

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

I-Semester (2024-25)

DEPARTMENT OF SPORT PSYCHOLOGY

PART-A : THEORY COURSES

Paper No.	Code	Courses	Max. Marks	Min. Pass Marks	Aggregate Pass Marks	Total Marks	Total Credits
I	M.P.Ed.(SP)/I/A/01	Research Methods Sessional	60 40	27	45	100	4
II	M.P.Ed.(SP)/I/A/02	Applied Statistics Sessional	60 40	27	45	100	4
III	M.P.Ed.(SP)/I/A/03	Measurement & Evaluation Sessional	60 40	27	45	100	4
IV	M.P.Ed.(SP)/I/A/04	Introduction to Sport & Exercise Psychology Practical Sessional	40 20 40	18 9	45	100	4
						400	16

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): **Badminton, Basketball, Cricket, Football, Gymnastics, Handball, Hockey, Judo, Swimming, Table Tennis, Tennis, Track & Field, Volleyball, Weight Lifting, Yoga and Kabaddi.**

I	M.P.Ed.(SP)/I/B/01	Sports Theory Sessional	60 40	27	45	100	4
						100	4

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

II-Semester (2024-25)

DEPARTMENT OF SPORT PSYCHOLOGY

PART-A : THEORY COURSES

Paper No.	Code	Courses	Max. Marks	Min. Pass Marks	Aggregate Pass Marks	Total Marks	Total Credits
I	M.P.Ed.(SP)/II/A/01	Science of Sports Training Sessional	60 40	27	45	100	4
II	M.P.Ed.(SP)/II/A/02	Professional Preparation & Curriculum Design Sessional	60 40	27	45	100	4
III	M.P.Ed.(SP)/II/A/03	Instrumentation & Assessment in Sport Psychology Practical Sessional	40 20 40	18 9	45	100	4
IV	M.P.Ed.(SP)/II/A/04	Developmental And Emotional Aspect Of Sport & Exercise Psychology Practical Sessional	40 20 40	18 9	45	100	4
						400	16

PART-B : ACTIVITY COURSE (SPORTS SPECIALIZATION)

I	M.P.Ed.(SP)/II/B/01	Skill Proficiency	100	45	45	100	4
						100	4

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

III-Semester (2024-25)

DEPARTMENT OF SPORTS PSYCHOLOGY

PART-A: THEORY COURSES

Paper No.	Code	Courses	Max. Marks	Min. Pass Marks	Aggregate Pass Marks	Total Marks	L+T	Credits
I	MPEd/III/A/01	Fitness & Wellness Practical Sessional	50 25 50	23 11 --	56	125	4+1	5
II	MPEd/III/A/02 MPEd/III/A/03 MPEd/III/A/04	Optional paper (any one) a. Adapted Phy.Edu. b. Sports Journalism c. Gender and Inclusive Education Sessional	75	34	56	125	4+1	5
			50	--				
III	MPEd/III/A/05	Psychometrics, Psycho-diagnostics and Computer Application in Sports Psychology Practical Sessional	50	23	56	125	4+1	5
			25	11				
			50	--				
IV	MPEd/III/A/06	Mental Training for Performance Enhancement Practical Sessional	50	23	56	125	4+1	5
			25	11				
			50	--				
Total						500	-	20

PART-B: ACTIVITY COURSE(SPORTS SPECIALIZATION–Selected one game/ Sport in the semester – I to be continued)

I	MPEd/III/B/01	Coaching Lessons Sessional	50 50	23 --	45	100	3
II	MPEd/III/B/02	Internal Internship (15 Days)	100	45	45	100	3
Total						200	6

Note: In the beginning of III Semester Students has to submit the Synopsis (Optional) of his/her dissertation for approval.

SCHEME OF EXAMINATION FOR M.P.Ed. UNDER CBCS
IV-Semester (2024-25)
DEPARTMENT OF SPORT PSYCHOLOGY

PART-A: THEORY COURSES

Paper No.	Code	Courses	Max. Marks	Min. Pass Marks	Aggregate Pass Marks	Total Marks	L+T	Credits
I	MPEd/IV/A/01 MPEd/IV/A/02 MPEd/IV/A/03	Optional paper (any one) a. Exercise Physiology b. Sports Biomechanics c. Dissertation	75	23	56	125	4+1	5
		Sessional	50	--				
II	MPEd/IV/A/04 MPEd/IV/A/05 MPEd/IV/A/06	Optional paper (any one) a. Sports Management b. Essential of Education Technology c. Health Education	75	34	56	125	4+1	5
		Sessional	50	--				
III	MPEd/IV/A/07	Psychology of Women and Special Populations and Officiating	50	23	56	125	4+1	5
		Practical	25	11				
		Sessional	50	--				
IV	MPEd/IV/A/08	Psychological Counseling and Talent Identification	50	23	56	125	4+1	5
		Practical	25	11				
		Sessional	50	--				
Total						500	-	20

PART-B: SPORTS SPECIALIZATION (THEORY TEACHING)

I	MPEd/IV/B/01	Classroom Teaching	100	45	90	200	6
		Sessional	100	--	-		
Total						200	6

M.P.Ed.-I SEMESTER
RESEARCH METHODS
(Session – 2024-25)
Code :M.P.Ed.(SP)/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

**M.P.Ed.–I SEMESTER
APPLIED STATISTICS
(Session – 2024-25)
Code :M.P.Ed.(SP)/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.

PRACTICALS

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 Ghufran, 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.

M.P.Ed.–I SEMESTER
MEASUREMENT & EVALUATION
(Session – 2024-25)
Code :M.P.Ed.(SP)/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 phenomenons- 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 5th 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 5th Edition (2005), David K. Miller, Mc Graw Hill Publication.
6. Measurement for Evaluation in Physical Education and Exercise Science 7th Edition (2006), Baumgartner, Jackson, Mahar, Rowe, Mc Graw Hill Publication
7. Introduction to Measurement in Physical Education and Exercise Science 2nd Edition (1986), Margaret J. Safrit, Times Mirror/Mosby College Publishing.

M.P.Ed. – I SEMESTER
INTRODUCTION TO SPORT & EXERCISE PSYCHOLOGY
SESSION :2024-25
Code - M.P.ED.(SP)/I/A/04

UNIT - I

1. Basics of Sport Psychology

- 1.1 Definition, Need, Scope & Historical Development of sports psychology.
- 1.2 Relationship of Sports Psychology with other Sports Sciences.
- 1.3 Role of Sport Psychologist, Importance of Sport Psychology for athletes, coaches and other related to sports training.
- 1.4 Introduction to Exercise Psychology
- 1.5 Importance of Exercise Psychology in Sports

UNIT-II

2. Basics of Exercise Psychology

- 2.1 Exercise and Psychological Wellbeing.
- 2.2 Moral development in Sport and Exercise.
- 2.3 Psychology of Healthy Life Style and quality of life
- 2.4 Exercise and Competition for senior citizen
- 2.5 Rehabilitation and case of injuries for senior citizens.

UNIT-III

3. Personality and Performance

- 3.1 Meaning, Definition and Structure of Personality.
- 3.2 Personality theories (Psychoanalysis, Humanistic, Trait Theories and models, Constitutional theories and Bandura's Social Learning theory)
- 3.3 Personality Measurement and Personality Research in Exercise and Sport
- 3.4 Personality and Performance in Sports
- 3.5 Personality Characteristics of teacher/coach

UNIT-IV

4. Motivation and Performance

- 4.1 Meaning, Definition and Structure of Motivation (Need, Drive, Motive and Motivation Types).
- 4.2 Theories of motivation (Abraham Maslow, Need Achievement by McClelland, Weiner Attribution)
- 4.3 Measurement of Motivation
- 4.4 Techniques for Developing Motivation
- 4.5 Importance of Motivation for performance enhancement.

PRACTICAL (10Hrs)

- Guidelines for a diary to be prepared by Sport Psychologist for athletes.

- Assessment of Personality {Personality Tests [Eysenck, Big Five] and Introduction to Projective Technique [Thematic Apperception Test and Rorschach Test]}
- Assessment of Motivation - Achievement Motivation, Participation Motivation and SMS Incentive Motivation inventory

Note : The conducted practical's should be written in Practical Note-Book and must be signed by the supervisor in the Laboratory. For practical's there will be a Practical test and Viva-Voce Examination.

REFERENCE

1. Anshel, M.H.(2002). *Sport Psychology: From Theory to Practice*. Scottsolale, AZ: Gorsuch Scarbrick.
2. Burton , Damon , Thomas D. Raedeke (2008) *Sport Psychology For Coaches* Human Kinetics Publishers, ChaampaignIllinois.
3. Cox, Richard H (2006) *Sport Psychology Concept and Application*, 3rd ed Wm.C. Brown Publishers.
4. Gill, Diana L (1986) *Psychological Dynamics of Sport*. Human Kinetics Publishers, Inc Champaign IL.
5. Horn, Thelma (2008) *Advances in Sport Psychology* Human Kinetics Publishers, Inc Champaign IL.

Electronic Resources: Journals

1. <http://www.aaasponline.org/journal.html>
Journal of Sport and Exercise Psychology
2. <http://www.humankinetics.com/products/journals/index.cfm>

Websites

1. www.psychwatch.com/
2. www.peaksports.com/

M.P.Ed.– II SEMESTER
SCIENCE OF SPORTS TRAINING
(Session – 2024-25)
Code :M.P.Ed.(SP)/II/A/01

UNIT-I –BASICS OF SPORTS TRAINING AND TRAINING LOAD

- 1.1 Meaning, Definition and Aim of Sports Training
- 1.2 Characteristics and Principles of sports training
- 1.3 Meaning and definition of Training load, its features, principles and adaptation process
- 1.4 Means and methods of executing training load.
- 1.5 Overload, its Causes, symptoms and remedial measures.

UNIT-II – COMPONENTS OF PHYSICAL FITNESS

- 2.1 Strength- its characteristics, types of strength, factors determining strength and Methods of strength development.
- 2.2 Endurance- its characteristics, types of endurance, factors determining endurance and Methods of endurance development.
- 2.3 Speed- its characteristics, types of Speed, factors determining Speed and Methods of speed development.
- 2.4 Flexibility-its characteristics, types of flexibility, factors determining flexibility and Methods of flexibility development.
- 2.5 Coordinative abilities- its characteristics, types of coordinative abilities, factors determining coordinative abilities and development of coordinative abilities.

UNIT-III –TECHNIQUE, TACTICS, STRATEGY AND TALENT IDENTIFICATION

- 3.1 Technique and skill- its characteristics and importance.
- 3.2 Different stages of technique development and Methods of technique training.
- 3.3 Cause of Faults and Their Correction
- 3.4 Tactics and Strategy.
- 3.5 Talent identification- process and procedure

UNIT-IV-PLANNING, PERIODIZATION AND EVALUATION OF TRAINING

- 4.1 Planning- Concept, Importance and principles.
- 4.2 Types of planning: Long Term Development Plan, Olympic Plan, Annual Plan, Sectional Plans, Day's Plan
- 4.3 Periodization- its importance, objectives and types of periodization. Concept of different periods - Preparatory, competition and transitional.
- 4.4 Evaluation of training – Concept and Items for Evaluation programme, Types of graphical presentation for evaluation and Checking progress.
- 4.5 Training evaluation models to evaluate training programs - Kirkpatrick's four-level training evaluation model, The Phillips ROI model, Kaufman's five levels of evaluation, The CIRCO model, and Anderson's model of learning evaluation.

SUGGESTED READINGS:

- Dick, F.W., Brewer, J., Noakes, T., Werthner, P., Gambetta, V., Mallett, C., Drawer, S. (2014). Sports training principles. London: Bloomsbury.
- Bompa, Tudor O., & Haff, G. Gregory. (2009). periodization Theory and Methodology of Training. Human kinetics
- Fisher, A.G., & Jensen, C.R. (1990). Scientific basis of athletic conditioning. Philadelphia: Lea &Febiger.
- Harre, D., Harre, D., & Barsch, J. (2012). Principles of sports training: Introduction to the theory and methods of training. Michigan: Ultimate Athlete Concepts.
- Matvyew, L. P. (1981). Fundamental of sports training. Moscow: Progress Publishers.
- Singh, H. (1984). Sports training, general theory and methods. Patiala: NSNIS.
- Uppal, A.K. (2001). Principles of sports training. Delhi: Friends Publications.

M.P.Ed.– II SEMESTER
PROFESSIONAL PREPARATION & CURRICULUM DESIGN
(Session – 2024-25)
Code :M.P.Ed.(SP)/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-13:978-1478627043ISBN-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

M.P.Ed. – II SEMESTER
INSTRUMENTATION & ASSESSMENT IN SPORT PSYCHOLOGY
SESSION – 2024-25
CODE – M.P.Ed. (SP)/II/A/03

Learning Objectives:-

- To know the different kinds of computerized and manual Psychological Equipments/Machine/Tools used in Sport Psychology.
- To learn the functions of various computerized and manual psychological equipments/machines/tools used in Sport Psychology.
- To know and learn the significant and uses of computerized and manual psychological Equipments/Machine/Tools used in Sport Psychology.
- To understand the uses of computerized and manual psychological equipments/machines/tools used in Sport Psychology in the area of research.

UNIT – I**1.1 Vienna Test System (VTS):**

- 1.1.1 Meaning and Definition of VTS.
- 1.1.2 How does VTS System works.
- 1.1.3 Why VTS is important.
- 1.1.4 VTS and Psychological Test Areas.
- 1.1.5 Tests installed in the VTS System.
- 1.1.6 Significance of VTS in Sports and Research.

UNIT – II**2.1 Biofeedback System:**

- 2.1.1 What is Biofeedback System – Meaning and Definition.
- 2.1.2 Stages of Biofeedback.
- 2.1.3 Types of Biofeedback (Electromyography (EMG), Thermal Biofeedback, Neurofeedback or Electroencephagraphy (EEG) and Electrodermography (EDG))
- 2.1.4 Uses of Biofeedback.
- 2.1.5 Significance of Biofeedback in Sports.
- 2.1.6 Biofeedback and Stress.

UNIT – III**3.1 Eye Tracker:**

- 3.1.1 Meaning and Definition of Eye Tracker.
- 3.1.2 How does Eye Tracker System works.
- 3.1.3 Why Eye Tracker is important.
- 3.1.4 Eye Tracker and Psychological Test Areas.
- 3.1.5 Test installed in the Eye Tracker System.
- 3.1.6 Significance of Eye Tracker in Sports and Research.

UNIT – IV

4.1 Other Psychological Test/Equipments/Tools.

- 4.1.1 Meaning, definition, advantages and characteristics of a good Questionnaire.
- 4.1.2 Types of Questionnaire
- 4.1.3 Functions and importance of Bassin Anticipation Timer.
- 4.1.4 Functions and importance of Photoelectric Rotary Pursuit.
- 4.1.5 Functions and importance of Hand Steadiness Tester – Hole Type.
- 4.1.6 Functions and importance of Mirror Tracer.

PRACTICAL

- Measuring various psychological variables with the help of questionnaires (personality, Anxiety, Aggression, Mental Toughness).
- Study on small sample by using computerized machines like VTS, Eye Tracker and Biofeedback machine.
- Study on small sample by using manual machines like Bassin Anticipation Timer, Photoelectric Rotary Pursuit, Hand Steadiness Tester – Hole Type and Mirror Tracer

REFERENCES

1. Nückles, M (2021). "Investigating visual perception in teaching and learning with advanced eye-tracking methodologies: Rewards and challenges of an innovative research paradigm". Educational Psychology Review. **33** (1): 149–167. doi:10.1007/s10648-020-09567-5. S2CID 225345884.
2. Von Au, Caspar (24 April 2021). "Computerspiel "Before Your Eyes" wird mit den Augengesteuert" [Video game "Before Your Eyes" is controlled with your eyes]. Bayerischer Rundfunk (in German). Archived from the original on 26 April 2021.
3. Blain, Loz (29 March 2021). "Eye tracking can reveal an unbelievable amount of information about you". New Atlas. Retrieved 8 April 2021.
4. Vetter, J. et al.: Manual Figuraler Gedächtnistest, Testautoren: Vetter, J. et al., Mödling 2012
5. Kaller, C. P. et al.: Manual Tower of London – Freiburger Version, Testautoren: Kaller, C. P. et al., Mödling, 2011.
6. Kropotov JD (2009). Quantitative EEG, event-related potentials and neurotherapy. San Diego, CA: Academic Press.
7. Wright, R.D.; Ward, L.M. (2008). Orienting of Attention. Oxford University Press. ISBN 978-0-19-802997-7.
8. Schmidt-Atzert, L.: *Manual Objektiver Leistungsmotivationstest*, Testautor: Schmidt-Atzert, L. et al., Mödling, 2005.

M.P.Ed. – II SEMESTER
DEVELOPMENTAL AND EMOTIONAL ASPECT OF SPORT & EXERCISE PSYCHOLOGY
SESSION :2024-25
PAPER CODE - M.P.ED.(SP)/II/A/04

UNIT-I

1. Developmental Psychology

- 1.1 Meaning & Definition of Developmental Psychology
- 1.2 Development during Infancy - Physical, Cognitive, Emotional and Social Changes
- 1.3 Development during Childhood - Physical, Cognitive, Emotional and Social Changes
- 1.4 Development during Adolescence - Physical, Cognitive, Emotional and Social Changes
- 1.5 Development during Adulthood - Physical, Cognitive, Emotional and Social Changes

UNIT-II

2. Motor Learning, Motor Development and Motor Skill Acquisition

- 2.1 Meaning and Definition of Motor Learning, Activity & Skill.
- 2.2 Theories of Motor Learning (Adams Closed Loop Theory, Schmidt's Schema Theory)
- 2.3 Role of Sport Psychology in Motor learning.
- 2.4 Stages of Motor Learning and Plateau effect.
- 2.5 Differentiate Motor Skills & Sport Skills..

UNIT - III

3. Emotion and Athletic Performance

- 3.1 Meaning, Definition and Nature of Anxiety in Sports, Types, Assessment and Management of Sports Anxiety
- 3.2 Meaning, Definition and Nature of Arousal and Stress
- 3.3 Theories (Drive theory, Inverted -U theory & IZOF)
- 3.4 Techniques for controlling emotion
- 3.5 Emotional States and their effect on Performance

UNIT - IV

4. Aggression and Sports Performance

- 4.1 Meaning, Definition and Types of Aggression.
- 4.2 Theories of Aggression.
- 4.3 Management of Aggression.
- 4.4 Violence in sport.
- 4.5 Causes of Violence & its Consequences .

PRACTICAL

- Assessment of Emotions and Emotional Intelligence in sport.
- Measuring Anxiety and its Assessment-Spielberger Anxiety Test, Sport Competition Anxiety test (SCAT)
- Measurement and analysis of motor skills.
- Hand eye co-ordination,
- Foot-Eye Coordination,
- Hand-Foot Eye Coordination.

Note : The conducted practical's should be written in Practical Note-Book and must be signed by the supervisor in the Laboratory. For practical's there will be a Practical test and Viva-Voce Examination.

REFERENCE

1. Kamlesh, M.L. (2011) *Psychology in Physical Education and Sport*, 3rd ed. Metropolitan Book Co.Pvt.Ltd Delhi.
2. Nideffer, Robert M. (1987) *Athlete's Guide to Mental Training*, 2nd ed. Human Kinetics Publishers, Inc Champaign IL.
3. Tenenbaum, Gershon (2001) *The Practice of Sport Psychology* Fitness Information Technology, INC,US
4. Weinberg, R.S & Gould, Daniel (2015) *Foundations of Sport and Exercise Psychology*, 6th Ed. Human Kinetics Publishers, Inc Champaign IL.

Electronic Resources: Journals

1. <http://www.aaasponline.org/journal.html>
Journal of Sport and Exercise Psychology
2. <http://www.humankinetics.com/products/journals/index.cfm>

Websites

1. www.psychwatch.com/
2. www.peaksports.com/

M.P.Ed. – III SEMESTER
FITNESS AND WELLNESS
SESSION :2024-25
PAPER CODE - MPEd/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 Exercise 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.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998.
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.
- Warner W.K. Oeger & Sharon A. Hoeger, Fitness & Wellness, Morton Publishing Company, 1990.
- Emily R. Foster, KarynHartiger & Katherine A. Smith, Fitness Fun, Human Kinetics, Publishers 2002.
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- Greenberg, J., Dintiman, G., & Mysers Oakes, B. (2004). Physical fitness and wellness. Champaign, IL: Human Kinetics. ISBN-13: 978-0736046961. ISBN - 10: 0736046968

M.P.Ed. – III SEMESTER
ADAPTED PHYSICAL EDUCATION (OPTIONAL PAPER)
SESSION :2023-24
PAPER CODE - 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 programme : specially designed instructions, programme modifications, classroom accommodations, supplementary aids and services, transportation.
- 2.3 Monitoring students performance : Purpose and Implementation.
- 2.4 Organizing the instructional environment.

UNIT-III

3. Paralympic 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 Communication with parents.
- 4.4 Public relations.

REFERENCES

1. Auxter David, Pyfer Jean, Huetting Carol "Principles & Methods of Adapted Physical Education".
2. Fait F. Hollis "Education : Adapted Corrective Developmental".
3. Winnick P. Joseph "Adapted Physical Education".
4. Clarke Harrison H., Clarke David H. Developmental and Adapted Physical Education.

M.P.Ed. – III SEMESTER
SPORTS JOURNALISM (OPTIONAL PAPER)
SESSION :2024-25
PAPER CODE - MPEd/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 Provision 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 Medial tools & its effects.

REFERNCES

1. Schramm, W. & Roberts, D.F. (1971). The process and Effects of Mass Communication, Urbana, IL : University of Illinois Press.
2. Dennis, M.Q. (2012). Mass Communication Theory, 6th South Asian Edition, Sage.
3. Prasad, S. (1993). Editors on Editing/HY, National Book Trust.
4. Yadava, J.S. (1998). Communication Research : Some Reflections, IIMC (Mimeo).
5. Itule & Anderson (2002). News Writing and reporting for today's media, McGraw Hill Publication.

M.P.Ed. – III SEMESTER
GENDER AND INCLUSIVE EDUCATION (OPTIONAL)
SESSION :2024-25
PAPER CODE - MPed/III/A/04

UNIT – I

1.1 Understanding & Construction of Gender :

- 1.1.1 Defining Gender and features of gender inequality
- 1.1.2 Gender inequality in Education in India
- 1.1.3 Gender based violence as a development and rights challenge
- 1.1.4 Historical roots of gender construction in India – patriarchy and its socio-cultural origins.
- 1.1.5 Impact of gender as a social construct.
- 1.1.6 Gender roles and the female stereotype in India
- 1.1.7 The Global Gender Equality Agenda

UNIT – II

2.1 Gender and Schooling :

- 2.1.1 Gender issues in access to education & physical education
- 2.1.2 Quality of work and equal opportunity
- 2.1.3 Gender in the physical education classroom and peer interactions
- 2.1.4 Gender issues in participation in sports

UNIT – III

3.1 Gender and Constitution of India

- 3.1.1 Constitutional provisions for education of women in India
- 3.1.2 UEE and programmes for education of women in India
- 3.1.3 Gender and policy perspective
- 3.1.4 Class and Inequality

UNIT – IV

4.1 Disability & Inclusive Education :

- 4.1.1 Definition, concept and importance of inclusive education.
- 4.1.2 Historical perspective on education of children with diverse needs.
- 4.1.3 Difference between special education, integrated education and inclusive education.
- 4.1.4 Advantages of inclusive sports education for all children.
- 4.1.5 Educational approaches and measures for meeting the diverse needs.
- 4.1.6 Building inclusive learning friendly sports facilities, overcoming barriers for inclusion.
- 4.1.7 Creating and sustaining inclusive practices.
- 4.1.8 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.
- Nambissan, Geeta B. Gender and Education : The Social Context of Schooling Girl Children in India, 1995.
- Gomberg, How to make opportunity equal (Blackwell, 2007)
- Ainscow, M., Booth T (2003) : The Index for Inclusion : Developing Learning and Participation in Schools. Bristol : Center for Studies in Inclusive Education.
- Ahuja A, Jangira, N.K. (2002) : Effective teacher training; cooperative learning based Approach : National Publishing House 23, Daryaganj, New Delhi 110002.
- Jangira N.K. and Mani, M.N.G. (1990) : Integrated Education for Visually Handicapped, Gurgaon, Old Subjimandi, Academic Press.
- Jha M. (2002) Inclusive Education for All : Schools without Walls, Heinemann Educational Publishers, Multivista Global Ltd. Chennai 600042, India.
- Sharma P.L. (2003) Planning Inclusive Education in Small Schools, R.I.E. Mysore.

M.P.Ed. – III SEMESTER
PSYCHOMETRICS, PSYCHO-DIAGNOSTICS AND COMPUTER APPLICATION
IN SPORTS PSYCHOLOGY
SESSION :2024-25
PAPER CODE - MPed/III/A/05

UNIT - I

1. Introduction of Psychometrics

- 1.1 Meaning and Definition of Psychometrics.
- 1.2 Use of Sport Psychology measurement Tools
- 1.3 Administration, Scoring, Interpretation, Reporting and Providing Feedback
- 1.4 Norm and Criteria based measurement, Data-base Development.
- 1.5 Technical advancement in Sport Psychology

UNIT - II

2. Psycho-diagnostics and Test Construction.

- 2.1 Meaning and Definition of Psycho-diagnosis
- 2.2 Different stages of Psycho-Diagnostics.
- 2.3 Methods of Behavioural Assessment
- 2.4 Construction of a Psychological Test / Batteries
- 2.5 Introduction of SPSS & Application of SPSS in Sports Psychological.

UNIT - III

3. Ethics and Psychometrics

- 3.1 Measurement and Assessment Limitations in Sport and Exercise Psychology.
- 3.2 Use, Misuse and Disuse of Psychometrics.
- 3.3 Professional and Ethical Issues in Sport Psychology (Confidentiality, Record Keeping Ethical & Confidentiality in Computer based service provision)
- 3.4 Ethical issues in Research (Deception, consent, Debriefing, minimal rise)
- 3.5 Research ethics for original research.

UNIT - IV

4. Qualitative research in Sport Psychology

- 4.1 Meaning, Concept and Types of qualitative research.
- 4.2 Steps of Evaluating and analyzing of Qualitative Data
- 4.3 Concept & Meaning of Data Interpretation,
- 4.4 Reporting and Evaluating in qualitative research
- 4.5 Steps of preparing report of qualitative research

Practical

- Test Construction and preparation of Batteries in personality/motivation/social facilitation.

- Application of statistical software for Quantitative and Qualitative Measurement.

Note : The conducted practical's should be written in Practical Note-Book and must be signed by the supervisor in the Laboratory. For practical's there will be a Practical test and Viva-Voce Examination.

REFERENCES

1. Nideffer, R. M. (1992). *Psyched to Win*. Champaign, IL: Leisure Press
2. Magill, Richard A (1993) *Motor Learning Concepts and Application*, 4th ed WCB Brown and Benchmark Publishers.
3. Mark R. Beauchamp, Mark A. Eys (2008) *Group Dynamics In Exercise and Sport Psychology: Contemporary Themes* Routledge Publisher
4. Richard M. Suinn, (2002) *Psychology in Sports, Methods & Application*, Surjeet Publication, Kolhapur Road, Kamla Nagar, New Delhi-07
5. Orlick, T. (2007). *In pursuit of excellence: How to win in sport and life through mental training*. (3rd ed.). Champaign, IL: Human Kinetics. 99–100.
6. Weinberg, R.S & Gould, Daniel (2015) *Foundations of Sport and Exercise Psychology*, 6th Ed. Human Kinetics Publishers, Inc Champaign IL.

M.P.Ed. – III SEMESTER
MENTAL TRAINING FOR PERFORMANCE ENHANCEMENT
SESSION :2024-25
PAPER CODE - MPed/III/A/06

UNIT – I

1. Psychological characteristic of peak performance

- 1.1 Achievement Motivation
- 1.2 Self regulation and Bio-feedback
- 1.3 Self Confidence and Self efficacy
- 1.4 Coping with stress and anxiety
- 1.5 Preparing athlete for major competition

UNIT – II

2. Relaxation Techniques in Sports

- 2.1 Imagery in Sport
- 2.2 Cognitive Technique for Building Confidence
- 2.3 Concentration and Attention Control Training
- 2.4 PMR, Autogenic Training, Deep Breathing,
- 2.5 Guided Imagery

UNIT – III

3. Activation / Energizing Techniques

- 3.1 Goal setting and Sports Performance
- 3.2 Imagery, Types of Imagery
- 3.3 VMBR
- 3.4 Intervention strategies for activation techniques.
- 3.5 Meditation and yogic activities

UNIT – IV

4. Psychological Skills Training

- 4.1 PST and Sports Performance
- 4.2 Designing and Implementing PST Programme.
- 4.3 Common problems in Implementing PST Programme.
- 4.4 Importance of Psychological Skill Training Programme.
- 4.5 Psychological Skills Training during build up and main competition.

Practical

- Assessment of Junior Athletes with the help of VTS (Stress tolerance, Reaction time & Memory)
- Relaxation and activation techniques by Neuro Feedback.
- Designing and implementing PST programme for individual & team game (one for each)

Note : The conducted practical's should be written in Practical Note-Book and must be signed by the supervisor in the Laboratory. For practical's there will be a Practical test and Viva-Voce Examination.

REFERENCE

1. Anshel, M.H.(2002). *Sport Psychology: From Theory to Practice*. Scottsdale, AZ: Gorsuch Scarbrick.
2. Burton , Damon , Thomas D. Raedeke (2008) *Sport Psychology For Coaches* Human Kinetics Publishers, ChampaignIllinois.
3. Cox, Richard H (2006) *Sport Psychology Concept and Application*, 3rd ed Wm.C. Brown Publishers.
4. Gill, Diana L (1986) *Psychological Dynamics of Sport*. Human Kinetics Publishers, Inc Champaign IL.

M.P.Ed. – IV SEMESTER
EXERCISE PHYSIOLOGY (OPTIONAL)
SESSION :2024-25
PAPER CODE - MPed/IV/A/01

UNIT – I

- 1. Physiology of Exercising Muscle**
 - 1.1 Classification of muscles
 - 1.1.1 Voluntary
 - 1.1.2 Involuntary
 - 1.1.3 Cardiac
 - 1.2 Force, velocity and duration of muscle contraction
 - 1.3 Oxygen debt
 - 1.4 Recovery, Second Wind

UNIT – II

- 2. Neuron-Muscle Junction and Coordination of Muscular Activity**
 - 2.1 Neuron and Motor unit.
 - 2.2 Classification of Neurons
 - 2.3 Neuromuscular Junction and transmission of nerve impulse – impulse across it.
 - 2.4 Bio-electric potential
 - 2.5 Tone, Posture and Equilibrium.

UNIT – III

- 3. Energy System and Exercise**
 - 3.1 Bioenergetics and recovery process
 - 3.2 Metabolism of Carbohydrates, Fat and Protein
 - 3.3 Physiology of Blood Circulation
 - 3.4 Effect of Exercise on Cardio-Respiratory System
 - 3.5 Factors influencing Sports performance

UNIT – IV

- 4. Environmental Consideration during Exercise/Work**
 - 4.1 Exercise Work in Hot, Cold Conditions
 - 4.1.1 Thermoregulatory Mechanisms
 - 4.1.2 Exercise in the Hot and Cold Conditions : Physiological response, Health Risks associated with Exposure to heat and cold.
 - 4.2 Acclimatization
 - 4.2.1 Exercise in Attitude
 - 4.2.2 High altitude exercise : physiological response and associated health risk, acclimatization, high altitude training.

PRACTICALS

1. Estimation of Target Heart Rate
2. Measurement of Heart Rate
3. Blood Pressure Measurement (Sphygmomanometer)
4. Skinfold Measurement
5. Measurement of various lung volumes through spirometer, peak flow meter

REFERENCES

1. Mathew, D.K. and Fox, E.L. Physiological basis of Physical Education and Athletics (W.B. Saunders Co., Philadelphia)
2. Richard W. Bowers & The late Edward L Fox, Sports Physiology, (Thirddded)W.m.C. Brown Publishers.
3. Maxhouse and Miller Physiology of Exercise (The C.V. Mosby Company, St. Louis)
4. Karpovich and SinuerPhysiology of Muscular Activity (W.B. Saunders Company, London)
5. Edward L Fox. Richard W., Bowers and Merle L., Foss, The Physiological Basis of Physical Education and Athletics. William C Brown Pub., Hardcover.

M.P.Ed. – IV SEMESTER
SPORTS BIOMECHANICS (OPTIONAL)
SESSION :2024-25
PAPER CODE - MPEd/IV/A/02

UNIT – I

1.1 Introduction

- 1.1.1 Definition of Biomechanics & Sports Biomechanics
- 1.1.2 Importance of Biomechanics for Physical Education Teacher.

1.2 Basic Concepts : Forms of Motion

- 1.2.1 Translation
- 1.2.2 Rotation
- 1.2.3 General Motion

UNIT – II

2.1 Linear Kinematics of Human Movement

- 2.1.1 Linear Kinematics
Quantities : Distance and Displacement, Speed and Velocity, Acceleration,
Vectors and Scalars, units in Linear Kinematics
- 1.1.2 Projectiles : Factors influencing projectile trajectory

2.2 Angular Kinematics of Human Movement

- 2.2.1 Angular Distance and Displacement
- 2.2.2 Angular Speed and Velocity
- 2.2.3 Units in angular kinematics

UNIT – III

3.1 Linear Kinematics of Human Movement

- 3.1.1 Inertia
- 3.1.2 Mass
- 3.1.3 Force (Internal and External)
- 3.1.4 Momentum
- 3.1.5 Friction
- 3.1.6 Impact
- 3.1.7 Work, Power & Energy

3.2 Angular Kinetics of Human Movement

- 3.2.1 Eccentric force
- 3.2.2 Couple
- 3.2.3 Moment
- 3.2.4 Equilibrium
- 3.2.5 Levers
- 3.2.6 Center of gravity
- 3.2.7 Moment of Inertial

UNIT - IV**4.1 Fluid Mechanics**

- 4.1.1 Flotation
- 4.1.2 Fluid Resistance : Air & Water
- 4.1.3 Drag & Lift
- 4.1.4 Spin

PRACTICALS

- Introduction of Methods and Techniques of Biomechanical Analysis :
 - Photographic Method
 - Goniometry
 - Dynamometry
 - Electromyography
- Calculation of Resultant Vector by :
 - Graphical Method
 - Trigonometric Method
- Brief Orientation about Photographic method
- Estimation of Horizontal and Vertical Distances from the Photograph
- Preparation of Stick Figures from the photograph.

REFERENCES

1. Broer, M.R. Efficiency of Human Movement (Philadelphia : W.B. Saunders Co., 1966)
2. Bunn, John W. Scientific Principles of Coaching (Engle wood cliffs : N.J. Prentice Hall Inc., 1966)
3. Duvall, E.N. Kinesiology (Engle wood cliffs : N.J. Prentice Hall Inc., 1956)
4. Rasch and Burke, Kinesiology and Applied Anatomy (Philadelphia : Lea and Fibger, 1967)
5. Scott, M. G. Analysis of Human Motion, New York.
6. Wells, K. P. Kinesiology (Philadelphia : W.B. Saunders Co. 1966)
7. Cooper, John M. and Glassgow, R.B. Kinesiology (St. Louis : C.V. Mosby Co., 1963)
8. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005)
9. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)

M.P.Ed. – IV SEMESTER
HEALTH EDUCATION (OPTIONAL)
SESSION :2024-25
PAPER CODE - MPed/IV/A/06

UNIT – I

1. Health Care

- 1.1 Health for all
- 1.2 Contents of Health Education
- 1.3 Level of Health care – Primary, Secondary, Tertiary.
- 1.4 Health System – Components, Concept, Ideas, Objectives, Persons, Health Development.
- 1.5 Role of Physical Education Teacher and Family in relation to Health Education.
- 1.6 Concept, Dimension & Components of Well Being

UNIT – II

2. Genetics/Reproduction & Child Health

- 2.1 Concept & Basics of Genetics
- 2.2 Genetic Disorders and prevention of genetic disorder.
- 2.3 Meaning and process of Demography
- 2.4 Concept of Family welfare, its methods and measures.
- 2.5 Meaning and objectives of reproductive child health elements.
- 2.6 Concept of maternity and child health/safe motherhood and child.

UNIT – III

3. Food and Nutrition

- 3.1 Meaning of Nutrition
- 3.2 Classification of Food.
- 3.3 Sources and functions of various nutrients.
- 3.4 Meaning and importance of balance diet.
- 3.5 Malnutrition
- 3.6 Food Hygiene

UNIT – IV

4. Concept of Communicable and Non-Communicable disease

- 4.1 Concept of disease and control.
- 4.2 Changing pattern and basics of disease.
- 4.3 Meaning of epidemiology and its approach
- 4.4 Communicable disease.
 - 4.4.1 Tuberculosis
 - 4.4.2 AIDS
 - 4.4.3 Rabies

- 4.4.4 Cholera
- 4.5 Non-Communicable Disease
 - 4.5.1 Cardiovascular disease
 - 4.5.2 Cancer
 - 4.5.3 Diabetes

PRACTICAL

1. Visit to nearby factory of Gwalior and note down the occupational hazards/accidents that occur due to working conditions.
2. Visit to milk dairy and prepare a report based on the observation of the process of preparing milk.
3. What are the major problems in the campus mess? Steps to improve the hygiene of the mess.

Note :

- **Practical must be carried out for 5 hours.**
- **Diary should be maintain about the practical work.**

REFERENCES

- ❖ Bucher, Charles A. "Administration of Health and Physical Education Programme".
- ❖ Delbert, Oberteuffer, et. Al. "The School Health Education"
- ❖ Ghosh, B.N. "Treaties of Hygiene and Public Health".
- ❖ Hanlon, John J. "Principles of Public Health Administration".2003
- ❖ Park, J.E. and Park, K. "Text-Book of preventive and social medicine" 2002
- ❖ Turner, C.E. "The School Health and Health Education".
- ❖ Turner, G.L. "Personal and Community Health".
- ❖ Moss and et. At. "Health Education" (National Education Association of U.T.A.)
- ❖ Nemir A. "The School Health Education" (Harber and Brothers, New York).
- ❖ Edlin, Golanty and Brown, Health and wellness (Joines and Bartlett (5th& 7th Edition) Publishers, London)2002

M.P.Ed. – IV SEMESTER
SPORTS MANAGEMENT (OPTIONAL)

SESSION :2024-25

PAPER CODE - MPEd/IV/A/04

UNIT- I

1. Planning Function and Strategy Planning

1.1 Meaning and Features of Planning

1.1.1 Features of Planning

1.1.2 Limitation of Planning

1.1.3 Ways to overcome limitations

1.1.4 Planning Process

1.2 Strategic Planning

1.2.1 Meaning of Strategic Planning and Operational Planning

1.2.2 Features of Strategic Planning

1.2.3 Limitation of Strategic Planning

1.2.4 Process of Strategic Planning

1.2.5 Steps of Implementation of strategy

UNIT- II

2. Organizing and Directing Function- Nature, Process and Importance

2.1 Organizing Function

2.1.1 Meaning and elements of Organizing

2.1.2 Process of Organizing

2.1.3 Importance of Organizing

2.1.4 Principles of Organizing

2.2 Directing Function

2.2.1 Meaning and elements of Organizing

2.2.2 Principles of Direction

2.2.3 Importance of Direction

2.2.4 Process of Directing

UNIT-III

3. Controlling Function

3.1 Meaning and Nature of Control

3.2 Importance of Control

3.3 Relation between planning and control

3.4 Types of Control

3.5 Resistance to control and effects of Resistance to control

3.6 Ways to overcome Resistance to control.

3.7 Levels of Control and Control Process

- 3.8 Principles of Control
- 3.9 Techniques of Control (Traditional and Modern)

UNIT-IV

4. Sports Marketing and Sponsorship

4.1 Sports Marketing

- 4.1.1 Definition of Sports Marketing
- 4.1.2 Factor effecting Sports Marketing
- 4.1.3 Positive and negative influence of Sports Marketing on Indian Sports
- 4.1.4 Marketing Information System- its concept and importance

4.2 Sponsorship

- 4.2.1 Definition of Sponsorship
- 4.2.2 Factor that stimulates sponsorship growth
- 4.2.3 Benefits sought from sponsorship by sports and Business Organization
- 4.2.4 Steps to get sponsorship

REFERENCES

M.P.Ed. – IV SEMESTER
ESSENTIAL OF EDUCATION TECHNOLOGY (OPTIONAL)
SESSION :2024-25
PAPER CODE - MPEd/IV/A/05

UNIT – I

1. Basic of Education Technology

- 1.1 Concept of Education Technology
- 1.2 Role of Educational Practices
- 1.3 Hardware Technologies
 - 1.3.1 Overhead Projector
 - 1.3.2 Still and Movie Projector
 - 1.3.3 Audio Visual Recording Instruments
 - 1.3.4 Television and Computers

UNIT – II

2. Communication Process and Teaching

- 2.1 Communication
 - 2.1.1 Concept and process of Communication
 - 2.1.2 Principles of Communication
 - 2.1.3 Barriers of Communication
 - 2.1.4 Class Room communication (Verbal and Non-Verbal)
- 2.2 Team Teaching : Meaning, Objectives, Types, Principles, Procedure, Advantages and Disadvantages.
- 2.3 Modification of Teacher Behaviour : Flander's interaction analysis, concept, procedure, advantages and limitations.

UNIT – III

3. Research Process

- 3.1 Action Research
 - 3.1.1 Concept of Action Research
 - 3.1.2 Procedure and significance in Teacher Education
- 3.2 Evaluating Institutional Performance : Concept, Method uses, Pupil and Teacher Evaluation and Institutional Performance Evaluation.
- 3.3 Method of Teacher evaluation
 - 3.3.1 Use of Pupil rating
 - 3.3.2 Peer rating
 - 3.3.3 Supervisor rating
 - 3.3.4 Community rating.

UNIT – IV**4. Information Technology & E-learning**

- 4.1 Meaning, Nature and significance of information technology in teaching, learning process.
- 4.2 Multimedia approach to Education : Role of Video Conferencing, radio conferencing, television, Internet in teaching learning process, their advantages and limitations.
- 4.3 Role and composition of central institute of education and technology, National Open School, State Education Technology Cells, Distance Educational Institutions and their role for the improvement of teaching learning.
- 4.4 E-Learning – Definition, Advantage and Characteristics, Role of E-learning
- 4.5 Components of E-learning : CBT, WBT and Virtual Classroom.
- 4.6 E-learning tools, Learning Management Systems : Definition, Components – LMS vs LCMS

PRACTICAL**REFERENCES**

1. K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
 2. Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi :Doaba House), 1959.
 3. Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
 4. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982
 5. Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.
 6. Singh, Ajmer and other. Modern Text Book of Physical Education, Health and Sports, B.A. Part-I (Kalyani Publishers,Ludhiana)2000.
 7. Amita Bhardwaj, New Media of Educational Planning .Sarup of Sons, New Delhi-2003
 8. Prof. Ramesh Chandra, Dittelaneja, Corporate Global Environment”, Usha Books, Delhi 2004.
- Mohit Chakravarty, Education in the 4 Century” KalpanPublication’ Delhi2005.

M.P.Ed. – IV SEMESTER
PSYCHOLOGY OF WOMEN AND SPECIAL POPULATIONS AND OFFICIATING
SESSION :2023-24
PAPER CODE - MPEd/IV/A/07

UNIT – I

1. Gender and Sport

- 1.1 Meaning and Definition of Gender.
- 1.2 Socialization Process in Girls and Boys.
- 1.3 Stereotypes (Characteristics, and maintenance)
- 1.4 Gender-Inequity and its effect on performance.
- 1.5 Psychological Determinants of female sports Participation.

UNIT – II

2. Special Populations :

- 2.1 Definition & Meaning as Special population.
- 2.2 Minority & High risk, Elite athletes.
- 2.3 Psychological perspective of Injured Athletes.
- 2.4 Psychological perspective on athlete's with Physically Challenged.
- 2.5 Competitions for special population and psychological requirement.

UNIT - III

3. Psychology of Sport Officials

- 3.1 Psychological qualities of good Officials,
- 3.2 Means of developing good Qualities in Officials.
- 3.3 Stress regulation of officials.
- 3.4 Psychological preparation for officiating.
- 3.5 Barrier to women officials (Practical, Social, Personal)

UNIT - IV

4. Professional practices in Sport Psychology

- 4.1 Problems and issues working with Individual and Team Sports
- 4.2 Career Transition in Athletes and Retirement Issues, Developing Life Skills in Athletes
- 4.3 Eating disorder – clinical and subclinical conditions.
- 4.4 Female Athletes Triad : Problems caused by extreme exercise
- 4.5 Psychological aspects of success & failure.

PRACTICAL

- Case study of women athletes OR physically challenged athletes.
- Remedies/Counseling Techniques (Individual and Group Techniques)

Note : The conducted practical's should be written in Practical Note-Book and must be signed by the supervisor in the Laboratory. For practical's there will be a Practical test and Viva-Voce Examination.

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M.P.Ed. – IV SEMESTER
PSYCHOLOGICAL COUNSELING AND TALENT IDENTIFICATION
SESSION :2023-24
PAPER CODE - MPed/IV/A/08

UNIT – I

1. Counseling in Sport

- 1.1 Meaning and Definition of Counseling
- 1.2 Theories of counseling
- 1.3 Techniques of counseling
- 1.4 Individual Counseling - Theory and practice
- 1.5 Group Counseling – Theory and Practice.

UNIT - II

2. Talent Identification

- 2.1 Identifying talent from Psychological Perspective.
- 2.2 Promoting Talent
- 2.3 Creating a Motivational foundation
- 2.4 Identifying type of athletes.
- 2.5 Importance of Talent Identification in Sports.

UNIT – III

3. Psychological Considerations of Ergogenic Aids

- 3.1 Drug Abuse in Sport – Causes and cures
- 3.2 Athletic Staleness and burn out –Diagnosis, Prevention and Treatment
- 3.3 Termination from Athletics
- 3.4 Career Transition among Athletes
- 3.5 Awareness of Drug abuse in players.

UNIT – IV

4. Psychological Rehabilitation of Athletes

- 4.1 Sports Injuries and Rehabilitation
- 4.2 Stress management in sport injury
- 4.3 Eating disorders
- 4.4 Substance abuse
- 4.5 Sexual abuse in sport

PRACTICAL

- 1. Different Psychological Counseling Techniques
- 2. Various stress management techniques.
- 3. Strategies for relaxing body and mind.
- 4. Various techniques of meditation (Musical and Trataka etc.)
- 5. Prepare a note on identifying talent from Psychological perspective

REFERENCES

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