PRACTICAL

Football & Table Tennis

(Marks 40)

- i. Teaching ability of different types of skills (Football & Table Tennis) (Marks -10)
- ii Proficiency of different types of skills (Football & Table Tennis) (Marks - 10)
- iii. Interpretation of rules related to (Football & Table Tennis) (Marks - 10)
- iv. Dimensions of (Football & Table Tennis) and Viva (Marks - 10)

EXTERNAL PRACTICAL

Football & Table Tennis

(Marks 60)

- i. Teaching ability of different types of skills (Football & Table Tennis) (Marks -15)
- ii Proficiency of different types of skills (Football & Table Tennis) (Marks - 15)
- iii. Interpretation of rules related to (Football & Table Tennis) (Marks - 15)
- iv. Dimensions of (Football & Table Tennis) and Viva (Marks - 15)

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR OPEN CHOICE COURSE STUDENTS**

SEMESTER - III

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No.PSMPOCC-305

Title: YOGA EDUCATION

Duration of Exam: 3 Hrs.

Credit:04

Total Marks : 100

Minor Test-I : 20

Minor Test-II : 20

Major Test: 60

UNIT - I: INTRODUCTION

- i. Meaning and Definition of Yoga
- ii. Historical background Yoga
- iii. Aims and Objectives of Yoga
- iv. The Yoga Sutra: General Consideration
- v. Need and Importance of Yoga in Modern Society
- vi. Misconceptions about Yoga

UNIT - II: FOUNDATION OF YOGA

- i. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- ii. Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

UNIT - III ASANAS AND PRANAYAM

- i. Meaning of Asanas and Pranayam, Different Types of Pranayams
- ii. Effect of Asanas and Pranayam on Respiratory, Circulatory, Digestive, Endocrine and Muscular system.
- iii. Classification of asanas with special reference to disease
- iv. Influences of meditative posture on various system of the body

UNIT - IV YOGA EDUCATION

- i. Types of Bandhas and Mudras
- ii. Type of kriyas
- iii. Difference between yogic practices and physical exercises
- iv. Yoga education centers in India and abroad

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(c) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(d) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(c) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(d) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR OPEN CHOICE COURSE STUDENTS**

SEMESTER - III

FOR THE EXAMINATION TO BE HELD DECEMBER 2019, 2020, 2021

Course No. PSMPOCC-305

Title : YOGA EDUCATION

SUGGESTED READINGS:

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

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
SEMESTER-IV

Theoretical Course: 400
Practical Course: 400

Practical Course: 400

Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			Total
				Major Test	Minor Test I	Minor Test 2	
PSMPTC-401 (Theory)	Physical Fitness and Wellness	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-401 (Practical)	Track & Field: Decathlon Event	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Wk	Marks			Total
				Major Test	Minor Test I	Minor Test 2	
PSMPTC-402 (Theory)	Educational technology and pedagogic techniques in physical education and sports	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-402 (Practical)	Classroom teaching on Tracking & Field, Game / Event	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			Total
				Major Test	Minor Test I	Minor Test 2	
PSMPTC-403 (Theory)	Sports Psychology & Sociology.	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-403 (Practical)	Officiating Lessons of Track and Field	4	05 Hrs	60	40		100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	Marks			Total
				Major Test	Minor Test I	Minor Test 2	
PSMPTC-404 (Theory)	Adapted physical education	4	05 Hrs	60	20 Paper - 10 Seminar - 10	20 Paper - 10 Seminar - 10	100
Course No.	Subject/Course Component	Credits	Inst. Hour Week	External Practical	Internal Practical		Total
PSMPPC-404 (Practical)	Officiating Lessons of Game Specializations - 5 Lessons (4 Internal & 1 External)	4	05 Hrs	60	40		100
Total credit (theory + practical)		16+16=32					800

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Contents to be covered:

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at World, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and Magazines of the game /track and field.
- f) Fundamental skills /Techniques.
- g) Teaching lessons
- h) Marking of the track / play field / court
- i) Officiating and specifications.

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

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M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023

SEMESTER - IV

Paper-I (PSMPTC-401)

PHYSICAL FITNESS AND WELLNESS

Duration of Examination: 3 Hours

Total Marks : 100
Theory Marks : 60
Sessional marks: 40

UNIT I - INTRODUCTION OF PHYSICAL FITNESS AND WELLNESS

- i) Meaning and Definition of Physical Fitness and Wellness
- ii) Importance of Physical Fitness and Wellness in modern life style
- iii) Various Dimensions of Wellness
- iv) Principles of physical fitness and wellness
- v) Primary and Secondary components of fitness
- vi) Assessment of wellness in different age and gender

UNIT II - AEROBIC EXERCISE AND ANAEROBIC EXERCISE

- i) Difference between aerobic and anaerobic fitness.
- ii) Aerobic and anaerobic metabolic threshold.
- iii) Health benefits of aerobic and anaerobic exercise.
- iv) Calculation to warming-up, fat Burning, aerobic and anaerobic training zone.
- v) Methods of monitoring of heart rates during activity. Assessment of aerobic and anaerobic fitness.
- vi) Aerobic and anaerobic training methods.

UNIT III - RESISTANCE AND FLEXIBILITY EXERCISES

- i) Meaning and principles of resistance Training for Muscular Strength.
- ii) Safety techniques during resistance training (spotting, proper body alignment, lifting techniques, spatial, awareness and proper breathing techniques).
- iii) Principle of weight training, Basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing, medicine balls, fit balls)
- iv) Meaning and principles of Flexibility Training
- v) Safety techniques during flexibility training (stretching protocol; breathing and relaxation techniques)
- vi) Types of flexibility exercises (i.e. dynamic, static)

UNIT IV - LEISURE TIME PHYSICAL ACTIVITIES

- i) Meaning of recreation, theory of recreation
- ii) Classification of recreational activities
- iii) Meaning of Leisure time physical activity, Importance of Leisure time physical activity in modern life.
- iv) Classification of Leisure time physical activity according to age and gender
- v) Assessment of Leisure time physical activity by Minnesota Leisure Time Physical Activity (LTPA) Questionnaire

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

- (a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I
- (b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

- (a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II
- (b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

SEMESTER - IV

Paper-I (PSMPTC-401)

PHYSICAL FITNESS AND WELLNESS

SUGGESTED READINGS:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Difcore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

SEMESTER - IV

Part-B :Practical Course

Total 100 Marks

**External Marks: 60
Internal Marks: 40**

PSMPPC-401	Track & Field: Decathlon Events	60	40	05 Hrs	4
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INTERNAL PRACTICAL

Track & Field Events

- Teaching ability of Decathlon Events
- Interpretation of Decathlon Event
- Practical Book
- Viva

Marks-40

(Marks -15)
(Marks -15)
(Marks -05)
(Marks -05)

EXTERNAL PRACTICAL

Track & Field Events

- Teaching ability of Decathlon Events
- Interpretation of Decathlon Event
- Practical Book
- Viva

Marks-60

(Marks -20)
(Marks -20)
(Marks -10)
(Marks -10)

Note : Each candidate has to submit a handwritten note book of the above mentioned events.

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

Paper-II (PSMPTC-402)

**EDUCATIONAL TECHNOLOGY AND PEDAGOGIC TECHNIQUES
IN PHYSICAL EDUCATION AND SPORTS**

Duration of Examination: 3 Hours

Total Marks : 100
Theory Marks : 60
Sessional marks: 40

UNIT-I: EDUCATIONAL TECHNOLOGY:

- Educational technology: Need, Nature and Scope
- Effective teaching and Principles of teaching
- Teacher's responsibilities
- Phases and levels of teaching
- A review of methods of teaching employed in physical education

UNIT-II: PLANNING LESSON, FEED BACK

- Lesson plan: meaning, importance of lesson plan
- Principles of lesson plan, Types of lesson plan
- Various parts of a lesson plan
- Feed back: student feedback on lesson content and lesson effectiveness
- Teacher's self evaluation.

UNIT-III: TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS

- Initiating technology
- Different types of Audio/Video technology used in Phy. Edu. Teaching.
- Analysis of different types of images and videos.
- Technological devices used in Physical activity and sports
- Techniques of presentation and class management skills

UNIT-IV: USE OF ICT IN PHYSICAL EDUCATION

- Computer analysis instructional software
- Using technology to improve instructional process
- Use of World Wide Web
- Power point presentation
- Assessing student learning
- Different types software used in Phy. Edu. & Sports.

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

- (a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I
- (b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

- (a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II
- (b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

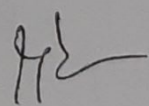
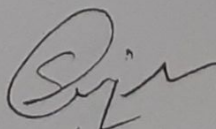
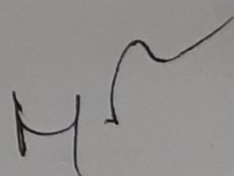
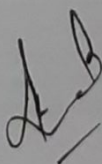
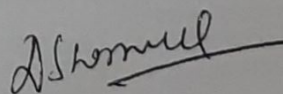
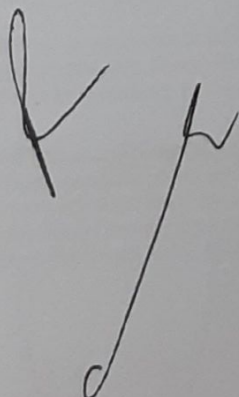
**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

Paper-II (PSMPTC-402)

**EDUCATIONAL TECHNOLOGY AND PEDAGOGIC TECHNIQUES
IN PHYSICAL EDUCATION AND SPORTS**

SUGGESTED READINGS:

- Brar, R.S. et al. Teaching Methodology and Educational Technology in Physical Education, Kalyani Publisher: New Delhi, 2008.
- Hoover, Kenneth H. The Professional Teacher's Handbook, Boston, Allyn and Bacon, 1972.
- Krik, David. Physical Education and Curriculum Study, Kent, Croom Helm, 1988.
- Mohanty, J. Educational Technology, New Delhi, 1992.
- Wessel Janet A, and Kelly Luke. Achievement-Based Curriculum Development in Physical Education, Philadelphia, Lea and Febiger, 1986
- Vaidhya, Rajesh and Ramakrishnan, K.S. "Lesson Planning in Education and Physical Education" (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Anil and Daljinder, "Methods in Physical Education" (2005) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.



**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

SEMESTER - IV

Part-B :Practical Course

Total 100 Marks

External Marks: 60

Internal Marks: 40

PSMPPC-402	Classroom teaching on Tracking & Field , Game / Event	60 (External)	40 (Internal)	05 Hrs	4
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INTERNAL PRACTICAL

i. Presentation	Marks-40
ii. Teaching ability	(Marks -15)
iii. viva voce	(Marks -15)
	(Marks-10)

EXTERNAL PRACTICAL

i. Presentation	Marks-60
ii. Teaching ability	(Marks -25)
iii. viva voce	(Marks -25)
	(Marks-10)

Note: - The students will be required to prepare a file pertaining to each lesson given to them in support of their evaluation of lesson plan and viva-voce.

- Internal Evaluation of the topic will be based on the students performance.

Contents to be covered

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Equipment specifications.
- Awardees in the game/athletics.
- Play area dimensions.
- Fundamental skills /Techniques.
- Teaching lessons
- Marking of the track / play field / game
- Officiating and specifications.
- Viva voce.

M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023

Paper-III (PSMPTC- 403)
SPORTS PSYCHOLOGY & SOCIOLOGY

Duration of Examination: 3 Hours

Total Marks : 100
Theory Marks : 60
Sessional marks: 40

UNIT I - INTRODUCTION

- i) Meaning, Definition, Need and Importance of Sports Psychology.
- ii) Present Status of Sports Psychology in India.
- iii) Motor Learning: Basic Considerations in Motor Learning - Motor Perception - Factors Affecting Perception - Perceptual Mechanism.
- iv) Personality: Meaning, Definition, Types of Personality- Assessment of Personality Traits-Subjective methods-(Case history, Autobiography, Interview), Objective methods-(Rating scale), Effects of Personality on Sports Performance.

UNIT II - MOTIVATION

- i) Meaning and Definition of Motivation
- ii) Types of Motivation: Intrinsic, Extrinsic.
- iii) Achievement Motivation: Meaning, Measuring of Achievement Motivation.
- iv) Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance.
- v) Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement.
- vi) Aggression and Sports Performance.

UNIT III - SPORTS SOCIOLOGY

- i) Meaning and Definition of Sports Sociology
- ii) Sports and Socialization Individual into Sports- Social Institutions.
- iii) National Integration through Sports.
- iv) Fans and Spectators: Meaning and definition
- v) Advantages and disadvantages of behaviors of fans and spectators on Sports Performance.

UNIT IV - GROUP COHESION

- i) Group: Definition and Meaning, Group Size, Groups on Composition
- ii) Group Cohesion, Group Interaction, Group Dynamics.
- iii) Current Problems in Sports and their management.
- iv) Women in Sports: Sports Women in our Society, Participation pattern among Women

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

- (a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I
- (b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

- (a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II
- (b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

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FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

**Paper-III (PSMPTC- 403)
SPORTS PSYCHOLOGY & SOCIOLOGY**

SUGGESTED READINGS:

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)
Catalogue of Tests, New Delhi: National Council of Educational Research and
Training Publication.

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)
Catalogue of Test, New Delhi: National Council of Educational Research and
Training Publication.

~~Jain. (2002). Sports Sociology. Heal Sahety Kendre Publishers.~~

Jay Coakley. (2001) Sports in Society – Issues and Controversies in International
Education, Mc-Craw Seventh Ed.

John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticce Hall Inc.

John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

MiroslawVauks& Bryant Cratty (1999). Psychology and the Superior Athlete. London:
The Macmillan Co.

Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

Robert N. Singer (2001). Motor Learning and Human Performance. New York: The
Macmillan Co.

Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia:
Lea and Febiger.

Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.

Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in
Physical Education and Sports. London: Hendry Kimpton Publishers.

**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

SEMESTER - IV

Total Marks: 100
External Marks: 60
Internal Marks: 40

PSMPPC-403	Officiating Lessons of Track and Field	60	40	05 Hrs	4
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INTERNAL PRACTICAL

Marks-40

- Officiating of track and field
- Record maintenance / filling of Score Sheets of Track & Field
- Viva voce

(Marks -20)
(Marks -10)
(Marks-10)

EXTERNAL PRACTICAL

Marks-60

- Officiating of track and field
- Record maintenance / filling of sports sheets of Track & Field
- Viva voce

(Marks -30)
(Marks -20)
(Marks-10)

Contents to be covered:

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at World, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and Magazines of the game /track and field.
- Fundamental skills /Techniques.
- Teaching lessons
- Marking of the track / play field / court
- Officiating and specifications.

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.

**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

Paper-IV (PSMPTC-404)

ADAPTED PHYSICAL EDUCATION

Duration of Examination: 3 Hours

Maximum Marks : 100

Theory Examination : 60

Internal Assessment : 40

UNIT-I INTRODUCTION TO ADAPTED PHYSICAL EDUCATION

- Meaning and definitions of Adapted Physical Education
- Aims and objectives of Adapted Physical Education
- Need and importance of Adapted Physical Education
- Role of physical education in adapted physical education
- Brief historical review of adapted physical education in India and Abroad.

UNIT-II CLASSIFICATION OF DISABILITY

- Changing concept of disability handicaps, retardation, physically and mentally challenged
- Physical disability, Characteristics of disability.
- Categories of disability- specially abled, Hearing and speech impairment, Visual impairment, Behavioural problems associated with disability, Personality problem, Social problems, Discrimination.

UNIT-III ADAPTED PHYSICAL EDUCATION PROGRAMMES

- Guiding principles for adapted physical education programme (AAHPER Principle)
- Physical Education programme for disabled of:
 - Elementary School
 - Middle school
 - High school
- Special adapted programme for various types and categories of physical disability
- Special adapted programme for hearing and speech impairment, visual impairment, mental retardation and learning impairment

UNIT-IV ACTIVITIES FOR DISABLED

- Co-curricular activities for disabled
- Outdoor programmes for disabled
- Adventure based outdoor programme
- Aquatic activity programme for disabled
- Importance of activity for disabled

REHABILITATION AND GOVERNMENTAL WELFARE PROGRAMMES

- Importance of adapted programme in rehabilitation
- Governmental Welfare Programme
- Provisions of special rights and privilege for disabled through legislations
- Social welfare programmes for disabled

Note for Paper Setters

(Minor Test-I)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit I

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver and to defend it. It can be through Poster making / Power Point Presentation etc.

(Minor Test-II)

There will be two components in Minor Test 1 each of 10 marks

(a) 10 mark (Paper). There will be 5 questions of two marks each for Unit II

(b) 10 marks (Seminar). In seminar the students will be given the topic and he /she has to deliver the lecture on it.

(Major Test):

The question paper will contain long and short answer type questions. There will be total of eight long answer type questions (two questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. Each long answer type questions will carry 12 marks. Question No.1 will be compulsory and shall have four short answer type questions (100 approx). Short answer type questions will be from third and fourth unit (two questions from each unit). Each short answer type questions will carry 03 marks.

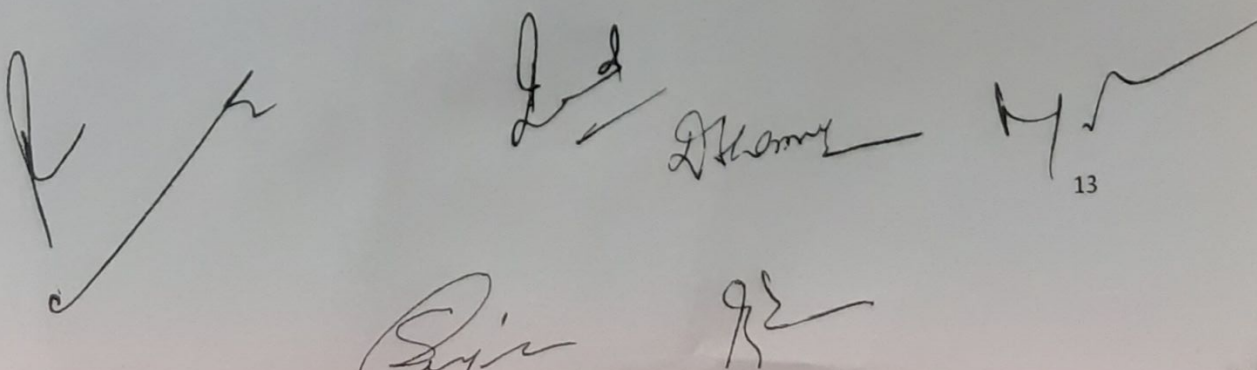
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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

**Paper-IV (PSMPTC-404)
ADAPTED PHYSICAL EDUCATION**

SUGGESTED READINGS

- Anoop Jain, "Adapted Physical Education" Sports Publication. Ashok Vihar, Delhi.
- Arthur G. Miller & James, "Teaching Physical Activities to Impaired Youth" John Wilag & Sons Inc. Canada.
- Arthur S. Daniels & Euilya, "Adapted Physical Education" Harpet & Row Publisher, New York.
- Auxter, Byler, Howtting, "Adapted Physical Education and Reactions" Morbey- St. Louis Mirrauri.
- K. Park, "Preventive Social Medicine" M/s Banarsidas Bhanot Publishers, Prem Nagar, Jabalpur.
- Ronald W. French & Paul J., "Special Physical Education" Charles E. Merrics Publishing Co. Edinburgh, Ohio
- Singh Ajmer and et ai, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.

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**M.P.Ed. UNDER CHOICE BASED CREDIT SYSTEM
FOR THE EXAMINATION TO BE HELD MAY 2021, 2022, 2023**

SEMESTER - IV

Total 100 Marks

External Marks: 60
Internal Marks: 40

PSMPPC-404	Officiating Lessons of Game Specializations	60	40	05 Hrs	4
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INTERNAL PRACTICAL

Marks-40

- i. Officiating of Games Specialization
- ii. Filling of Score Sheets of the Games specialization
- iii. Viva voce

(Marks -20)
(Marks -10)
(Marks-10)

EXTERNAL PRACTICAL

Marks-60

- i. Officiating of Games Specialization
- ii. Filling of Score Sheets of the Games specialization
- iii. Viva voce

(Marks -30)
(Marks -20)
(Marks-10)

Contents to be covered:

- a) Historical development of the concerned games/ play field / court.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game at World, Olympic, Asia, National.
- d) Awardees in the game.
- e) Books and Magazines of the game / play field / court.
- f) Fundamental skills /Techniques.
- g) Teaching lessons of play field / court.
- h) Marking of the game / play field / court
- i) Officiating and specifications.

Note : Each candidate has to submit a handwritten note book comprising of five lessons on the above mentioned games / sports / events.