Ordinance
Syllabus and Scheme
of
M.P.Ed. (Master of Physical Education)
(July 2015 Onwards)
### SUBJECTS & SCHEME OF EXAMINATION

#### Semester-I

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-101</td>
<td>Research Process &amp; Statistics in Physical Education &amp; Sports Sciences</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPCC 102</td>
<td>Physiology of Exercise</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-103</td>
<td>Tests, Measurement and Evaluation in Physical Education</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
</tbody>
</table>

**Elective Course (Anyone)**

<table>
<thead>
<tr>
<th>MPEC-101</th>
<th>Yogic Sciences</th>
<th>20</th>
<th>80</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPEC-102</td>
<td>Sports Technology</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Part-B Practical Course(400 Marks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPPC-101</td>
</tr>
<tr>
<td>MPPC-102</td>
</tr>
<tr>
<td>MPPC-103</td>
</tr>
<tr>
<td>MPPC-104</td>
</tr>
</tbody>
</table>

Total                                      | 160 | 640 | 800 |
### Semester-II

#### Part A: Theoretical Course (400 Marks)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-201</td>
<td>Professional Preparation and Curriculum Designs in Physical Education</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-202</td>
<td>Sports Biomechanics &amp; Kinesiology</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-203</td>
<td>Athletic Care and Rehabilitation</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-201</td>
<td>Sports Journalism and Mass Media</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPEC-202</td>
<td>Sports Management</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Elective Course (Anyone)

- MPEC-201: Sports Journalism and Mass Media
- MPEC-202: Sports Management

#### Part-B Practical Course (400 Marks)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPPC-201</td>
<td>Games Specialization –II (Performance of Any Two Events/Apparatus of each game &amp; Five Lessons of Teaching, Coaching &amp; Officiating of each Game 1. Track and Field: Jumping events 2. Gymnastics/Swimming (*Any one))</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-202</td>
<td>Sports and Games –II (Any Two games Individual Skill, Game Situation, Officiating, Lead-Up games) Cricket/Volleyball/Basketball/ Football/Handball/ Hockey/ Netball</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-203</td>
<td>Adventure or leadership Camp/Tour/ training for internal marks &amp; Seminar (4 Internal &amp; 1 External) (Topics on sports, yoga, wellness, health &amp; fitness their research findings, survey of literature, development, historical or current issues.</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-204</td>
<td>Physical Fitness Test (NPFP „B‟)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
</tbody>
</table>

**Total** 160 640 800

**Note:** Total number of hours required to earn 3 credits for each theory course are 45-51 hours per semester whereas 90-102 hours for each practicum course.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-301</td>
<td>Scientific Principles of Sports Training</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPCC 302</td>
<td>Sports Medicine</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-303</td>
<td>Health Education and Sports Nutrition</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-301</td>
<td>Sports Engineering</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-302</td>
<td>Physical Fitness and Wellness</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPPC-301</td>
<td>Games Specialization – III</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>(Performance of Any Two Events/Apparatus of each game &amp; Five Lessons of Teaching, Coaching &amp; Officiating of each game) 1. Track and Field: Throwing Events *2. Gymnastics /Swimming (*Any one)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-302</td>
<td>Sports and Games – III</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-303</td>
<td>Internship(Internal) &amp; Project</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-304</td>
<td>Physical Fitness Test (Canadian)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>160</td>
<td>640</td>
<td>800</td>
</tr>
</tbody>
</table>

Note: Total number of hours required to earn 3 credits for each theory course are 45-51 hours per semester whereas 90-102 hours for each practicum course.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-401</td>
<td>Information &amp; Communication Technology</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>(ICT) in Physical Education</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPCC-402</td>
<td>Sports Psychology</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-403</td>
<td>Sports Sociology</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-401</td>
<td>Adapted Physical Education</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-402</td>
<td>Dissertation</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPPC-401</td>
<td>Games Specialization - IV (Performance</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>of Any Two Events/Apparatus of each</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>game &amp; Five Lessons of Teaching,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coaching &amp; Officiating of each game</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. Track and Field: Heptathlon &amp;</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Decathlon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>*2. Gymnastics / Swimming (*Any one)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-402</td>
<td>Sports and Games - IV (Any Two games</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Individual Skill, Game Situation,</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Officiating, Lead-Up games)</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Badminton/ T.T/ Tennis/ Squash/</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shooting/ Archery/ Fencing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-403</td>
<td>Classroom Teaching lessons on</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Theory Subjects(Topics) of Graduation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Level (4 Internal &amp; 1 External)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-404</td>
<td>Physical Fitness Test(Cooper)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
</tbody>
</table>

Total: 640 marks (Internal) + 2560 marks (External) = 3200 marks

Note: Total number of hours required to earn 3 credits for each theory course are 45-51 hours per semester whereas 90-102 hours for each practicum course.
Semester I
Theory Courses

MPCC-101 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION & SPORTS

Unit I- Introduction:

Unit II- Methods of Research:

Unit III-Research Proposal and Report:

Unit IV- Statistics Introduction:
Definition, its uses in Physical Education & Sports Research, Central tendency: Mean (AM & HM), Median, Dispersion: Standard Deviation and Coefficient of Variation, Skewness, Kurtosis, Bivariate Data. Correlation: Product moment correlation coefficient and rank correlation coefficient.

Unit V- Inferential Statistics:
Elementary idea of probability, random variables, Binomial and Normal distribution, Sampling: Random and stratified sampling, Type I and Type II error. Testing various Hypothesis with the help of Z, X^2, t and F Sampling distributions.

REFERENCE:
Kamlesh M.L(1999) Research Methodology in physical education & sports, New Delhi, Metropolitan,
Semester I  
Theory Courses

MPCC-102 PHYSIOLOGY OF EXERCISE

UNIT I - Skeletal Muscles and Exercise
Macro & Micro Structure of the Skeletal Muscle, Chemical Composition, Sliding Filament theory of Muscular Contraction, Types of Muscle fibre, Muscle Tone, Chemistry of Muscular Contraction - Heat Production in the Muscle, Effect of exercises and training on the muscular system.

UNIT II - Cardiovascular System and Exercise
Heart Valves and Direction of the Blood Flow - Conduction System of the Heart - Blood Supply to the Heart - Cardiac Cycle - Stroke Volume - Cardiac Output - Heart Rate - Factors Affecting Heart Rate - Cardiac Hypertrophy - Effect of exercises and training on the Cardiovascular system.

UNIT III - Respiratory System and Exercise

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

UNIT V - Climatic conditions and sports performance and ergogenic aids

Note: Laboratory Practicals in Physiology be designed and arranged internally.

REFERENCES:
SEMESTER I
Theory Courses

MPCC-103 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

UNIT I - Introduction

UNIT II - Motor Fitness Tests
Meaning and Definition of Motor Fitness. Test for Motor Fitness: Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability: Barrow Motor Ability Test - Newton Motor Ability Test - Muscular Fitness - Kraus Weber Minimum Muscular Fitness Test.

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

UNIT IV - Anthropometric and Aerobic-Anaerobic Tests

UNIT V - Skill Tests

Note: Practicals of indoors and out-door tests be designed and arranged internally.

REFERENCES:
Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Semester I
Theory Courses

MPEC-101 Yogic Sciences (Elective)

UNIT I - Introduction

UNIT II - Asananas and Pranayam

UNIT III - Kriyas

UNIT IV - Mudras

UNIT V - Yoga and Sports

Note: Practicals be designed and arranged internally.

REFERENCE:
SEMESTER I
Theory Courses

MPEC-102 SPORTS TECHNOLOGY (Elective)

UNIT I - Sports Technology
Meaning, definition, purpose, advantages and applications, General Principles and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

UNIT II - Science of Sports Materials

UNIT III - Surfaces of Playfields

UNIT IV - Modern equipment

UNIT V - Training Gadgets

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

REFERENCE:
Semester II
Theory Courses

MPCC-201 PROFESSIONAL PREPARATION & CURRICULUM DESIGN IN PHYSICAL EDUCATION


UNIT II- Physical Education Graduate & Post-graduate level Professional preparation Areas, Purposes, admissions, Curriculum, Laboratory experience, Field Experiences, Teaching Practice, area of specialization and concentration on core areas, Research requirement. Methods of instruction, Professional competencies, facilities and special resources for Library, Laboratory, Staff placement and follow-up.


UNIT IV- Selecting methods of teaching—Grouping of students for instruction, Lectures, Projects, activities, demonstration, block of period, total time allotment for a given activity, teaching aids, conditioning special gadgets to concentrate on development of particular skills, bring up pre-requisites for learning a given skill or activity, provision for individual differences. Development programme suitability of activities for different age groups and sexes, for different levels of education—Kindergarten, elementary school, middle school, 10 + 2 school, college and university, special institution (Technical school, orphan hostel & for challenged people) special days and national days etc.

UNIT V- Co-education in Physical Education—Integrating the programmes for boys and girls, activities suitable for co-education needs, level at which co-education is desirable, special provision for development of girls programme. Committee recommendation—NCTE, NCERT, CBSE, UGC recommendations on curriculum for school and colleges curriculum followed in colleges of physical education CPEd, DPEd, BPE, B.Sc, BPEd, MPE, MPF and M. Phil.

REFERENCES:
Semester II
Theory Courses

MPCC-202 SPORTS BIOMECHANICS AND KINSESIOLGY

UNIT I - Introduction

UNIT II - Muscle Action
Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

UNIT III - Motion and Force

UNIT IV - Projectile and Lever
Freely falling bodies - Projectiles - Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability - static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage - classes of lever - practical application. Water resistance - Air resistance - Aerodynamics. Note: Laboratory practicals should be designed and arranged for students internally.

UNIT V - Movement Analysis

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:
Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.
MPCC-203 ATHLETIC CARE AND REHABILITATION

UNIT I - Corrective Physical Education

UNIT II - Posture

UNIT III - Rehabilitation Exercises

UNIT IV - Massage

UNIT V - Sports Injuries Care, Treatment and Support

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

REFERENCES:
Semester II
Theory Courses

MPEC-201 SPORTS JOURNALISM AND MASS MEDIA (Elective)

UNIT I Introduction
Meaning and Definition of Journalism, Ethics of Journalism – Canons of journalism-Sports Ethics and

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

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

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

UNIT V Journalism
Sports organization and Sports Journalism – General news reporting and sports reporting,
Methods of editing a Sports report. Evaluation of Reported News. Interview with an elite Player
and Coach.

Practical assignments to observe the matches and prepare report and news of the same; visit to
News Paper office and TV Centre to know various departments and their working. Collection of
Album of newspaper cuttings of sports news.

REFERENCE:
Publications
Publication.
Padmanabhan, A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
publication Pvt. Ltd.
Semester II
Theory Courses

MPEC-202 SPORTS MANAGEMENT (Elective)

UNIT I- Management:
Meaning and Functions, The skills of management, the universal nature of the management process, Management and Administration, Principles and Theories of Management.

UNIT II- Organisation:
Classical Principles, Bureaucracy; Bureaucracy in Democracy and in sports organizations. Open systems perspectives. The constitution of a national sports organization, office holders of an organization and their functional meetings.

UNIT III- Human resource management:

UNIT IV- Management of performance:

UNIT V- Management of finance, Facilities and material:
Financial administration in sports and physical education. Sources of funds in sports. Budgeting in sports and games, purpose and principles of budgeting.

REFERENCE:
Reph Buchter and Earnest Koeringer(1968); Scientific Inventory Management. New Delhi: Prentice Hall of India Pvt. Ltd.,
Semester I
Practicum Course

MPPC- 101 GAMES SPECIALIZATION: TRACK & FIELD / GYMNASTICS / SWIMMING.

Running, Walking, Hurdle & Relay Events

- Fundamental skills --
  - Use of Starting blocks- stance on the blocks.
  - Body position at the start, Hurdle & Relay Events- starting technique, change in bodyposition during running, movements of the arms, stride length and frequency, position of torso while running/walking/ clearing hurdle/baton exchange and at finish.

- Advanced Skills/Correction of faults: various techniques of sprint start: Bullet start, standing start, Walking, Hurdle & Relay Events

- Active game practice

Note: Course contents in Gymnastics and Swimming should be chalked out internally considering availability of facilities, advance level of students, suitable to their age and gender.

Semester I
Practicum Course

MPPC- 102 Laboratory Practical in Anthropometric Measurement, Sports Psychology, Physiology of Exercise, Biomechanics and Kinesiology (Two standardized tests practical from each subject)

Semester I
Practicum Course

MPPC- 103 SPORTS AND GAMES: YOGA & INDIGENOUS ACTIVITIES (Lezium, Dumb-Bell, Umbrella, Tipri, Wands, Hoops/Malkambha) / AEROBICS / SELF DEFENCE TECHNIQUE - Martial Arts, Taekwondo/Karate/Wushu (Yoga + Any one activity)

YOGA- Asanas prescribed by Maharshi, Patanjali, Shudhi, Kriyas, jai neti, sutraneti, dugdhaneti, kunjal, Nauli, Bhastika, shatkria, Pranayams, Anulom-vilom, Kapalbhati,

INDIGENOUS & MASS DEMONSTRATION ACTIVITIES: The students of M.P.Ed-I Semestere need to develop proficiency in taking teaching classes in indigenous activities and Mass demonstration under school situation. In view of this, the students shall be provided with teaching
experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the first semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively. Students are expected to learn and organize mass drill in school Situation on following aspects:

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand-at-ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music—Two count, Four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

MALKHAM: Table of Exercises on Malkhamb should be prepared internally for teaching. General out-line of the contents of teaching of theory of Games and Sports

Introduction of the game/sport and historical development with special reference to India,
Orientation of the students to the play area and equipment used in the game/sport, Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the Game/sport. Warming-up—General free hand exercises, specific work out using equipment. Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

AEROBICS—Rhythmic Aerobics—dance, Low impact aerobics, High impact aerobics,
Aerobics kickboxing

- Moves March single, basics, side to side alternate, turn s/a, double side to side,
  steptouch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, travel s 11, kick side, corner, heel to reft, shape, ‘e’ shape, shapew, shape, repeater left mode
- Warm up and cool down
- Being successful in exercise and adaptation to aerobic workout.
**National physical fitness proficiency Modified Test (NPPP, 'A')** is to be practiced and organized as per the norms/scores prepared by the department presented below.

**Semester I - National Physical Fitness Proficiency Test Modified Norms (Battery 'A')**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Events</th>
<th>Sex</th>
<th>Performance Scores</th>
<th>14 Marks</th>
<th>12 Marks</th>
<th>10 Marks</th>
<th>08 Marks</th>
<th>07 Marks</th>
<th>06 Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>100 M run (Sec.)</td>
<td>Men</td>
<td>Below 12.0</td>
<td>12.0-12.9</td>
<td>12.0-12.9</td>
<td>12.0-12.9</td>
<td>12.0-12.9</td>
<td>12.0-12.9</td>
<td>12.0-12.9</td>
</tr>
<tr>
<td>2.</td>
<td>Long Jump (Mtr.)</td>
<td>Men</td>
<td>Above 3.22</td>
<td>3.25-4.74</td>
<td>3.25-4.74</td>
<td>3.25-4.74</td>
<td>3.25-4.74</td>
<td>3.25-4.74</td>
<td>3.25-4.74</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 4.00</td>
<td>4.00-5.75</td>
<td>4.00-5.75</td>
<td>4.00-5.75</td>
<td>4.00-5.75</td>
<td>4.00-5.75</td>
<td>4.00-5.75</td>
</tr>
<tr>
<td>3.</td>
<td>Shot Put (Mtr.)</td>
<td>Men</td>
<td>Above 8.00</td>
<td>8.0-7.51</td>
<td>8.0-7.51</td>
<td>8.0-7.51</td>
<td>8.0-7.51</td>
<td>8.0-7.51</td>
<td>8.0-7.51</td>
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<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 7.00</td>
<td>7.0-6.51</td>
<td>7.0-6.51</td>
<td>7.0-6.51</td>
<td>7.0-6.51</td>
<td>7.0-6.51</td>
<td>7.0-6.51</td>
</tr>
<tr>
<td>4.</td>
<td>High Jump (Mtr.)</td>
<td>Men</td>
<td>Above 1.50</td>
<td>1.50-1.46</td>
<td>1.50-1.46</td>
<td>1.50-1.46</td>
<td>1.50-1.46</td>
<td>1.50-1.46</td>
<td>1.50-1.46</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 1.26</td>
<td>1.25-1.10</td>
<td>1.25-1.10</td>
<td>1.25-1.10</td>
<td>1.25-1.10</td>
<td>1.25-1.10</td>
<td>1.25-1.10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Below 3:00</td>
<td>3:00-2:50</td>
<td>3:00-2:50</td>
<td>3:00-2:50</td>
<td>3:00-2:50</td>
<td>3:00-2:50</td>
<td>3:00-2:50</td>
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<tr>
<td>6.</td>
<td>200 M run (Min.)</td>
<td>Men</td>
<td>Below 30.0</td>
<td>30.0-22.4</td>
<td>30.0-22.4</td>
<td>30.0-22.4</td>
<td>30.0-22.4</td>
<td>30.0-22.4</td>
<td>30.0-22.4</td>
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<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Below 60.0</td>
<td>60.0-52.4</td>
<td>60.0-52.4</td>
<td>60.0-52.4</td>
<td>60.0-52.4</td>
<td>60.0-52.4</td>
<td>60.0-52.4</td>
</tr>
</tbody>
</table>
Semester II
Practicum Course
MPPC-201 GAMES SPECIALIZATION: TRACK & FIELD / GYMNASTICS/ SWIMMING.


- Fundamental skills -
  - Body position at the start, Use of runway, Running, Take off & Landing starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso.

- Advanced Skills/Correction of faults: various techniques of start, Running, Take off & Landing.

- Active game practice

Note: Course contents in Gymnastics and Swimming should be chalked out internally considering availability of facilities, advance level of students, suitable to their age and gender

Semester II
Practicum Course
MPPC-202 SPORTS AND GAMES: The Candidate has choice to select any two of the following games in 2nd Semester (Cricket/Volleyball/Basketball/Football/Handball/Hockey/Netball)

Note: Course contents in game or sport should be chalked out internally considering advance level of students (Teaching & Officiating) and suitable to their age and gender. Practical skill test- any one of each.

Semester II
Practicum Course
MPPC-203 ADVENTURE or LEADERSHIP CAMP/TOUR/TRAINING & SEMINAR

ADVENTURE ACTIVITIES: Trekking, Wall climbing, River crossing, Mountaineering, etc

SEMINAR: Presentation on topics of sports, yoga, wellness, health & fitness their research findings, survey of literature, development, historical or current issues.

Semester II
Practicum Course
MPPC-204 PHYSICAL FITNESS TEST:

Modified National physical fitness proficiency Test (NPFP „B“) is to be practiced and organised as per the norms/scores prepared by the department presented below.

<table>
<thead>
<tr>
<th>No.</th>
<th>Events</th>
<th>Sex</th>
<th>Performance Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>100 M Run (Sec.)</td>
<td>Men</td>
<td>16 Marks 12 Marks 12 Marks 30 Marks 36 Marks 42 Marks 48 Marks 54 Marks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Below: 12.0 14.0 16.0 18.0 20.0 22.0 24.0 26.0 Above: 12.0 14.0 16.0 18.0 20.0 22.0 24.0 26.0</td>
</tr>
<tr>
<td>2</td>
<td>Long Jump (Mtr)</td>
<td>Men</td>
<td>16 Marks 12 Marks 12 Marks 30 Marks 36 Marks 42 Marks 48 Marks 54 Marks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above: 5.25 5.75 6.25 6.75 7.25 7.75 8.25 8.75</td>
</tr>
<tr>
<td>3</td>
<td>10 M Run / Walk (Mtr)</td>
<td>Men</td>
<td>16 Marks 12 Marks 12 Marks 30 Marks 36 Marks 42 Marks 48 Marks 54 Marks</td>
</tr>
<tr>
<td>4</td>
<td>Push Ups (Sec.)</td>
<td>Men</td>
<td>16 Marks 12 Marks 12 Marks 30 Marks 36 Marks 42 Marks 48 Marks 54 Marks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above: 35 35 35 35 35 35 35 35 Above: 35 35 35 35 35 35 35 35</td>
</tr>
<tr>
<td>5</td>
<td>Cricket Ball Throw (Mtr)</td>
<td>Men</td>
<td>16 Marks 12 Marks 12 Marks 30 Marks 36 Marks 42 Marks 48 Marks 54 Marks</td>
</tr>
</tbody>
</table>

Battey „B“