

**SCHEME OF EXAMINATION FOR M.P.Ed. UNDER CBCS****I-Semester (2024-25)****DEPARTMENT OF PHYSICAL EDUCATION PEDAGOGY****PART-A : THEORY COURSES**

Paper No.	Code	Courses	Max. Marks	Min. Pass Marks	Aggregate Pass Marks	Total Marks	Total Credits
I	M.P.Ed./I/A/01	Research Methods Sessional	60 40	27	45	100	4
II	M.P.Ed./I/A/02	Applied Statistics Sessional	60 40	27	45	100	4
III	M.P.Ed./I/A/03	Measurement & Evaluation Sessional	60 40	27	45	100	4
IV	M.P.Ed./I/A/04	Understanding Characteristics of Learner Sessional	60 40	27	45	100	4
						<b>400</b>	<b>16</b>

**PART-B : ACTIVITY COURSE (SPORTS SPECIALIZATION)**

Select one Game/Sport out of the following in the Semester-I, which to be continued till the end of Programme: (Administrative feasibility will be kept in mind while offering Game/Sport for Specialization): **Athletics, Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Judo, Swimming, Table Tennis, Tennis, Volleyball, Weight Lifting, Yoga, Squash and Kabaddi.**

I	M.P.Ed./I/B/01	Sports Theory Sessional	60 40	27	45	100	4
						<b>100</b>	<b>4</b>

**M.P.Ed.–I SEMESTER**  
**RESEARCH METHODS**  
**(JULY 2024 TO NOVEMBER 2024)**  
**Code : M.P.Ed./I/A/01**

**UNIT I**

**Foundations of Research**

1. What is research? Importance of research in the field of physical education and sports. Need, nature and scope of research
2. Qualities of a good researcher. Ethics and Ethical considerations in data collection
3. Scientific and unscientific methods of problem solving
4. Formulating a Research Problem. Identifying research interests and gaps. Formulating research questions
5. Variables: Meaning, Importance, types of variables
6. Population and samples. Sampling techniques (probability and non-probability). Limitations and delimitations

**UNIT II**

**Research Methods**

1. Hypothesis and types of hypothesis. Hypothesis testing concepts (null hypothesis, alternative hypothesis and statistical significance)
2. Literature review. Allied and Critical Literature review. Sources and steps of literature search- library, research data bases and internet- search engines, online journals. Note taking and critical reading.
3. Classification of research.
4. Analytical Method of Research:
  - Historical Research: Purpose, Steps, Advantages, Disadvantages, Sources - Primary and Secondary data, Pitfalls, Internal and External Criticism
  - Philosophical Research: Purpose, Methods, Inductive and Deductive Reasoning.
5. Descriptive Method of Research:
  - Survey Research: Methods, Process of implementing survey research methods, Questionnaire, Interview, Longitudinal and Cross-Sectional Survey Research.
  - Case Study: Approaches, Types of case studies.
6. Developmental Research.

**UNIT III**

**Research and Research Design**

1. Experimental Research: Meaning, Nature, importance and Advantages
2. Data and its types: Metric & Non Metric Data; Nominal Data, Ordinal Data, Interval Data, Ratio Data.
3. Concept of Validity, Reliability and objectivity. Internal and External Validity: Meaning, Concepts, Importance, Threats to Internal & External Validity, Factors to improve Internal External Validity.
4. Quantitative data collection methods (surveys, experiments, questionnaire, observations)
5. Qualitative data collection methods (interviews, focus groups, document analysis)
6. Experimental design: Pre-Experimental, True Experimental and Quasi Experimental

## **UNIT IV**

### **Scientific Writing**

1. Development of Research problem: Location of Research Problem and criteria in selecting the research problem, Survey of Related Literature and Referencing
2. Research Proposal: Formatting of research proposal, Basic guidelines of writing research proposal.
3. Research Report: Formatting of research reports, Basic guidelines of writing research report and Abstract.
4. Citation and referencing styles (APA, MLA, Chicago)
5. Introduction to Research Publication & Peer Review Culture (Single blinded and double blinded peer review)
6. Introduction to Plagiarism. Plagiarism Detection Software (PDS) and Shodhganga

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**M.P.Ed.–I SEMESTER**  
**APPLIED STATISTICS**  
**(JULY 2024 TO NOVEMBER 2024)**  
**Code : M.P.Ed./I/A/02**

**UNIT-I**

- 1.1 Need of Statistics in Physical Education:
- 1.2 Nature of Data:- Four Levels of Data – Nominal, Ordinal Interval & Ratio;  
Graphical representation of Data: Line Diagram, Pie Diagram, and Bar Diagram  
Frequency Distribution: Frequency Polygon, Frequency Curve, Histogram, Ogives.
- 1.3 Application of Measures of Central tendency & variability and their characteristics.  
Relative and absolute variability, Coefficient of variation.

**UNIT-II**

- 2.1 Two approach to Probability : Classical & Axiomatic; Addition Theorem & Multiplication Theorem, Calculation of Probabilities.
- 2.2 Normal Distribution: Properties of Normal Curve, Skewness & Kurtosis, Problems based on Normal Distribution.
- 2.3 Developing norms in the form of grading, Percentile Scale, T- Scale, Scales based on difficulty ratings.

**UNIT-III**

- 3.1 Concept of correlation & regression: Scatter diagram, linear correlation, rank correlation.
- 3.2 Liner regression equation with two variables.
- 3.3 Partial correlation coefficients of first and second order.
- 3.4 Multiple correlation coefficients involving three variables.
- 3.5 Sampling Distribution of Means, Standard Error of Mean, Interval estimates and Point estimates; Coefficients interval for mean.

**UNIT-IV**

- 4.1 Testing of Hypothesis: Region of Acceptance & Region of Rejection null & alternative Hypotheses: Level of Significance, type I & Type II errors, one tailed & two tailed Tests, degrees of freedom, procedure in testing of hypothesis.
- 4.2 Large Sample test (z-test) for means for one sample and two samples; Small sample test (t-test) for means for one sample and two samples – dependent and independent samples, F-test
- 4.3 Chi- Square Test for goodness of fit and testing independence of attributes.
- 4.4 One way Analysis of Variance, Post- hoc Tests – LSD & Scheffe.

**PRACTICAL**

1. To prepare the class intervals & write the frequencies by using the tally counts.
2. Computation of Correlation matrix.
3. Calculation of partial correlation.
4. Calculation of multiple correlation.
5. Calculation of t- ratio for related and unrelated groups.
6. Calculation of Z- ratio for testing the hypothesis.
7. Preparing the Percentile Scale.
8. Calculation of Chi-Square.
9. Calculation of the One Way ANOVA with equal & unequal sample sizes.

## **REFERENCES**

- Verma, J.P. and Ghufuran, M. (2012). Statistics for Psychology: A Comprehensive Text. Tata McGraw Hill Education, New Delhi.
- Verma, J.P. (2011). Statistical Methods for Sports and Physical Education. Tata McGraw Hill Education, New Delhi.
- Verma. J.P. (2013). Data Analysis in Management with SPSS Software Springer.
- Arun Arthur & Arwn N. Elaine, “Statistics for Psychology”, Prentice Hall, Upper Saddle river INC, 1999.
- Write E. Susan, “Social Science Statistics”, Allyn and Bacon INC.

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**M.P.Ed.–I SEMESTER**  
**MEASUREMENT & EVALUATION**  
**(JULY 2024 TO NOVEMBER 2024)**  
**Code : M.P.Ed./I/A/03**

**UNIT – 1**

**Introduction to Test, Measurement and Evaluation**

- 1.1 Test, measurement and evaluation: Meaning & concept
- 1.2 Types and importance in physical education and sports
- 1.3 Scope of test, measurement and evaluation in physical education
- 1.4 Principles and processes of evaluation in physical education
- 1.5 Criteria of selecting an appropriate test.
- 1.6 Administration of testing programme

**UNIT – 2**

**Test in Physical Education**

- 2.1 Types of tests and construction of standard knowledge and skill tests
- 2.2 Tests for Physical fitness
- 2.3 Motor fitness test
- 2.4 Motor educability.
- 2.5 Health related fitness tests.
- 2.6 Test for fitness components- strength, endurance, speed, flexibility and coordinative abilities.

**UNIT – 3**

**Sports skill test, Anthropometric & Somatotype**

- 3.1 Sports skill tests- Badminton, Basketball, Football, Hockey, Tennis, and Volleyball.
- 3.2 Anthropometric Measurements- land marks and measurement of various body segments,
- 3.3 Height, sitting-height, weight, diameters & circumferences of body.
- 3.4 Skinfolds, body mass index & ponderal index.
- 3.5 Somatotype, Sheldon's classification
- 3.6 Posture evaluating techniques.

**UNIT – 4**

**Testing of Human performance**

- 4.1 Testing of physiological phenomena- Blood pressure, breathing frequency & vital capacity,
- 4.2 Testing of heart rate, pulse rate & body temperature.
- 4.3 Body composition, measurement of body composition
- 4.4 Tests for psychological variables- Anxiety & aggression
- 4.5 Testing of team cohesion & achievement motivation.
- 4.6 Tests for mental-toughness, and self-efficacy

## REFERENCES

1. Barrow & McGee's Practical Measurement and Assessment, 2000 Kathleen Tritschler, Lippincott Williams & Wilkins Publication.
2. Test Evaluation Accreditation Measurements and Standards (TEAMS), 2018, Dr. Devendra K. Kansal, K.K. Publication.
3. Application of Measurement to Health and Physical Education 5<sup>th</sup> Edition, 1976 H. Harrison Clarke, Prentice-Hall, Inc., Englewood Cliffs, New Jersey.
4. Measurement and Evaluation in Physical Education, Fitness, and Sports (1983). James S. Bosco, William F. Gustafson, Prentice-Hall, Inc., Englewood Cliffs, New Jersey.
5. Measurement by the Physical Education Why and How 5<sup>th</sup> Edition (2005), David K. Miller, Mc Graw Hill Publication.
6. Measurement for Evaluation in Physical Education and Exercise Science 7<sup>th</sup> Edition (2006), Baumgartner, Jackson, Mahar, Rowe, Mc Graw Hill Publication
7. Introduction to Measurement in Physical Education and Exercise Science 2<sup>nd</sup> Edition (1986), Margaret J. Safrit, Times Mirror/Mosby College Publishing.

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**M.P.Ed.–I SEMESTER**  
**SPECIALIZATION-PEP, PAPER- IV**  
**UNDERSTANDING CHARACTERISTICS OF LEARNER**  
**(JULY 2024 TO NOVEMBER 2024)**  
**Code : M.P.Ed./I/A/04**

**Unit 1:**

**Foundations of Understanding Learners**

- 1.1 Meaning of growth and development
- 1.2 Factors influencing growth and development (Heredity and Environment)
- 1.3 Stages of growth and development
- 1.4 Principles of development
- 1.5 Characteristics of an adolescent learner
- 1.6 Issues and concerns during adolescence
- 1.7 Attitude and behavioural changes in adolescence

**Unit 2:**

**Cognitive Development and Learning Disabilities**

- 2.1 Piaget's Theory of Cognitive Development
- 2.2 Memory and its types
- 2.3 Cognitive Styles and Preferences
- 2.4 Emotional Intelligence and Learning
- 2.5 Adapting Teaching Strategies to Learning Styles
- 2.6 Learning Disabilities

**Unit 3:**

**Diversity in Education**

- 3.1 Cultural and Socioeconomic Influences on Learners
- 3.2 Emotional and Social Factors in Learning
- 3.3 Socialization and Peer Influences
- 3.4 Classroom Climate and Emotional Well-being
- 3.5 Gifted and Talented Learners
- 3.6 The Role of Personality in Learning
- 3.7 Gender Differences in Learning Preferences

**Unit 4:**

**Assessment, Inclusion and Feedback for Effective Learning**

- 4.1 Inclusive Practices for Diverse Learners
- 4.2 Differentiated Instruction
- 4.3 Assessment Accommodations for Diverse Learners
- 4.4 Fair and Bias-Free Assessment Practices
- 4.5 Feedback Strategies for Effective Learning
- 4.6 Ethical Considerations in Studying Learner Characteristics

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**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Badminton**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Introduction, Organization set up officiating:
- 1.1.1 History, Development, and Modern Trend in Badminton.
  - 1.1.2 Rules/Laws of Badminton and their Interpretation.
  - 1.1.3 Role of officials and their duties and responsibilities.
  - 1.1.4 Rules & Laws of Para Badminton (Badminton for people with Disability).
  - 1.1.5 Qualifying systems of Major National & International Tournaments.

**UNIT-II**

- 2.1 Technical & Tactical Skills and their Improvement :
- 2.1.1 Meaning of Technique, Tactics and it's Characteristics.
  - 2.1.2 Means and Methods of technical and tactical training.
  - 2.1.3 Developing basic strategy, singles, doubles and mixed doubles strategies (Offensive and Defensive).
  - 2.1.4 Requisite of Badminton Player (Physical, Technical, Psychological).
  - 2.1.5 Mechanical Analysis of Technical Skills.

**UNIT-III**

- 3.1 Requisites of a Coach, Fitness, Injury and its Prevention :
- 3.1.1 Philosophy, Qualification and responsibilities of Coach.
  - 3.1.2 Fitness requirement of a badminton player.
  - 3.1.3 Injuries and how to prevent them.

**REFERENCES**

- ❖ Downey, Jake & Brodie, D, (1980) Get Fit For Badminton A Practical Guide to Training for Players and Coaches
- ❖ Downey, Jake ( 1993) Winning Badminton Doubles How to coach BADMINTON Published by Jake Downey © Jake Downey 1990
- ❖ Downey, Jake (1982) "Better Badminton for All'. Pelham Books .
- ❖ Downey, Jake (1993) Excelling at Badminton (Beyond the Basics) Teach Yourself Books.
- ❖ Downey, Jake (2007) 'Tactics in Badminton Singles, ebook,
- ❖ Grice (2007), Badminton Steps To Success 2 2nd Edition HUMAN KINETICS.
- ❖ John Edwards ( 1997) Badminton: Technique, Tactics, Training (Crowood Sports Guides) The Crowood Press Ltd
- ❖ Lenore C. Smith, Kenneth Davidson Badminton, Create space Publisher.
- ❖ Mark Golds (2002) Badminton (Series - Skills of the Game ) The Crowood Press Ltd

**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Basketball**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Foundation & Rules :
- 1.1.1 Latest changes of rules & their impact on the game.
  - 1.1.2 Common injuries : Prevention & Care.
  - 1.1.3 Organization of competition and fixtures.
  - 1.1.4 Qualifying system of major international tournaments.
  - 1.1.5 Individual factors responsible for performance.

**UNIT-II**

- 2.1 Techniques & their application :
- 2.1.1 Classification & analysis of technique.
  - 2.1.2 Teaching stages of techniques.
  - 2.1.3 Faults & their correction (Rou principle).
  - 2.1.4 Evaluation of techniques.

**UNIT-III**

- 3.1 Tactics & Their Application :
- 3.1.1 Meaning Aims & Objectives of Tactics.
  - 3.1.2 Offensive Tactics (individual, group and team).
  - 3.1.3 Defensive Tactics (individual, group and team).
  - 3.1.4 Methods of Tactical training(break up drills).
  - 3.1.5 Team conflicts (How to identify conflict and solve it).
  - 3.1.6 Team building (On and off court).

**REFERENCES**

- ❖ Basketball by Dr. Boris Deltow, Dr. Wolfgang Hercher, Dr. SC. Gerd Konzag Practical modern basketball by Johnson R Wooden
- ❖ Sports training principles by Frank. W.Dick.
- ❖ Sports training by Dr. Hardayal Singh.
- ❖ A Practical approach to measurement in physical education by Harold Barrow and rose marry mcgee.
- ❖ Application to measurement in health and physical education by H Harrison clark.
- ❖ Applied Measurement, Evaluation and Sports Selection by D.K. Kansal Practical :

**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Cricket**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Introduction :
  - 1.1.1 National and International Bodies, Controlling Cricket and their functions.
  - 1.1.2 Qualities of a Coach and his/her duties and responsibilities.
  - 1.1.3 Captaincy in Cricket :
    - 1.1.3.1 Qualities
    - 1.1.3.2 Duties of Captain - General, Batting, Fielding
    - 1.1.3.3 Symptoms of bad captaincy
  - 1.1.4 Layout, construction and maintenance of various types of Cricket pitches.

**UNIT-II**

- 2.1 Classification of techniques regarding batting.
- 2.2 Teaching stages of techniques for bowlers.
- 2.3 Faults and their corrections during batting skills, bowling skills and fielding.
- 2.4 Biomechanical and Anthropometrical analysis of various techniques :
  - 2.4.1 Front foot drives
  - 2.4.2 Back foot drives
  - 2.4.3 Horizontal strokes
  - 2.4.4 Bowling

**UNIT-III**

- 3.1 Tactics in Cricket :
  - 3.1.1 Tactics for one day matches.
  - 3.1.2 Tactics for test matches.
  - 3.1.3 Tactics for T20 matches.
  - 3.1.4 Offensive and defensive fielding tactics.
- 3.2 Talent identification in Cricket :
  - 3.2.1 Basics of talent identification in Cricket.
  - 3.2.2 Principles of talent identification in Cricket.

**REFERENCES**

- ❖ Aneja, O.P. How to Play Cricket, Prerna Prakashan, 2012.
- ❖ Arora, Monika. Cricket Coaching Manual, Sports Publication, 2005.
- ❖ Bharadwaj, Arun. Coaching Batting Skills, Royal Colour Cartons, 2008.
- ❖ Kutty, Suresh. Fielding Drills in Cricket, Sports Publication, 2003.
- ❖ Rachna. Play Better Cricket, Sports Publication, 2001.
- ❖ Srivastava, A.K. How to Coach Bowling, Sports Publication, 2006.
- ❖ Srivastava, Vijay Kumar. Analysis of Cricket Skills, Sports Publication, 2007.
- ❖ Syal, Meenu. Teach Yourself Cricket, Prerna Prakashan, 2004.
- ❖ Tyagi, Arun Kumar, Cricket Skills & Rules, Khel Sahitya Kendra, 2012.
- ❖ Woolmer, Bob. Noakes, Time. Moffett, Helen. Bob Woolmer on Batting, New Holland Publishers, 2010.
- ❖ Woolmer, Bob. Noakes, Time. Moffett, Helen. Bob Woolmer on Bowling, New Holland Publishers, 2010.
- ❖ Woolmer, Bob. The Art and Science of Cricket, Firefly Book Limited, 2009.

**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Football**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Laws of the game and their interpretation and practical implications in match situation.
- 1.2 Layout, maintenance and marking of Football field.
- 1.3 Methodical phase of teaching technique in Football.
- 1.4 Mechanical analysis of different techniques.
- 1.5 Identification of faults and proper correction of the faults during technique performance.

**UNIT-II**

- 1.1 General and applied tactics and their implication :
  - 1.1.1 Individual : Attack & Defence.
  - 1.1.2 Group : Attack & Defence.
- 1.2 Leagues and competitions.
- 1.3 Emphasizing the importance of set play from the point of view of attack and defence in soccer.

**UNIT-III**

- 3.1 Psychological preparation.
- 3.2 Components of psychological preparation.
- 3.3 Feeling of players (pre during, post).
- 3.4 Pep talk.
- 3.5 Presence of spectator factor.
- 3.6 Injury prevention and rehabilitation for soccer players.

**REFERENCES**

- ❖ Allen Wade (1967), The F.A. Guide to Training and Coaching, ISBN: 0434835501.
- ❖ Árpád Csanádi (1972) Soccer : Technique, Tactics, Coaching, Corvina Press.
- ❖ Bill Beswick (2010) Focused for Soccer, 2nd Edition Human Kinetics, ISBN-13: 9780736090261.
- ❖ Bobby Moffat (1985) The Basic Soccer Guide, Collier Books, ISBN-13: 978-0020287803.
- ❖ Thomas Reilly and A. Mark Williams(2003) Science and Soccer, Routledge London, ISBN:0-203-41755-0.

**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Gymnastics**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Development of Gymnastics and classification of systematic exercises :
- 1.1.1 Modern Trends in Gymnastics (Latest changes in Apparatus and rules).
  - 1.1.2 Pre-requisites of good Gymnastics coach and a good gymnast.
  - 1.1.3 Types of structural group of gymnastics elements.
  - 1.1.4 Mechanical analysis of Gymnastics element on the basis of structural group.

**UNIT-II**

- 2.1 Safety measures in Gymnastics :
- 2.1.1 Sporting- security and self security methods.
  - 2.1.2 Various reasons of injuries in Gymnastics and their prevention.
  - 2.1.3 Principles, methods and importance of warm up and cool down.
  - 2.1.4 General, specific and competition warm up and cool down.

**UNIT-III**

- 3.1 Principles of Talent Identification :
- 3.1.1 Definition and importance of talent selection.
  - 3.1.2 Criteria and principles of talent selection.
  - 3.1.3 Procedure of talent selection.
  - 3.1.4 Development of Talent on long term basis.

**REFERENCES**

- ❖ Cartur, Exhestine R. Gymnastics for Girls and Women. New Jersey : Prentics Hall, 1969.
- ❖ Cochranu, Tunvi, S. International Gymnastics for Girls and Women. London : Addison Wolly Publishing Co., 1.
- ❖ Code of Points for Men. International Gymnastics Fede. copy right by fig. Men Technical Committee, 1975.
- ❖ De Carle, Tom. Hand Book of Progressive Gymnastics. Englewood Cliffs : N. J. Prentice Hall, 1963.
- ❖ Drury, Blanchu, J. and Schmid Andore B. Gymnastics for Women. California : National Book. 1970.
- ❖ Federation Rules in Gymnastics.
- ❖ Gurdial Singh Bawa, Fundamentals of Men's gymnastics Friends Publications, (India) -1994.
- ❖ Lence Jain Men Gymnastics Coaching Manual, Sports Publication, New Delhi
- ❖ Lokon, Newton, C. and Wiliougby, Rodert, J. Complete Book of Gymnastics. Englewood Cliffs, N.J. Prentice Hall, 1954.
- ❖ Priyanka Narang, Teach yourself Women Gymnastics Perna Prakashan, Delhi 2004.
- ❖ R. Jain-Play St learn gymnastic, K Gel Sahitya Kendra, New Delhi 2003
- ❖ Samiran Chakraborty, Lalit Sharma, Fundamental of Gymnastics on pursuit of erucellence, DVS Publications, New Delhi 1995
- ❖ Stunrt, Nik. Competitive Gymnastics London : Stonlly Paul and Company Ltd. 1970.
- ❖ Veena Jain Teach yourself men gymnastics, Perna Prakashan, Delhi, 2004.

**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Handball**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 History:
  - 1.1.1 Handball in Olympics
  - 1.1.2 Handball in Asian Games
- 1.2 Glossary of terms & Graphics used in Handball.

**UNIT - II**

- 2.1 Officiating:
  - 2.1.1 Interpretations of Rules
  - 2.1.2 Mechanics of Officiating - Pre match, Procedures, during match procedures, Post match procedures for referees, time keeper and scorekeeper, recommended hand's signal
- 2.2 System and organization of tournaments / competitions:
  - 2.2.1 Various competitions at various levels
  - 2.2.2 Methods of drawing fixtures
  - 2.2.3 Organization of competitions

**UNIT-III**

- 3.1 Techniques / skills and their development:
  - 3.1.1 Advance Technique - Jump Shot High Variations, Jump Shot Long Variations, fall shot variations, Jump fall shot variations, Goal- Keeper Techniques, catching & passing in different game situations, feinting, dribbling and their development exercises
  - 3.1.2 Recreational and lead up activities
  - 3.1.3 Skill Test for Handball

**REFERENCES**

- ❖ Clanton, Reita. E and Dwight Phyl Many **Team Handball - Steps to success** (Human Kinetics Publishers, 1997)
- ❖ Hamil, B. M., and J D. Lapoint. **Team handball : Skills Strategies and training**, (Eddie Bowers Publication 1994)
- ❖ Pennycook Lindsay and Sykes Robin **Olympic Handball** (Hutchinson Publication 1980)
- ❖ Barry L. Johnson and Jack K. Nelson “Practical Measurement for Evaluation in Physical Education” (Delhi: Surjeet Publishers, 1982).
- ❖ <http://www.ihf.info>.

**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Hockey**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Historical development of Hockey at National and International Level :
- 1.1.1 International Level :
- 1.1.1.1 Origin and development of Hockey at International Level.
- 1.1.1.2 Qualifying system of International tournament (men and women), Olympics, World Cup, Champions Trophy.
- 1.1.2 National Level :
- 1.1.2.1 Origin and development of Hockey at National Level.
- 1.1.2.2 Brief History of National Tournament (women) in Hockey - Lady Ratan Tata Trophy, Murgappa Cup.

**UNIT-II**

- 2.1 Coaching and officiating :
- 2.1.1 Qualities and qualifications of coaches.
- 2.1.2 Structure and style of coaching session.
- 2.1.3 Duties of coaches.
- 2.2 Mechanism of officiating :
- 2.2.1 Positioning
- 2.2.2 Responsibilities and information
- 2.2.3 Tournament preparation (Umpire) :
- 2.2.3.1 Mental preparation.
- 2.2.3.2 Handling pressure.
- 2.2.3.3 Fitness programme.
- 2.2.3.4 Nutrition and diet.

**UNIT-III**

- 3.1 Communication and training :
- 3.1.1 Team communication.
- 3.1.2 Different coaching and teaching gadgets i.e. Hockey.
- 3.1.3 Strategy :
- 3.1.3.1 Offensive strategy : Organisation (forwards, midfielders, back); Communication (nonverbal communication); Timing, Moving with the ball; Cutting; Offensive penalty corner (variations).
- 3.1.3.2 Defensive strategy : Communication; Marking (ball side / goal side); 16 Yard hits; Defensive penalty corners.

**REFERENCES**

- ❖ D. Jain, Hockey Skills & Rules Khel Sahitya Kendra, 2003.
- ❖ Dilip K. Dureha & Akhil Mehrotra, Teaching and Coaching Hockey, Janvani Prakashan (P) Ltd., 2003.
- ❖ Durairaj, Techniques of Hockey.
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- ❖ Ian Taylor with David Vear, Taylor on Hockey, Macdonald Queen Annepress, 1988.
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- ❖ P.Narang, Play and Learn Hockey, Khel Sahitya Kendra, 2003.
- ❖ Singh. Gian and Wallia Kuku, Learn, Hockey this way, Commercial Publication Bureau, New Delhi, 1979.
- ❖ Wein, Horts, The Science of Hockey, London : Pelham Books, 1979.

**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Judo**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Foundation :
  - 1.1.1 Structure and functions of National and International Bodies.
  - 1.1.2 Qualities and Qualifications of officials and their responsibilities.
  - 1.1.3 Preparation of competition Area.
  - 1.1.4 Safety measures in Judo Hall and during competitions.
- 1.2 Judo at International Level :
  - 1.2.1 Bi Laws of International Judo Federation.
  - 1.2.2 Statues of International Judo Federation.

**UNIT-II**

- 2.1 Techniques and their application :
  - 2.1.1 Means and defensive tactics.
  - 2.1.2 Concepts and methods of techniques training.
  - 2.1.3 Classification of techniques.
  - 2.1.4 Faults during techniques training and their corrections.
  - 2.1.5 Basic combat concept.
- 2.2 Technical Training :
  - 2.2.1 Meaning and aims of tactics.
  - 2.2.2 Offensive and defensive tactical training patterns.
  - 2.2.3 Methods of tactical training.
  - 2.2.4 Introduction of tactics in Judo performance

**UNIT-III**

- 3.1 Rules and their interpretations :
  - 3.1.1 Rules and their interpretations.
  - 3.1.2 Latest changes of Rules and their impact on the game (2014-2016).
- 3.2 Duties of officials before, during and after the competition.
- 3.3 Articles in Judo

**REFERENCES**

- ❖ Alix Butcher Judo New Halkind Publisher Ltd., London, 2001.
- ❖ Brain Ceffary Skillful Judo A & C Black London, 1992.
- ❖ David Mitchell The Complete Book of Marshal Art - London Himalayan Publishing Ltd., 1989.
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**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Squash**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Layout and marking of court.
- 1.2 Measurement of equipment used in Squash.
- 1.3 Rules of single and doubles game.
- 1.4 Role of officials and their duties and responsibilities.

**UNIT-II**

- 2.1 Technique / Skill training : Preparatory, Basic, Supplementary Exercise.
- 2.2 Identification and Correction of Faults.
- 2.3 Training for mastery in technique / skill.
- 2.4 Recreational and Lead-up activities.
- 2.5 Warm-up and cool down for game.

**UNIT-III**

- 3.1 Mechanics of officiating.
- 3.2 Qualities of good official.
- 3.3 Duties of official (pre, during and post game).
- 3.4 General / Specific fitness test and performance / skill tests.

**REFERENCES :**

- Hasim Khan, Richard E. Randall : Squash Rackets The Khan Game. Wayne State University Press, Detroit, Michigan (1967).
- Ian McKenzie's : Squash Skills. Crowood Press (2002)
- Philip Yarrow, Aidan Harrison. Squash - Step to Success (2nd edition). Human Kinetic Inc (2010).
- Stafford Murray, Mike Hughes et al. Science of Sport : Squash. The Crowood Press Ltd., Ramsbury, Marlborough (2016).
- Pippa Sales : Improve your Squash Games - 101 Drills, Coaching Tips and Resources, Disa Publication (1996).
- John Beddington : Play Better Squash. G2 Entertainment (2015)

**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Swimming**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Significance of Swimming as an activity and as a sport – its contribution to mankind.
- 1.2 Construction, Care, Supervision and Maintenance of Swimming Pool.
- 1.3 Latest rules governing Competitive Swimming, officials & f
- 1.4 Working of Swimming Federation of India (SFI), Paralympics Swimming Federation of India (PSFI) and Federation Internationale de Natation (FINA) and their affiliated units.

**UNIT-II**

- 2.1 Early stages of teaching Swimming to beginners.
- 2.2 Diseases and illnesses caused by Swimming and their preventive measures.
- 2.3 Aquatherapy as rehabilitative Swimming.

**UNIT-III**

- 3.1 Mechanical principles involved in Swimming (Hydrodynamics).
- 3.2 Classification of Swimming Techniques (strokes, starts and turns).
- 3.3 Phases of skill acquisition and scientific procedure of technique training in Swimming.

**REFERENCES**

- ❖ Maglischo, Ernest W., Swimming Fastest, Human Kinetics Publishers Ltd., Leeds, England, 2003.
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**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Table Tennis**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 History :
- 1.1.1 Table Tennis in Olympics.
  - 1.1.2 Table Tennis in Paralympics.
  - 1.1.3 Evolution of Laws of Table Tennis concerning Service, Ball, Scoring System.
  - 1.1.4 Evolution of Regulations of Table Tennis concerning Gluing & Racket, Control, Time Related Matters & Expedite System.

**UNIT-II**

- 2.1 Officiating :
- 2.1.1 Interpretations of Laws & Regulations.
  - 2.1.2 Laws & Regulations for Paralympics Table Tennis.
  - 2.1.3 Mechanics of Officiating- Pre Match Procedures, Field of Play Procedures, Post Match Procedures for Umpire & Asst. Umpire. Recommended Hand Signals & Calls.
- 2.2 Drawing of Fixtures :
- 2.2.1 Individual Competitions, Seeding & Byes.
  - 2.2.2 Team Competitions.
  - 2.2.3 Breaking of Ties.

**UNIT-III**

- 3.1 Techniques/Skills and their development :
- 3.1.1 Advance Technique/Skill- Footwork, Service Variations, Drive Variations, Flick, Smash & their Developmental Drills.
  - 3.1.2 Situational Play.
- 3.2 Recreational and lead-up activities : Round Toss, Bench Table Tennis, Frog Table Tennis, Splat Table Tennis.

**REFERENCES**

- ❖ International Table Tennis Federation Advance Coaching Manual, 2008, Shanghai Minsun Printing Packaging Limited Compnay- [www.minsun.com.cn](http://www.minsun.com.cn)
- ❖ International Table Tennis Federation Level 1 Coaching Manual, 2003.
- ❖ Bose, Tapan and Mukherjee, Bhawani “Table Tennis Training Manual” (Phulkian Press Pvt. Ltd., SAI, NSNIS, Patiala, India, April, 2000).
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**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Tennis**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Introduction and History :
  - 1.1.1 Historical development and modern trends in tennis.
  - 1.1.2 Rules of Tennis and their interpretations.
  - 1.1.3 Rules of Wheel chair Tennis.
  - 1.1.4 Officials in Tennis; their duties and responsibilities.

**UNIT-II**

- 2.1 Technical and tactical skills :
  - 2.1.1 Variations of basic strokes.
  - 2.1.2 Factors influencing match play.
  - 2.1.3 Principles for strategy and tactics in tennis tournaments.
  - 2.1.4 Different games styles.
  - 2.1.5 Five games situations.

**UNIT-III**

- 3.1 Requisites of a Coach :
  - 3.1.1 Role and responsibilities of coach.
- 3.2 Most Common injuries and their Prevention in Tennis :
  - 3.2.1 Elbow injury.
  - 3.2.2 Shoulder injury.
  - 3.2.3 Knee injury.
  - 3.2.4 Ankle Injury.
- 3.3 Drills – meaning and its goal.

**REFERENCES:**

- ❖ Modern encyclopedia of tennis, Bud Collins
- ❖ Play better tennis, E. Dewhurst, sports publication
- ❖ Sadzeck Tom. Tennis Skills, Quantum publishing Ltd., 2008
- ❖ Saviano Kick, Maximum Tennis, Human Kinetics, 2003
- ❖ Gullikson Tom, Complete conditioning for Tennis, Human Kinetics, 1998
- ❖ The Tennis Drill Book, Tina Hoskins, Human kinetics.
- ❖ Doubles Tennis Tactics, L. Cayer, Human Kinetics.

**M.P.ED. – I SEMESTER  
SPORTS SPECIALIZATION  
Sports Theory I : Athletics  
(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 History of selected Track and Field events :
  - 1.1.1 Sprints.
  - 1.1.2 Relay Races.
  - 1.1.3 Race Walking.
  - 1.1.4 Long Jump.
  - 1.1.5 High Jump.
  - 1.1.6 Shot Put.
  - 1.1.7 Discus Throw.
- 1.2 Organizational set-up of Track and Field Athletics at various levels :
  - 1.2.1 District Level.
  - 1.2.2 State Level.
  - 1.2.3 National Level.
- 1.3 The technique of sprint events :
  - 1.3.1 The Start.
  - 1.3.2 Acceleration.
  - 1.3.3 Sprinting (Legs, Arms and trunk action).
  - 1.3.4 Finish.
- 1.4 The technique of Long Jump :
  - 1.4.1 Approach (Run-up).
  - 1.4.2 Take off.
  - 1.4.3 The Flight.
  - 1.4.4 Hang Technique.
  - 1.4.5 Hitch- Kick Technique.
  - 1.4.6 Landing.

**UNIT-II**

- 2.1 Marking for Track and Field Events :
  - 2.1.1 Track Events.
  - 2.1.2 Field Events.
  - 2.1.3 Jumps.
  - 2.1.4 Throws.
- 2.2 Competition rules for selected Track and Field events :
  - 2.2.1 Sprints.
  - 2.2.2 Relay Races.
  - 2.2.3 Race Walking.
  - 2.2.4 Long Jump.
  - 2.2.5 High Jump.
  - 2.2.6 Shot Put.
  - 2.2.7 Discus Throw.

- 2.3 The High Jump :
  - 2.3.1 Straddle technique :
    - 2.3.1.1 The Approach (Run-up).
    - 2.3.1.2 Take off.
    - 2.3.1.3 Bar Clearance.
    - 2.3.1.4 Landing.
  - 2.3.2 Fosbury Flop technique :
    - 2.3.2.1 The Approach (Run-up).
    - 2.3.2.2 Take off.
    - 2.3.2.3 Bar Clearance.
    - 2.3.2.4 Landing.
- 2.4 Relay Races :
  - 2.4.1 4×100M.
  - 2.4.2 4×400M.

### **UNIT-III**

- 3.1 Shot Put :
  - 3.1.1 O' Brien Technique :
    - 3.1.1.1 Initial Stance.
    - 3.1.1.2 The Glide.
    - 3.1.1.3 Release (Delivery).
    - 3.1.1.4 Reverse (Recovery).
  - 3.1.2 Rotational Technique :
    - 3.1.2.1 Initial Stance.
    - 3.1.2.2 The Turn.
    - 3.1.2.3 Release/Delivery.
    - 3.1.2.4 Reverse/Recovery.
- 3.2 Technique of Race Walking.
- 3.3 Discus Throwing :
  - 3.3.1 Initial Stance.
  - 3.3.2 Preliminary Swings.
  - 3.3.3 Transition.
  - 3.3.4 The Turn.
  - 3.3.5 Delivery/Release.
  - 3.3.6 Recovery/ Reverse.

### **REFERENCES**

- ❖ Bosen, K.O. Track and Field Fundamental Technique (Patiala: N.I.S. Publication).
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**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Volleyball**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Competition system and qualifying system in Olympic and World Championships.
- 1.2 Selection of team and starting line-up for Volleyball game.
- 1.3 Injuries in Volleyball and its preventive measures.
- 1.4 Playing system (offensive and defensive) :
  - 1.4.1 3-Men reception.
  - 1.4.2 2-Men reception.
  - 1.4.3 2-1-3, 2-0-4 and 3-0-3 defensive system.

**UNIT-II**

- 2.1 Layout and maintenance of various playing surfaces.
- 2.2 System of protocol.
- 2.3 Requirement and management of the competition.
- 2.4 Motor abilities required for the Volleyball.

**UNIT-III**

- 3.1 Energy demand in Volleyball.
- 3.2 Beach Volleyball :
  - 3.2.1 History of beach Volleyball.
  - 3.2.2 Basic rules of beach Volleyball.
- 3.3 Different teaching and coaching aids/gadgets of Volleyball.
- 3.4 Ergogenics aids in Volleyball :
  - 3.4.1 Stimulants.
  - 3.4.2 Anabolic agent.
  - 3.4.3 Caffeine.

**REFERENCES**

- ❖ Anthony C. Varghese, Lawrence V. Volleyball Player, Handbook Friends Publication, New Delhi 2009.
- ❖ Dumphy Mary and Wilde Rad, Volleyball Today, 2nd Edition, Fritz/Brett, 2000.
- ❖ Ranganathan P.P. Volleyball, A Guide to Playing and Coaching, Friends Publication, Delhi, 2003.
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**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Weight Lifting**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 Technical Rules of Weight-Lifting :
  - 1.1.1 Programme of Competitions (Participants and their eligibility, Body Weight Category).
  - 1.1.2 General rules for all lifts, in correct movements and positions for all lifts, incorrect movements and positions for snatch and clean & jerk.
  - 1.1.3 Apparatus, facilities and official documents of the competition.
  - 1.1.4 Outfit of the Competition.
  - 1.1.5 Competitions (Entries, Drawing of lots & weigh-in).
  - 1.1.6 Presentations course of the competition.
  - 1.1.7 Order of calling and announcements of winners.
  - 1.1.8 Classification of athletes and teams.
  - 1.1.9 Officials of the competition, their functions, duties and power.

**UNIT-II**

- 2.1 Common mistakes while performing various lifts in weight lifting and it's corrections.
- 2.2 Development of motor qualities. It's ways and means specially the strength and speed.
- 2.3 Training load and adaptation & relationship between means, load and recovery, judgment of training load- objective.
- 2.4 Periodization and its types.
- 2.5 Long term & short term training plan, Principles of training.

**UNIT-III**

- 3.1 Orientation and Working on fitness centre equipments/ Gadgets :
  - 3.1.1 Cardiac machines.
  - 3.1.2 Strength training machines.
  - 3.1.3 Swiss ball, terra bands etc.
  - 3.1.4 Sauna & steam bath, Jacuzzi, chilled shower, etc.
- 3.2 Personal outfits & gadgets required for the members of the fitness centre.
- 3.3 Maintenance/House keeping, Hygiene & safety aspects of a fitness centre.
- 3.4 Basic marketing principle & process apply to health club.

**REFERENCE**

- ❖ "Hand Book of International Weight Lifting Federation" Published by the International Weight Lifting Federation, Budapest – Hungry 2005-08.
- ❖ Singh Hardayal "science of Sports Training" D.V.S. Publication Giri Nagar, Kalki, New Delhi 1995.
- ❖ Sharkey Brain and Gaskill Steven "Fitness & Health-6<sup>th</sup> Edition" Human Kinetics Publication, 2006.
- ❖ Vella Mark "Anatomy for Strength and Fitness Training: An Illustrated Guide to your muscles in Action, New Holland Publishers Ltd. (2007)
- ❖ West coot way net Beach R. Thomas "Strength Training Past 50 Human Publication ISBN : 0-88011-716-8 (1998).



**M.P.ED. – I SEMESTER**  
**SPORTS SPECIALIZATION**  
**Sports Theory I : Yoga**  
**(JULY 2024 TO NOVEMBER 2024)**

**UNIT-I**

- 1.1 School Yoga :
- 1.1.1 Hatha Yoga, Karma Yoga, Bhakti Yoga, Raja Yoga, Mantra Yoga, Jan Yoga, Laya Yoga, Tantra Yoga, Kundalini Yoga.
- 1.1.2 Patanjali's Astanga Yoga.
- 1.1.2.1 Bahiranga Yoga.
- 1.1.2.2 Antranga Yoga.
- 1.1.3 Personality- Meaning of Panchakoshas.  
Different types of Koshas and its functions (Annamaya, Pranamaya, Manonmaya, Vigyanamaya, Anandamaya).

**UNIT-II**

- 2.1 Asanas :
- 2.1.1 Types of Asanas, (Cultural, Relaxative and Meditative).
- 2.1.1.1 Physiological, Psychological and Therapeutical effects on various system of the body through different types of Asanas.
- 2.1.1.2 Study of essential requirements and equipments for advance practice of yoga.
- 2.1.2 Concepts of Pancha Pranas and Pancha upapranas.
- 2.1.2.1 Pranayama, different types of pranayamas and its mechanism.
- 2.1.2.2 Physiological and therapeutical aspects of pranayamic breathing and its effects on various systems of the body.
- 2.1.3 Shudhi Kriyas :
- 2.1.3.1 Classification of different Kriyas and its concepts.
- 2.1.3.2 Physiological effect of Shudhi Kriyas on human body and mind.

**UNIT-III**

- 3.1 Yoga Therapy :
- 3.1.1 Meaning and types of yoga therapy.  
Difference between Panchakarma and Satkarma.
- 3.1.2 Mitahara and different concepts of Yogic Diet.  
Scientific and yogic concepts of diet for healthy life style.
- 3.1.3 Meditation:- Meaning and Principles of various techniques of meditation.  
Physiological, Psychological and Therapeutical effects of meditation.
- 3.2 Concept of Kriya Yoga.

**REFERENCE**

- ❖ Kavalayanada, Pranavama, Bombay, Popular Prakashan.
- ❖ Kavalayanada, Asanas, Bombay: Popular Prakashan.
- ❖ Kavalayananda and Vinekar, S.L. Yogic Therapy. New Delhi Central Bureau of Health Services, Ministry of Health.
- ❖ Yoga Mimamsaa Journal, Vol. I to XIX, Kaivalyadhama Lonavla.
- ❖ Yogeshwar, Text Book of Yoga, Yoga Centre, Mylopore, Madras.
- ❖ Yoga se Arogya, Indian Yoga, Society, Sagar.
- ❖ Goswami, S.S. Harthayoga, Fowler, London.
- ❖ Prana pranayama prana vidya, mungar: Swami Niranjanananda Saraswathi
- ❖ Swadhyaya and yoga therapy (Vedic physiology and anatomy) Pune Dr. Dattatraya R Vaze.

**REVISED**

**SCHEME OF EXAMINATION FOR M.P.Ed. UNDER CBCS**

**II-Semester (2024-25)**

**DEPARTMENT OF PHYSICAL EDUCATION PEDAGOGY**

**PART-A : THEORY COURSES**

Paper No.	Code	Courses	Max. Marks	Min. Pass Marks	Aggregate Pass Marks	Total Marks	Total Credits
I	M.P.Ed./II/A/01	Science of Sports Training Sessional	60 40	27	45	100	4
II	M.P.Ed./II/A/02	Professional Preparation & Curriculum Design Sessional	60 40	27	45	100	4
III	M.P.Ed./II/A/03	Sports Psychology Sessional	60 40	27	45	100	4
IV	M.P.Ed./II/A/04	Pedagogy of Secondary Physical Education Sessional	60 40	27	45	100	4
						<b>400</b>	<b>16</b>

**PART-B : ACTIVITY COURSE (SPORTS SPECIALIZATION)**

I	M.P.Ed./II/B/01	Skill Proficiency	100	45	45	100	4
						<b>100</b>	<b>4</b>

**M.P.Ed.-II SEMESTER**  
**SCIENCE OF SPORTS TRAINING**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**MPed./II/A/01**

**UNIT-I**

1. Workout Planning
  - 1.1 Importance of Planning
  - 1.2 Principles of Planning
  - 1.3 Types of Planning
  - 1.4 Training Sessions
    - 1.4.1 Classified by task
    - 1.4.2 Classified by structure
    - 1.4.3 Sample training plan

**UNIT- II**

2. Coaching Philosophy
  - 2.1 Developing of positive Coaching Philosophy.
  - 2.2 Communication in sports Competitions.
    - 2.2.1 Guidelines for sending effective Messages.
  - 2.3 Psychological factors and performance excellence.
  - 2.4 Imagery Training.
    - 2.4.1 Factors influencing the effectiveness of imagery.
    - 2.4.2 Developing an imagery training programme.

**UNIT-III**

3. Competition
  - 3.1 Concept of Competition.
  - 3.2 Classification of competition.
  - 3.3 Functions of competition.
  - 3.4 Competition System.
  - 3.5 Preparation for competition.
    - 3.5.1 General guidelines.
    - 3.5.2 Psychological preparation.
    - 3.5.3 Direct Preparation.

**UNIT-IV**

4. Peaking for Competition.
  - 4.1 Peaking- Concept.
  - 4.2 Tapering.
    - 4.2.1 Definition of Tapering.
    - 4.2.2 Primary aim of Tapering.
    - 4.2.3 Factors affecting Tapering.
      - 4.2.3.1 Training intensity.
      - 4.2.3.2 Training volume.
      - 4.2.3.3 Training frequency.

## **REFERENCES**

- [Functional Training for Sports](#), Michael Boyle Publication Date: August 13, 2003, Edition: 1, Human Kinetics
- Science of sports training: how to plan and control training for peak performance / by Thomas Kurz. Author: Kurz, Thomas, 1956-. Publisher: Island Pond, Vt. : Stadion, ...
- [Essentials of Strength Training and Conditioning - 3rd Edition](#) by National Strength and Conditioning Association
- Principles of sports training, Hardayal Singh
- Periodization Training for Sports, Todor O. Bompa, Michael C. Carrera, Second Edition, Human Kinetics, 2005.
- [Functional Training for Sports](#), Michael Boyle Publication Date: August 13, 2003, Edition: 1, Human Kinetics
- Science of sports training : how to plan and control training for peak performance / by Thomas Kurz. Author: Kurz, Thomas, 1956-. Publisher: Island Pond, Vt. : Stadion, ...
- [Essentials of Strength Training and Conditioning - 3rd Edition](#) by National Strength and Conditioning Association

**M.P.Ed.–II SEMESTER**  
**PROFESSIONAL PREPARATION & CURRICULUM DESIGN**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**MPEd./II/A/02**

**UNIT-I**

- 1.1 Basic Concept of Curriculum:
  - 1.1.1 Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centered, Activity centered, Community centered.
  - 1.1.2 Significance of Curriculum in Education
  - 1.1.3 Forward looking principle. Principles of integration
  - 1.1.4 Theories of curriculum development, Conservative (Preservation of Culture).
  - 1.1.5 Relevance, flexibility, quality, contextually and plurality
  - 1.1.6 Approaches to Curriculum; Subject centered, Learner centered and Community centered. Curriculum Framework.

**UNIT-II**

- 2.1 Factors & Resources:
  - 2.1.1 Factors that affecting curriculum
  - 2.1.2 Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopedias, Magazines, Internet.
  - 2.1.3 Integration of modern technologies in curriculum
  - 2.1.4 Integration of Physical Education with other Sports Sciences – Curriculum research.
  - 2.1.5 Objectives of Curriculum research – Importance of Curriculum research.
  - 2.1.6 Teaching aids - Time-table, Concepts.

**UNIT-III**

- 3.1 Curriculum Practices and design:
  - 3.1.1 Curriculum design and content- importance, selection and classification of subject matter with reference to age, sex and differently abled pupils.
  - 3.1.2 Integrated programs for boys and girls.
  - 3.1.3 Preparation & selection of content of the curriculum at elementary school level.
  - 3.1.4 Preparation of the curriculum at the middle and secondary school.
  - 3.1.5 Organising for instruction in the middle school.
  - 3.1.6 Organising the program of physical education at the urban and rural areas.
  - 3.1.7 Disciplinary strategies in physical education through curriculum.

**UNIT-IV**

- 4.1 Safety Consideration & Evaluation:
  - 4.1.1 Curriculum evaluation: Concepts and purpose.
  - 4.1.2 Credit system for various subject courses theory and practical.
  - 4.1.3 Planning for safety in indoor and outdoor settings. Planning for safety of spectators.
  - 4.1.4 Legal liability. Negligence and its prevention.
  - 4.1.5 Procedure and appraisal.
  - 4.1.6 Inclusivity and Diversity in Educational Content

## **REFERENCES**

1. Kelly, L., & Melograno, V. (2014) Developing the physical education curriculum. ISBN-13:978-1478627043 ISBN-10:1478627042
2. James, J. (2005). Curriculum design in physical education and sports. New Delhi: Friends Publications (India). ISBN-10:8172161433. ISBN-13: 978-8172161439
3. Shinde, B. (2011). Curriculum design in physical education. New Delhi: Sports Publication. ISBN-10:8178796260. ISBN-13:978-8178796260

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**M.P.Ed.–II SEMESTER**  
**SPORTS PSYCHOLOGY**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**MPed./II/A/03**

**UNIT-I**

- 1.1 Sports Psychology
  - 1.1.1 Meaning, Definition and Scope of Sports Psychology
  - 1.1.2 Importance of Sports Psychology
- 1.2 Learning Process
  - 1.2.1 Meaning and Nature of Learning
  - 1.2.2 Theories of Learning and their implication in teaching Learning Process
- 1.3 Motivation in Sports
  - 1.3.1 Meaning, Definition and types of Motivation
  - 1.3.2 Theories of Motivation
  - 1.3.3 Concept of Achievement Motivation

**UNIT-II**

- 2.1 Psychological of Sports Performances
  - 2.1.1 Definition and Nature of Stress and Anxiety
  - 2.1.2 Types of Anxiety
  - 2.1.3 Meaning and Definition of Aggression
  - 2.1.4 Causes of Aggression
  - 2.1.5 Role of Aggression in Sports
  - 2.1.6 Methods of Measuring and Controlling Aggression

**UNIT-III**

- 3.1 Personality and Performance
  - 3.1.1 Meaning, Definition of Personality and Personality Traits
  - 3.1.2 Theories of Personality
  - 3.1.3 Role of Personality in Sports and Exercise
  - 3.1.4 Measurement of Personality
    - 3.1.4.1 Eysneck – EPQ (R)
    - 3.1.4.2 Cattle- R.B. Cattle 16 PF
  - 3.1.5 Individual Difference and its types
  - 3.1.6 Areas of Individual differences

**UNIT-IV**

- 4.1 Group Dynamic, Team Cohesion and Leadership
  - 4.1.1 Concept of Group Dynamics
  - 4.1.2 Team Cohesion, Characteristics of Team Cohesion
  - 4.1.3 Guidelines for Developing Team Cohesion
  - 4.1.4 Measurement of Cohesion
  - 4.1.5 Meaning of Leadership
  - 4.1.6 Component of Effective Leadership
  - 4.1.7 Measurement of Leadership

## **PRACTICALS**

1. Assessment of Reaction Time (Hard-Eye)
2. Assessment of Coordination (Foot-Eye)
3. Analysis of Personality (Eysinck Personality Questionnaire), Big Five Personality Test.
4. Assessment of Achievement Motivation.
5. Assessment of Concentration.

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**M.P.Ed.–II SEMESTER**  
**PEDAGOGY OF SECONDARY PHYSICAL EDUCATION**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**MPEd./II/A/04**

**Unit 1: Introduction to Pedagogy and Secondary Physical Education**

- 1.1 Meaning and Definition of pedagogy
- 1.2 Scope of pedagogy
- 1.3 Pedagogical Approaches: -
  - 1.3.1-Constructivist approach
  - 1.3.2-Collaborative Approach
  - 1.3.3-Integrative
  - 1.3.4-Inquiry-based
  - 1.3.5-Reflective
- 1.4 Aims and objectives of physical education at secondary level
- 1.5 Nature of secondary physical education
- 1.6 Importance of physical education at secondary level

**Unit 2: Educational theories and Curriculum Development**

- 2.1 Educational theories: Behaviourism, constructivism, and humanism
- 2.2 Application of educational theories to secondary physical education
- 2.3 Principles of curriculum development in physical education
- 2.4 Aligning physical education curriculum with educational goals and standards
- 2.5 Issues and challenges in designing secondary Physical Education Curriculum
- 2.6 Differentiated instruction in secondary physical education
- 2.7 Inclusive curriculum design for diverse learners
- 2.8 Adaptations for diverse learners in physical education

**Unit 3: Instructional Strategies in Secondary Physical Education**

- 3.1 Teaching methods in secondary physical education (Merits, demerits, applicability)
- 3.2 Tools and techniques
- 3.3 Teaching strategies
- 3.4 Classroom management strategies for physical education classes
- 3.5 Technology integration in secondary physical education
- 3.6 Cooperative and collaborative learning in physical education

**Unit 4: Evaluation and Professional Development**

- 4.1 Nature and importance of evaluation
- 4.2 Types of evaluation
- 4.3 Continuous and comprehensive evaluation
- 4.4 Continuous professional development for physical education teachers
- 4.5 Legal and ethical considerations in physical education
- 4.6 Liability issues in teaching physical education
- 4.7 Ensuring student safety in physical education classes
- 4.8 Engaging with parents, administrators, and policymakers

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**M.P.Ed.–III SEMESTER**  
**FITNESS AND WELLNESS**  
**SESSION: JULY 2024 TO NOVEMBER 2024**  
**Code : M.P.Ed./III/A/01**

**UNIT-I**

- 1.1 Introduction to Fitness & Wellness :
  - 1.1.1 Meaning and Definition of Fitness, Wellness & Nutrition
  - 1.1.2 Physical Fitness Concepts, Components, Techniques and Principles of physical fitness,
  - 1.1.3 Leisure time physical activity, Opportunities in the community to participate leisure activities
  - 1.1.4 Current trends in fitness and conditioning, Components of total health fitness and the relationship between physical activity and lifelong wellness

**UNIT-II**

- 2.1 Application of Fitness & Wellness :
  - 2.1.1 Nutrition & Wellness
  - 2.1.2 Body Composition & Weight Management
  - 2.1.3 Endurance: Cardio respiratory & Muscular
  - 2.1.4 Flexibility, Fitness & Wellness relationship
  - 2.1.5 Stress Management & Behavior Modification

**UNIT-III**

- 3.1 Fitness & Wellness Assessment :
  - 3.1.1 Measurement of Height & Weight
  - 3.1.2 Measurement of Body Composition
  - 3.1.3 Assessment of cardio respiratory fitness, Health Related Fitness
  - 3.1.4 Stress Assessment & its Management Techniques
  - 3.1.5 Preparation & implementation of Group Exercise Plans
  - 3.1.6 Preparation & implementation of Personal Training Plans
  - 3.1.7 Resistance Training for Muscular Strength and Endurance; principles of resistance training,
  - 3.1.8 Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques) Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls)
  - 3.1.9 Group Exercises Plan, Personal Training, and Fitness & Wellness Activities for various ages & population

**UNIT-IV**

- 4.1 Establishment and Management of Fitness Centre :
  - 4.1.1 Principles of starting a fitness center-environment, location, policy, offer of programmes, record keeping, public relation.
  - 4.1.2 Fitness center membership and its types.
  - 4.1.3 Safety aspects in a fitness centre.
  - 4.1.4 Qualification and qualities for a fitness trainer.

## **PRACTICALS**

- Orientation and management of fitness center, various equipments and wet zone
- Different methods of measuring Body Composition (BMI, Skinfold Caliper).
- Different Fitness Test (Harvard Step Test, Sit and Reach Test, Grip Dynamometer).

## **REFERENCES**

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
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**M.P.Ed.–III SEMESTER**  
**ADAPTED PHYSICAL EDUCATION (OPTIONAL PAPER)**  
**SESSION: JULY 2024 TO NOVEMBER 2024**  
**MPed./III/A/02**

**UNIT-I**

1. Identification and causes of specific diseases
  - 1.1. Attention deficit hyperactivity disorder : Meaning, Symptoms, Causes and Treatment
  - 1.2. Meaning of Autism and its Signs Symptoms & Causes
  - 1.3. Emotional disturbance : Characteristics, Causes and Treatment
  - 1.4. Specific learning disabilities: Common types of learning disabilities their causes, treatment and intervention
  - 1.5. Amputations & its types and dwarfism: types, causes, diagnosis and treatment

**UNIT-II**

2. Class organization
  - 2.1. Class organization strategies: identifying the cause, embrace special needs, setting high expectations and goals.
  - 2.2. Managing individual programmes: specially designed instructions, programme modifications, classroom accommodations, supplementary aids and services, transportation.
  - 2.3. Monitoring students performances: Purpose and Implementation
  - 2.4. Organizing the instructional environment.

**UNIT-III**

3. Paralympics Sports
  - 3.1. History of Paralympics.
  - 3.2. Paralympics events : list of IPC summer and winter sports.
  - 3.3. Rules and regulations.
  - 3.4. Eligibility criteria: medical classification & functional classification.

**UNIT-IV**

4. Organization & Administration
  - 4.1. Individual education programme : meaning and its need.
  - 4.2. Role of the physical education.
  - 4.3. Communicating with parents.
  - 4.4. Public relations.

**REFERENCES**

- Auxter David, pyfer jean, Huettig carol “ Principles & Methods of Adapted physical education”
- Fait. F. Hollis “Education : adapted corrective developmental”
- Winnick .P Joseph “ Adapted Physical education”
- Clarke Harrison. H, Clarke David H developmental and Adapted Physical Education.

**M.P.Ed.–III SEMESTER**  
**SPORTS JOURNALISM (OPTIONAL PAPER)**  
**SESSION: JULY 2024 TO NOVEMBER 2024**  
**Code : M.P.Ed./III/A/03**

**UNIT-I**

1. Introduction to Communication
  - 1.1 Meaning & Process of Communication.
  - 1.2 Functions & Scope of Communication.
  - 1.3 Communication Barriers.
  - 1.4 Historical development of Communication.
  - 1.5 Types of Communication.

**UNIT-II**

2. Introduction to Journalism & Mass Communication
  - 2.1 Definition & Function of Mass Communication.
  - 2.2 Difference between Communication & Mass Communication.
  - 2.3 Effect & Scope of Mass Communication.
  - 2.4 Meaning of Journalism.
  - 2.5 Types of Journalism.
  - 2.6 Sports Journalism in India.

**UNIT-III**

3. Press laws & Media Ethics
  - 3.1 To Introduce Basic Media laws of India.
  - 3.2 Contempt of Court.
  - 3.3 Defamation.
  - 3.4 Provisions of the IPC.
  - 3.5 RTI.
  - 3.6 Values and Ethics of Journalism.

**UNIT-IV**

4. New Media & Recent Trends
  - 4.1 Introduction of New Media.
  - 4.2 Importance of New Media.
  - 4.3 Recent trends & tools.
  - 4.4 Media tools & its effects.

**REFERENCES**

- Schramm, W. & Roberts, D. F. (1971). The Process and Effects of Mass Communication, Urbana, IL: University of Illinois Press.
- Dennis, M.Q. (2012). Mass Communication Theory, 6<sup>th</sup> South Asian Edition, Sage.
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- Natarajan, J. (2000). History of Indian Press, Publications Division.
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- Schmidt, E. & Cohen, J. (2013). The New Digital Age, John Murray.
- Rao, M. C. (1974). The Press, National Book Trust.

**M.P.Ed.–III SEMESTER**  
**GENDER AND INCLUSIVE EDUCATION (OPTIONAL PAPER)**  
**SESSION: JULY 2024 TO NOVEMBER 2024**  
**Code : M.P.Ed./III/A/04**

**Objectives of the Course:**

1. To familiarize students with key concepts, issues and challenges regarding gender, both historical and contemporary
2. To develop students' sensibility and responsibility with regard to inclusive education
3. To help students reflect critically on gender violence, gender biasness specially in Education
4. To expose students to more egalitarian interactions between men and women.
5. To equip all students with knowledge and importance of living together as equals.

**LEARNING OUTCOMES:**

- A better understanding of concepts and important issues related to gender in contemporary India.
- A finer grasp on how women face discrimination, harassment and violence in everyday life.
- Empowering students with how to respond to gender issues.
- Developing a sense of appreciation and equality for women in all walks of life.
- Developing an understanding and importance of inclusion in society.

**UNIT – I**

**1.1 Understanding Construction of Gender :**

- 1.1.1 Definition, meaning and understanding Gender & gender construction
- 1.1.2 Historical roots of gender construction in India – patriarchy and its socio-cultural origins.
- 1.1.3 Gender roles , female stereotype and impact of gender as a social construct
- 1.1.4 Challenges and Gender Issues in the present; sexual harassment -types and means to stop it at workplace

**UNIT – II**

**2.1 Gender and Education :**

- 2.1.1 Gender issues in access to education , physical education & Sports
- 2.1.2 Gender inequality in Education in India,
- 2.1.3 Gender in the physical education classroom and peer interactions
- 2.1.4 Roll of School in reinforcing Gender Equity

**UNIT – III**

**3.1 Women Empowerment & Gender mainstreaming**

- 3.1.1 Importance and parameters of women empowerment; The Global Gender Equality Agenda
- 3.1.2 Constitutional provisions for education of women in India;
- 3.1.3 UEE and programmes for education of women in India
- 3.1.4 Principles, Dimensions and Objectives of Gender mainstreaming

## **UNIT – IV**

### **4.1 Inclusive Education :**

4.1.1 Definition, concept, importance of inclusive education ; historical perspective on education of children with diverse needs.

4.1.2 Difference between special education, integrated education and inclusive education.

4.1.3 Educational approaches and measures for meeting the diverse needs, Creating and sustaining inclusive practices.

4.1.4 Role of teachers, parents and other community members for supporting inclusion of children with diverse needs for participation in sports.

## **REFERENCES**

- Mandell, Nancy (ed), Feminist Issues: Race, Class and Sexuality, Prentice Hall, Ontario, 1995.
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- Sharma P.L. (2003) Planning Inclusive Education in Small Schools, R.I.E. Mysore.



**M.P.Ed.–III SEMESTER**  
**SPECIALIZATION-PEP, PAPER-III : EVALUATION TECHNIQUES IN**  
**PHYSICAL EDUCATION**  
**SESSION: JULY 2024 TO NOVEMBER 2024**  
**Code : M.P.Ed./III/A/PEP/05**

**UNIT-I**

- 1.1 Meaning of Measurement and Evaluation.
- 1.2 Principles of Measurement and Evaluation.
- 1.3 Domains of Human Performance - cognitive, affective and psychomotor.
- 1.4 Norm referenced and Criterion referenced standards.

**UNIT-II**

- 2.1 Criteria of test selection.
- 2.2 Factors Affecting Scientific Authenticity.
- 2.3 Procedure to Establish Scientific Authenticity.
- 2.4 Construction and classification of UGC NET Tests.
- 2.5 Guidelines for constructing knowledge test.
- 2.6 Steps for construction of skill test / specific fitness test.

**UNIT-III**

- 3.1 Concepts and Assessment of Physical Fitness :
  - 3.1.1 Cooper's 12 minutes continuous run-walk test and modification.
  - 3.1.2 Roger's PFI
- 3.2 Motor Fitness :
  - 3.2.2 Oregon Motor Fitness Test.
  - 3.2.3 JCR Test
- 3.3 Motor Ability :
  - 3.3.1 McCloy's General Motor Ability Test.
  - 3.3.3 Barrow Motor Ability Test.
- 3.4 Motor Educability :
  - 3.4.1 Methany Johnson Test.
  - 3.3.2 Larson Test.
- 3.5 AAHPERD Health Related Fitness Test.
- 3.6 Skill Test
  - 3.6.1 Badminton : French Short Serve and Clear Test.
  - 3.6.2 Basketball : AAHPERD Basketball Test.
  - 3.6.3 Hockey : Henry Fridel Hockey Skill Test.
  - 3.6.4 Soccer : Warner Test for Soccer Skills.
  - 3.6.5 Tennis : Miller Wall Valley Test.
  - 3.6.6 Volleyball : Russell and Longe Test.

**UNIT-IV**

- 4.1 Meaning, Factors Associated and their items, Rating Scale and Interpretation Criteria of testing the following psychological variables:
  - 4.1.1 Competition anxiety
  - 4.1.2 Aggression
  - 4.1.3 Team cohesion (group cohesion)
  - 4.1.4 Motivation
  - 4.1.5 Self concept

- 4.2 Basic concept of Anthropometric Measurements :
- 4.2.1 Height : standing and sitting.
  - 4.2.2 Girth Measurement : upper arm, forearm, calf, chest.
  - 4.2.3 Width Measurement : biacromial, chest, illocrestol, epicondyler (femur & Humerous).
- 4.3 Assessment of Body Composition.

### **PRACTICALS**

- Measurement of Height and Sitting Height.
- Measurement of Biacromial Diameter (Shoulder Width)
- Measurement of Humerus Bicondylar Diameter (Elbow Width)
- Measurement of Chest Circumference (Normal and Maximal)
- Determination of Body Mass Index.
- Evaluation of Percent Body Fat and Lean Body Mass by the through skin fold (Durnin and Rehman Chart)
- Evaluation of Flexibility (Sit & Reach Test)
- Evaluation of Strength (Grip Strength, Leg Strength and Back Strength)

### **REFERENCES**

- Barrow M. Hareld and Mc. Ghee Rosemary : A Practical Approach to Measurement in Physical Education (Philadelphia Lea nad Febhiger, 1979). Edn. 3rd.
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- Tritschler K.A., Barrow and McGee's : Practical Measurement and Assessment, 2000.

**M.P.Ed.-III SEMESTER**  
**SPECIALIZATION-PEP, PAPER-IV : SPORTS MANAGEMENT**  
**SESSION: JULY 2024 TO NOVEMBER 2024**  
**Code : M.P.Ed./III/A/PEP/06**

**UNIT-I**

1. Planning and Strategic Planning
  - 1.1 Concept & definition of Management.
  - 1.2 Meaning and features of Planning.
  - 1.3 Limitation of Planning and ways to overcome the limitations.
  - 1.4 Planning Process.
  - 1.5 Meaning and features strategic Planning.
  - 1.6 Process and limitation Strategic Planning

**UNIT-II**

2. Organizing and Directing
  - 2.1 Meaning and Elements of Organizing
  - 2.2 Process and Importance of Organizing
  - 2.3 Principles of Organizing
  - 2.4 Meaning and Elements of Direction Process of Directing
  - 2.5 Process of Directing
  - 2.6 Principles and Importance of Direction

**UNIT-III**

3. Process of control
  - 3.1 Meaning, Nature and Importance of Control
  - 3.2 Types of control. Levels of control
  - 3.3 Resistance to control and ways to overcome Resistance to control
  - 3.4 Control Process and Principles of Control
  - 3.5 Techniques of Control

**UNIT-IV**

4. Sports Marketing, Sponsorship and Quality Concepts.
  - 4.1 Definition of Sports Marketing. Factors affecting sports marketing.
  - 4.2 Marketing Information Systems – its concept and importance.
  - 4.3 Concept of Sponsorship. Factors that stimulate Sponsorship.
  - 4.4 Steps to acquire Sponsorship
  - 4.5 Definition and
    - 4.5.1 Objectives of quality control
    - 4.5.2 Importance of quality control
    - 4.5.3 Mechanism of quality control

**REFERENCES**

- Fundamentals of Management by Rickey W. Griffin, Houghton Griffin Company.
- The Principal and Factors of Sports Management by Barr C.A., Hums M.A. and Masteralini C.P., aspen Publishers Inc.
- The Business of Sports Management by John Beach and Simon Chandwick, pearson Education Ltd., Harrow England.
- Encyclopedia of Office Management, By M.D. Jitendra, Anmol Publication, New Delhi.
- Human Resource Management in Sports Organization, by Prof. J. Surejlal, VAAL University of Technology, South Africa.
- Management Concepts in Physical Education and Sport by Dr. M.L. Kamlesh, Metropolitan Book Co. Private Ltd., New Delhi.

**SCHEME OF EXAMINATION FOR M.P.ED. UNDER CBCS,**  
**IV-Semester (December 2024 to April 2025)**  
**DEPARTMENT OF PHYSICAL EDUCATION PEDAGOGY**

<b><u>PART-A : THEORY COURSES :</u></b>							
<b>Paper No.</b>	<b>Code</b>	<b>Courses</b>	<b>Max. Marks</b>	<b>Min. Pass Marks</b>	<b>Aggregate Pass Marks</b>	<b>Total Marks</b>	<b>Credits</b>
I	MPeD/IV/A/1 MPeD/IV/A/2	<b>Optional Paper (any one)</b>	75	34	56	125	5
		a. Curriculum Design in Physical Education b. Recreation Sessional	50	–			
II	MPeD/IV/A/03 MPeD/IV/A/04	<b>Optional paper (any one)</b>	75	34	56	125	5
		a. Sports Nutrition b. Dissertation Sessional	50	–			
III	MPeD/IV/A/PEP/05	Health Education Sessional	75 50	34 –	56	125	5
IV	MPeD/IV/A/ PEP/06	Methods in Physical Education Sessional	75 50	34 –	56	125	5
<b>Total</b>						<b>500</b>	<b>20</b>
<b>Note: Dissertation work will be evaluated by external and internal examiners.</b>							
<b><u>PART-C: THEORY TEACHING PRACTICE :</u></b>							
I	MPeD/IV/C/01	Classroom Teaching Sessional	100 100	45 –	90	200	5
<b>Total</b>						<b>200</b>	<b>5</b>
<b>GRAND TOTAL</b>						<b>200</b>	<b>05</b>

**GUIDELINES FOR SESSIONAL MARKS**  
**FORMATIVE EVALUATION (as per CBCS)**

**For Theory Courses**

1.	Assessment within Class	-	20	Marks
2.	Class Test - I (August End)	-	25	Marks
3.	Class Test - II (October 1st Week)	-	25	Marks
4.	Assignment	-	20	Marks
5.	Attendance	-	10	Marks
				<b>100</b>
				<b>Marks*</b>

\*Final weightage for formative evaluation shall be out of 50 marks.

**For Activity Courses (Sports Specialization)**

1.	Assessment within Class	-	20	Marks
2.	Class Test - I	-	25	Marks
3.	Class Test - II	-	25	Marks
4.	Assignment	-	20	Marks
5.	Attendance	-	10	Marks
				<b>100</b>
				<b>Marks*</b>

\*Final weightage for formative evaluation shall be out of 50 marks.

**NOTES :**

1. Each Theory Course shall have 4 Units and 3 hrs. duration final examination except Sports Specialization which will have 3 units each in semester I and II and 2-hour duration semester-end examination at the end of both semesters.

2. The pattern of Semester-end question papers shall be:

2.1. **For papers having Max. Marks- 75** : [15+15+15+15+(3x5)=75 marks]

Each question paper shall consist of 9 questions (2 long answer questions from each unit and 1 combined question of 8 short notes from all 4 units). The candidate will attempt any one question from each unit (4 questions of 15 marks each from first 8 questions). The 9th question will be compulsory consisting 8 short notes of 3 marks each. The candidate will attempt any 5 short notes.

2.2. **For papers having Max. Marks- 50** : [10+10+10+10+(2x5)=50 marks]

Each question paper shall consist of 9 questions (2 long answer questions from each unit and 1 combined question of 8 short notes from all 4 units). The candidate will attempt any one question from each unit (4 questions of 10 marks each from first 8 questions). The 9th question will be compulsory consisting short notes of 2 marks each. The candidate will attempt any 5 short notes.

2.3. **For papers having Max. Marks- 50 (For Sports Specialization)**:

[10+10+10+(4x5)=50 marks]

Each question paper shall consist of 7 questions (2 long answer questions from each unit and 1 combined question of 8 short notes from all 4 units). The candidate will attempt any one question from each unit (3 questions of 10 marks each from first 6 questions). The 7th question will be compulsory consisting short notes of 4 marks each. The candidate will attempt any 5 short notes.

3. If any student misses any Class Test due to "On Duty", a supplementary test shall be conducted by the teacher concerned, but, only after confirming his/her "On Duty". It shall be the sole responsibility of the concerned 'On Duty' student to contact the teacher and complete his test/s.



**M.P.Ed.-IV SEMESTER**  
**CURRICULUM DESIGN IN PHYSICAL EDUCATION (OPTIONAL PAPER)**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**Code: M.P.Ed./IV/A/1**

**UNIT-I**

- 1.1 Curriculum Meaning and Definition of Curriculum:
- 1.1.1 Principles of Curriculum Construction: Students centered, Activity centered, Community centered,
  - 1.1.2 Forward looking principle.
  - 1.1.3 Principles of integration
  - 1.1.4 Theories of curriculum development, Conservative (Preservation of Culture).
  - 1.1.5 Relevance, flexibility, quality, contextually and plurality
  - 1.1.6 Approaches to Curriculum; Subject centered, Learner centered and Community centered
  - 1.1.7 Curriculum Framework.

**UNIT-II**

- 2.1 Factors & Resources:
- 2.1.1 Factors that affecting curriculum.
  - 2.1.2 Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopedias, Magazines, Internet.
  - 2.1.3 Integration of Physical Education with other Sports Sciences – Curriculum research.
  - 2.1.4 Objectives of Curriculum research – Importance of Curriculum research.
  - 2.1.5 Methods of evaluation.

**UNIT-III**

- 3.1 Curriculum Practices:
- 3.1.1 Preparation & selection of content of the curriculum at elementary school level.
  - 3.1.2 Preparation of the curriculum at the middle and secondary school.
  - 3.1.3 Organising for instruction in the middle school.
  - 3.1.4 Organising the program of physical education at the urban and rural areas.
  - 3.1.5 Disciplinary strategies in physical education.

**UNIT-IV**

- 4.1 Safety Consideration & Evaluation :
- 4.1.1 Planning for safety in outdoor settings.
  - 4.1.2 Planning for safety in indoor settings.
  - 4.1.3 Planning for safety of spectators.
  - 4.1.4 Legal liability.
  - 4.1.5 Negligence and its prevention.
  - 4.1.6 Curriculum evaluation.
  - 4.1.7 Evaluation procedure in curriculum design.

**REFERENCES**

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**M.P.Ed.-IV SEMESTER**  
**RECREATION (OPTIONAL PAPER)**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**Code : M.P.Ed./IV/A/2**

**UNIT-I**

1. Introduction
  - 1.1 Definition, meaning of Recreation.
  - 1.2 Scope of Recreation.
  - 1.3 Misconceptions about Recreation.
  - 1.4 Objectives of Recreation.
  - 1.5 Classification of recreational activities

**UNIT- II**

2. Agencies & Funding.
  - 2.1 Agencies providing Recreation. Government, Private, Commercial, Voluntary.
  - 2.2 Funding agencies of Recreation.
  - 2.3 Funding Planning.
  - 2.4 Recreation Budget.
  - 2.5 Development of Recreation Legislation.

**UNIT-III**

3. Programme Planning for the Community.
  - 3.1 Planning criteria of selecting recreational activities
  - 3.2 Organization of selected activities.
  - 3.3 Programme planning and administration.
  - 3.4 Essential planning procedures.
  - 3.5 Maintenance of different recreational areas and facilities.

**UNIT-IV**

4. Recreation Leadership and camping
  - 4.1 Qualifications and qualities of Recreation Leader.
  - 4.2 Objectives and functions of Leadership.
  - 4.3 Professional and leadership opportunities.
  - 4.4 Aim and objectives of camping
  - 4.5 Importance of camping

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**M.P.Ed.-IV SEMESTER**  
**SPORTS NUTRITION (OPTIONAL PAPER)**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**Code : M.P.Ed./IV/A/3**

**UNIT-I**

1. Introduction to Sports Nutrition.
  - 1.1 Meaning of Sports Nutrition
  - 1.2 Basic Nutrients
  - 1.3 Basic Nutrition guidelines
  - 1.4 Factors to consider developing an individualized sports nutrition plan for athletes.

**UNIT-II**

2. Energy System
  - 2.1 Meaning of Energy.
  - 2.2 Human body's source of Chemical Energy.
  - 2.3 Types of Energy System
  - 2.4 Pathways associated with the aerobic breakdown of carbohydrates, fats and proteins.
  - 2.5 Energy system work together to supply ATP during Sports performance.

**UNIT-III**

3. Nutrients
  - 3.1 Carbohydrates, Fats, Proteins, Vitamins, Minerals and Water.
  - 3.2 Classification of Carbohydrates, Fats, Protein
  - 3.3 Sources of Dietary Nutrients (Carbohydrates, Fats, Proteins, vitamins and minerals)
  - 3.4 Functions of Carbohydrates, Fats, Proteins, Vitamins, Minerals
  - 3.5 Type, Time and Amount of Nutrients (carbohydrates, fats, and proteins) consumed before, during and after exercise.

**UNIT-IV**

- 4.1 Nutritional Ergogenics :
  - 4.1.1 Meaning of Ergogenic aid.
  - 4.1.2 Dietary Supplements concept.
  - 4.1.3 Concept of Doping.
  - 4.1.4 Types of dietary supplements and nutritional ergogenics used by athletes:
    - 4.1.4.1 Endurance athletes
    - 4.1.4.2 Strength / power athletes
    - 4.1.4.3 Team Sports
- 4.2 Nutrition for Weight Management :
  - 4.2.1 Importance of body composition
  - 4.2.2 Components of Energy intake and Energy expenditure.
  - 4.2.3 Nutrition for Weight loss and Weight Gain

**REFERENCES**

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**M.P.Ed.-IV SEMESTER**  
**DISSERTATION (OPTIONAL)**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**Code : M.P.Ed./IV/A/04**

**UNIT-I**

- 1.1 Introduction & Review of Related Literature :
  - 1.1.1 Writing Introduction,
  - 1.1.2 Preparation of review of literature,
  - 1.1.3 Meta-Analysis, operationalization of terminologies, writing hypothesis.

**UNIT-II**

- 2.1 Procedure :
  - 2.1.1 Procedure of selection of subjects, selection of variables
  - 2.1.2 Collection of data, administration of tools and statistical procedures.

**UNIT-III**

- 3.1 Analysis of Data and Results of the study :
  - 3.1.1 Analysis of data
  - 3.1.2 Result of the Study
  - 3.1.3 Discussion of findings and discussion of hypothesis

**UNIT-IV**

- 4.1 Summary Conclusions and Recommendations
- 4.2 Referencing

**M.P.Ed.-IV SEMESTER**  
**SPECIALIZATION-PEP, PAPER-III : HEALTH EDUCATION**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**Code : M.P.Ed./IV/A/ PEP/05**

**UNIT-I**

1. Health, Health Education and Epidemiology of Diseases.
  - 1.1 Concept of Health and Health Education
  - 1.2 Latest trends in Health Education and global strategy in the field of Health.
  - 1.3 Role of physical Education Professional on Individual and family in relation to Health and Health Education
  - 1.4 Concept of Diseases, Control and Prevention
  - 1.5 Epidemiology of Communicable Diseases: Agent factor, Host factor, Environment factors, Mode of Transmission and Prevention of following diseases :
    - 1.5.1 Tuberculosis
    - 1.5.2 Chicken Pox
    - 1.5.3 Pneumonia
    - 1.5.4 Malaria

**UNIT-II**

- 2.1 Epidemiology of Non Communicable Diseases : Risk factors and Prevention of following diseases :
  - 2.1.1 Cardiovascular Diseases.
  - 2.1.2 Coronary Heart Diseases.
  - 2.1.3 Hypertension.
  - 2.1.4 Cancer.
- 2.2 Diseases and their Controlling Programme :
  - 2.2.1 National Family Welfare Programme
  - 2.2.2 STD Control Programme
  - 2.2.3 National Cancer Control Programme
  - 2.2.4 National Tuberculosis Control Programme
  - 2.2.5 National Malaria Control Programme

**UNIT-III**

- 3.1 Schools Health Services
  - 3.1.1 Meaning & Objective of School Health Service
  - 3.1.2 Health Problem of School Child
  - 3.1.3 Role of health education in schools
  - 3.1.4 Health Services - Health record, Healthful school environment, first- aid and emergency care
  - 3.1.5 Mid-day School Programme
- 3.2 Occupational Health :
  - 3.2.1 Meaning of occupational Environment and occupational Hazards
  - 3.2.2 Various types of occupational Hazards and occupational Diseases and their Prevention
- 3.3 Levels of Prevention

**UNIT-IV**

4. Role of International Organization in the Development of Health.
  - 4.1 WHO
  - 4.2 UNICEF
  - 4.3 FAO
  - 4.4 UNESCO
  - 4.5 International Red Cross Society
  - 4.6 FSSAI

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**M.P.Ed.-IV SEMESTER**  
**SPECIALIZATION-PEP, PAPER-IV : METHODS IN PHYSICAL EDUCATION**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**Code : M.P.Ed./IV/A/PEP/06**

**UNIT-I**

1. Methods and Techniques of Teaching in Physical Education
  - 1.1 Meaning and Scope of Teaching Methods in Physical Education
  - 1.2 Teachings Methods in Physical Education and in General Education
  - 1.3 Difference between Methods and Techniques of Teaching
  - 1.4 Factors Influencing Methods of Teaching in Physical Education
  - 1.5 Maxing of Teaching
  - 1.6 Various Teaching Methods and Teaching Techniques in Physical Education (Lecture cum Demonstration Method, Project Method, Group Directed Practice Method, Inquiring Method, Oral Method Dramatization Method, Observation and Visualization Method)

**UNIT-II**

2. Use of Teaching Aids & Class Management
  - 2.1 Advantages of using Teaching Aids
  - 2.2 Difference between Teaching Methods & Teaching Aids
  - 2.3 Hardware and Software in Teaching Aids
  - 2.4 Class Management
    - 2.4.1 Advance Preparation (Programme Planning, Equipment Facilities, Class Lists, Records and Schedule)
    - 2.4.2 Class Orientation
    - 2.4.3 Class Procedure
    - 2.4.4 Characteristics of Good Class Management

**UNIT-III**

3. Lesson Planning & Classification of Students in Physical Education.
  - 3.1 Values of a Lesson Plan
  - 3.2 Construction of Various Types of Lesson Plan
  - 3.3 Teaching Competencies and Skills Needed for Effective Lesson
  - 3.4 Classification of Students in Physical Education at its Importance
  - 3.5 Justification for Students Classification
  - 3.6 Criterion for Students Classification
  - 3.7 Various Methods of Classification – Cozen’s Method, Y.M.C.A Methods, Atlantic City Method, Madras Formula for Indian School Students, Bombay Classification, Mc.Cloy’s Methods

**UNIT-IV**

4. Competition & Evaluation in Physical Education
  - 4.1 Introduction of Competition
  - 4.2 Merits & Demerits of Competition
  - 4.3 General Guidelines for Organization of Competitions
  - 4.4 Various Types of Competitions
  - 4.5 Methods for Evaluating Students Achievement
  - 4.6 Problems in Evaluating Students Achievement

- 4.7 Methods and Materials for Grading Students (Purpose, Principles, Method and Problems)
- 4.8 Teacher and Teaching Programme Evaluation
  - 4.8.1 Traditional Evaluation Techniques- Observation, Students Opinion, Anecdotal Records, Relationship with Students, Colleagues & Public.
  - 4.8.2 New Evaluation Techniques – Multiple Evaluation, Performance Indicators

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**M.P.Ed.-IV SEMESTER**  
**EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION (Optional Paper)**  
**SESSION: DECEMBER 2024 TO APRIL 2025**  
**Code : MPed./IV/A/06**

**UNIT-I**

1. Concept of Educational Technology
  - 1.1 Meaning and concept of Education Technology.
  - 1.2 Definition of Educational Technology.
  - 1.3 Objectives of Education Technology.
  - 1.4 Significance of using Technology in Education System (In terms of Pupil and Student)
  - 1.5 Traditional Teaching and Modern Teaching in Education System (Concepts and difference)

**UNIT-II**

2. Instructional Teaching Aids (Introduction, Characteristics, Merits, Demerits and Uses)
  - 2.1 Chock Board / Marker and White Board.
  - 2.2 Models
  - 2.3 Overhead Projector
  - 2.4 Still & Movie Projection
  - 2.5 Radio, Television, Computer

**UNIT-III**

3. Communication Process and Teaching.
  - 3.1 Meaning and concept of communication.
  - 3.2 Communication cycle.
  - 3.3 Principle of communication.
  - 3.4 Barriers of communication
  - 3.5 Classroom communication and its types.

**UNIT-IV**

4. Innovative teaching learning techniques
  - 4.1 Action Research (concepts, objective, significance and step of action research)
  - 4.2 Team Teaching (concept, objective, principles, types of team teaching)
  - 4.3 Micro Teaching (concept, objective, advantage and disadvantage of micro teaching)
  - 4.4 E-learning (concept, role, advantage and disadvantage and component of E-learning)
  - 4.5 Methods of Teacher evaluation
    - 4.5.1 Use of pupil rating
    - 4.5.2 Peer rating
    - 4.5.3 Supervisor rating
    - 4.5.4 Community rating.

## **REFERENCES**

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