

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

Department of Physical Education



SYLLABUS FOR

CREDIT / SEMESTER BASED

**MASTER OF PHYSICAL EDUCATION
(Autonomous Department & Affiliated Colleges)**

W.E.F. JUNE 2012 (Academic year, 2012-2013)

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DIRECTOR & HEAD

**Department of Physical Education & Sports
Dr. Babasaheb Ambedkar Marathwada University
Aurangabad (M.S.)**

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Dr. S. S. Shani
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M. P. Ed.**Semester - I**

Theory Course				
	Ref. No.	Subject Title	Credits	Work Load/Week Hours
Core Course	PED-401	Sports Psychology	4	4
	PED-402	Sports Training	4	4
	PED-403	Research Methodology	4	4
	PED-404	Test, Measurement and Evaluation	4	4
Practical Core Course	PED-451	A. Training Methods	4	4
	PED-452	B. Skill Tests:	4	4

Semester - II

Theory Course				
	Ref. No.	Subject Title	Credits	Work Load/Week Hours
Core Course	PED-411	Health and Fitness Management	4	4
	PED-412	Sports Coaching	4	4
	PED-413	Statistics in Physical Education	4	4

Elective Course Any one	PED-431	Computer Application in Physical Education	4	4
	PED-432	Sports Pedagogy and Communication Skills		
Elective Course Practical Any one	PED-453	Multi-gym	4	4
	PED-454	Aerobics		
Core Course Practical	PED-455	Track and Field (Proficiency)	4	4

Semester - III

	Theory Course			
	Ref. No.	Subject Title	Credits	Work Load/Week Hours
Core Course	PED-501	Sports Management	4	4
	PED-502	Sports Biomechanics	4	4
	PED-503	Applied Exercise Physiology	4	4
	PED-504	Yoga Science	4	4
Core Course Practical	PED-551	Advance Coaching Lessons in Specialized Sport	4	4
Elective Course Practical Any one	PED-552	Yoga and Naturopathy	4	4
	PED-553	Physiotherapy		

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

Department of Physical Education



SYLLABUS FOR

CREDIT / SEMESTER BASED

**MASTER OF PHYSICAL EDUCATION (Semester I & II)
(Autonomous Department & Affiliated Colleges)**

W.E.F. JUNE 2012 (Academic year, 2012-2013)

Service Course Any one	PED-441	Life Guards Course	4	4
	PED-442	Fitness and Gym instructor		

Semester – IV

Theory Course				
	Ref. No.	Subject Title	Credits	Work Load/Week Hours
Core Course	PED-511	Professional Preparation and Curriculum Design	4	4
	PED-512	Applied Kinesiology	4	4
	PED-513	Sports Medicine	4	4
Elective Course Any One	PED-531	Sports Journalism	4	4
	PED-532	Sports Sociology and Marketing		
Core Course Practical	PED-554	Dissertation	8	8

M. P. Ed.**Semester – I**

Theory Course				
	Ref. No.	Subject Title	Credits	Work Load/Week Hours
Core Course	PED-401	Sports Psychology	4	4
	PED-402	Sports Training	4	4
	PED-403	Research Methodology	4	4
	PED-404	Test, Measurement and Evaluation	4	4
Practical Core Course	PED-451	A. Training Methods	4	4
	PED-452	B. Skill Tests:	4	4

Semester - II

Theory Course				
	Ref. No.	Subject Title	Credits	Work Load/Week Hours
Core Course	PED-411	Health and Fitness Management	4	4
	PED-412	Sports Coaching	4	4
	PED-413	Statistics in Physical Education	4	4

Elective Course Any one	PED-431	Computer Application in Physical Education	4	4
	PED-432	Sports Pedagogy and Communication Skills		
Elective Course Practical Any one	PED-453	Multi-gym	4	4
	PED-454	Aerobics		
Core Course Practical	PED-455	Track and Field (Proficiency)	4	4

M. P. Ed. I year

SEMESTER-I (Theory-Core Course)

SPORTS PSYCHOLOGY (PED-401)

Syllabus	Lectures
<p><u>UNIT-1:</u> Meaning, nature, scope and historical sketch of sports psychology, importance of sports psychology to coaches and Physical Education; Cognitive process in physical activities, meaning, characteristics, attention, imagination, anticipation, memory, etc in sports.</p>	15
<p><u>UNIT-2:</u> Motor learning: meaning, factors affecting motor learning, motor development in various stages/ periods, psychological aspects of motor learning; Personality: meaning, theories and traits of personality, athlete personality traits, dynamics of personality in sports, underlying personality dimensions.</p>	15

<p>UNIT-3: Motivation: meaning, need, drive, urge, motivation cycle, attitudes, interest in sports, types of motivation, achievement motivation, level of aspiration and achievement; Anxiety, aggression, and arousal; psychology of competition.</p>	15
<p>UNIT-4: Psychological skills for communication, leadership, psychological aspects of long term and short term preparation for competition, different relaxation techniques: Progressive, autogenic training, self hypnosis, meditation; Psychological Methods Applied as in stress management.</p>	15
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Alderman R. B., Psychological Behaviour in Sports, WB Saunders Company, Philadelphia, London, Toronto, (1974). 2. Blair, Jones and Simpson, Educational Psychology, McMillan Co., New York, (1962). 3. Cratty, B. J., Psychology and Physical activity. Eaglewood Cliffs; Prentice Hall, (1968). 4. Crow and Crow, Educational Psychology; Eurasia Publishing House, N. Delhi, (1979). 5. Kamlesh, M.L. Psychology in Physical Education and Sport. Metropolitan Book Co., N. Delhi. (1998). 6. Shatrunjay Kote, Scientific Coaching Manual for Martial Arts, Rana Publication, Hyderabad, (1997). 7. Shatrunjay Kote and Sanjay Chandrashekhar, Principles of Education and Psychology, Chaaya Publication, (2006). 8. Mathur, S.S., Educational Psychology. Vinod Pustak Mandir, Agra, (1962). 9. Silva, J.M., Weinberg, R.S., Psychological Foundation of Sport, Human Kinetics Publishers, inc. Champaign, Illinois, (1984). 10. Skinner, Charles. E., Education Psychology. Prentice Hall of India, N. Delhi, (1984). 11. Walia, J.S. Foundation of Educational Psychology. Paul Publishers, Jalandhar city, (1992). 	

12. अमरेश कुमार, खेल मनोविज्ञान, खेल साहित्य केंद्र, न्यु दिल्ली, (२००६).
 13. कमलेश एम.एल., क्रीडा मनोविज्ञान, न्यु दिल्ली.
 14. आलेगांवकर पी.एस., शैक्षणिक मानसशास्त्र आणि शारीरिक शिक्षण व खेळ / क्रीडा मानसशास्त्र, श्री. गजानन बुक डेपो, मुंबई.

M. P. Ed. I year

SEMESTER-I (Theory-Core Course)

SPORTS TRAINING (PED-402)

Syllabus	Lectures
<p><u>UNIT-1:</u> Sports Training: definition, aims, tasks and characteristics of sports training, principles of sports training, training means and methods</p>	12
<p><u>UNIT-2:</u> Load and Recovery: important features of training- load, intensity, duration, volume, and frequency, principles of training load, adaptation process and condition of adaptation, overload-causes, symptoms and tackling of overload, means of recovery, phases of recovery, factors affecting recovery</p>	16
<p><u>UNIT-3:</u> Methods of training motor components: Strength training: types of strength, training means and methods of strength training, circuit training, resistance training, weight training, multi-gym training. Endurance: forms of endurance, endurance training means and methods, altitude training, cross country. Flexibility: types, characteristics, and basis of flexibility, means and methods of developing flexibility.</p>	18

<p>UNIT-4: Methods of training motor components: Speed: forms of speed, basis of speed, training means and methods. Coordinative Abilities: types, importance, training means and methods. Training for women and children in all motor components</p>	14
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Beachel and Taylor Essentials of strength training and conditioning, (2006). 2. Shatrunjay Kote, Makarand Joshi, Scientific Principles of Sports Training, Chhaya Publication, Aurangabad (2006). 3. Mathur, S.S., Educational Psychology. Vinod Pustak Mandir, Agra, (1962). 4. Rainer Martens, Successful coaching, (2005). 5. Silva, J.M., Weinberg, R.S., Psychological Foundation of Sport, Human Kinetics Publishers, inc. Champaign, Illinois, (1984). 6. Singh, H. Science of sports training. New Delhi: DVS publication, (1991). 7. Skinner, Charles. E., Education Psychology. Prentice Hall of India, N. Delhi, (1984). 8. Uppal. A. K. (2001). Principles of sports training. New Delhi: Friends publication 9. Walia, J.S. Foundation of Educational Psychology. Paul Publishers, Jalandhar city, (1992). 10. Jadhav K.G., Principle of sports training, Khel sahitya prakashan, New Delhi, (2010). 11. जोशी मकरंद, शारीरिक शिक्षण अध्ययन व अध्यापन, नित्यनुतन प्रकाशन, पुणे (२०१०). 	

M. P. Ed. I year**SEMESTER-I (Theory-Core Course)****RESEARCH METHODOLOGY (PED-403)**

Syllabus	Lectures
<u>UNIT-1:</u> Definitions, Importance and Need of Research in Physical Education; Areas of Research in Physical Education; Review of related literature and writing references- Reviews related to Method, Reviews related to Statistical Tools, Reviews related to Data collection tools, Reviews related Sampling techniques; Selecting Research Problem; Steps of Research Proposal; Fundamentals of Research- Objectives of the study, Hypothesis, Assumptions, Delimitations, Limitations, Operational Definitions, Populations, Different techniques of Sampling, Probable, Non-probable	16
<u>UNIT-2:</u> Types of Research Introduction- Action Research, Fundamental Research, Applied Research; Qualitative and Quantitative Research; Methods of Research in Physical Education- Historical Research, Experimental Research, Descriptive Research; Sources of Data.	14
<u>UNIT-3:</u> Types of descriptive research- Causal comparative study, Correlation study, Analytical study, Normative study, and Case study; Data collection tools- The Questionnaire, Opinionnaire, Inventories, Interview, Psychomotor Tests	15
<u>UNIT-4:</u> Experimental and Control Group; Variables- Independent and Dependent Variables,	15

Confounding Variables, Controlling Extraneous Variables,; Experimental validity- Threats to internal and external validity; Experimental Designs- Pre experimental Design, True Experimental Design, Quasi experimental Design	
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Best, J. W. and Kahn, J. V. Research in Education.(9th ed.). New Delhi: Prentice Hall, (1995). 2. Clark, D. H. and Clark, H. H. Research process in Physical Education, recreation and health. Englewood Cliffs: prentice Hall, (1979). 3. Jadhav K. G., Sinku S., Pagare S.G., Research Methodology in Physical Education and sports: and Introduction, Khel sahitya prakashan New Delhi (2007) 4. Johnson, B. and Christensen, L. Education Research, Quantitative, Qualitative and Mixed Approaches. (3rd ed.). Sage Publication: England, (2008). 5. Shatrunjay Kote, Makarand Joshi, Research Methodology and statistical methods in Physical Education, Chhaya Publishing House, Aurangabad, (2006). 6. Thomas, J. R. and Nelson, J. K. Research Methods in Physical Education, (4th ed.). USA: Human Kinetics, (2001). 7. माने एच.ए., शैक्षणिक व शारीरिक शिक्षण संशोधन, विजय प्रकाशन, नांदेड (२००६). 	

M.P.Ed. I year

SEMESTER-I (Theory Core Course)

TEST, MEASUREMENT AND EVALUATION (PED - 404)

Syllabus	Lectures
<p>UNIT-1: Meaning and Definition of test, measurement, evaluation; Principle and Scope of test, measurement and evaluation; Importance of</p>	12

measurement and evaluation in Physical Education; Approach to measurements	
<p>UNIT-2: Classification; Physical/psychomotor aptitude; Standardized/ teacher made (objective/subjective) Construction; Knowledge tests; Sports skill tests; Criteria for test selection: reliability, validity, objectivity, feasibility and precision; Norms and standards; Administration; Administrative protocols (administrative guidelines); Preparation of reports (construction of tables, groups and reporting)</p>	14
<p>UNIT-3: Differentiating Fitness and Motor Terms; Kraus Weber test,; Cooper's 12 minutes run/walk test; Margarita's anaerobic test; Shuttle run test; Scoot motor ability test; Borrow motor ability test; Harvard step test; AAHPER Youth Physical Fitness Test; AAHPER Health Related Physical Fitness Test; Testing of psychological variable; Testing Motor Educability; Anthropometrical measurement; Wellness Test</p>	15
<p>UNIT-4: Basketball: Johnson basketball rest, Knox basketball test, Harrison basketball test; Badminton: Lockhart Mc. Pherson badminton test, French short and long serve test, Hicks badminton test.; Hockey: Henry Fridal field hockey test, Schmithal's dribble. dodge, circular tackle and drive, Schmithal's goal shooting, field and drive test; Soccer: Johnson soccer test, Shautele's volleying, passing and recovery test, Shautele's Judgment in passing test; Volleyball: Brady's volleying test, French and Cooper's repeated volleying test, French and Cooper's serve test Handball: Cornish handball test; Tennis: Dyer tennis skill test; Hewitt tennis test; Athletics: SAI athletics skill testing; Nelson and</p>	19

Cozen's track skills achievement, test; Archery: Mc Kenze Shifflett archery test; AAHPER archery test; Gymnastics: Strength, Flexibility, Coordination, Posture, Fear factor

REFERENCES:

1. Baumgartner, T. A. and A. S. Jackson "Measurement for Evaluation in Physical and Exercise Science" Wm. C. Brown Publishers, University of Houston, U.S.A., (1995).
2. Marrow James R., A.W, Jackson, Measurement and Evaluation in Human Performance Human Kinetics Publisher, Urban Champaign, Illinios, U.S.A., (1995).
3. Kansal, D.K, Test and Measurement in Sports and Physical Education, D.V.S Publications, New Delhi, (1996).
4. Shatrunjay Kote, Makarand Joshi, Test, Measurement and Evaluation in Physical Education, Chhaya Publishing House, Aurangabad, (2006).
5. Johnson, B.L and Nelson, J.K, Practical Measurement for Evaluation in Physical Education, Delhi, Surjeet Publications, (1988).
6. Clarke, H.H and Clarke, D.H. Application of Measurement to Physical Education, Englewood Cliffs, NJ, Prentice Hall, (1991).
7. Phillips D.A and Honark, J.S Measurement and Evaluation in Physical Education, New York, John Wiley and Sons, (1979).
8. Kansal, D.K, Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publication: New Delhi, (2008).
9. दांडेकर व्ही. एन., शैक्षणिक मूल्यमापन, श्री. विद्या प्रकाशन, पुणे (१९८९).
10. उपासनी ना. के., शैक्षणिक मूल्यमापन तंत्र आणि मंत्र, नव महाराष्ट्र प्रकाशन, पुणे (१९७५).
11. बालायण सुनील, शारीरिक शिक्षा में परिक्षण और मापन, खेल साहित्य केंद्र, दिल्ली (२००७).

SEMESTER-I (PRACTICAL)

Practical Core Course	PED-451	Practical Training Methods: Strength, Speed, Endurance, Flexibility and Coordinative abilities	Total Lectures
		Activity - 1: Strength training: (Explosive, Maximum, strength endurance, relative strength, static strength, dynamic strength, hypertrophy of muscles etc.): Strength Training Programmes: Weight training, Circuit training, Resistance training, Medicine ball exercises, Free hand exercises, Partner exercises, Swiss ball exercises, Plyometrics exercises, rope climbing exercises, wall bar exercises for strength etc.	60
		Activity - 2: Speed development training: (reaction ability, movement speed, acceleration ability, locomotion, speed endurance): reaction through visual, auditory and tactile stimulus, repeating movement with maximum speed for movement speed, practicing under easier and faster rhythm, repetition method and intensive interval method for speed endurance, etc.	
		Activity - 3: Endurance development training: (Basic endurance, General endurance, Specific endurance): Slow continuous method, Fast continuous method, Variable pace method, Fartlek method, Altitude training etc.	

	<p>Activity - 4: Flexibility development training: (Active and Passive flexibility): Slow stretch method, Ballistic method, Post isometric stretch method, PNF method, wall bar exercises for flexibility etc.</p>	
	<p>Activity - 5: Coordinative ability development: (Adaptation, Balance, Coupling, Differentiation, Orientation, Rhythm and Reaction): Variation in movement execution, variations in external conditions, combination of movements, change in information uptake, practice against time, practice under fatigue.</p>	

Practical Core Course	PED-452	Practical: Different motor fitness, psychological tests: Basketball: Johnson basketball rest, Knox basketball test, Harrison basketball test; SAI basketball skill test battery Badminton: Lockhart Mc. Pherson badminton test, French short and long serve test, Hicks badminton test.; Hockey: Henry Fridal field hockey test, Schmithal's dribble. dodge, circular tackle and drive, Schmithal's goal shooting, field and drive test; SAI hockey test for talent spotting Soccer: Johnson soccer test, Shautele's volleying, passing and recovery test, Shautele's Judgment in passing test; Mc Donald's	Total Lectures
			60

	<p>Volleyball: Brady's volleying test, French and Cooper's repeated volleying test, French and Cooper's serve test</p> <p>Handball: Cornish handball test</p> <p>Tennis: Dyer tennis skill test; Hewitt tennis test</p> <p>Athletics: SAI athletics skill testing; Nelson and Cozen's track skills achievement, test</p> <p>Archery: Mc Kenze Shifflett archery test; AAHPER archery test</p> <p>Gymnastics: Strength, Flexibility, Coordination, Posture, Fear factor</p> <p>Psychological Tests: Personality assessment, Anxiety, Aggression, Emotional Intelligence, Adjustment etc.</p>	
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M.P.Ed. I year

SEMESTER - II (Theory Core Course)

HEALTH AND FITNESS MANAGEMENT (PED-411)

Syllabus	Lectures
<p><u>UNIT-1:</u> Introduction: Meaning and concept of fitness and health; Components of Physical fitness; Health Related; □Motor Skill Related; Components of health; Factors affecting Physical Fitness and health; Principles of Physical Fitness and health; Importance of fitness and health in present scenario.</p>	12
<p><u>UNIT-2:</u> Fitness Programme: Means of Fitness Development: Aerobic Activities (walking, bicycling, jogging and</p>	18

<p>running, swimming, indoor fitness, home gym, stretching, strengthening, circuit training, participation in games and sports) Benefits of aerobic exercises, monitoring heart rate; Developing aerobic exercise program- aerobic capacity, kinds of aerobics, setting goals, applying FITT, building and maintaining aerobic fitness; Benefits of fitness programme; Exercise Prescription: Mode of exercise, exercise frequency, exercise duration, exercise intensity; weight machines versus free weights, weight training safety (Multigym-types of machines, dimensions, maintenance etc.).</p>	
<p>UNIT-3: Health Hazards, Stress and Injury Management; Hazards of substance abuse: smoking, alcohol and tobacco; Valuable use of leisure time; Emphasis on proper rest, sleep and dreams; Healthy Living and positive lifestyle; Health of mind, body and soul; Stress: meaning, causes and management; staying safe and preventing injuries; developing a personal fitness plan: Guidelines for personal fitness plan- setting goals, selecting activity, setting target, system of mini goals and rewards, lifestyle activity, monitoring, commitment; Putting plan into action, maintaining fitness program for life; Exercise guidelines for people with special concerns- arthritis, asthma, diabetes, heart disease, hypertension, obesity, and osteoporosis; Exercise guidelines for life stages- children and adolescents, pregnant women, older adults</p>	18
<p>UNIT-4: Nutrition, Obesity and Weight Management: Nutrition and Weight Management; Knowledge of Nutrition and its implication on healthy lifestyle; Role of diet and physical activity in weight management; Obesity: Meaning, definition and types of obesity; causes, prevention and general treatment;</p>	12

Health problems associated with obesity and excessive weight; Body Mass Index	
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Anderson, B., Stretch Yourself for Health and Fitness, Delhi: UBSPD, (2002). 2. Bean, Anita, Food for Fitness, London: A and C Block, (1999). 3. Hoeger, W.K. and S.A., Principles and Labs for Physical Fitness, Englewood Morton, (1999). 4. Maud, J.R. and Foster, C., Physiology Assessment of Human Fitness, New Delhi, (1995). 5. Mcglynn, G., Dynamics of Fitness, Madison: W.C.B Brown, (1993). 6. Muller, J.P., Health Exercise and Fitness, Delhi: Sports, (2003). 7. Sharkey, B.J., Physiology of Fitness, Human Kinetics Book, (1990). 	

M.P.Ed. I year

SEMESTER – II (Theory Core Course)

SPORTS COACHING (PED-412)

Syllabus	Lectures
<p><u>UNIT-1:</u> Coaching – meaning, definition, qualities of good coach, responsibilities of coach, coach as a person, professional coaching, coach education programme</p>	15
<p><u>UNIT-2:</u> Planning and organization of coaching – importance of planning, principles of planning, systems of planning, periodization and its types, contents of various periods of coaching,</p>	15

<p>UNIT-3: Techniques and tactics in coaching – practices of techniques, skill acquisition phases, methods of technique training, implications of technique training, causes and corrections of errors, basic tactical concept, methods of tactical training, aims of tactics, style, techniques and skills, strategy and tactics</p>	18
<p>UNIT-4: Talent identification and development for team and individual sports, empowering coaching among women, establishing responsibilities for mass participation, educating the senior players for coaching forum.</p>	12
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Singh, H. Science of sports training. New Delhi: DVS publication, (1991). 2. Uppal. A. K. Principles of sports training. New Delhi: Friends publication, (2001). 3. Rainer Martens Successful coaching, (2005). 4. Beachel and Taylor Essentials of strength training and conditioning, (2006). 	

M.P.Ed. I year**SEMESTER – II (Theory Core Course)****STATISTICS IN PHYSICAL EDUCATION (PED-413)**

Syllabus	Lectures
<p>UNIT-1: Meaning, definition, need of statistics in Physical Education and sports, characteristics of data, collection of data, raw score, single scores, population, types of data, measures of central tendency: meaning, definition, characteristics from ungrouped and grouped data, measures of variability: meaning, definition, characteristics and computation from ungrouped and grouped data, percentile and quartile deviation, standard deviation</p>	15
<p>UNIT-2: Graphical presentation of data, guideline for construction of graph, histogram, pictogram, frequency and cumulative frequency polygon, frequency curve, pie diagram, bar diagram, line diagram</p>	12
<p>UNIT-3: Samples selection and normal distribution, types of sampling techniques, normal curve-definition, principles and properties of normal curve, Skewness, Kurtosis, standard scale (Z and T, Sigma); Significance meaning, and significance level, type 1 and type 2 't' test and significance level; regression analysis- multiple regression equates.</p>	18
<p>UNIT-4: Test of significance- one way analysis of variance ANOVA, analysis of covariance ANCOVA, correlation, coefficient of correlation, rank correlation, Chi-square, post Hoc test</p>	15

REFERENCES:

1. Miller, D. K. Measurement by Physical Educator. New York: Mc Graw Hill Companies, (2002).
2. Vincent, W. J. Statistics in Kinesiology. Campaign: Human Kinetics
3. Barrow, H. M. Practical Approach to Measurement in Health and Physical Education. (3rd ed.). Philadelphia, (1979).
4. Lee and Febigeer Sprinthall, R. C. Basic statistical Analysis. (5th ed.). USA: Allyn and Bacon, (1997).
5. Best, J. W. and Kahn, J. V. Research in Education.(10th ed.). New Delhi: PHI, (2006).

M.P.Ed. I year**SEMESTER – II (Theory Elective Course)****COMPUTER APPLICATION IN PHYSICAL EDUCATION (PED-431)**

Syllabus	Lectures
<u>UNIT-1:</u> Computer, Types of Computers, Function and components of computer, Input and Output Devices, Software and Hardware, Storage devices, Types of Networks: LAN and WAN	12
<u>UNIT-2:</u> MS WORD: Opening documents and creating documents, Formatting and Editing, Features, Drawing table, page setup, Paragraph alignment, spelling grammar check, Printing documents, Graph, footnote and notes, finding and replacing text, MS EXCEL, Creating, saving and opening a spreadsheet, Formatting and Editing Features, Creating formulas, adjusting columns width and row height, Understanding charts	15

<p>UNIT-3: MS POWERPOINT, Creating, saving and opening a PPT file, Formatting and editing features, Slide show, design, Inserting slide number, Picture, graph and table, Hyperlink, Internet and Multimedia, Application of internet and multimedia in Physical Education and sports, Search Engines, E-mail and mailing basics, World Wide Web (WWW), Computer application in Physical Education and sports</p>	15
<p>UNIT-4: SPSS Package in Physical Education Introduction of SPSS, Application of SPSS in Physical Education and sports, Creating and saving a SPSS data file, Data entry and analysis of: Descriptive Statistics, Dependent and independent t-test, One way and two Way ANOVA, Correlation</p>	18
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Elliott, A.C. Statistical Analysis: Quick Reference Guide book with SPSS examples, Sage Publication, London, (2007). 2. Argyrous, G. Statistics for social and Health Research with a Guide to SPSS, Sage Publication, London, (2000). 3. Barrett, R. et al. Administrator's Guide to Microsoft Office 2007 servers. 2007 4. Boyce, Jim et al. Microsoft Office System Inside Out, (2007). 5. Eric, L. Einspruch, AN Introductory Guide to SPSS for Windows, Sage. (2005). 6. Kilman, Shin. SPPS GUIDE Mc Graw – Hill Higher Education, (1995). 7. Mark, B. Andersen James R Morrow, Allen W. Jackson James G. Disch Dale P. Mood, Measurement and Evaluation in Physical Education, USA: Human Kinetics, (2005). 8. Murray, Katherine. "Faster smarter Microsoft office XP: Take charge of your Microsoft office programme", (2007). 9. Sunil, Chauhan, Akash Saxena, Kratika Gupta, Fundamentals of Computer, Wempen, Faithe et al. "Microsoft office 2007 bible". (2007). 	

M.P.Ed. I year**SEMESTER – II (Theory Elective Course)****SPORTS PEDAGOGY AND COMMUNICATION SKILLS (PED-432)**

Syllabus	Lectures
<p>UNIT-1: Science and Art of teaching- teaching, learning, pedagogy, appropriate practices – goals and feedback; Stages of skill development in teaching; Sources of help, expert Physical Education teacher, effective teacher, active teachers, contextual variations of active teaching, effective Physical Education teaching</p>	15
<p>UNIT-2: Assessment model, onsite assessment of teaching, steps in assessment process, legal, ethical and moral issues in teaching, promoting self growth in Physical Education, strategies for content development- factor affecting programme level planning, differing visions of goal in Physical Education, interpersonal skills in Physical Education teaching – teacher, students interaction skills, effective communication skills.</p>	15
<p>UNIT-3: All-around development of student- cognitive, affective and psychomotor domain, to develop functional efficiency of different organs, utilization of leisure time, professional efficiency, child development programme – safety, lifetime wellness, physical activity, social skills development, movement / rhythmic development, motor skill development, computer and technology.</p>	15

<p>UNIT-4: Communication Techniques; Verbal, non-verbal, gesture, coding and decoding etc; Generic instructional strategies – guided practices, independent practices, monitoring students performance; instructional format – active teaching, task teaching, teaching through questionnaire, peer teaching, cooperative learning; Self instructional formats – contracts, providing effective instructions for main stream students; Traditional methods for assessing teaching – intuitive judgment, eye balling, systematic observation records, checklist, rating scale.</p>	<p>15</p>
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Siedentop D., Developing teaching skill in Physical Education, CA: Mayfield Publishing Company, (1991). 2. Mosston M., Ashworth S., Teaching Physical Education (IV edition), NY: Macmillan College Publishing Company, (1994). 3. Robert P. Pangrazi, Allyn and Bacon, Dynamic Physical Education for elementary school children 12th edition, USA 4. Physical best teacher guide “Physical Education for lifelong fitness” Human Kinetics, (2005). 5. Kelly, L. E., Nelongrano, V. J., Developing the Physical Education curriculum, Champaign, IL: Human Kinetics, (2004). 6. Hopple C. J., Elementary Physical Education teaching and assessment – A practical guide, Champaign, IL: Human Kinetics, (2004). 7. Joshi, Anudeshan Pranali Tatve, Instructional Design System, YCMU, Nashik, (2009). 	

Elective Course Practical Any One	PED-453	Multi-gym: Different types of machines, trade-mills, ergo-metric cycles, free weights, power stations, resistance training bands, Swiss Ball, steppers, bull workers, different pullies etc.	Total Lectures 60
	PED-454	Aerobics: Different types of aerobics: basic aerobics, step aerobics, power aerobics, sports aerobics, aquatic aerobics; implications of different aerobic equipments, aerobic hall measurement and maintenance, etc.	

Core Course Practical	PED-455	Track and Field (Proficiency) (1) Sprints (2) Long Jump (3) Shot Put (4) Relay Races (5) Middle Distance (6) High Jump (7) Discus Throw (8) Race Walking (9) Javelin Throw (10) Hurdles (11) Triple Jump (12) Cross country (13) Combined Events (Triathlon, Pentathlon, Heptathlon, Decathlon) (a) Field/Court /Floor Marking (b) Officiating and Specifications (c) Record Book (d) Specifications of equipments, etc.	Total Lectures
			60

Semester - III

Theory Course				
	Ref. No.	Subject Title	Credits	Work Load/Week Hours
Core Course	PED-501	Sports Management	4	4
	PED-502	Sports Biomechanics	4	4
	PED-503	Applied Exercise Physiology	4	4
	PED-504	Yoga Science	4	4
Core Course Practical	PED-551	Advance Coaching Lessons in Specialized Sport	4	4
Elective Course Practical Any one	PED-552	Yoga and Naturopathy	4	4
	PED-553	Physiotherapy		
Service Course Any one	PED-441	Life Guards Course	4	4
	PED-442	Fitness and Gym instructor		

Semester - IV

Theory Course				
	Ref. No.	Subject Title	Credits	Work Load/Week Hours
Core Course	PED-511	Professional Preparation and Curriculum Design	4	4

	PED-512	Applied Kinesiology	4	4
	PED-513	Sports Medicine	4	4
Elective Course Any One	PED-531	Sports Journalism	4	4
	PED-532	Sports Sociology and Marketing		
Core Course Practical	PED-554	Dissertation	8	8

M.P.Ed. II year**SEMESTER - III (Theory Core Course)****SPORTS MANAGEMENT (PED-501)**

Syllabus	Lectures
<u>UNIT-1</u> Management and Roles of Manager: Management: Meaning, definition, scope, principles and functions of management: Planning, Organizing, Staffing, Directing, Controlling, Coordinating, Evaluating and innovating; □ Skills of management: Personal skills, Human skills, Conceptual skills, Technical skills and Conjoined skills; Theories of management; Roles of manager: Interpersonal roles, Informational roles, Decisional roles; Qualities of a manager	15
<u>UNIT-2</u> Programme Planning, Public Relations and Financial Management: Programme planning, Steps in programme planning, Principles of programme planning, Evaluation of Physical Education	15

<p>programme; Public relations: Meaning, Definitions, Principles, Planning and organizing public relations programme; financial management: Need for financial management, Principles of financial Management, preparation of budget, Sources of funds, Expenditure</p>	
<p>UNIT-3 Management of Physical Education and sports Programs in public and private sector: Corporate, workplace, health, fitness programs; Commercial health and fitness industry; Professional qualifications and responsibilities of Physical Education and sports personal; Physical Education Institutes with management perspective- A case study; Management function: H.R. Management and supervision</p>	12
<p>UNIT-4 Management of Facility, Equipments and Tournaments: Facilities and Equipment management: Types of facility/infrastructure-indoor, outdoor; Playfield: Area, Location, Layout and Care Equipments: Need, Importance, Purchase, Care and Maintenance; Tournament organization: Types of tournament-Knock out or Elimination, League or Round-robin, Combination, Consolation, Challenge Intramural Competitions: Meaning and Importance of Intramural, Objectives of Intramural, Conduct of Intramural; Process of organizing sports events, Notifications, Invitations, Selection of officials, Monitoring, Writing reports, maintaining records</p>	18
<p>REFERENCES: 1. Bucher, C. A. and Krotee, M. L., Management of Physical Education of Sports, (12th Edn.). New Yark: McGraw Hill, (2002).</p>	

2. Voltmer, E.F., The organization and administration of Physical Education (5th Edn). (1979).
3. New Jersey: Prentice Hall, Parkhouse, B. L. The Management of Sports Foundation and Application St. Louis: Mosby Year Book, (1991).
4. Kamlesh, M. L. Management Concepts in Physical Education and Sports, New Delhi: Metropolitan Book Co. Pvt. Ltd., (2000).
5. पहावा : चक्रवर्ती एस., खेल प्रबंध, लक्ष्मीबाई एज्युकेशन अँड स्पोर्ट्स वेलफेअर सोसायटी, न्यु दिल्ली, (२००९).

M. P. Ed. II year

SEMESTER – III (Theory Core Course)

SPORTS BIOMECHANICS (PED-502)

Syllabus	Lectures
<p><u>UNIT-1</u> Introduction to Biomechanics: Definition and meaning of sports biomechanics- What are goals of exercise and sports biomechanics?, Past and Future of sports biomechanics, Application of biomechanics in sports; Basic dimensions and units of measurement used in mechanics- Scalar and vector quantities; Principal of application of biomechanics- Force-motion principle, Force-time principle, Balance, Coordination Continuum, Segmental Interactions</p>	15
<p><u>UNIT-2</u> Kinematics and Kinetics: Inertia, mass, force and weight; Newton's law of gravitation; Momentum and impulse; Newton's law of motion; Eccentric force, couple, moment of force, torque, moment of inertia and angular momentum;</p>	15

<p>transfer of angular velocity; Projectiles; Work, power and energy, Impulse, Centre of gravity, volume, density; Forms of motion; equilibrium and stability, Spin. Lever, types of levers and their mechanical advantage and disadvantage with special reference to Physical Education and sports application.</p>	
<p>UNIT-3 Human Movement: Qualitative and quantitative biomechanical analysis to improve technique and training - Description, Observation, Evaluation, Instruction, Body Structure, Physical training, Technical training and Joint movements; Video film analysis and tools of biomechanical analysis- Cinematography and Video-graph, Electromyography, Dynamo-graph, Use of LED's and electromagnetic markers, Electro Goniometry, Photo cells-light beams and timer system, Accelerometer, Force Transducers, Pressure sensors</p>	15
<p>UNIT-4 Analysis of fundamental skills and sports skills- Major Ball games, Swimming, Track and Field- Running, Throwing and jumping; Latest research related to sports biomechanics- Research on technique and skill development, Research on analyzing method, Research on equipment to enhance performance development, Research based on injury prevention using sports biomechanics.</p>	15
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Bunn, J. W. Scientific principles of coaching. Englewood: Cliffs. Prentice Hall, (1981). 2. Burstein, A.H and Wright, T, M., Fundamental of Orthopaedic Biomechanics, Baltimore : Williams and Wilkins, (1994). 	

3. Gheluwe, B.N. and Atha, J. [Ed], *Medicine and Sport Science: Current Research and Sports Biomechanics*, London: Karger, (1987).
4. Gowitzke, B.A. and Milner, M. *Scientific Bases of Human Movement*. (3rd. Ed.) Baltimore: Williams and Wilkins, (1988).
5. Grimshaw, Paul., Lees, Adrian., Flower, Neil., and Burden, Adrian. *Sports and Exercise Biomechanics*. Taylor and Francis.
6. Groves, R and Camaine, D. *Concepts in Kinesiology*. (2nd. Ed.). Philadelphia: Saunders College Publishing, (1983).
7. Hay J., *The Biomechanics of sports techniques*. New Jersey: Prentice Hall, (1981).
8. Hay, J. and Reid, J. *The Anatomical and Mechanical Bases of Human Motion* Englewood Cliffs: Prentice-Hall, (1982).
9. Hay, J. *The biomechanics of sport techniques*. (2nd. Ed.). Englewood Cliffs: Prentice- Hall, (1978).
10. Hoffman, S.J. *Introduction to Kinesiology*. Human Kinesiology Publication, (2005).
11. Knudson, D. *Fundamentals of Biomechanics*. Chico, USA: Springer Publication, (2007).
12. Shatrunjay Kote, Giri A. V., Kamble D.R., *Biomechanics, Applied Kinesiology and Physiology of Exercise*, Chhaya Publishig House, Aurangabad, (2006).
13. McGinnis, P. M. *Biomechanics of sports exercises*. USA: Human Kinetics, (2005).
14. Rajlakshmi, D. *Biomechanics for sports and games*. Sports Educational Technologies, (2007).
15. Scott, M. G. *Analysis of Human Motion*. New-York.
16. Shaw D. *Biomechanics and Kinesiology in sports*, Surjeet Publications, Delhi.
17. Sunderrajan, G.S. *Biomechanics of sports and games*. Ludhiyana: Tondon Publication.
18. Susan, J. H., *Basic Biomechanics*.(4th Edn.) Mc.Graw Hill Publication, (2003).
19. Uppal. A. K. and Lawrence, M. P. *Kinesiology*. New Delhi. Friends Publication: India.
20. जाधव के. जी., *खेल जैवयांत्रिकी : खेल साहित्य*, न्यु दिल्ली (२००८).
21. कपिल आर. जी., ठाकुर आर., क्षिरसागर आर. एम., *शारीरिक शिक्षा में मनोदर्शनीक तथा जैवयांत्रिकी पैलू*, स्पीड पब्लिशर, अमरावती.

22. देशपांडे सुरेश, मानव क्रीया विज्ञान, एच. व्ही. पी. एम., अमरावती (१९९२).

M. P. Ed. II year

SEMESTER - III (Theory Core Course)

APPLIED EXERCISE PHYSIOLOGY (PED-503)

Syllabus	Lectures
<p><u>UNIT-1</u> Introduction to Exercise Physiology: Definition of Physiology and Exercise Physiology; Importance and Role of Exercise Physiology in the field of Physical Education and Sports; Muscle: Structure and Function; Different types of muscles (Voluntary, Involuntary and Cardiac) Theories of muscular contraction; Sliding filament Theory; Molecular mechanism of muscular contraction; Chemical composition of skeletal muscle; Muscle fiber type (Red and White muscle)</p>	<p>12</p>
<p><u>UNIT-2</u> Bioenergetics, Neuro-Muscular Junction and Co-ordination of Muscular Activity: Fuel for muscular Work (ATP); Energy of muscular contraction; various changes during muscular contraction; Heat production and thermodynamics of muscle contraction; Aerobic and Anaerobic muscular activity; Neuro-Muscular Junction and Co-ordination of Muscular Activity; Neurons and Motor Unit; Transmission of nerve impulse; Bio-electric potentials; Neuro-muscular junction and transmission of nerve impulse across it; Proprioception and kinesthesia, tone, posture and equilibrium</p>	<p>12</p>

<p>UNIT-3</p> <p>Physiological Changes due to Exercise, Effect of Conditioning and Training: Immediate effect of exercise / Work on various systems of body; Cardio-respiratory, muscular and thermo-regulatory systems; Heart and circulatory systems; Respiratory System; Brief introduction on other system during rest, sub-maximal and maximal work; Oxygen debt; forced expiratory volume; Breathing capacity, Recovery rate; Blood supply to skeletal muscle and regulation of blood flow during exercise</p>	12
<p>UNIT-4</p> <p>Energy Cost of Various Sports Activity, Work and Environment: Definition of Energy cost; Energy cost of various sports activities assessing them; Work and Environment: Work capacity under different environment Condition (Hot, Humid, cold and high attitude); Physiological Aspects of Exercise and Sports; Concept of Physical Fitness and Physical training warming up conditioning and fatigue; Physiological aspects of development of strength, endurance, speed, flexibility and coordination</p>	12
<p>Internal Assignments/ Assessment: Assessment of resting physiological parameters- Heart rate, respiratory rate and blood pressure; Assessment of flexibility (Field test); Assessment of cardio respiratory fitness- Harvard step test, Cooper's 12min run/walk; Assessment of skill related fitness components; Assessing heart rate response to selected exercise (maximal and sub-maximal); Assessment anaerobic power (Sargent Jump).</p>	12
<p>REFERENCES:</p> <p>1. Adams M. Gene Exercise Physiology: Laboratory Manual, WCB Mc Grew-Hill Companies, Inc, (1998).</p>	

2. Astrand, P.O. and Rodahl Karre. Text Book of work Physiology, Tokyo Mc Graw. Hill Xogakusha, Ltd. (1979).
3. Bourne, Geoffery H. The Structure and Function of Muscles, London Academic Press -(1973).
4. Katch L. Victor, Katch I. Frank and Mcardle D. William, Exercise Physiology, Williams and Wilkins, A Waverty Company, (1996).
5. Mathew. D.K. and Fox, E.L. Physiological Basis of Physical Education and Athletics, Philadelphia W.B. Saunders Company, (1976).
6. Roberys A. Robert and Robert O. Scott. , Fundamental Principles of Exercise Physiology, Mc. Grew Hill Companies, Inc. (2000).
7. Tiwari Sendhya Exercise Physiology, Sports publication Ashok Vihar, Delhi (1999).
8. Wilmore H. Jack and Costill L. David, Physiology of Sports and Exercise Human Kinetics, (2004).

M. P. Ed. II year

SEMESTER - III (Theory Core Course)

YOGA SCIENCE (PED-504)

Syllabus	Lectures
<p><u>UNIT-1</u> Basics in Yoga: Meaning, definition, need and importance of yoga; Historical background of yoga, types of yoga; Ashtanga Yoga (Eight stages of yoga), Chitta Vrtti (Causes for the modification of the mind), Chitta Viksepa (Directions and obstacles);</p>	15

Sisya and Guru (A pupil and a master), Sadhana (A key to freedom)	
UNIT-2 Asanas, Pranayam, Bandha, and Kriya: Meaning and definition of Asanas, Pranayam, Bandha, and Kriya; Types of Asanas, Pranayam, Bandha, and Kriya; Need and importance of Asanas, Pranayam, Bandha, and Kriya; Benefits and effects of Asanas, Pranayam, Bandha, and Kriya	15
UNIT-3 Yoga and mental health: Mental health and hygiene – yogic and medical perspectives; Yoga and modern psychology; Emotional disorders, conflicts and frustration	15
UNIT-4 Research in Yoga: Meaning and yoga dimensions of health related fitness; Role of nostril dominance and brain functioning; Scientific reasoning behind asana; Researches done in yoga-an overview	15
REFERENCES: <ol style="list-style-type: none"> 1. Alice, C. Yoga for sports. Chicago: CB., (2000). 2. Iyengar, B. K. S. Light on yoga, Yoga Dipika. London: UNWIN paperbacks, (1989). 3. Ghrote M. L., Yoga Science, Kaivalyadham, Lonawala. 4. Kappmeir, K. L. and Ambrosi, D. M. Instructing hata yoga. Champaign: Human kinetics, (2006). 5. Sawmi Kuvalayanand (1993). Asanas. Lonavla: Kaivalyadham. 6. Shivananda yoga Vedanta centre (1998). Yoga mind and body. London: D. K. paperbacks. 7. Tiwari, O. P. (2002). Asanas why and how?. Lonavla: Kaivalyadham. 	

Core Course Practical	PED-551	Advance Coaching Lessons in Specialized Sport: Team and Individual sports	Total Lectures 60
Elective Course Practical Any One	PED-552	Yoga and Naturopathy: Asana (Standing, Sitting and Lying); Pranayama; Kriyas; Bandhas; Sun bath, Mud bath, use of different soils, oils and plants; remedies on injuries through naturopathy	Total Lectures 60
	PED-553	(or) Physiotherapy: Role of therapeutic exercises in modern society, types of therapeutic exercises (passive, active, resistive); techniques of relaxation; Various types of massages; Hydro therapy; Electro therapy; Sauna and Steam bath; Visit and Report of Physiotherapy Center	

SEMESTER – III (Service Course)

FITNESS AND GYM INSTRUCTOR (PED-442)

Syllabus	Lectures
<u>UNIT-1</u> Foundations of Exercise, Prescription and Weight Control: Meaning, forms and types of exercise, Mode of exercise; Concept of Training and fitness, Health related fitness, Components of fitness, Specificity of training effect, Retraining and Maintenance of training; The exercise prescription, quantity and quality of the exercise program, Warm up and limbering down; Concept of body composition, Somatotype and physical	12

<p>activity, Body weight control, Obesity, Energy Balance and weight control, Nutrition and Exercise; Diet Prescription: Nutritional Value and requirement of food in relation to exercise, Malnutrition and obesity causes, effect, prevention and treatment, Harmful effects of nutritional ergogenic aids.</p>	
<p>UNIT-2 Foundations of Weight Training and Circuit Training (Strength and Flexibility): Meaning, types and forms of weight training, Mode of weight training, Principles of weight training; Meaning, Definitions, Forms and Methods to develop strength and endurance; Loading Procedures with respect to weekly training programme; Concept of circuit training; Weight training for different body parts using different gym equipment and facilities.</p>	12
<p>UNIT-3 Foundations of Fitness Sciences: The Muscular System: Structure of the muscles; Different types of muscles; Functions of the muscles; Physical and clinical change in the muscular activity; Effect of exercise on the muscular system; Fatigue, Staleness, Muscle Cramp, Muscle Pull; The Circulatory System: General arrangement of circulatory system; Functions of the circulatory system, Pulse, Effect of exercise on circulatory system, Judgment of Pulse Rate in brief; The Respiratory System: anatomy of respiratory system, mechanics of respiration, vital capacity, role of oxygen in exercise on the respiratory system (in brief); The Skeleton System: Structure of classification and functions of Bone, Joints, Ligaments Movement around different types of Joints.</p>	12
<p>UNIT-4 Sports Medicine, First Aid and Safety Management: Soft tissue injuries – Sprain, Strain, Cramp, Abrasion sign and symptoms, prevention, cause</p>	12

<p>and first aid treatment; Lower Back pain, Knees; shoulders, wrists and ankle joint pain causes, sign and symptoms, prevention, first aid treatment; First aid and safety management in gym.; ABCD of first aid, Recovery Position, CPR. Management of Fitness Facility: Customer Care: Public relation, phone handling, guest satisfaction, language, etiquettes, and maintenance of records; Classroom Management: Preparation for the class, grouping of participants, time schedule; Facility: Set-up and placement of equipments, list of equipments to be introduced, mechanical functioning of the equipments, wear, tear and maintenance of facilities in a gym.</p>	
<p>Practical:</p> <ol style="list-style-type: none"> 1. Warming up and cooling down: <ul style="list-style-type: none"> • General exercise • Stretching exercise • Specific exercises • Conditioning exercises 2. Exercises: 3. Basic Concept: 4. Prime movers: 5. Various training methods for fitness: 6. Training Programme: 7. Daily Analysis, Measurement and Record of athlete 	12

REFERENCES:

1. Athletic Training and Sport Medicine Rubert C. Schenck
2. Basic Weight Training for Men and Women Thomas D. Fahey
3. Concepts of Athletic Training Pfeiffier Mangus
4. Essential of Exercise Psychology Lorry G. Shaver
5. Exercise Physiology George, Thomas
6. Exercise Physiology Fox Falls
7. Inside the Body Anita Ganeri
8. Introduction to Human Nutrition Gibney, Varster and Kok
9. Methods Measurement and Evaluation in Physical Education Satish Sonkar
10. New Allis of Human Anatomy
11. Nutrition and Diet Therapy Lutz and Przytulshi
12. Nutrition in Exercise and Sport Ira Wolinsky
13. Prentice Therapeutic Modalities in Sports Medicine William E. Prentice
14. Science of Sports Training Hardayal Singh
15. Sport Training Principles Frank W. Dick
16. Sports Exercise
17. Sports Medicine Dr. P.K. Pande Dr. G. S. Sundararajan
18. Sports Medicine of the Lower Extremity Steven I. Subotnick
19. Strength Training and Conditioning R. A. Proctor
20. Test and Measurement Dhananjay Shaw
21. Wood Essential of Anatomy and Physiology Michael G. Wood

M. P. Ed. II year**SEMESTER - IV (Theory Core Course)****PROFESSIONAL PREPARATION AND CURRICULUM DESIGN**
(PED-511)

Syllabus	Lectures
<p><u>UNIT-1</u> Historical Perspective: Professional Preparation in India; Pre and Post Independence perspective; Comparative analysis of professional preparation program in U.S., Europe and China; The profession: Meaning, criteria and evaluation of profession; Nature and content of professional preparation programs; A professional and professionalism in Physical Education and sports; Physical Education as a profession</p>	16
<p><u>UNIT-2</u> Professional Preparation Policy Perspective: Role and responsibilities of Centre and State in the implementation of policies on education and Physical Education; Compulsions and constraints affecting planning and implementation of educational policies and programs; Theoretical perspectives</p>	14
<p><u>UNIT-3</u> Career Avenues and Job Opportunities In Physical Education and Sports: Career avenues after under graduation and post graduation and research degrees; Exploring and venturing into new avenues: challenges and opportunities in Physical Education; Self appraisal and parameter influencing self appraisal; Guiding principles and Professional relations; Qualifications and duties, responsibilities and job profiles of school Physical Education teachers, directors of Physical Education in colleges</p>	16

and University; Laboratory experience, teaching practice, field work, non-curricular preparation	
<p>UNIT-4</p> <p>Curriculum: Meaning, importance and fundamental principles of curriculum planning; Methods of Curriculum, its merits and demerits; writing the curriculum guide; Physical Education curriculum models; Implementing the Physical Education curriculum</p>	14
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Adams William C. Foundation of Physical Education Exercise and Sports Sciences, Philadelphia, (1991). 2. Barrow, H. M. Man and movement (3rd Ed.). Philadelphia: Lea and Febiger, (1983). 3. Buchor, C. A. and Wuest, D. A. Foundations of Physical Education and sports. St. Louis: Times mirror / Mosby college publication, (1987). 4. Gupta Rakesh, Sharma Akhilesh, and Sharma Santosh, Professional Preparation and Curriculum. 5. Hoover. Kenneth H., The Professional Teacher's Handbook, Boston, Allyn and Bacon, (1972). 6. Kasat, G. and Karmarkar, A. K. Professional preparation in Physical Education and sports. Amravati: Kasat, (1996). 7. Kelly, L. E. and Melograno, V. J. Developing the Physical Education curriculum Champaign: Human Kinetics, (2004). 8. Kiran Sandhu, Professional preparation and career development in Physical Education and sports. New Delhi: Friends publication, (2004). 9. Krik David, Physical Education and Curriculum Study, Kent, Croom Helm, (1988). 10. Lombardo, B. and Wuest, D. Curriculum and instruction the secondary school Physical Education experience. St. Louis: Mosby, (1994). 11. Pangrazi, R.P. and Dauer, V. P. Dynamic Physical Education curriculum and instruction for secondary school student. Minnesota: Burgess publishing company, (1985). 	

12. Pangrazi, R.P. and Dauer, V. P. Dynamic Physical Education for elementary school children (11th Ed.). Boston: Allyn and Bacon, (1995).
13. जोशी मकरंद, शारीरिक शिक्षण अध्ययन व अंदापन, नित्यनुतन प्रकाशन, पुणे २०१०.

M. P. Ed. II year

SEMESTER – IV (Theory Core Course)

APPLIED KINESIOLOGY (PED-512)

Syllabus	Lectures
<p><u>UNIT-1</u> Introduction to Kinesiology: The concept of Kinesiology, its aims and objectives; Academic and Professional objectives of Kinesiology; The role and importance of Kinesiology in Physical Education and Sports; The axis and planes involved in joint movements; The fundamental movement of joints and their terminology; The structural classification of skeletal muscles and type of contractions</p>	12
<p><u>UNIT-2</u> Classification of Joints: Movable, slightly moveable and immovable; Pivot, Ball and Socket Joint, Hinge Joint, Irregular Joint, Saddle Joint, Condylloid Joint.</p>	12
<p><u>UNIT-3</u> The Attachments and Actions of Muscles of Following Joints: Pivot, Ball and Socket Joint, Hinge Joint, Irregular Joint, Saddle Joint, Condylloid Joint. Criteria of good posture and its importance; Causes of Poor Posture; Specific deformities- Kyphosis, Lordosis, Scoliosis, Knock knees, Bow legs, flat foot, etc. and their remedies</p>	12

<p>UNIT-4 Kinanthropometry and Body Composition: Meaning and concept of Kinanthropometry; Scope and importance of Kinanthropometry in Physical Education and sport; □Body constitution and composition; the mobility and stability of joints;</p>	12
<p>Assignments / Assessment: Identification of various kinds of movements of joints; Measurement of range of movements of various joints with the help of goniometer or flexometer; Palpitation of superficial muscle of the body; Demonstration of Isometric, Isotonic and Isokinetic movements; Demonstration of concentric and eccentric contractions of muscles; Demonstration of Stretch reflex of muscles; Identification of kind of lever involve in the movement; Demonstration of corrective exercises for Kyphosis, Lordosis, Scoliosis, Knock-Knees and Flat Foot.</p>	12
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Hawley, G. The Kinesiology of Corrective Exercise, Philidelphia Lea ano Febiger, (1937). 2. Hay, J.G. The Biomechanics of Sports Techniques (2nd Ed.) Englewood Cliffs, N.I. Prentice Hall Inc. (1993). 3. Jenson, C.R. and Schult, G.W, Applied Kinesiology: The Scientific Study of Human Performance (2nd Ed.) New York: MC Grautids Book co., (1977). 4. Kelly, d.L. Kinesiology: Fundamental of Motions Description Angle Cliffs, N.I Frentice-Hall, Inc. (1971). 5. Lattgans, K. and others. Kinesiology Scientific Basis of Human Motion 8th Ed. Dubuque, .C.B. Publishers, (1992). 6. Rasch. P.I. Bruke, R.K. Kinesiology and Applied Anatomy: The Science of Human Movement (6th Ed.) Philidelphia: Lea and Febiger, (1978). 7. Smith Lara K and other Brunnstram's Clinical Kinesiology, Fifth Edition, Jaypee Brothers, P.B. No. 7193, New Delhi- (1998). 	

8. Zatsiorsky, V.M. Kinematics of Human Motion, Human Kinetics: Champaign IL, (1998).
9. Deiels, L. and Worthinghan, C., Muscle Testing Techniques of Manual Examination, Lousion W.B. Esundeus Com., (1956).

M. P. Ed. II year

SEMESTER – IV (Theory Core Course)

SPORTS MEDICINE (PED-513)

Syllabus	Lectures
<p><u>UNIT-1</u> Introduction: Meaning and definition of related terminologies; Athlete, fitness, wellness, performance; Care; Rehabilitation; Sports; Medicine; Sports Medicine; Aim, objectives and scope of sports medicine; Principles of care and rehabilitation; Role of physical educators in athletic care and Rehabilitation; Exercise as a preventive measure for disease</p>	12
<p><u>UNIT-2</u> Prevention and Management of Sports Trauma: Introduction: meaning, definition; various classification of Sports Injuries; Causes/reasons of sports injuries; Prevention of sports injuries; Treatment and management of sports injuries</p>	12
<p><u>UNIT-3</u> Age and Gender Consideration in Sports: Biological, chronological age and age determination;</p>	12

Suitability of sports at various stages of growth; Special problems women and sports performance; Exercise benefits at various stages of life; Physical, physiological, bio-chemical and bio-mechanical difference between men and women	
<p>UNIT-4</p> <p>Environment and Sports Performance Introduction: Various types of environmental conditions; Medical problems due to environment and their symptoms; Treatment of medical problem and acclimatization in temperature; Training in different temperature and altitude (high and low Pressure); Training of different surface; Ergogenic Aids and Doping in Sports: Meaning, definition, classification benefits of ergogenic; Nutrition and sports Performance; Definition, classes, method of doping; Side effects, detection and sanction against doping; IOC, FIMS , WADA, NADO, RADO</p>	12
<p>Assignment and Assessment: Demonstration for assisting the following sports related problems: Shin splint; Tennis elbow and related problems; Back pain, Joint injury evaluation and Stretching and strengthening exercises for low back pain, spondylitis; Practical demonstration and use of the modalities used to different purpose of physiotherapy</p>	12
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Encyclopaedia of Sports Medicine, Blackwell, (1993). 2. Jain, Rachna, Sports Medicine, New Delhi: KSK, (2002). 3. Khanna, G.L and Jayprakash, C.S., Exercise Physiology and Sports Medicine, Lucky, (1990). 4. Khanna, G.L., Exercise Physiology and Sports Medicine, Lucky Enterprises, (1990). 5. Komi, P.V., Encyclopaedia of Sports Medicine, Blackwell, (1992). 	

6. Pande, P.K., Sports Medicine, ND; Khel Sahitya Kendra, (1998).
7. Pandey, P.K., Outline of Sports Medicine, Delhi: J.P. Brothers, (1987).
8. Prentice, W.E., Therapeutic Modalities in Sports Medicine, Times Mirror, Renstrom, (1990).
9. Roy and Irvin, Sports Medicine, New Jersey: Prentice-Hall, (1983).
10. Shephard and Astrand, Encyclopaedia of Sports Medicine, Blackwell, (1992).
11. Shephard, R.J. and Astrand, P.O., Encyclopedia of Sports Medicine, Blackwell, Sc. Pub., (1992).
12. बालायण देवेन्द्र, खेल चिकित्साशास्त्र, खेल साहित्य केंद्र, न्यु दिल्ली, (२००७).

M. P. Ed. II year

SEMESTER – IV (Theory Elective Course)

SPORTS JOURNALISM (PED-531)

Syllabus	Lectures
<p><u>UNIT-1</u> Introduction to Journalism: Print, Radio And Television: Print Journalism: Definition of news values, news writing, 6Ws and 1H, Inverted; pyramids and hourglass structure of news Radio and TV journalism: Language of camera, camera movements, basic shots, transitions, camera perspective and camera compositions; Basic script writing skills; Changing concepts of news in contemporary scenario</p>	15
<p><u>UNIT-2</u> Writing Skill For Media: Print: Fundamentals of sports story, advance story, follow up, analysis, columns, interpretive writing, box items, features and interviews; Broadcast: Curtain raiser,</p>	15

commentators, hosts, anchors, panel discussions and interviews, talk shows and sports features; Production of sports programmes: Pre- Production, Production and Post- Production	
<p>UNIT-3</p> <p>Organization: Organizational structure of a newspaper and magazines its functions of various departments; Organizational structure of radio and TV organization and functions of various departments; Importance of design/makeup; Significance of pictures and illustrations in sports news; Writing captions and photo features</p>	15
<p>UNIT-4</p> <p>Extended Relevant Dimensions: Role of Public Relations, Promotion and Advertising; Press Release, Press Conference, Exhibitions, Event Management; Sports coverage of special events: Olympics, World Cups, Asian Games etc; Relevance of research in sports: computer assisted reporting, importance of statistics and records; Ethics and responsibilities of sports journalists</p>	15
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Ahuja, B.N., Theory and Practice of Journalism, Delhi : Surjeet, (1988). 2. Aster, J.J., Art of Modern Journalism, Focal Press, (1988). 3. Bromley, M., Journalism, Hodder to ughton, (1994). 4. Kamath, M.V., Professional Journalism, New Delhi, (1980). 5. Parthasarathy, Ranga Swami, Basic Journalism, Macmillan, (1984). 	

M. P. Ed. II year**SEMESTER - IV (Theory Elective Course)****SPORTS SOCIOLOGY AND MARKETING (PED-532)**

Syllabus	Lectures
<u>UNIT-1</u> Introduction to Sports Sociology: Meaning and Concept of sports sociology; Sociology of sports as a separate discipline; Sports sociology as a science of social relationships	12
<u>UNIT-2</u> Sport and Religion: Definition and concept of religion; Similarities and differences between religion and sports as a social phenomenon; Challenges in combining sports and religion; Sports as a religious phenomenon	12
<u>UNIT-3</u> Sport and Research Methods: Methods in sports sociology (field work), and survey; Check list and participant observation; Interview - structured and non- structured; Content analysis of historical evidence; Theme - identification in qualitative research	12
<u>UNIT-4</u> Sport and Commercialization: Emergence and growth of commercial sport; Impact of commercialization and changes in sport; Impact of media on sports and sponsorship; Role of media in making and breaking of images in sports; Club culture and its impact on sport development; Sport and Future: Ideological issues in sport; Visualization of major sport forms in the future; Changing trends and forecasts in the growth of	12

sports; National sports policy – Challenging and constraints	
<p>Assignment and Assessment: Survey of traditional sports in various regions; tools and techniques used for local sports marketing; Write a paper on a comparative analysis of selected religions contributing to sport by using Weber's approach; Make a comparison of newspaper coverage of six sports, (three individual and three team sport) evaluate the impact of coverage on the popularity of each sport; Analyze new trends in social research specifically in relation to qualitative and quantitative techniques at international level and compare with research work in India</p>	12
<p>REFERENCES:</p> <ol style="list-style-type: none"> 1. Bhusan, V. and Sachdeva, An Introduction to Sociology, Delhi: Kitab, (2003). 2. IGNOU, The Study of Society - Understanding Sociology, Delhi - IGNOU, (2007). 3. Inkeles, A. Ed., What Is Sociology, ND : Prentice Hall, (1997). 4. Jain, Rachna, Sports Sociology, New Delhi: KSK, (2005). 5. Kanwal Jeet, S., Sport Sociology, ND : Friends Pub., (2000). 6. Mitchell, G.D. Ed., Dictionary of Sociology, U.K : Routledge, (1999). 7. Sharma, R. N, Urban Sociology, ND : Surjeet Pub., (1993). 8. Singh, Bhupinder, Sports Sociology, New Delhi : Friends, (2004). 9. Turner, B., Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press., (2006). 	

SEMESTER – IV (Service Course)**LIFE GUARDS COURSE (PED-441)**

Syllabus	Lectures
<p><u>UNIT-1</u></p> <p>Course Introduction: Course, instructor, and student introductions; Prerequisites; Facility Orientation; General Course information, course completion requirements; Emergency Action Plan (EAP); Course Prerequisite Swim Test: -300 yard continuous swim (100 yards of freestyle, 100 yards of breaststroke, and 100 yards of combination of the two); Swim 20 yards, surface dive 7ft, retrieve a 10 lb diving brick, and return. Breathing and Cardiac Emergencies: CPR/AED for the Professional Rescuer: Primary Survey; Obtaining Consent and Legal Considerations; Basic Precautions to prevent disease transmission; Resuscitation masks: using a Bag Valve Mask (BVM) vs. a Pocket Mask; General procedures for injury or sudden illness on land; moving a victim; Breathing Emergencies: Airway Obstruction conscious/unconscious infant, child, adult; Rescue Breathing; Cardiac Emergencies: Signs and Symptoms of Cardiac Arrest (Heart Attack); Cardiopulmonary Resuscitation infant, child, adult; Automated External; Defibrillator: Basic Cardiology; Two Rescuer CPR on Adult, Child, and Infant</p>	15
<p><u>UNIT-2</u></p> <p>First Aid: Initial Assessment vs. Secondary Assessment; Emergency Moves – Clothes Drag, Seat Carry; Physical Exam and SAMPLE History; Documentation; Sudden Illness; Wounds; Bleeding; Caring for Shock; Weather, Burns; Injuries to muscles, bones, and joints; Splints; Bites and Stings; Administering Epinephrine; Assisting with</p>	15

<p>bronchodilators (inhalers); Heat Related Emergencies; Cold Related Emergencies; Designing and Implementing Emergency Action Plan; Common types of injuries in geographical area; First Aid Kits</p>	
<p>UNIT-3 Lifeguard Training: The Professional Lifeguard and Injury Prevention; Benefits of being a professional LG; Responsibilities of a professional LG; Decision making; The LG Team; How facility management promotes LG professionalism; Preventing injuries – patron safety; Communicating with patrons; Safety checks; Weather conditions; Management and safety;</p>	15
<p>UNIT-4 Water Rescues: Extension assist from the deck; swimming extension rescue; active drowning victim rear rescue and extricate; multiple victim rescue; passive drowning victim rear rescue and extricate; feet first surface dive; submerged victim rescue; escapes; Caring for Head, Neck and Back Injuries on Land; in Shallow and Deep Water: - Defining and caring for a Head, Neck and Back Injury; In-line stabilization techniques; Defining and caring for a Head, Neck and Back Injury; In-line stabilization techniques; Shallow Water: Suspected spinal victim – on top of water and submerged passive victim; rescue; Using a backboard in shallow water; Deep Water: Suspected spinal victim – on top of water and submerged passive victim; rescue; Using a backboard in deep water</p>	15

M. P. Ed. II year**SEMESTER – IV****DISSERTATION (PED-554)**

Syllabus	Lectures
<p>The draft of the dissertation should be organized into four main sections with subsections. Use the following list to organize the draft and final electronic copy of the thesis/dissertation.</p> <p>The following guidelines apply to both thesis and dissertation formats: (a) Language: English/Hindi/Marathi is acceptable. If candidate is writing in English/Hindi/Marathi then Quotations in languages other than English/Hindi/Marathi must require a translation respectively. (b) Paper: The thesis must be printed on good quality, A4 Size (8.27" x 11.69"), white paper (Executive bond) on one side of the paper only. Photographs and other special figures or tables may be printed on photographic quality paper. Oversize or undersize pages (e.g., maps/Drawings) can be included but will not be bound into the thesis—they will be placed in a pocket at the back of the thesis. (c) Margins: Left-hand margins should be 38 mm (1.5") wide, to facilitate binding. All other margins should be well defined at approximately 25 mm (1"). Text alignment should be justified. (d) Font: For the main body of the text, a standard, easily legible, 12-point font is preferred (e.g., Times New Roman) although for some font styles (e.g., Arial or Helvetica) 11-point may be acceptable. For Marathi a 16-point font is preferred (e.g. Shree lipi). Condensed type is not acceptable. Chapter titles and section (sub) headings may be in a different style and should stand out clearly from the text. Text styles and title/(sub)heading styles should be</p>	120

consistent throughout the thesis, except that 11- or 12-point font consistent with the thesis text may be used in the table of contents. The thesis must be printed in black ink; printing should be laser or better quality. Title Marathi/Hindi/English; Chapter Heading 16/18 Bold 14 Bold; Headings 16 Bold 14 Bold; Sub Headings 14 Bold 12 Bold; Body Text 14/12. (e) **Page Numbers:** All pages must be numbered in sequence. There must be no missing, blank, or duplicate pages: 1. The page numbers in the preliminary material are to be in lower case Roman numerals, centered at the bottom of the page, except for the title page, which is not numbered. Minimum font size is 12-point and must be consistent throughout the text. 2. The page numbers in the main part (all text pages) are to be numbered consecutively with Arabic numerals. Placement of page numbers is as follows: Assign page numbers for the first page of each chapter, bibliography, and title page but do not print the number. Number should be placed $\frac{1}{2}$ inch from top of page and aligned with right margin. (f) **Line Spacing:** 1.5 for text; exceptions are noted below. (g) **Table of Contents:** The thesis must contain a complete table of contents. Individual entries (titles, headings, etc.) that extend onto more than one line should be single-spaced; line spacing of 1.5 should be maintained between entries. For clarity, chapter titles and (sub) headings should be in 12-point font regardless of their font size in the main body of the text. Page numbers listed in the table of content should be aligned at the right-hand side of the page. (h) **List of Illustrations/Figures and/or Tables** (if applicable): Individual entries (titles, captions, etc.) that extend onto more than one line should be single-spaced, but line spacing of 1.5 should be maintained between entries. The lists should include any material inserted in a back pocket. (i) **Abstract:** The thesis must contain an abstract. This should occupy a

single page, and may be single-spaced, if necessary. There should be no illustrations or footnotes. Students are advised that, due to space limitations shorten abstract to minimum 350 words.

Order of Items: The following order of items is applicable for M. P. Ed.

Preliminaries: Title Page; Certificate of the Guide; Statement/Declaration by the Candidate; Acknowledgement (Not more than TWO pages); Abstract; Table of Contents; List of Tables(if applicable); List of Figures(if applicable); Body of Thesis; Bibliography; Appendix (If Applicable); Vita(optional)

Appendices and other Supplementary Material: a) **General:** Appendices may include survey forms, or any other supplementary material excluding data. Content and format should be in accordance with discipline practice. b) **Copyright Permission:** Where a thesis includes copyrighted material (e.g., publications), copyright permission letters should be included as a separate appendix. Reprints may be included in the appendices, provided copyright permission is obtained.

Electronic Formats: a) **General:** Students may include supplementary material in electronic format. A CD-ROM or DVDROM (read-only) containing this material should be submitted in a hard case and will go in the back pocket of the thesis. A description of the supplementary material, including file names, formats, and a brief description of the contents, should be included as an appendix in the paper copy of the thesis and as a "read-me" file on the CD/DVD-ROM. b) **Labeling:** The CD/DVD-ROM must include both electronic and physical labels that list the thesis title, author, institution, and date.

Vita: Include your vita, or biographical sketch, with the document. List all educational institutions attended after graduation from high school and the date you received the undergraduate or graduate degree (or both). Include the list of professional organizations and other personal information of a scholarly nature. Do not include a list of publications. Do not number the vita page. Margins are identical to the preliminary pages. The Vita is limited to one page only.

FORMAT OF DISSERTATION TO BE SUBMITTED BY M. P. Ed.
SECOND YEAR STUDENTS

(FIRST PAGE)

"TITLE OF RESEARCH PROJECT"

A dissertation submitted to
Department of Physical Education,
Dr. B. A. M. University, Aurangabad

For the partial fulfillment of
Masters in Physical Education

By
XYZ

Under the Guidance of
Dr. / Prof. ABC
Asst. Prof. / Assoc. Prof / Prof., Department of Physical Education
Dr. B.A.M.U. Aurangabad, Maharashtra

March/April 20

SECOND PAGE

CERTIFICATE

- N.B.: (i) Part A and Part B are compulsory
(ii) Figures to the right indicate full marks

Part A

Answer all the following questions in two or three sentences each
(10x2=20)

Q1.

Q2.

Q3.

.

..

Q10.

Part B

Attempt any five questions of the following:
(12x5=60)

Q1.

Q2.

Q3.

Q4.

Q5.

Q6.

Q7.

SEMESTER – I**Core – Practical (PED-451): Internal Examination
(Training Methods) - 25 Marks**

Training Methods	Duration for Training Program	Marks Per Training Program	Total Marks
1) Strength Training – Any one training program can be implemented on minimum 12 to 16 students	1 hrs.	05 Mark Per Training Program	25
2) Speed Training – Any one training program can be implemented on minimum 12 to 16 students	-//-	-//-	
3) Endurance Training	-//-	-//-	
4) Flexibility Training	-//-	-//-	
5) Coordinative ability Training	-//-	-//-	

Note:-

Practical internal marks will be awarded by internal examiner/Senior lecturer/HOD.

**Core Practical (PED-452): (Skill Test) - Internal Examination
25 Marks**

Name of the test	Duration for Test	Marks per Test	Total Marks
1) Any one motor fitness test can be administered on minimum 10 to 15 students.	45 minutes	05	25

2) Any one Psychological test can be administered on minimum 5 to 10 students.	1 hrs.	05	
3) Any Three skill test can be administered on minimum 10 to 15 students.	45 minutes	05×3=15	

Core Practical: External examination total marks – 25+25=50
(One skill test- 25 Marks; and One training method- 25 Marks)

One internal and one external examiner will evaluate the training method program and test administration for external examination.

SEMESTER – II

Elective Practical (PED-453) -Multi-gym – Internal Examination Total Marks – 25

Name of the Training	Duration for Training	Marks per Training
1) Training with Dumbbells	1 hrs.	05
2) Training with Barbells	-//-	-//-
3) Training on multi-gym	-//-	-//-
4) Training with Pulleys or trade-mills.	-//-	-//-
5) Training with medicine ball or Swiss ball.	-//-	-//-

Note:-

Practical internal marks will be awarded by internal examiner/Senior lecturer/HOD.

(Or)

Elective Practical (PED-454) – Aerobic – Internal Examination
Total Marks – 25

Particulars of the Aerobic Exercise	Duration for Training	Marks per Skill
1) Basic Aerobics: March, Jog.	20 to 30 minutes	05
2) Basic Aerobics: Skip, Knee lift	-//-	-//-
3) Basic Aerobics: Lange, Kicks, Jacks	-//-	-//-
4) Step Aerobics	-//-	-//-
5) Power Aerobic/Sports Aerobic	-//-	-//-

Note:-

Multi-gym and Aerobic exercise program should be implemented and that program must be submitted in written format.

Elective Practical – External examination: The student has to choose any one of the above and demonstrate.

Total marks – 25: one Internal and one External Examiner will evaluate the multi-gym or Aerobic exercise training.

Core Practical (PED-455) - Internal Examination

Total Marks - 25

Track & field Proficiency

Name of the Track Field Proficiency	Duration for Proficiency	Marks per Proficiency
1) 100 m. or 200 m. sprints	15 to 20 minutes	05
2) Shot put or discus throw	15 to 20 minutes	05
3) Long Jump or High Jump	15 to 20 m.	05
4) 800 m. or 1500 m. Run	15 to 20 m.	05
5) Record book on any specific event of track and field or specifications of equipments.	No Specific Limit	05

Note:-

Practical internal marks will be awarded by internal examiner/Senior lecturer/HOD.

**Core Practical - External Examination -Track & Field
Total marks - 25**

Any one of the event of track and field proficiency can be demonstrated - one Internal and one External Examiner will evaluated Track and field proficiency of the candidate.

SEMESTER - III

**Elective Practical (PED-552) - Internal Examination
Yoga and Naturopathy
Total Marks - 25**

Name of the Practical	Duration	Marks Per Practical
1) Asana	1 hrs.	05
2) Pranayama	-//-	-//-
3) Suryanamaskar	-//-	-//-
4) Kriyas / Mudras	-//-	-//-
5) Visit and prepare a report on yoga and Naturopathy center.	No Specific Limit	-//-

Note:-

Practical internal marks will be awarded by internal examiner/Senior lecturer/HOD.

(Or)

**Elective Practical (PED-553) - Internal Examination
Physiotherapy**

Total Marks - 25

Name of the Practical	Duration	Marks per Practical
1) Active/Passive Therapeutic exercise	1 hrs.	05
2) Types of massages	1 hrs.	05
3) Sauna & steam bath information	No Specific	05
4) Visit to physiotherapy center	-//-	05
5) Prepare a report on physiotherapy center	-//-	05

Note:-

Practical internal marks will be awarded by internal examiner/Senior lecturer/HOD.

Elective Practical - External Examination- 25 Marks

Any one of the above practical can be presented with latest teaching aid in the seminar. One Internal and one External Examiner will evaluate the Presentation of candidate.

**Core Practical (PED-551) -Advance Coaching Lesson: 25 Marks
Internal Examination**

Advance Coaching Lessons	Duration for Program	Marks Per lesson
Specific Sport lesson I	1 hrs.	05 Mark Per Lesson Plan
Specific Sport lesson II	-//-	-//-
Specific Sport lesson III	-//-	-//-
Specific Sport lesson IV	-//-	-//-
Specific Sport lesson V	-//-	-//-

Note:-

Practical internal marks will be awarded by internal examiner/Senior lecturer/HOD.

Core Practical - External Examination - 25 Marks

One hour lesson plan in advance coaching and training in specialized sport as shown above will be evaluated by internal and external examiner.

SEMESTER - IV

Dissertation (PED-554) (Marks - 100)

Dissertation is compulsory during the last semester which will be evaluated by internal and external examination for the completion of the degree.

Prasanna Kumar

28/05/2012

Maj

Amr

Sankar

Suber

Dr. S. S. Shankar

Dr. S. S. Shankar
Dean