

**PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY,
SOLAPUR**



NAAC Accredited-2015
'B' Grade (CGPA 2.62)

Name of the Course Syllabus:-
M.P.Ed.
(Master of Physical Education)

With effect from :-
June- 2026

80/20

1. Objectives

1. To develop highly profile scholars in the Field of Physical Education.
2. To make perfection in competencies and skills needed to become professionals in the areas of specialization.
3. To be aware of emerging issues such as health, fitness, wellness and technology.
4. To develop the students critical mind and ability to employ reasoning, rational thinking of the problems and issues relating the field.
5. To provide opportunity for entrepreneurship, self expression and provide information on continued professional growth.
6. To develop skill amongst the student required for physical fitness & wellness trainer & also for open gym instructor.

2. Eligibilities of Admission

The candidate should be an Indian National and should have passed Bachelor's Degree in Physical Education (B.P.Ed.) or equivalent with at least 50% of Marks (Minimum 45% marks in case of Backward Class Categories belonging only to Maharashtra State)

OR

The candidate should have passed Bachelor's Degree of Science (B.Sc.) in Health and Physical Education with at least 50% marks (Minimum 45% marks in case of Backward Class Categories belonging only to Maharashtra State) .

The candidate belonging to SC/ST, DT/VJ, NT (A), NT (B), NT(C), NT(D), OBC and SBC categories should produce "Caste Certificate" issued by the Competent Authority and the candidates belonging to ST category should submit "Tribe Validity Certificate" issued by the Scrutiny Committee of Tribal Department along with Caste certificate. Candidates belonging to DT/VJ, NT (A), NT (B), NT(C), NT(D), OBC and SBC should submit Valid Non Creamy Layer Certificate valid up to 31st March of every next academic year which he/she get admitted as applicable at the time of verification of Documents/Admission (As per CET Cell guideline). Candidates belonging to SC,DT-VJ, NT-1,2,3, OBC and SBC will have to produce Caste Validity certificate. Candidates belonging to Maharashtra State belonging to above categories having **Caste Certificate, Caste Validity and Non-Creamy Layer Certificate** as applicable should only apply under respective category, otherwise they should apply under Open-General Category.

Admission Procedure

Admission shall be charge only such fees as prescribed by the affiliating body / State Government concerned in accordance with provisions of National Council for Teacher Education (NCTE) (Guidelines for regulations of tuition fee and other fees chargeable by unaided teacher education institutions Regulations. 2002 as amended from time to time and shall not charge donations, capitation fee etc. from the students.

3. Duration of the Course:

The M.P.Ed. Programme shall be of a duration of two academic years, that is FOUR SEMESTER. However the students shall be permitted to complete the programme with the maximum period of three years. this period can be extended up to two more year . (i.e five years).

4. Working Days

1. There shall be at least 200 working days in each academic year / one hundred working days in each semester exclusive of period of examination and admission etc.
2. The institution shall work for a minimum of thirty six hours in a week (five of six days a week) during which physical presence in the institution of all the teachers and teacher educators is necessary to ensure their availability for advice guidance and consultation, as and when needed.

5. Credits

The term credit refers to a unit y which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/ field work per week. The term credit refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M.P.Ed. programme is 128 credits and for each semester 32 credits.

Provision of Bonus credits Maximum 06 Credits in each Semester

Sr.No	Special Credits for Extra Co-Curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International Level Competition	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (Min, Two games)	1
4	Blood donation / Cleanliness drive / Community Services	2
5	Mountaineering- Basic Camp, Advance Camp / Adventure Activities	2
6	Organization /Officiating-state/National level in any two games	2
7	News Reposting / Article Writing / book writing/ progress report writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

6. Internal Assessment:

Internal assessment marks shall be awarded on the basis of the following

a) **Theory Break up of 20 Seasonal marks of theory papers shall be as follows**

Attendance	05 Marks
One Seminar	05 Marks
Assignments	05 Marks
Test (Two)	05 Marks
Total	20 Marks

- b) **Specialization:** Seasonal marks of specialization are awarded on the basis of Regularity, imitative in learning, knowledge of rules, officiating and coaching, demonstration of skills and movements.
- c) **Dissertation:** A candidate shall choose area of research of his choice in consultation with the guide and submit the dissertation preferably, experimental / quasi experimental, further he can make use of the pedagogy to collect the data required. He should submit the dissertation to the Office, before one month prior to the fourth semester examination. There shall be an internal Viva-voce for twenty marks for each to be conducted by the departmental council with one external subject expert.
- d) **Pedagogy:** A candidate shall select the area of specialization of his choice keeping in mind the specialization opted in previous semester and shall select the school and preferably teacher training institutions B.P.Ed., to coach and train the skills. Further he has to submit the workbook along with the satisfactory report from the head of the Institution in Coaching; the duration of the pedagogy is as per the NCTE norms.

7. Attendance, Progress and conduct

Attendance shall be taken as a component of continuous assessment, even though the students should have **minimum 75% attendance** in each course. In addition to continuous evaluation component, the end semester examination, which will be **written type examination of at least 3 hours duration** and for **specialization examination duration is 1 hours** would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is **20:80**. The evaluation of practical work, whenever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

8. Appearance for the Examination:

Candidates on satisfactorily completing a semester shall apply for examination in all the courses of study papers prescribed for that semester.

9. Scheme of Examination:

There shall be a university examination at the end of each semester. the scheme of examination shall be as follows:

a. Theory: Each paper shall be valued by University appointed examiner.

b.Specialization: Evaluation in specialization shall be done by two examiners, one internal and one external as per the following scheme. The average of the two shall be credited.

i) Demonstration of skills/ techniques/ movements	25 marks
ii) Coaching ability	25 marks
iii) Specialization Record	15 marks
iv) Viva-Voce	15 marks
Total	80 marks

c.Dissertation: Evaluation of dissertation shall be done for 80 marks by University Examination.

Note : - Whenever assessment is made for two games / activity the 50% of the above marks shall be divided for the evaluation of the each game / activity.

Practicum / game specialization / game coaching / internship / Classroom teaching will be the internal evaluation, the Evaluation is purely based on the attendance, ability of the teacher and competency in handling the classes (Classroom and Field Coaching, Training). It will be evaluated by the Head master of the School, Subject Expert from the school, one faculty member from the university / Department / College. The evaluation will be done immediately after the class by the above said committee. The assessment will be done for 80 marks, in each semester as per the regulation.

For smooth conduct of University practical examination the college should appoint one organizer & two peons and they should be paid local conveyance allowance & Remuneration by the university.

For theory examination an overall chairman must be appointed. For practical examination an overall chairman and senior examiner must be appointed.

d. Medium of Examination:

The candidates are allowed to answer the question in English / Hindi / Marathi.

10. Course

The course content lecturer / Tutorials / Laboratory work / Field work/ Outreach Activities / Visits / Project Work/ Vocational Training / VIVA / Seminars / Term Papers /Assignments / Presentations / Self-Study etc. or a combination of some of these.

11.Course of Programme

The M.P.Ed. Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a paper in the conventional sense. The following are the various categories of courses suggested for the M.P.Ed. Programme.

A. Theory

- 1) Core Course
- 2) Elective Course

B. Practicum

- 1) Compulsory Course (Track and Field)
- 2) Elective Course
- 3) Teaching / Coaching Practices
- 4) Internship

Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The institution shall work for a minimum of 36 working hours in a week (Five or six days a week)

12.Fee

The institution shall charge only fee as prescribed by the affiliating body / State government concerned in accordance with provision of N.C.T.E. Guideline and as per University Guidance .

13. Duration of course:

The M.P.Ed. Programme shall be of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme

14.Standard of passing

1. To pass in any one of the semester of M.P.Ed Examination a candidate shall have to obtain at least 50% of marks in each theory paper and 50% in practical (Internal as well as External).

i. To pass M.P.Ed in 2nd class: 50% and above but below 55% in aggregate.

ii. To pass Higher Second class: 55% and above but below 60% in aggregate.

iii. To pass First class: 60% and above but below 70% in aggregate.

iv. To pass Distinction: 70% and above in aggregate.

- I. **If the student fail or absent in semester I** - if the student is fail or absent in any theory paper or university practical exam He / She is allow to appear in semester – II University examination.
- II. **If the student who is fail or absent in semester I & II**, theory & practical will be allow to appear semester – III University examination, He/ She need not to appear for internal assessment (theory & practical) of semester I & II.(If He/ she passed internal theory and practical.)
- III. **If the student who is fail or absent in semester – I, II & III** he/ she will be given permission in semester – IV University examination. He / she should passed semester-I, II & III internal assessment & University examination.
- IV. **If the student who is fails or absent in semester I & II**, theory & practical will be given admission in semester III. He/she need not appear for internal assessment (theory & practical) of semester I & II.

- V. **If the student who is fail or absent in semester II & III**, in theory and practical, he, she is eligible to take admission to the semester IV and he/she can given examination in University theory and practical together of semester III and IV.

15. Lesson

A minimum of 32 lessons (Internal work) in the School / College/ institution / department shall be conducted.

M. P. Ed. I Semester:- I

Semester	Course Code	Title of the Practical	Internal Work & Marks	External Exam & Marks	Total Marks
I	MPPC 101	Track & Field (Runs :Sprint , Middle , Long distance/Relays/ Hurdle) (Performance in two Events)	20	80	100
I	MPPC 102	Game Specialization (Any one game mentioned below)	20 (4 Lesson)	80 (1 Lesson)	100
I	MPPC 103	Yoga (Performance in Asanas , Kriyas , Bandhas & Pranayama) /Aerobics /Taekwondo/Marshall Arts (Performance in any one of the above)	20	80	100
I	MPPC 104	Class room teaching lessons on Track & Field (any one event)	20 (4 Lesson)	80 (1 Lesson)	100

M. P. Ed. I Semester:- II

Semester	Course Code	Title of the Practical	Internal Work & Marks	External Exam & Marks	Total Marks
II	MPPC 201	Track & Field (Shot Put, Javelin Throw, Discus, Hammer Throw) / Swimming (Performance in any one Event)	20	80	100
II	MPPC 202	Game Specialization (Any one game mentioned below)	20	80	100
II	MPPC 203	Teaching Lesson on Track and Field Sem. I /Sem. II	20 (4 Lesson)	80 (1 Lesson)	100
II	MPPC 204	Teaching & Officiating Lesson on Specialization	20 (4 Lesson)	80 (1 Lesson)	100

M. P. Ed. II Semester:- III

Semester	Course Code	Title of the Practical	Internal Work & Marks	External Exam & Marks	Total Marks
III	MPPC 301	Skill Oriented Course- 1. Certificate course in Physical Fitness and Wellness Trainer – OR – 2. Certificate course in Open Gym Instructor	100	00	100
III	MPPC 302	Game Specialization (Any one game mentioned below)	20	80	100
III	MPPC 303	Coaching Lesson on Specialization Game	20 (4 Lesson)	80 (1 Lesson)	100
III	MPPC 304	Internship / Classroom Teaching on Specialization – Pedagogy	20 (4 Lesson)	80 (1 Lesson)	100

M. P. Ed. II Semester: - IV

Semester	Course Code	Title of the Practical	Internal Work & Marks	External Exam & Marks	Total Marks
IV	MPPC 401	Track & Field- (Triple Jump, High Jump, Pole vault, Long Jump) (Performance in two Events)	20	80	100
IV	MPPC 402	Game Specialization- (Any one game mentioned below)	20	80	100
IV	MPPC 403	Coaching Lessons of Track & Field-Sem.	20 (4 Lesson)	80 (1 Lesson)	100
IV	MPPC 404	Coaching Lessons of Game Specialization	20 (4 Lesson)	80 (1 Lesson)	100

Note: Every Semester one game should be selected as specialization and it should not be repeated in other Semester.(i.e. Four games should be selected as Specialization)

List of Specialization Game:-

Kabaddi	Kho-Kho	Volleyball	Handball	Softball	Baseball	Hockey	Football
Table Tennis	Lawn Tennis	Badminton	Basketball	Cricket	Wrestling	Netball	Squash

NOTE:-External Exam -Each lesson carry 80 Marks & Duration of Lesson is 40 minutes

CONDUCT OF PRACTICAL EXAMINATION

Examiners should be paid local conveyance allowance, remuneration and T.A D.A by the University

Note: The candidate are allowed to answer the question in English / Hindi /Marathi

16. Grievance Redressed Committee:

The college / department shall form a Grievance Redressed Committee for each course in each college / department with the course teacher / principal/ Director and HOD of the faculty as the members. This committee shall solve all grievances of the students.

17. Revision of Syllabus

1. Syllabus of every course should be revised according to the NCTE.
2. Revised syllabus of each semester should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, Changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabus should be completed before the end of the semester for implementation of the revised syllabus in the next academic year.
5. During every revision, up to twenty percent of the syllabus of each course should be changed so as to ensure the appearance of the student who have studied the old (unrevised) syllabus without any difficulties in the examinations of revised syllabus.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabus.

Master of Physical Education Degree Programme - 2020-21

M. P. Ed. I SEMESTER - I							
Theory 400							
Paper Code	Papers	Instruction hrs/week	Duration of Exam (Hrs)	CA-IA	UA-Theory/ Practical	Total Marks	Credits
MPCC 101	Research Process in Physical Education & Sports Sciences	3 hrs	3 hrs	20	80	100	4
MPCC 102	Sports Bio-mechanics andKinesiology	3 hrs	3 hrs	20	80	100	4
MPCC 103	Yogic Sciences	3 hrs	3 hrs	20	80	100	4
MPEC 104	1)Test, Measurement and Evaluation in Physical Education – OR- 2)Sports Technology	3 hrs	3 hrs	20	80	100	4
MPEC 104							
Practicum 400							
MPPC 101	Track & Field - I (Runs :Sprint , Middle , Long distance/Relays/ Hurdle) (Performance in two Events)	6 hrs	3 hrs	20	80	100	4
MPPC 102	Game Specialization-I Individual Skills, Game situation, Officiating, Lead up games (Any one game mentioned below)	6 hrs	3 hrs	20	80	100	4
MPPC 103	Yoga (Performance in Asanas , Kriyas , Bandhas & Pranayama) /Aerobics /Taekwondo/Marshal Arts (Performance in any one of the above)	6 hrs	3 hrs	20	80	100	4
MPPC 104	Class room teaching lessons on Track & Field (any one event)	6 hrs	3 hrs	20	80	100	4
Total		36 hrs	24 hrs	160	640	800	32

M. P. Ed. I SEMESTER - II							
Theory 400							
Paper Code	Papers	Instruction hrs/week	Duration of Exam (Hrs)	CA-IA	UA-Theory/ Practical	Total Marks	Credits
MPCC 201	Applied statistics in Physical Education and Sports	3 hrs	3 hrs	20	80	100	4
MPCC 202	Physiology of Exercises	3 hrs	3 hrs	20	80	100	4
MPCC 203	Athlete care and rehabilitation	3 hrs	3 hrs	20	80	100	4
MPEC 204	1) Sports Journalism and Mass Media	3 hrs	3 hrs	20	80	100	4
MPEC 204	OR 2) Sports Management and Curriculum design in Physical Education						
Practicum 400							
MPPC 201	Track & Field-II (Shot Put, Javelin Throw, Discus, Hammer Throw) / Swimming (Performance in any one Event)	6 hrs	3 hrs	20	80	100	4
MPPC 202	Game Specialization-II Individual Skills, Game situation, Officiating, Lead up games (Any one game mentioned below)	6 hrs	3 hrs	20	80	100	4
MPPC 203	Teaching Lesson on Track and Field SemI /Sem II	6 hrs	3 hrs	20	80	100	4
MPPC 204	Teaching & Officiating Lesson on Specialization-II	6 hrs	3 hrs	20	80	100	4
Total		36 hrs	24 hrs	160	640	800	32

M. P. Ed. II SEMESTER - III							
Theory 400							
Paper Code	Papers	Instruction hrs/week	Duration of Exam (Hrs)	CA-IA	UA Theory/ Practical	Total Marks	Credits
MPCC 301	Scientific Principles of Sports Training	3 hrs	3 hrs	20	80	100	4
MPCC 302	Sports Medicine	3 hrs	3 hrs	20	80	100	4
MPCC 303	Health Education and Sports Nutrition	3 hrs	3 hrs	20	80	100	4
MPEC 304	1) Sports Engineering	3 hrs	3 hrs	20	80	100	4
MPEC 304	OR 2) Fitness and Wellness	3 hrs	3 hrs	20	80	100	4
Practicum 400							
MPPC 301	Skill Oriented Course- 1. Certificate course in Physical Fitness and Wellness Trainer – OR- 2. Certificate course in Open Gym Instructor	6 hrs	3 hrs	100	00	100	4
MPPC 302	Game Specialization-III Individual Skills, Game situation, Officiating, Lead up games (Any one game mentioned below)	6 hrs	3 hrs	20	80	100	4
MPPC 303 PL	Coaching Lesson on Specialization Game -III	6 hrs	3 hrs	20	80	100	4
MPPC 304 CT	Internship / Classroom Teaching on Specialization – Pedagogy	6 hrs	3 hrs	20	80	100	4
Total		36 hrs	24 hrs	160	640	800	32

- PL– Particular Lesson Plan CT – Classroom Teaching

M. P. Ed. II SEMESTER - IV							
Theory 400							
Paper Code	Papers	Instructio n hrs/week	Duration of Exam (Hrs)	CA- IA	UA- Theory / Practic al	Total Marks	Credi ts
MPCC 401	Information and Communication Technology in Physical Education (ICT)	3 hrs	3 hrs	20	80	100	4
MPCC 402	Sports psychology and Sports Sociology	3 hrs	3 hrs	20	80	100	4
MPCC 403	Dissertation	3 hrs	3 hrs	20	80	100	4
MPEC 404	1)Value and environmental Education OR	3 hrs	3 hrs	20	80	100	4
MPEC 404	2) Educational Technology in Physical Education						
Practicum 400							
MPPC 401	Track & Field-IV (Triple Jump, High Jump, Pole vault, Long Jump) (Performance in two Events)	6 hrs	3 hrs	20	80	100	4
MPPC 402	Game Specialization :IV Individual Skills, Game situation, Officiating, Lead up games (any one)	6 hrs	3 hrs	20	80	100	4
MPPC 403 PL	Coaching lessons of Track and Field Sem.III/Sem IV	6 hrs	3 hrs	20	80	100	4
MPPC 404 PL	Coaching lessons of Game Specialization IV	6 hrs	3 hrs	20	80	100	4
Total		36 hrs	24 hrs	160	640	800	32
Grand Total		144 hrs	96 hrs	640	2560	3200	128

PL- Particular Lesson Plan

List of Specialization Game:-

Kabaddi	Kho-Kho	Volleyball	Handball	Softball	Baseball	Hockey	Football
Table Tennis	Lawn Tennis	Badminton	Basketball	Cricket	Wrestling	Netball	Squash

Note:1) Sports and Educational tour should be organized by the college in any one semesterto visit the sports centre in India.

2) Adventure activities or mass demonstrati~~on~~ should be organized by the college in any onesemester.

Structure of Question Paper
M.P.Ed. Part I and II
Effect from June 2020

Total Marks:- 80

Question No. 1		Choose the correct alternative.	10
	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9		
	10		
Question No.2		Answer the following question.	
	A		10
	B		10
Question No.3		Answer the following question. (any one)	15
	1		
	2		
Question No.4		Answer the following question. (any one)	15
	1		
	2		
Question No.5		Write short notes. (any four)	20
	1		
	2		
	3		
	4		
	5		

M. P. Ed. I Semester I

Theory Courses

MPCC-101

RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Credits – Theory - 4

Total Theory Lectures - 60

Unit I - Introduction

Meaning and Definition of Research - Need, Nature and Scope of research in physical Education. Classification of research, Areas of research, Criteria for selection of a problem, Qualities of good researcher.

Unit II – Review of related Literature

Review of related Literature, Need and importance of reviewing the related literature, Library technique, Methods of reading abstracting the Materials.

Unit III – Methods of Research and Tools of research

Descriptive Methods of Research; Survey Study, Case Study, Introduction of Historical Research, Steps in Historical Research, Source of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal criticism and external Criticism. Experimental Research – Meaning, Nature and Importance, Meaning of variable, Types of variables. Experimental Design - single Group Design, Reverse Group Design, Repeated Measure Design, static Group Comparison Design, Equated Group Design and Factorial Design. Tools of Research - Questionnaire, interview, observation attitude scales etc.

Unit IV – Sampling

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling- multistage sampling. Non-Probability Methods; Convenience Sample, Judgment sampling, Quota Sampling.

Unit V – Research Proposal, Report Writing and Publication Ethics

Chapterization of Thesis / Dissertation, front Materials, Body of Thesis — Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in conference and to publish in journals, Mechanics of writing Research Report, webliography and Bibliography Writing. **Publication and publication ethics- Peer Reviewed Journal, plagiarism detection, Citation Index : H-Index etc.**

REFERENCE :

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc

Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.

Craig Williams and Chris Wragg (2006) Data Analysis and Research for sport and Exercise Science, London Routledge press

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonois; Human Kinetics;

Kamlesh, M.L.(1999) Research Methodology in Physical Education and Sports, New Delhi

Moses, A.K. (1995) Thesis Writing format, Chennai; Poompugar Pathippagam

Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc

Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication

Moprt A. M. (2010) Research Processes in Physical Education , New Delhi; Friends Publication

- Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2022). *Research methods in physical activity* (8th ed.). Human Kinetics.
- Gratton, C., & Jones, I. (2023). *Research methods for sport studies* (5th ed.). Routledge.
- Singh, A., & Pathak, P. (2022). *Research methods in physical education and sports sciences*. Friends Publications.
- University Grants Commission. (2023). *Guidelines for research and publication ethics*.

SPORTS BIOMECHANICS AND KINESIOLOGY

Credits – Theory - 4

Total Theory Lectures - 60

UNIT I – Introduction to Kinesiology and Biomechanics

Meaning and definition of Kinesiology and Biomechanics, nature, scope and brief history of Kinesiology and Biomechanics, Aims and objectives of Kinesiology and Biomechanics, Importance of Kinesiology and Biomechanics in the field of physical Education and sports.

UNIT II - Joints and Muscle Action

Structural classification of joints, Fundamental movements around joints, Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

UNIT III - Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principles related to the law of Inertia, Law of acceleration, and Law of Action Reaction, Meaning and definition of force- Sources of force -Force components .Force applied at an angle -pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

UNIT IV - Projectile and Lever

Freely falling bodies -Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage -classes of lever - practical application. Water resistance - Air resistance -Aerodynamics.

UNIT V – Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic, Methods of analysis - Qualitative, Quantitative, Predictive. Practical's Lab: Practical's and visit to physiotherapy centre to observe treatment procedure of sports injuries, data collection of sports injury incidences, visit to TV centre etc. should be planned internally, **Para-athlete movement analysis**

REFERENCE:

Deshpande S.H.(2002). Manav Kriya Vigyan - Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal.

Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.

Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.

Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill.

Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)

Uppal, A.K (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

Knudson, D. (2021). *Fundamentals of biomechanics* (3rd ed.). Springer.

Hamill, J., Knutzen, K., & Derrick, T. (2022). *Biomechanical basis of human movement* (6th ed.). Wolters Kluwer.

Uppal, A. K., & Lawrence, M. (2021). *Kinesiology in physical education and exercise science*. Friends Publications.

M. P. Ed. I Semester I
Theory Courses
MPCC-103 Yogic Sciences

Credits – Theory - 4

Total Theory Lectures - 60

Unit I - Introduction

- a) Concept, Need and Importance of yoga.
- b) Meaning and Definition of Yoga.
- c) Aims and Objectives of yoga.
- d) School of Yoga.

Unit II – Aasanas and Pranayam

- a) Aasanas and Pranayam - Meaning and Definition.
- b) Asanas - Types- Techniques and Benefits.
- c) Pranayama: Types- Techniques and benefits.
- d) Surya Namaskar: Methods and Benefits

Unit III – Shudhi Kriyas, Bandha and Mudras

- a) Shat Kriyas - Techniques and Benefits
- b) Bandhas - Types, Techniques and Benefits
- c) Mudras - Types, Techniques and Benefits
- d) Stress and Meditation

Unit IV – Yoga and Physical Education

- a) Role of Yoga in Psychological Preparation of athlete.
- b) Role of Asana and Pranayam on various systems of body.
- c) Role of Yoga in Physical Education.
- d) Difference between yogic exercise and physical exercise.
- e) Yoga Competition at University Level.
- f) Yoga for mental health
- g) Yoga for anxiety, depression and burnout.
- h) Yoga for persons with disabilities
- i) Yoga for elderly populations

Unit V – Yoga and Diet

- a) Concept of diet
- b) Principal of diet
- c) Importance of diet in daily life
- d) Role of diet for yoga

Note: Laboratory Practical's in Physiology be designed and arranged internally

REFERENCE :

- George Feuerstein,(1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prkashan.
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- Iyengar,B.K.S.(2000), Light on Yoga. New Delhi: Harper Collins Publishers.
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M. P. Ed. I Semester I

Theory Courses

MPCC-104

TEST, MESUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)

Credits – Theory - 4

Total Theory Lectures - 60

Unit I – Introduction

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

Unit II – Motor Fitness Test

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana motor Fitness Test (for elementary and high school boys, girls and college Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test - Newton Motor ability Test - Muscular Fitness - Kraus Weber Minimum Fitness Test and different types of test i.e. knowledge test, medical test.

Unit III – Physical Fitness Tests

Physical fitness Test : AAHPERD Health Related Fitness Battery (revised in 1984), Roger's Physical Fitness Index. Cardio Vascular test; Harvard step test, 12 minutes run / walk test, Multi - stage fitness test (Beep test)

Unit IV – anthropometric and Aerobic – Anaerobic Tests

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria – Kalamen test, Wingate Anaerobic Test, Anthropometric Measurement: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin Folds: Triceps, Sub scapular, Suprailiac. Tests to predict Vo2 max test.

Unit V – Skill Tests

Specific Sports Skill Test - Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Test. Cricket: Sutcliff Cricket test. Hockey: Friendel Field Hockey test. Volleyball: Russel Lange Volleyball test, Brady Volleyball test. Football: Mor - Christian General Soccer Ability Skill test Battery, Johnson Soccer test, Mc - Donald volley Soccer test. Tennis: dyer Tennis test.

Note: Practical's of indoors and out – door tests be designed and arranged internally.

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M. P. Ed. I Semester I
Theory Courses
MPCC-104
SPORTS TECHNOLOGY (Elective)

Credits – Theory - 4

Total Theory Lectures - 60

Unit I – Sports Technology

Meaning, definition, Purpose, Advantages and Applications, General Principles and Purpose of Instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

Unit II – Science of Sports Materials

Adhesives - Nano gule, nano moulding technology, Nano turf. Food wear production, Factors and application in sports, constraints. Foams - Polyurethane, Polystyrene, Styrofoam, closed - cell and open - cell foams, neoprene, Foam. Smart Materials - Shape Memory Alloy (SMA), Thermo Chromic film, High - density modeling foam.

Unit III – Surfaces of Playfields

- Modern Surfaces for Playfields, Construction and installation of sports surfaces. Types of materials – synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern play equipments. Use of computer and software in Match Analysis and Coaching. **Eco-friendly sports infrastructure.**

Unit IV – Modern Equipment

Playing Equipments: Balls: Types, Materials and Advantages, Bat/ Stick/ Racquets: Types, Materials and Advantages. Measuring equipments: Throwing and Jumping Events. Protective equipments: Types, Materials and Advantages. Sports equipment with nano technology, Advantages. **Green sports equipment.**

Unit V – Training Gadgets

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving Machine, Mechanism and Advantages. Volleyball: Serving Machine, Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

Note: Students should be encouraged to design and manufacture improvised sports testing equipment in laboratory/ workshop and visit sports technology factory/ sports good manufacturers.

REFERENCE :

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Finn, R.A. and Trojan P.K (1999) – Engineering Materials and their Applications|| UK: Jaico Publisher

John Mongilo, (2001), – Nano Technology 101|| New York: Green wood publishing group.

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- Fuss, F. K. (2023). *Routledge handbook of sports technology and engineering*. Routledge.
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M. P. Ed. I Semester II
Theory Courses
MPCC-201
APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Credits – Theory - 4

Total Theory Lectures - 60

UNIT I - Introduction

Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics. **Use of SPSS and AI-based Statistical Tools.**

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

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

UNIT III - Measures of Dispersions and Scales

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

UNIT IV - Probability Distributions and Graphs

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

UNIT V - Inferential and Comparative Statistics

Tests of significance; Independent "t" test, Dependent "t" test - chi - square test, level of confidence and interpretation of data. Meaning of correlation - co-efficient of correlation - calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

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

REFERENCE

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc

Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois's; Human Kinetics;

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Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication

Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

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- Sivaramakrishnan, S. (2022). *Statistics in physical education*. Friends Publications.

M. P. Ed. I Semester II
Theory Courses
MPCC-202
PHYSIOLOGY OF EXERCISE

Credits – Theory - 4

Total Theory Lectures - 60

Unit I – Introduction

Meaning of Physiology, Need and importance of Physiology of Exercise

Unit II – Skeletal Muscles and Exercise

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fiber. Muscle Tone, Chemistry of Muscular Contraction- Heat Production in the muscle, Effect of exercises and training on the muscular system and skeletal system.

Unit III – Cardiovascular System, Respiratory System and Exercise

Heart Valves and Direction of the Blood Flow - Conduction System of the Heart- Blood Supply to the Heart - Cardiac Cycle - Stroke Volume - Cardiac Output - Heart Rate – Factors Affecting Heart Rate – Cardiac Hypertrophy – Effect of exercises and training on the Cardiovascular system, Blood pressure. Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and During Exercise. Diffusion of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities - Effect of exercises and training on the respiratory and circulatory system, second wind and EPOC.

Unit IV – Metabolism and Energy Transfer

Metabolism - ATP - PC or Phosphagen System - Anaerobic Metabolism - Anaerobic Metabolism - Aerobic and Anaerobic System during Rest and Exercise. Short Duration High Intensity Exercises - High Intensity Exercise Lasting Several Minutes - Long Duration Exercises.

Unit V – Climatic Condition and sports performance and ergogenic aids

Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamines, Anabolic steroids Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance. Doping definition, types of doping, demerits of doping, process of control of doping, stages of doping test(sportsman related), International Olympic committee Anti doping Rules and Regulations.

Note: Laboratory Practical's in Physiology be designed and arranged internally

REFERENCE :

Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.

Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.

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- Yadav, J. S. (2022). *Applied exercise physiology*. Friends Publications

M. P. Ed. I Semester II
Theory Courses
MPCC-203
ATHLETIC CARE AND REHABILITATION

Credits – Theory - 4

Total Theory Lectures – 60

Unit I - Corrective Physical Education

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

Unit II - Posture

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

Unit III - Rehabilitation Exercises '

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

Unit IV - Massage

Brief history of massage - Massage as an aid for relaxation - Points to be considered in giving massage - Physiological, Chemical, Psychological effects of massage - Indication / Contra indication of Massage - Classification of the manipulation used massage and their specific uses in the human body - Stroking manipulation: Effleurage - Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling -Percussion manipulation: Tapotement, Hacking, Clapping, Beating, 'Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

Unit V - Sports Injuries Care, Treatment and Support

Sports injuries: causes prevention and treatment, General and specific sports injuries – their causes prevention and treatment related to games - basketball, volleyball, handball, football, softball, lawn tennis etc. Prevention and Treatment of foot, knee, shoulder, Elbow, Head, Muscle etc injuries.

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

REFERENCES:

Doherty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.

Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.

Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.

Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.

Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.

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- Prentice, W. E. (2024). *Principles of athletic training* (19th ed.). McGraw-Hill.
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M. P. Ed. I Semester II
Theory Courses
MPEC-204
SPORTS JOURNALISM AND MASS MEDIA (Elective)

Credits – Theory - 4

Total Theory Lectures - 60

UNIT I – Introduction

Meaning and Definition of Journalism, Ethics of Journalism - Canons of journalism- Sports Ethics and Sportsmanship - Reporting Sports Events. National and International Sports News Agencies.

UNIT II – Sports Bulletin

Concept of Sports Bulletin: Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Types of bulletin - Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting.

UNIT III – Mass Media

Mass Media in Journalism: Radio and T.V. Commentary - Running commentary on the radio - Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment- Editing - Publishing.

UNIT IV – Report Writing on Sports

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

UNIT V – Journalism

Sports organization and Sports Journalism - General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach. Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news. **Digital Sports Journalism and Social Media Analytics, Ethics, Fake News and Sports Communication.**

REFERENCE:

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Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication

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Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication

Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.

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

Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.

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- Boyle, R. (2024). *Sports journalism* (2nd ed.). Sage.
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- Kumar, K. J. (2022). *Mass communication in India*. Jaico Publishing.

M. P. Ed. I Semester II
Theory Courses
MPEC-204
SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION
(Elective)

Credits – Theory - 4

Total Theory Lectures - 60

UNIT I - Sports Management

- a) Definition, Importance of Sports Management
- b) Basic Principles and Procedures of Sports Management
- c) Functions of Sports Management
- d) Personal Management: Definition and Objectives

UNIT II - Program Management

- a) Definition and Importance of Programme management
- b) Role of Programme management
- c) Factors influencing programme management
- d) Steps in programme management

UNIT III - Equipments

- a) Equipment -Need, Types and Purchase
- b) Care and Maintenance of Equipment
- c) Facilities and Equipments in physical education programme - play ground, gymnasium, swimming pool, stadium etc.
- d) Equipment Room Concept and Importance

UNIT IV – Public Relations

- a) Public Relations - Definition and Need
- b) Principles Public Relations in physical Education
- c) Public Relations in School and Communities
- d) Public Relations in Media and Agencies

UNIT V - Curriculum

- a) Curriculum - Definition, Factors affecting, principles of curriculum construction
- b) Theories and Approaches of curriculum development
- c) Sources of Curriculum materials in physical education
- d) Curriculum research - Objectives and Importance

UNIT VI - Recreation

- a) Meaning and Definition of Recreation, Need and importance of recreation in physical education and sports, Types of Recreation

Reference:

Aggarwal, J.C (1990). Curriculum Reform in India - World overviews, Doaba World Education Series - 3 Delhi: Doaba House, Book seller and Publisher.

Arora, G.L, (1984): Reflections on Curriculum, New Delhi: NCERT.

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