

UNIVERSITY OF MUMBAI
No. UG/12 of 2015-16

CIRCULAR:-

A reference is invited to the Regulations and Syllabi relating to the Master of Physical Education (M.P.Ed.) degree programme **vide** this office Circular No. UG/48 of 2013-14, dated 29th July, 2013 and the Head, University Department of Physical Education and the Principals of affiliated Colleges in Physical Education are hereby informed that the recommendation made by the Faculty of Arts at its meeting held on 20th February, 2015 has been accepted by the Academic Council at its meeting held on 26th February, 2015 **vide** item No. 4.27 and subsequently approved by the Management Council at its meeting held on 28th May, 2015 **vide** item No. 16 and that in accordance therewith, in exercise of the powers conferred upon Management Council under Section 55 (1) of the Maharashtra Universities Act, 1994, Regulations 8673, and 8676 and the revised syllabus as per Credit Based Semester and Grading System in the course of Education for Master of Physical Education (M.P.Ed.) degree programme is amended, which is available on the University's web site (www.mu.ac.in) and that the same has been brought into force with effect from the academic year 2015-2016.

MUMBAI – 400 032
30th June, 2015

REGISTRAR

To,

The Head, University Department of Physical Education and the Principals of affiliated Colleges in Physical Education.

A.C/4.27/26/02/2015
M.C/16/28/05/2015.

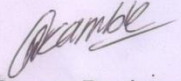
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
MUMBAI-400 032

30th June, 2015

Copy forwarded with compliments for information to:-

- 1) The Dean, Faculty of Arts,
- 2) The Chairman, **Ad-hoc** Board of Studies in Physical Education,
- 3) The Director, Board of College and University Development,
- 4) The Professor-cum-Director, Institute of Distance and Open Learning (IDOL),
- 5) The Controller of Examinations,
- 6) The Co-Ordinator., University Computerization Centre.


Offg. Deputy Registrar
Under Graduate Studies

 PTO

AC 26/2/2015
Item No. 4.27

UNIVERSITY OF MUMBAI



Amended Regulations 8673, 8676 and Syllabus

Program : M.P. Ed.

Course : Education

(As per Credit Based Semester and Grading System
with effect from the academic year 2015-2016)

The Existing R-8673 relating to M.P. Ed. Programme to read as under :

R.8673 A learner admitted to Semester III of the M.P.Ed. and would like to opt dissertation for semester IV shall submit to the University not later than the 30th September, the topic on which he proposes to work for the purpose of his dissertation. If a Topic suggested by any learner is not approved, he/she will have liberty to suggest another topic, provided that in all such cases a topic is got approved. Each learner shall work under the guidance of a recognized University teacher for his/her dissertation.

Three copies of the dissertation shall be submitted by the students to the Head of the Institution where he/she is registered, before the commencement of the semester end theory examination of semester IV. A candidate, who fails to submit his/her dissertation before the commencement of the semester and examination of semester IV will be allowed to appear for theory examination that semester. The results of the candidates who submit the dissertation later than commencement of the semester end examination of semester IV will be declared as and when he/she gets through the viva-voce. The dissertation when submitted shall be accompanied by a certificate signed by the guiding teacher as well as Head of the Institution stating that the same is the candidates own work carried out under his guidance and supervision and is worthy of examination.

The Head of the Institution will forward two copies of each dissertation received from the learner before the commencement of the semester IV theory examination to the examination section.

A learner admitted to semester IV can only opt for dissertation in lieu of two theory courses of semester IV. Each dissertation shall be examined by an external examiner appointed specifically for the purpose, by the Board of Examinations on the recommendation of the Board of Studies in Physical Education. Viva-Voce examination on the dissertation will be held jointly by the external and internal examiners and the marks (out of 120) will be given by the external examiner, on the basis of dissertation and viva-voce performance. Whereas the marks out of 80 will be given by the concern guiding teacher on the basis of the work done by the learner.

After some discussion on the report of Sub-Committee appointed by the Ad-hoc Board of Studies in Physical Education for modification /changes in the existing Syllabus of the M.P.Ed. Programme , it was resolved that it be recommended to the Faculty of Arts and subsequently to the Academic Council that R.8673 relating to M.P.Ed. Programme be amended to read as under:

R.8673 A learner admitted to Semester III of the M.P.Ed. and would like to opt dissertation for semester IV shall submit to the University not later than the 30th September, the topic on which he proposes to work for the purpose of his dissertation. If a Topic suggested by any learner is not approved, he/she will have liberty to suggest another topic, provided that in all such cases a topic is got approved. Each learner shall work under the guidance of a recognized University teacher for his/her dissertation. **The dissertation is optional to those learners only who has scored 70% and above marks in the first year of M.P.Ed. Programme.**

Three copies of the dissertation shall be submitted by the students to the Head of the Institution where he/she is registered, before the commencement of the semester end theory examination of semester IV. A candidate, who fails to submit his/her

dissertation before the commencement of the semester and examination of semester IV will be allowed to appear for theory examination that semester. The results of the candidates who submit the dissertation later than commencement of the semester end examination of semester IV will be declared as and when he/she gets through the viva-voce. The dissertation when submitted shall be accompanied by a certificate signed by the guiding teacher as well as Head of the Institution stating that the same is the candidates own work carried out under his guidance and supervision and is worthy of examination.

The Head of the Institution will forward two copies of each dissertation received from the learner before the commencement of the semester IV theory examination to the examination section.

A learner admitted to semester IV can only opt for dissertation in lieu of two theory courses of semester IV. Each dissertation shall be examined by an external examiner appointed specifically for the purpose, by the Board of Examinations on the recommendation of the Board of Studies in Physical Education. Viva-Voce examination on the dissertation will be held jointly by the external and internal examiners and the marks (out of 120) will be given by the external examiner **independently**, on the basis of dissertation and viva-voce performance. Whereas the marks out of 80 will be given by the concern guiding teacher on the basis of the work done by the learner.

Further that the amended regulation 8673 pertaining to M.P.Ed. Programme be brought into force with effect from the Academic year 2015-16.

The Existing R. 8676 pertaining to Internal Assessment to read as under :

R.8676The Internal Assessment for 08 Credits (120 Marks) in each Semester will be as follow:

M. P. Ed (First Year) SEMESTER- I

Course	Course Code	Particulars	Marks
Course I Foundations of Physical Education and Sports	MPEDP 101	a. Term Paper	10
		b. Seminar Presentation	10
		c. Discussion	10
		d. Project on historical Aspects	10
Course II Research Methodology and Computer Application in Physical Education & Sports	MPEDP 102	a. Term Paper	10
		b. Computer Application	30
Course III Science of Training and Caching in Sports and Games	MPEDP 103	a. Term Paper	10
		b. Specialization on Game/Sports	30
Course IV Exercise and Sports Physiology	MPEDP 104	a. Term Paper	10
		b. Field Visit	10
		c. Seminar Presentation	10
		d. Testing of Physiological Variables	10

M. P. Ed (First Year) SEMESTER- II

Course	Course Code	Particulars	Marks
Course V Test, Measurement and Evaluation in Physical Education and Sports	MPEDP 201	a. Term Paper	10
		b. 02 Projects on Test and Measurement	20
		c. Internship on B.P.Ed students	10
Course VI Psychology of Physical Education and Sports	MPEDP 202	a. Term Paper	10
		b. 02 Projects on Testing Psychological Variables	20
		c. Seminar Presentation	10
Course VII Statistics in Physical Education and Sports Research	MPEDP 203	a. Term Paper	10
		b. 02 Projects on Statistical Application	30
Course VIII Sports Biomechanics	MPEDP 204	a. Term Paper	10
		b. Advance Coaching Lesson on Specialization	30

M. P. Ed (Second Year) SEMESTER- III

Course	Course Code	Particulars	Marks
Course IX Applied Yoga in Physical Education and Sports	MPEDP 301	a. Term Paper	10
		b. Internship on B.P.Ed Students	20
		c. Performance of Yogic Practices	10
Course X Management of Physical Fitness and Wellness	MPEDP 302	a. Term Paper	10
		b. Assignment on Fitness Testing	10
		c. Field Visit	10
		d. Seminar Presentation	10
Course XI Health Education	MPEDP 303	a. Term Paper	10
		b. Field Visit	10
		c. Seminar Presentation	10
		d. Discussion	10
Course XII Sports Medicine	MPEDP 304	a. Term Paper	10
		b. Specialization on Athletics	30

M. P. Ed (Second Year) SEMESTER- IV

Course	Course Code	Particulars	Marks
Course XIII Management and Professional Preparation in Physical Education and Sports	MPEDP 401	a. Term Paper	10
		b. Advance Coaching Lessons on Athletics	30
Course XIV Sports Nutrition	MPEDP 402	a. Term Paper	10
		b. 02 Assignment on Testing Nutritional Aspects	20
		c. Seminar Presentation	10

Course XV Journalism, Marketing and Event Management in Physical Education and Sports	MPEDP 403	a. Term Paper b. Field Visit c. Assignment on News Writing d. Participation in Event Management	10 10 10 10
Course XVI Current trends and policies in Physical Education and Sports	MPEDP 404	a. Term Paper b. Assignment on Recent Sports Policies c. Discussion d. Field Visit	10 10 10 10
Course XVII Dissertation	MPEDD 403	Overall research work	80

R_____PRACTICUM

SEMESTER WISE DETAILED PROCEDURE OF INTERNAL ASSESMENT

M. P. Ed. (First Year)

SEMESTER I

COURSE I - Foundations of Physical Education and Sports

(40 Marks)

- Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- Seminar Presentation** (10 Marks): The learner will prepare Power-Point presentation on given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.
- Discussion** (10 Marks): The learner will be given topic for discussion either in a group or to whole class for the purpose. He/she will be assessed by two examiners on the basis of their knowledge and communicative skills for 10 marks.
- Project on Historical Aspects** (10 Marks): The learner will be given project work such as gathering information/data about historical events and asked to prepare and submit report of the same, based on which the concern subject teacher will give marks out of 10.

COURSE II - Research Methodology and Computer Application in Physical Education and Sports

(40 Marks)

- Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- Computer Application** (30 Marks): The learner will be given 20 hand-on experiences on various applications of computer such as Microsoft word, Microsoft Power Point and Microsoft Excel.

The following minimum practical work must be covered by the concern teacher.

- **Application Software: 15 marks**
 - Microsoft Word** -Working with page setup, working with table, Formatting, Spell check, Page layout, References (End note), print and converting to .pdf.
 - Microsoft PowerPoint** - Preparation of slides, slide transition, Animation effect, insert picture - Graph and Creative Presentation.
 - Microsoft Excel** - Creating worksheets, feeding of data, using statistical functions, Analysis of Data and creating graph.

- **Application software for sports management/Data analysis and Application of Internet** **15 marks**

1. Using Internet related to Research Topics,
2. Communicating with E-mail,
3. Computer Technology/Security & Burning CD/DVD
4. Use of on-line-Journal for research activities
5. Using search engines,

Assignments... **30 marks**

1. *Assignment on data feeding and analysis output*
2. *Assignment on interpretation of output and graphical presentation*
3. *Assignment on collection of reviews through e-journal*

He/she will be assessed on the basis of performance on practical examination of the same conducted by two examiners for 30 marks.

COURSE III - Science of Training and Coaching in Sports and Games (40 Marks)

- a) **Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) **Specialization on Games/Sports** (30 Marks): The learner will select any one major game /sports for his/her specialization. He/she will be provided atleast 10 hours advance training/coaching of that game/sports by the college. The learner will be assessed on the basis of performance in practical examination of the same conducted by two examiners for 30 marks.

COURSE IV - Exercise and Sports Physiology (40 Marks)

- a) **Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) **Field Visit** (10 Marks): The learner will visit any exercise physiology laboratory/department of atleast 02 institutions and submit the report of the same to the concern teacher in a given format, on the basis of which marks out of 10 will be given to the learner.
- c) **Seminar Presentation** (10 Marks): The learner will prepare Power-Point presentation on given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.
- d) **Testing of Physiological Variables** (10 Marks): The learner will be taught the procedures of testing physiological variables by the concern teacher. He/she will be evaluated by two examiners by conducting practical examination of the same for 10 marks.

SEMESTER II

COURSE V – Test, Measurement and Evaluation in Physical Education and Sports (40 Marks)

- a) *Term Papers* (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) *Projects on Test and Measurement* (20 Marks): The learner will be taught practicals of various tests by the concern teacher. Two projects covering various areas of tests and measurements will be given to the learner by concern teacher, based on the report of the same submitted by the learner marks out of 20 (10 marks each) will be given
- c) *Internship on B.P.Ed. Students* (10 Marks): The learner will observe atleast 05 practice teaching lessons of B.P.Ed. students and submit observation book, based on which marks out of 10 will be given by the concern teacher.

COURSE VI – Psychology of Physical Education and Sports (40 Marks)

- a) *Term Papers* (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) *Projects on Testing Psychological variables* (20 Marks): The learner will be given two projects on testing the psychological variables of school/college students and will prepare and submit the report of the same in given format, based on which the learner will be assessed for 20 marks (10 marks each).
- c) *Seminar Presentation* (10 Marks): The learner will prepare Power-Point presentation on given topics and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.

COURSE VII – Statistics in Physical Education and Sports Research (40 Marks)

- a) *Term Papers* (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) *Projects on Statistical Application* (30 Marks): The learner will be taught through practicals/workshop the procedure of data analysis with excel and software (SPSS) by the concern teacher. The learner will prepare and submit two projects on various application of computer related to research such as feeding of data, analyzing and interpretation of data, graphical presentation and collecting reviews related to his/her research project, based on which he/she will be evaluated by two examiners for 30 marks.

COURSE VIII – Sports Biomechanics (40 Marks)

- a) *Term Papers* (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) *Advance Coaching Lesson on Specialization* (30 Marks): The learner will conduct 03 advanced coaching lessons on specialized games/sports, based on which he/she will be evaluated by two examiners for 30 marks (10 marks each).

SEMESTER III

COURSE IX – Applied Yoga in Physical Education and Sports

(40 Marks)

- a) **Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) **Internship on B.P.Ed. Students** (20 Marks): The learner will conduct atleast 02 classes of B.P.Ed. students on the given skills of yogic practices, based on his/her teaching ability, he/she will be evaluated by two examiners for 20 marks (10 marks each).
- c) **Performance of Yogic Practices** (10 Marks): The learner will be oriented with important yogic practices for atleast 05 hours, he/she will be assessed by two examiners for 10 marks on the basis of his/her performance of the same.

COURSE X – Management of Physical Fitness and Wellness

(40 Marks)

- a) **Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) **Assignment on Fitness Testing** (10 Marks): The learner will be given 01 assignment on calculation of fitness index and submit the report of the same in the format suggested by the concern teacher based on which marks out of 10 will be given.
- c) **Field Visit** (10 Marks): The learner will visit atleast 05 Gyms/fitness centers located nearby areas for observation and collection of data/collecting information in given proforma including Fee structure, admission procedure, maintenance of equipments, workout schedule (for Men & Women), facilities of Sauna bath, Steam bath, massage therapy, qualification of fitness trainer etc. and submit the report of the same, on the basis of which marks out of 10 will be given to the learner.
- d) **Seminar Presentation** (10 Marks): The learner will prepare Power-Point presentation on given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.

COURSE XI – Health Education

(40 Marks)

- a) **Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) **Field Visit** (10 Marks): The learner will visit atleast two agencies (GO's & NGO's.) working for the issues of social health such as STD (Sexually Transmitted Disease), HIV (Human Immune Virus), AIDS (Acquired Immune Deficiency Syndrome) and pollution awareness etc. and submit the report of the same, based on which he will be evaluated for 10 marks.
- c) **Seminar Presentation** (10 Marks): The learner will prepare Power-Point presentation on the given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.
- d) **Discussion** (10 Marks): The learner will be given topic for discussion either in a group or to whole class for the purpose. They will be assessed by two examiners on the basis of their knowledge and interactive skills for 10 marks.

COURSE XII - Sports Medicine

(40 Marks)

- a) **Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) **Specialization on Games/Sports** (30 Marks): The learner will select any one athletic event (field/track) for his/her specialization. He/she will be provided atleast 10 hours advance training/coaching of that event by the college. He/she will be assessed on the basis of performance in practical examination of the same conducted by two examiners for 30 marks.

SEMESTER IV

COURSE XIII - Management and Professional Preparation in Physical Education and Sports

(40 Marks)

- a) **Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) **Advance Coaching Lesson on Specialization** (30 Marks): The learner will conduct 03 advanced coaching lessons on specialized athletics event, based on which he/she will be evaluated by two examiners for 30 marks (10 marks each).

COURSE XIV - Sports Nutrition

(40 Marks)

- a) **Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) **Assignment on Nutritional Aspects** (20 Marks): The learner will be given 02 assignments viz. BMR (Basal Metabolic Rate) & Calorie requirement and he/she will submit report of the same in given format based on which he/she will be evaluated for 20 marks (10 marks each) by the concern teacher.
- c) **Seminar Presentation** (10 Marks): The learner will prepare Power-Point presentation on given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.

COURSE XV - Journalism, Marketing and Event Management in Physical Education and Sports

(40 Marks)

- a) **Term Papers** (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.

- b) *Field Visit* (10 Marks): The learner will visit atleast 02 manufacturers/distributors/retailers of the sports goods and submit the report of the same in given format based on which the concern teacher will give marks out of 10.
- c) *Assignment on News Writing* (10 Marks): The learner will attend atleast 02 tournament/competition at inter collegiate/university/state/national level and write the news and article on the same, based on which the concern teacher will give marks out of 10.
- d) *Participation in Event Management* (10 Marks): The learner will participate in 01 sports event management and submit the report of the same in given format based on which the concern teacher will give marks out of 10.

COURSE XVI - Current Trends and Policies in Physical Education and Sports (40 Marks)

- a) *Term Papers* (10 Marks): Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 10.
- b) *Assignment on Recent Sports Policies* (10 Marks): The learner will be given one assignments on implementation and output of any one sports policy of State/Central Government in atleast 05 nearby schools/colleges and submit the report of the same in given format on the basis of which he/she will be given marks out of 10.
- c) *Discussion* (10 Marks): The learner will be given topic for discussion either in a group or to class for the purpose. He/she will be assessed by two examiners on the basis of their knowledge and communicative skills for 10 marks.
- d) *Field Visit* (10 Marks): The learner will visit at least one centre where the sports schemes of the state/central government are being implemented and submit the report of the same in given format based on which the learner will be evaluated for marks out of 10.

COURSE XVII - Dissertation (80 Marks)

The internal guiding teacher will evaluate the learner on continuous basis with respect to the effects taken by y the learner in completing his dissertation work as well as quality of the same and give marks out of 80

After some discussion on the report of Sub-Committee appointed by the Ad-hoc Board of Studies in Physical Education for modification /changes in the existing Syllabus of the M.P.Ed. program ,it was resolved that it be recommended to the Faculty of Arts and subsequently to the Academic Council that R.8676 pertaining to Internal Assessment be amended to read as under :

R.8676The Internal Assessment for 08 Credits (120 Marks) in each Semester will be as follow:

M. P. Ed (First Year) SEMESTER- I

Course	Course Code	Particulars	Marks
Course I Foundations of Physical Education and Sports	MPEDP 101	a. Term Paper b. Seminar Presentation c. Project on historical Aspects	20 10 10
Course II Research Methodology and Computer Application in Physical Education & Sports	MPEDP 102	a. Term Paper b. Computer Application	20 20
Course III Science of Training and Caching in Sports and Games	MPEDP 103	a. Term Paper b. Specialization on Game/Sports	20 20
Course IV Exercise and Sports Physiology	MPEDP 104	a. Term Paper b. Seminar Presentation c. Testing of Physiological Variables	20 10 10

M. P. Ed (First Year) SEMESTER- II

Course	Course Code	Particulars	Marks
Course V Test, Measurement and Evaluation in Physical Education and Sports	MPEDP 201	a. Term Paper b. Two Projects on Test and Measurement	20 20
Course VI Psychology of Physical Education and Sports	MPEDP 202	a. Term Paper b. One Projects on Testing Psychological Variables c. Seminar Presentation	20 10 10
Course VII Statistics in Physical Education and Sports Research	MPEDP 203	a. Term Paper b. Two Projects on Statistical Application	20 20
Course VIII Sports Biomechanics	MPEDP 204	a. Term Paper b. Advance Coaching Lessons on Specialization	20 20

M. P. Ed (Second Year) SEMESTER- III

Course	Course Code	Particulars	Marks
Course IX Applied Yoga in Physical Education and Sports	MPEDP 301	a. Term Paper b. Performance of Yogic Practices	20 20

Course X Management of Physical Fitness and Wellness	MPEDP 302	a. Term Paper b. Assignment on Fitness Testing c. Seminar Presentation	20 10 10
Course XI Health Education	MPEDP 303	a. Term Paper b. Seminar Presentation c. Discussion	20 10 10
Course XII Sports Medicine	MPEDP 304	a. Term Paper b. Specialization on Athletics	20 20

M. P. Ed (Second Year) SEMESTER- IV

Course	Course Code	Particulars	Marks
Course XIII Management and Professional Preparation in Physical Education and Sports	MPEDP 401	a. Term Paper b. Advance Coaching Lessons on Athletics	20 20
Course XIV Sports Nutrition	MPEDP 402	a. Term Paper b. One Assignment on Testing Nutritional Aspects c. Seminar Presentation	20 10 10
Course XV Journalism, Marketing and Event Management in Physical Education and Sports	MPEDP 403	a. Term Paper b. Assignment on News Writing	20 20
Course XVI Current trends and policies in Physical Education and Sports	MPEDP 404	a. Term Paper b. Discussion c. Seminar	20 10 10
Course XVII Dissertation	MPEDD 403	Overall research work	80

PRACTICUM

SEMESTER WISE DETAILED PROCEDURE OF INTERNAL ASSESMENT

M. P. Ed. (First Year)

SEMESTER I

COURSE I - Foundations of Physical Education and Sports

(40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Seminar Presentation (10 Marks):** The learner will prepare Power-Point presentation on given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.
- c) **Project on Historical Aspects (10 Marks):** The learner will be given project work such as gathering information/data about historical events and asked to prepare and submit report of the same, based on which the concern subject teacher will give marks out of 10.

COURSE II - Research Methodology and Computer Application in Physical Education and Sports (40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Computer Application (20 Marks):** The learner will be given 20 hand-on experiences on various applications of computer such as Microsoft word, Microsoft Power Point and Microsoft Excel.

The following minimum practical work must be covered by the concern teacher.

• **Application Software:**

1. **Microsoft Word** -Working with page setup, working with table, Formatting, Spell check, Page layout, References (End note), print and converting to .pdf.
2. **Microsoft PowerPoint** - Preparation of slides, slide transition, Animation effect, insert picture - Graph and Creative Presentation.
3. **Microsoft Excel** - Creating worksheets, feeding of data, using statistical functions, Analysis of Data and creating graph.

• **Application software for sports management/Data analysis and Application of Internet**

1. Using Internet related to Research Topics,
2. Communicating with E-mail,
3. Computer Technology/Security & Burning CD/DVD
4. Use of on-line-Journal for research activities
5. Using search engines,

The learner will be assessed for 20 marks for any two of the following assignments by the concern teacher on the basis of Observations and the Reports submitted by the learner.

Assignments

1. *Assignment on data feeding and analysis output*
2. *Assignment on interpretation of output and graphical presentation*
3. *Assignment on collection of reviews through e-journal*

COURSE III - Science of Training and Coaching in Sports and Games (40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Specialization on Games/Sports (20 Marks):** The learner will select any one major game /sports for his/her specialization. He/she will be provided at least 10 hours advance training/coaching of that game/sports by the college. The learner will be assessed on the basis of performance in practical examination of the same conducted by two examiners for **20 marks**.

COURSE IV - Exercise and Sports Physiology

(40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Seminar Presentation (10 Marks):** The learner will prepare Power-Point presentation on given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.
- c) **Testing of Physiological Variables (10 Marks):** The learner will be taught the procedures of testing physiological variables by the concern teacher. He/she will be evaluated by two examiners by conducting practical examination of the same for 10 marks.

SEMESTER II

COURSE V - Test, Measurement and Evaluation in Physical Education and Sports (40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Projects on Test and Measurement (20 Marks):** The learner will be taught practicals of various tests by the concern teacher. Two projects covering various areas of tests and measurements will be given to the learner by concern teacher, based on the report of the same submitted by the learner marks out of 20 (10 marks each) will be given

COURSE VI - Psychology of Physical Education and Sports (40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Projects on Testing Psychological variables (10 Marks):** The learner will be given two projects on testing the psychological variables of school/college students and will prepare and submit the report of the same in given format, based on which the learner will be assessed for **10 marks (05 marks each)**.
- c) **Seminar Presentation (10 Marks):** The learner will prepare Power-Point presentation on given topics and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.

COURSE VII - Statistics in Physical Education and Sports Research (40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Projects on Statistical Application (20 Marks):** The learner will be taught through practicals/workshop the procedure of data analysis with excel and software (SPSS) by the concern teacher for at least 10 hours. The learner will prepare and submit two projects on various application of computer related to research such as feeding of data, analyzing and interpretation of data, graphical presentation and collecting reviews related to his/her research project, based on which he/she will be evaluated by two examiners for **20 marks**.

COURSE VIII - Sports Biomechanics

(40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Advance Coaching Lesson on Specialization (20 Marks):** The learner will conduct two (02) advanced coaching lessons on specialized games/sports, based on which he/she will be evaluated by two examiners for 20 marks (10 marks each).

M. P. Ed. (Second Year)**SEMESTER III****COURSE IX - Applied Yoga in Physical Education and Sports**

(40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Performance of Yogic Practices (20 Marks):** The learner will be oriented with important yogic practices for at least 10 hours, he/she will be assessed by two examiners for 20 marks on the basis of his/her performance of the same.

COURSE X - Management of Physical Fitness and Wellness

(40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Assignment on Fitness Testing (10 Marks):** The learner will be given 01 assignment on calculation of fitness index and submit the report of the same in the format suggested by the concern teacher based on which marks out of 10 will be given.
- c) **Seminar Presentation (10 Marks):** The learner will prepare Power-Point presentation on given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.

COURSE XI - Health Education

(40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Seminar Presentation (10 Marks):** The learner will prepare Power-Point presentation on the given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.
- c) **Discussion (10 Marks):** The learner will be given topic for discussion either in a group or to whole class for the purpose. They will be assessed by two examiners on the basis of their knowledge and interactive skills for 10 marks.

COURSE XII - Sports Medicine

(40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Specialization on Games/Sports (20 Marks):** The learner will select any one athletic event (field/track) for his/her specialization. He/she will be provided at least 10 hours advance training/coaching of that event by the college. He/she will be assessed on the basis of performance in practical examination of the same conducted by two examiners for 20 marks.

SEMESTER IV

COURSE XIII – Management and Professional Preparation in Physical Education and Sports
(40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Advance Coaching Lesson on Specialization (20 Marks):** The learner will conduct two (02) advanced coaching lessons on specialized athletics event, based on which he/she will be evaluated by two examiners for **20 marks** (10 marks each).

COURSE XIV – Sports Nutrition (40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Assignment on Nutritional Aspects (10 Marks):** The learner will be given One (01) assignments viz. BMR (Basal Metabolic Rate) & Calorie requirement and he/she will submit report of the same in given format based on which he/she will be evaluated for **10 marks** by the concern teacher.
- c) **Seminar Presentation (10 Marks):** The learner will prepare Power-Point presentation on given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.

COURSE XV – Journalism, Marketing and Event Management in Physical Education and Sports
(40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Assignment on News Writing (20 Marks):** The learner will attend atleast 02 tournament/competition at inter collegiate/university/state/national level and write the news and article on the same, based on which the concern teacher will give marks out of 20.

COURSE XVI – Current Trends and Policies in Physical Education and Sports (40 Marks)

- a) **Term Papers (20 Marks):** Two hours theory paper as per the pattern of the semester end examination will be conducted for 60 marks, which will be converted in to marks out of 20.
- b) **Discussion (10 Marks):** The learner will be given topic for discussion either in a group or to class for the purpose. He/she will be assessed by two examiners on the basis of their knowledge and communicative skills for 10 marks.
- c) **Seminar Presentation (10 Marks):** **The learner will prepare Power-Point presentation on given topic and present before the class. He/She will be assessed by two examiners on the basis of preparation, presentation/knowledge and communicative abilities for 10 marks.**

COURSE XVII - Dissertation

(80 Marks)

The internal guiding teacher will evaluate the learner on continuous basis with respect to the efforts taken by the learner in completing his dissertation work as well as quality of the same and give marks out of 80

Further that the amended R. 8676 pertaining to Internal Assessment be brought into force with effect from the Academic year 2015-16.

With the permission of the Chair the following item was taken place for its consideration.

After discussion it was resolved that a separate faculty for Physical Education be constituted in the University of Mumbai and the chairman be authorized to submit the draft proposal to be placed in Faculty of Arts and subsequently to the Academic Authorities for approval.