

UNIVERSITY OF MUMBAI

No. UG/48 of 2013-14

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/218 of 2000, dated 3rd June, 2000 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 16th March, 2013 has been accepted by the Academic Council at its meeting held on 29th April, 2013 **vide** item No. 4.9 and subsequently approved by the Management Council at its meeting held on 20th June, 21st June, & 11th July, 2013 **vide** item No. 14 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, 8674, 8675 and 8676 and the revised syllabus as per Credit Based Semester and Grading System for Semester I to Semester. IV of Master of Physical Education (M.P.Ed.) degree programme, 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 2013–2014 for Semester I & Semester II and from 2014-15 for Semester III & Semester IV.

MUMBAI – 400 032
29th July, 2013

REGISTRAR

To,

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

A.C/4.9/29/04/2013

M.C/14/20/06/2013, 21/06/2013 &11/07/2013

No. UG/48 -A of 2013-14

MUMBAI-400 032

29th July, 2013

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.

Sd/-

Deputy Registrar
Under Graduate Studies

AC 29/4/13
Item no. 4.9

UNIVERSITY OF MUMBAI



Regulations and Syllabus Program -Master of Physical Education (M. P. Ed.)

**(Semester I to Semester IV)
(As per Semester based Credit and Grading System
with Effect from the Academic Year 2013-14 for sem. I
& sem. II and from 2014-15 for sem III & sem IV)**

UNIVERSITY OF MUMBAI

OBJECTIVES OF THE M.P.ED. PROGRAMME

1. *To train young minds for the gainful employment in Universities/colleges.*
2. *To augment personal, professional and social competencies required in teachers.*
3. *To familiarize with research methodology in order to develop research aptitude to undertake research in Physical Education, Health, fitness and Sports Sciences.*
4. *To develop scientific temper and interest to teach the subject on the basis of principles of Physical Education and Sports Sciences.*
5. *To inculcate competencies to manage Physical Education, Sports, Health, and fitness at college / University level.*
6. *To sharpen practical skills to organize, conduct and evaluate sports competitions, tournaments at different level.*
7. *To open up new vistas in fast emerging and developing current issues in Physical Education and Sports.*
8. *To sharpen practical skills and competencies in understanding and guiding athletes and solving their personal and performance related problems.*
9. *To create the awareness about the role of Physical Education and Sports along with the role of college/University and teachers as agents of social change, national integration, productivity and scientific temper.*
10. *To develop broad perspective in order to maintain and improve the quality of professionals and its marketability.*

ORDINANCES AND REGULATIONS RELATING TO THE REVISED PROGRAMME FOR THE DEGREE OF MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Any learner who has taken the degree of Bachelor of Physical Education of this University or degree of another University recognized as equivalent thereto may be admitted to the examination for the degree of Master of Physical Education, after having fulfilled the requirements as laid down in the following ordinances and regulations-

The programme for the Degree of Master of Physical Education (M.P.Ed.) shall be a full-time programme of the duration of two academic years and four semesters with the (1) M.P.Ed. (First year) of two semesters end examinations and (2) M.P.Ed. (Second year) with two semesters end examinations.

The examination in each theory course will consist of a University examination for 60 Marks (external) and Internal assessment of 40 Marks by the Institution.

Assessment of term papers, tutorials, practicals will be done by the teachers of the Institution and marks obtained by learner will be submitted to the examination section of the University for the purpose of co-ordinating committee, prior to the commencement of theory examination of the concern semester.

For the purpose of co-ordination of Internal Assessment in all four Semester there shall be a co-ordination committee consisting of:-

- i) Chairperson, Board of Studies in Physical Education,
- ii) Chairperson, M.P.Ed. Examination of the concern year,
- iii) One Principal of the Institution where the course is located as recommended by the Board of Studies in Physical Education.

For each semester the committee shall go through internal assessment marks and the grades awarded to students of different Institution of Physical Education. If any discrepancy is found in the standard of marking and /or grading by college, the Principal/Head concern would be required to accordingly modify the marks as per the directions given by the Coordination Committee. The Committee is authorized to check all the internal work of the learner of all the Colleges to verify the marks awarded by the College and make necessary changes wherever required.

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.

SCHEME OF EXAMINATION

R.8674 Standard of Passing the Examination

- The learners shall have to obtain a minimum of 40 % marks in aggregate to qualify the each course where the course consists of internal assessment and semester end examination.
- The learners shall obtain a minimum of 40 % marks (i.e. 16 out of 40) in the internal assessment and obtain a minimum of 40 % marks (i.e. 24 out of 60) in semester end
- To pass the course and minimum grade C shall be obtained in each project wherever applicable in the Particulars semester.

R. 8675 Nature of Semester End Examination

- For each Course - 60 Marks
- Duration - 02 Hours
- Questions paper pattern:- There shall be four questions each of 15 marks.

All questions shall be compulsory with internal choice within the questions. Question may be sub divided into sub-questions a, b and c only. There shall be 01 question on each unit of the course.

R. 8676 Method to carry forward the marks

- A learner who passes in the internal assessment but fails in the semester end examination of the course shall reappear for the semester end examination of that course. However his/ her marks of the internal assessment shall be carried over and he/she shall be entitled for grade obtained by him/ her on passing.
- A learner who fails in the internal assessment but passes in the semester end examination of the course shall resubmit and reappear for the internal assessment. However his/her marks of the semester end examination shall be carried over and he/she shall be entitled for grade obtained by him/ her on passing.

Abbreviations and formulae used

- **G:** *Grade*
- **GP:** *Grade Points*
- **C:** *Credits*
- **CP:** *Credit Points*
- **CG:** *Credits X Grades (product of credits & grades)*
- **ΣCG:** *sum of product of credits & grades*
- **ΣC:** *sum of credit points*
- **GPA:** $\Sigma CG / \Sigma C$
- **SGPA:** *Semester Grade Point Average shall be calculated for individual semesters. (it is also designated as GPA)*
- **CGPA:** *Cumulative Grade Point Average shall be calculated for the entire program by taking all semesters taken together.*

The system of evaluation will be as follows; Each term work module mentioned will be evaluated in terms of marks first and then to letters grades as shown in the following table.

% of marks obtained by the student	Grade points	Letter grade
70-100	7	O
60-69.99	6	A
55-59.99	5	B
50-54.99	4	C
45-49.99	3	D
40-44.99	2	E
0-39.99	1	F (Fail)

- For grade improvement minimum 24 credits (four courses) should be taken by the student for grade improvement. Grade improvement programme will be implemented at the end of the first semester after declaration of the final result. A student can opt for the grade improvement programme only after the declaration of final semester examination.

Grade cards

- The grade cards will be printed along with the marks shown for all the concern courses.
- The grade cards will be issued to all the learners with credits earned and all the remarks.
- The SGPA will be calculated only for the learners who will qualify in all the courses and accordingly the grade will be awarded to them.
- Overall weighted percentage of marks (OWPM) and cumulative grade point average (CGPA) after completing the programme will appear only on the grade card for the fourth semester.

ADDITIONAL EXAMINATION:

- The learner must apply to the Head of the Institution giving the reason (s) for absence within 8 days of the conduct of the examination along with the necessary documents and testimonials.
- The learner who failed in the semester end examination (external) in semester-I shall reappear along with Semester End Examination (External) of Semester-II.
- The Learner who failed in internal assessment shall reappear for additional examination conducted by the college as per convenience within 30 to 45 days from the date of declaration of result and marks of the same will be send to university.

STRUCTURE OF M. P. ED. PROGRAM

- Duration* : 02 years.
- First year* : 02 semesters of 15 weeks (90 days) each.
- Second year* : 02 semesters of 15 weeks (90 days) each.
- Each Semester 24 Credits X 4 Semesters = 96 Credits.*
- 1 Course = 6 Credits X 4 Courses = 24 Credits each semester*
- 1 Credit = 30 hours (including half of the notional hours)*
- Number of Lectures per Course = 60*
- Number of Practicals per Course = 30*

SEMESTER DURATION AND TERM END EXAMINATION

SEMESTER	DURATION	TERM END EXAM
I & III	2 nd Week of July to Last Week of November	1 st Week of December
II & IV	Mid December To Last Week of April	1st Week of May

COURSE WISE AND SEMESTER WISE CREDIT ASSIGNMENTS

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

Course	Code	Hours	Marks (External)	Credit	Code	Practical	Marks (Internal)	Credit
Course I Foundations of Physical Education and Sports	MPED 101	60	60	4	MPEDP 101	30	40	2
Course II Research Methodology and Computer Application in Physical Education & Sports	MPED 102	60	60	4	MPEDP 102	30	40	2

Course III Science of Training and Caching in Sports and Games	MPED 103	60	60	4	MPEDP 103	30	40	2
Course IV Exercise and Sports Physiology	MPED 104	60	60	4	MPEDP 104	30	40	2
Total		240		16		120		08

Total 24Credits

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

Course	Code	Hours	Marks (External)	Credit	Code	Practical	Marks (Internal)	Credit
Course V Test, Measurement and Evaluation in Physical Education and Sports	MPED 201	60	60	4	MPEDP 201	30	40	2
Course VI Psychology of Physical Education and Sports	MPED 202	60	60	4	MPEDP 202	30	40	2
Course VII Statistics in Physical Education and Sports Research	MPED 203	60	60	4	MPEDP 203	30	40	2
Course VIII Sports Biomechanics	MPED 204	60	60	4	MPEDP 204	30	40	2
Total		240		16		120		08

Total 24Credits

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

Course	Code	Hours	Marks (External)	Credit	Code	Practical	Marks (Internal)	Credit
Course IX Applied Yoga in Physical Education and Sports	MPED 301	60	60	4	MPEDP 301	30	40	2
Course X Management of Physical Fitness and Wellness	MPED 302	60	60	4	MPEDP 302	30	40	2
Course XI Health Education	MPED 303	60	60	4	MPEDP 303	30	40	2
Course XII Sports Medicine	MPED 304	60	60	4	MPEDP 304	30	40	2
Total		240		16		120		08

Total 24Credits

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

Course	Code	Hours	Marks (External)	Credit	Code	Practical	Marks (Internal)	Credit
Course XIII Management and Professional Preparation in Physical Education and Sports	MPED 401	60	60	4	MPEDP 401	30	40	2
Course XIV Sports Nutrition	MPED 403	60	60	4	MPEDP 403	30	40	2
Course XV Journalism, Marketing and Event Management in Physical Education and Sports	MPED 402	60	60	4	MPEDP 402	30	40	2
Course XVI Current trends and policies in Physical Education and Sports	MPED 404	60	60	4	MPEDP 404	30	40	2
Total		240		16		120		08

Total 24Credits

OR

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

Course	Code	Hours	Marks (External)	Credit	Code	Practical	Marks (Internal)	Credit
Course XIII Management and Professional Preparation in Physical Education and Sports	MPED 401	60	60	4	MPEDP 401	30	40	2
Course XIV Sports Nutrition	MPED 402	60	60	4	MPEDP 402	30	40	2
Course XVII Dissertation	MPED 403	120	120	8	MPED 403D	60	80	4
Total		240	60	16		120	40	08

Total 24Credits

The 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 Coaching 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	10
		b. Field Visit	10
		c. Assignment on News Writing	10
		d. Participation in Event Management	10
Course XVI Current trends and policies in Physical Education and Sports	MPEDP 404	a. Term Paper	10
		b. Assignment on Recent Sports Policies	10
		c. Discussion	10
		d. Field Visit	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* (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) *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) *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.
- d) *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* (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) *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**
 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 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).

M. P. Ed. (Second Year)

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 (Basel 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

The following shall be the Syllabi for the Various Courses of each Semester

M.P.ED. (First Year) SEMESTER I

COURSE I

FOUNDATIONS OF PHYSICAL EDUCATION AND SPORTS

(60 hours)

OBJECTIVES :

- *To understand the relationship between Philosophy and Physical Education.*
- *To understand the major principles of schools of Philosophy and its implications in Physical Education and Sports.*
- *To develop their own Philosophy of Physical Education.*
- *To understand an ancient and modern history of Physical Education in India.*
- *To understand the history of Physical Education and Sports of different countries.*
- *To identify and understand various Psychological, biological and social factors that influence an individual to get involved in sports and Physical Education.*

- I Philosophical Basis of Physical Education: (15 hours)**
- a. Meaning and definition of Philosophy, Education, Physical Education Health Education and Recreation
 - b. Aims and Objectives of Physical Education
 - c. Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism
- II Historical Basis of Physical Education in India: (15 hours)**
- a. History of Physical Education in India
 - b. Historical development of Ancient and Modern Olympic games
 - c. Physical Education in Ancient Greece, Rome and contemporary Germany, Sweden, Denmark, and Russia
- III Biological Basis of Physical Education: (15 hours)**
- a. Benefits of Exercise - Growth and exercise, exercise and well being
 - b. Sex and age characteristics of Adolescent
 - c. Body types, Posture
- IV Sociological Basis of Physical Education: (15 hours)**

- a. Socialization process, social nature of men and physical activities, theories, principles and Programmes of recreation for various categories of people
- b. Sports as a cultural heritage of mankind, customs, traditions and sports, competition and co-operation
- c. Sociometrics, economics and politics in sports

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SEMESTER I**COURSE II****RESEARCH METHODOLOGY AND COMPUTER APPLICATION IN
PHYSICAL EDUCATION AND SPORTS****(60 hours)****OBJECTIVES :**

- *To understand the nature of Research in Physical Education.*
- *To develop an understanding regarding Research Methodology in Physical Education and Sports.*
- *To understand the use and methods of Statistics in Research.*
- *To acquire the knowledge of preparation of Research Report.*
- *To understand the use of computer in Research.*

I Research in Physical Education and Types: (15 hours)

- a. Meaning, need, scope and types of Research
- b. Formulation and Selection of Research Problem
- c. Hypothesis – Formulation, Types and Testing

II Sampling, Tools and Techniques for Data Collection: (15 hours)

- a. Sampling Process and Technique
- b. Reliability and Validity of Research Tools
- c. Questionnaire: Types and Construction, Observation, Rating Scale, Interview, Opinionnaire and Various Test

III Methods of Research: (15 hours)

- a. Descriptive research, Survey, Case Study, Comparative and Genetic.
- b. Historical
- c. Experimental

IV Writing Research Report (15 hours)

- a. Research proposal, synopsis of dissertation, thesis and abstract
- b. Reference and Appendices
- c. Evaluation of research report

V Computer Application (Only for Internal Assessment)

Note: The computer application part will be covered through practical by providing atleast 20 hours of hand-on experience. The details of the same are given separately in the Internal Assessment part in R._____.

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SEMESTER I

COURSE III

SCIENCE OF TRAINING AND COACHING IN

SPORTS AND GAMES

(60 hours)

OBJECTIVES :

1. To understand the concept, principles and forms of sports training.
 2. To understand the scientific principles of training and coaching.
 3. To make able to apply scientific principles of training and coaching.
 4. To understand the training methods, techniques, tactics and strategies for fitness factors and skills of Games and Sports.
 5. To understand the methods of planning and phases of training.
 6. To understand the use of evaluation of training.
-

I Sports Training, Coaching and Rules of Games and Sports: (15 hours)

- a. Characteristics and Principles of sports training.
- b. Sports talent identification process and procedures.
- c. Rules of Games and Sports and their interpretation.

II Training Load and Methods: (15 hours)

- a. Important Features and Principles of Training Load.
- b. Overload: Principles, causes symptoms and tackling of over load.
- c. Methods and specific training programme for development of various motor qualities.

III Technical and Tactical Preparation for Sports : (15 hours)

- a. Concept of Technique, Tactics and Strategy
- b. Methods for Developing Technique and Tactics training.
- c. Control and Evaluation of Tactical knowledge.

IV Planning, Periodization and Preparation for Competition: (15 hours)

- a. Short term and long term training plans.
- b. Periodization and its types.
- c. Preparation and Planning of Build up competition, main competition, competition frequency, psychological preparation.

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SEMESTER I

COURSE-IV

EXERCISE AND SPORTS PHYSIOLOGY

(60 hours)

OBJECTIVES :

- To understand the importance of exercise and physiology in sports and games.
- To gain knowledge regarding Muscles and its functioning.

- To understand the bioenergetics of muscular contraction.
- To acquire the knowledge regarding performance and environment.
- To gain knowledge regarding exercise and adaptations.

- I Introduction of Exercise Physiology: (15 hours)**
- Definition, Importance and role of Exercise Physiology in the field of Physical Education and sports.
 - Gross and Microscopic Structure of Skeletal Muscle.
 - Contractile mechanism: - Sliding Filament Theory, chemical composition of skeletal muscle, Muscle fiber type (Red and White Muscle). Neuro-Muscular junction and transmission of nerve impulse
- II Work Performance & Environment: (15 hours)**
- Exercise at medium and high Altitude.
 - Mechanism of thermoregulation (Cold stress, Heat stress)
 - Oxygen debt, Second Wind, force expiratory volume, breathing capacity recovery rate
- III Bioenergetic : (15 hours)**
- Aerobic and Anaerobic Metabolism. Energy for muscular contraction and biochemical changes during muscular contraction.
 - Heat Production and thermodynamics of muscle contraction, Aerobic and Anaerobic muscular activity.
 - Neuron and motor unit, transmission of nerve impulse, Bio-electric potentials, Action Potential and resting membrane potential.
- IV Responses and Adaptations to Exercise and Training: (15 hours)**
- Effect of Exercise and Training on Cardiovascular and Respiratory Parameters
 - Effect of Exercise and Training on Hormones
 - Muscular and thermo-regulatory systems and Exercise.

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M.P.ED. (Second Year) SEMESTER - II

COURSE -V

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION AND SPORTS

(60 hours)

OBJECTIVES :

- *To understand the history and modern trends in Test, measurement and evaluation in field of Physical Education and Sports.*
 - *To gain knowledge regarding selection, construction and administration of tests.*
 - *To acquire the knowledge of various tests regarding physical fitness components, anthropometric measurements, motor ability/educability / fitness.*
 - *To understand the use of sports skills tests.*
 - *To understand the involvement of Test, measurement and evolution in research activity as a means of professional development.*
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- I Introduction to Test, Measurement and Evaluation: (15 hours)**
- a. Concept of test, measurement and evaluation in physical education
 - b. Principles of measurement and Evaluation
 - c. Criteria of test selection
- II Construction and Classification of test: (15 hours)**
- a. Principles of test construction: Knowledge test , sports skill tests
 - b. Administration and classification of tests
 - c. Criteria of test evaluation
- III Fitness Testing: (15 hours)**
- a. Physical fitness tests: concept and assessment
 - b. Concept and assessment of motor fitness, motor ability and motor educability
 - c. Anthropometric measurement and body composition
- IV Sports Skill and Psychological Tests: (15 hours)**
- a. Skill Test for Badminton, Basket ball and Hockey
 - b. Skill Test for Lawn Tennis, Soccer and Volleyball
 - c. Psychological Testing: Competitive Anxiety, Aggression, Team cohesion, Motivation, Self-concept, Personality

REFERENCES :

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SEMESTER - II

COURSE-VI

PSYCHOLOGY OF PHYSICAL EDUCATION AND SPORTS (60 hours)

OBJECTIVES :

- *To develop understanding of the nature, scope and importance of Psychology of Physical Education and Sports.*
- *To acquire the knowledge of Psychological facts for effective teaching and learning in Physical Education and Sports.*
- *To understand the relationship between personality and sports participation.*
- *To gain knowledge regarding Psychology of competition as well as Psychological preparation for enhancement of sports performance.*

I Psychology of Physical Education and Sports: (15 hours)

- a. Nature, scope and importance of Psychology in physical education and sports.
- b. General principles of Growth and Development.
- c. Play and Play theories.

- II Learning in Physical Education and Sports: (15 hours)**
- a. Learning process, Theories and Laws of learning, Transfer of training effects.
 - b. Principles of motor skill acquisition
 - c. Individual differences and their impact on skill learning.
- III Motivation and Personality: (15 hours)**
- a. Meaning of motivation, motives, drive, need and Level of aspiration, achievement motivation.
 - b. Theories and dynamics of motivation in sports.
 - c. Personality, its dimensions, theories, personality and performance.
- IV Psychology of Competition: (15 hours)**
- a. Psychological factors affecting sports performance.
 - b. Group dynamics, team cohesion and leaderships in sports.
 - c. Place of Sports Psychology in India

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SEMESTER II

COURSE VII

STATISTICS IN PHYSICAL EDUCATION AND SPORTS RESEARCH

(60 hours)

OBJECTIVES :

- To develop the understanding of statistics in physical education and sports.
- To understand the implications of statistics in physical education and sports.
- To develop understanding graphical representation of data.
- To develop understanding of data analysis and its interpretation.

I Introduction of Statistics: (15 hours)

- a. Meaning, definition and need of statistics in Physical Education and Sports
- b. Organization and tabulation
- c. Graphical representation Histogram, Frequency polygon and Frequency curve

II Normal Probability Curve: (15 hours)

- a. Meaning and importance

- b. Important properties of normal curve
- c. Skewness and Kurtosis

III Descriptive Analysis of Data: (15 hours)

- a. Measurement of Central Tendency – Mean, Median and Mode
- b. Measurement of Variability – standard deviation and quartile deviation
- c. Percentiles and Spearman's rank order correlation coefficient

IV Inferential Analysis of Data: (15 hours)

- a. Concept and Interpretation of Inferential Statistical Measures The Null Hypothesis, Degrees of freedom, Level of significance, Type I & Type II error, Standard Error of the Mean
- b. Parametric tools- t-test , One Way ANOVA, Two Way ANOVA
- c. Non-Parametric tools- Chi-square test of testing association between two attributes, Sign test, Mann Whitney test

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SEMESTER II

COURSE -VIII

SPORTS BIOMECHANICS

(60 hours)

OBJECTIVES :

- *To understand the value of Biomechanics in Physical Education & Sports.*
- *To nature and scope of kinesiology in physical education.*
- *To understand the importance of movement analysis, kinesiological analysis and biomechanical Analysis.*
- *To understand the knowledge regarding antagonistic and agonistic muscles in the movements.*
- *To gain knowledge of the application of mechanical principles to fundamental skills and sports techniques.*
- *To understand basic mathematical problems related to motion, force and levers.*

I Introduction of Biomechanics:

(15 hours)

- a. Meaning, Definition, Scope and importance of Biomechanics in Physical Education and Sports
- b. Basic concepts related to Kinetics and Kinematics
- c. Laws of motion , principles of equilibrium and force, spin and elasticity

II Human movement and biomechanics:

(15 hours)

- a. Mechanical analysis of various sports activities
- b. Principles of application of biomechanics -Force-motion principles, Force-time principles, Stability-balance principles, Principles of leverage system, Power and Energy and projectiles

- c. Mechanical analysis of fundamental movements-(running, jumping, throwing, pulling and pushing)

III Introduction of Kinesiology: (15 hours)

- a. Meaning, Definition, Scope and importance of Kinesiology in Physical Education and Sports
- b. Joints and their movement, fundamental concept of planes and axes
- c. Posture, postural deformation and their corrective measures

IV Applied kinesiology: (15 hours)

- a. Neuromuscular base of kinesiology, Classification and Kinds of muscular contractions
- b. Application of kinesiology to basic skills- Walking, Jumping, Running and Throwing
- c. Elementary problems related to motion, speed, velocity, force and projectiles

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

COURSE IX

APPLIED YOGA IN PHYSICAL EDUCATION AND SPORTS

(60 hours)

OBJECTIVES :

- *To understand the concept and nature of yoga along with its historical background.*
- *To understand the common grounds of yoga and Physical Education.*
- *To gain knowledge regarding the application of yoga to Physical Education and Sports.*
- *To understand the anatomy and Physiology of asanas and pranayamas.*
- *To gain knowledge regarding the effects of yogic exercises on the body and health.*

I Introduction of Yoga : (15 hours)

- a. Concept of yoga, physical Education and health
- b. Misconceptions about Yoga
- c. Physical Education Exercise and Yogic Exercises.

II. Yoga and Exercise for Health: (15 hours)

- a. Concept of exercise in Physical Education and its comparison with yogic exercise
- b. Principles governing various exercises in yoga like Asana, Pranayam, Bandha, Mudra, Kriya and Meditation.
- c. Role of yoga and exercise in relation to health

III. Effect of Yogic Exercise: (15 hours)

- a. Emotional stability and yogic exercises.
- b. Effect of various yogic exercises on different system of the body.
- c. Yoga for Stress Management.

IV Application of Yoga: (15 hours)

- a. Application of yoga in sports and Physical Education
- b. Therapeutical application of yoga.
- c. Yogic Methods and Techniques for Total Living.

REFERENCES :

- 1 Bhole, M.V.(1985). *Abstracts and Bibliography of Articles on Yoga*. Lonavla : Kaivalyadhama,.
- 2 Datey, K.K., Gharote, M.L.,& Soli Pavri.(1983). *Yoga and your Heart*. Mumbai : Jaico
- 3 Gharote, M.L.(1989). *Applied Yoga*. Lonavla : Kaivalyadhama
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SEMESTER III

COURSE -X

MANAGEMENT OF PHYSICAL FITNESS AND WELLNESS

(60 hours)

OBJECTIVES :

- *To develop competencies, skills and knowledge required for the fitness management.*
 - *To understand the relationship between fitness and wellness.*
 - *To acquire the knowledge regarding healthy lifestyle approach.*
 - *To gain knowledge regarding various aspects and its practical implications of fitness.*
 - *To develop the competencies required for identifying and promoting fitness level*
-

I Fitness and Wellness: (15 hours)

- a. Concept, meaning and Components of fitness and wellness
- b. Development and maintenance of physical, health related and motor skill related variables
- c. Identifying dimensions of wellness, achieving and maintenance of wellness, Relationship of wellness towards positive lifestyle

II Behavior Modification: (15 hours)

- a. Barriers to change, Process of change (6 stages) SMART
- b. Technique of change & smart goal setting.
- c. Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)

III Daily Schedule of Achieving Quality of Life and Wellness: (15 hours)

- a. Daily schedule based upon one's attitude, gender, age & occupation.
- b. Basic - module: - Time split for rest, sleep, diet, activity & recreation.
- c. Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

IV Practical Aspects of Fitness: (15 hours)

- a. FITNESS LABS: Various labs testing related to cardio-vascular endurance, flexibility, muscular strength and body composition.
- b. PHYSIOLOGICAL TESTING: - Blood pressure, VO₂ max, vital capacity, pulse rate.
- c. SURVEY PROJECT: - Fitness & wellness assessment of local community.

REFERENCES :

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SEMESTER III
COURSE -XI
HEALTH EDUCATION

(60 hours)

OBJECTIVES :

- *To understand the nature and importance of Health Education.*
- *To gain knowledge regarding school health service and programme.*
- *To acquire knowledge regarding communicable and non-communicable diseases.*
- *To understand evils of community and their prevention and control.*

I Health and Health Education: (15 hours)

- a. Meaning, definition, , objectives, scope, guiding principles and importance Health and Health Education.
- b. Meaning of personal hygiene and School Health Programs.
- c. Factors influencing health

II Health and Fitness: (15 hours)

- a. Meaning, Definition, importance and components of Health-related fitness
- b. Definition of obesity and its management
- c. Communicable diseases-their preventive and therapeutic aspect

III Environmental Health: (15 hours)

- a. Need and Importance of Environmental Health, public health and Environment
- b. Fundamental concepts of pollution, types and its measures
- c. Meaning of occupational hazards and its Measures

IV Diseases and Health: (15 hours)

- a. Meaning and definition of Communicable and non- communicable diseases
- b. Factors responsible for communicable diseases
- c. Preventive and therapeutic aspect of Communicable and non-communicable diseases

REFERENCES :

- 1 Beashel, P.,& Taylor, J. (1996). *Advance Studies in Physical Education and Sports*. U.K.: Thomas Nelson and Sons Ltd
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SEMESTER III
COURSE -XII
SPORTS MEDICINE

(60 hours)

OBJECTIVES :

- *To understand the nature and importance of sports medicine in Physical Education and Sports.*
- *To gain knowledge regarding the medical problems of athletes and its rehabilitation.*
- *To acquire knowledge regarding sports injuries and their management.*
- *To gain knowledge regarding the therapeutic modalities.*

I Introduction: (15 hours)

- a. Concept, aim, objectives, need & importance of Sports Medicine
- b. Role of physician, athlete trainer & coaches, Team medical care-concept & approaches
- c. History of Sports medicine in India and abroad

II Injury & tissue response: (15 hours)

- a. Micro & macro trauma, over use trauma
- b. Tissue response to stress Different steps of wound healing

- c. Regional, Specific injuries related to games and sports & their management (head, neck, face, thorax, abdomen, pelvis, upper & lower limbs).

III Therapeutic modalities & rehabilitation: (15 hours)

- a. Hydrotherapy, Cryotherapy, thermotherapy, Contrast & paraffin bath
- b. Diathermy, infra-red, ultra sound
- c. Approach to rehabilitation

IV Medical Problem and Rehabilitation: (15 hours)

- a. Lower Back, old age and postural problems and there corrections
- b. Advantages and Disadvantages of exercises
- c. Massage manipulations and therapeutic exercises

REFERENCES :

- 1 Appen zeller, Otto and Atkinson Ruth.(1983). *Sports Medicine :Fitness Training, Injuries*. U.S.A : Urban and Schwar Zenberg.
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M.P.ED. (Second Year) SEMESTER - IV
COURSE -XIII

**MANAGEMENT AND PROFESSIONAL PREPARATION IN
PHYSICAL EDUCATION AND SPORTS**
(60 hours)

OBJECTIVES :

- *To understand the importance of management of Physical Education & Sports.*
- *To gain the knowledge regarding planning and personal management, facility management, and budget management.*
- *To gain knowledge regarding the role of supervision and evaluation in management and leadership in sports.*
- *To understand the nature of professional preparation of Physical Education in India as compare to other countries.*
- *To understand the various aspects of professional preparation in Physical Education.*

-
- I The Management Process: (15 hours)**
- a. Concept and principles of management
 - b. Organization and function of sports bodies
 - c. Concept of techniques of supervision
- II Aspects in Physical education and Sports Management: (15 hours)**
- a. Intramural and Extramural.
 - b. Management of Equipment: Need, selection, purchase, storing, issuing, maintaining and supplier.
 - c. Management of Infrastructure, financial and personal
- III Teacher Education: (15 hours)**

- a. Development of teacher education in physical education.
- b. Professional courses in physical education and sports in India.
- c. Professional ethics and qualities and qualification of physical education personnel

IV Curricular aspects: (15 hours)

- a. Principles of curriculum planning, course content for academic and professional courses
- b. Age, Characteristics of pupils and selection of activities, construction of class and school physical education time table
- c. Methods and technique of teaching, principles of lesson planning, pupils-teacher interaction and relationship

REFERENCES :

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SEMESTER - IV
COURSE -XIV
SPORTS NUTRITION

(60 hours)

OBJECTIVES :

- *To acquaint student with principles of sports nutrition*
- *To understand the application of human energy*
- *To acquaint student with dietary requirements.*
- *To understand the role of food in Physical performance*
- *To afford student the opportunity of understand the diet for various life cycle.*

- I Overview of Nutrition:** **(15 hours)**
- a. Introduction to sport nutrition and its principles
 - b. Role of Nutrition in promotion of health
 - c. Importance of Nutrition to athletic performance and food guide Pyramid
- II Human Energy:** **(15 hours)**
- a. Definition of energy and human energy system
 - b. Energy Transduction
 - c. Influence of diet for utilization of energy
- III Dietary Requirement:** **(15 hours)**
- a. Need of Energy, Carbohydrate and Protein
 - b. Manipulation of energy balance to Induce weight loss and weight gain
 - c. Competition nutrition – Before week and the day, on the day of competition and after the competition.

IV Vitamin, water, electrolyte and temperature: (15 hours)

- a. Vitamins, Mineral and Antioxidants
- b. Regulation of water in body and factors influencing body temperature
- c. Meaning and components of electrolyte, Dehydration and hypo hydration affect on physical performance

REFERENCE :

- 1 Judy A Driskell - Sports Nutrition, CRC Press Boca Raton, London New York, 2000
- 2 Anita Bean - The complete Guide to Sports Nutrition, A & C black Bedford Row, London, 2000
- 3 Andorson H.S., Alsakar R.L. - Sports Nutrition and Health Sports Education Technologies, New Delhi, 2008
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SEMESTER - IV**COURSE -XV****JOURNALISM, MARKETING AND EVENT MANAGEMENT IN
PHYSICAL EDUCATION AND SPORTS****(60 hours)****OBJECTIVES:**

- To develop professional competencies, skills and knowledge regarding sports journalism.
- To acquire the writing skills sports events for media.
- To develop gain knowledge regarding organizations and presentation skills in media in sports.
- To develop and understanding about research processes and future direction in sports journalism.
- To develop the understanding about marketing strategies and event management in sports.

I Journalism in Sports Writing Skills for Media: (15 hours)

- a. Meaning, scope and changing trends of journalism in sports
- b. Role of journalism in sports promotion & vice - versa and Media, ethics and responsibilities of journalist & editor (social, legal and professional)
- c. Writing Skills - Language, News and Design & make

II Organizational Set-Up, Dimension and Presentation Skills for Media: (15 hours)

- a. Organizational set-up of a news paper- printing, process sequences of operations in the printing of a news paper/journals.
- b. Write-ups: feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk - shows, and reviews in sports
- c. Theory and principles of advertising in sports and Public relations in sports, press release, conferences, Public Relation Media

III Marketing: (15 hours)

- a. Benefits of Sport Marketing
- b. The marketing of sports teams and events

- c. The marketing of products through sport, Examples of marketing of products through sport, TV advertising during broadcast sports events Marketing of Athletics through Social Media websites

IV Event Management: (15 hours)

- a. Managing Sports Events and Spectator Management
 b. Sports Facilities Planning and Management
 c. Managing Sports Organization, Sports Media and Event Management

REFERENCES :

- 1 Beashel, P.,& Taylor, J. (1996). *Advance Studies in Physical Education and Sports*. U.K.: Thomas Nelson and Sons Ltd.
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CURRENT TREND AND POLICIES IN PHYSICAL EDUCATION AND SPORTS

(60 hours)

OBJECTIVES:

- *To understand the modern trends in Physical Education in India and Maharashtra*
 - *To understand the role of various agencies, youth welfare and youth service*
 - *To understand Sports in future*
 - *To understand the role of Central and State Government in promoting Physical Education*
 - *To gain the knowledge regarding issues and concerns in modern day sports*
-

I Introduction: (15 hours)

- a. Changing pattern of Indian Physical Education
- b. Physical Education and nation building
- c. Present scenario of Physical Education
- d. The school and Physical Education of 21st Century in India

II Sports in future: (15 hours)

- a. Major sports forms in the future
- b. Growing concern about health and fitness
- c. challenges of making future in sports
- d. Major trends in youth sports today

III Recent Influence on Physical Education: (15 hours)

- a. Role of Central and State Government in promoting Physical Education
- b. Current sports polices of Central and State Government
- c. Role of Central Advisory board of Physical Education, All India Council of Sports, Youth Welfare and Youth services
- d. Role of Voluntary Physical Education and Sports Bodies.

IV Issues and Concerns in Modern Day Sports: (15 hours)

- a. Development of Commercialization
- b. Commercialization and Political economy of sports

c. Sponsorship and Sports

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