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:

Unit V- Inferential Statistics:
Elementary idea of probability, random variable, 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,
Thesis writing Format, Chennai,PoompugarPathippagam.
Semester I
Theory Courses

MPCC-102 PHYSIOLOGY OF EXERCISE

UNIT I – Skeletal Muscles and Exercise

UNIT II – Cardiovascular System and Exercise

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:
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, Rogers 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:
Semester I
Theory Courses

MPEC-101 Yogic Sciences (Elective)

UNIT I – Introduction

UNIT II – Asanas and Pranayam

UNIT III – Kriyas

UNIT IV – Mudras

UNIT V – Yoga and Sports

Note: Practicals be designed and arranged internally.

REFERENCE:
Kuvalyanada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
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,MPEd and M. Phil.

REFERENCES:  
Semester II
Theory Courses

MPCC-202 SPORTS BIOMECHANICS AND KINESIOLOGY

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 practical’s should be designed and arranged for students internally.

UNIT V - Movement Analysis

Note: Laboratory Practical’s be designed and arranged internally.

REFERENCE:
Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.
UNIT I - Corrective Physical Education

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

UNIT III - Rehabilitation Exercises
Passive, Active, Assisted, resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

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

UNIT V - Sports Injuries Care, Treatment and Support
Principles pertaining to the prevention of Sports injuries - care and treatment of exposed and unexposed injuries in sports - Principles of apply cold and heat, infrared rays - Ultrasonic, Therapy - Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.

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:
MPEC-201 SPORTS JOURNALISM AND MASS MEDIA (Elective)

UNIT I Introduction

UNIT II Sports Bulletin

UNIT III Mass Media

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

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

REFERENCE:
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- Organization:
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 is sports and games, purpose and principles of budgeting.
Material Management: Improvisation and Standardization of Sports equipment’s and materials. Scientific purchasing. Storekeeping, inventory control and value analysis.
Facility (outdoor and indoor) Planning, Construction and maintenance of sports facilities.

REFERENCE:
Earle F. Zeigler & Grary W. Bowie (1995); Management competency Development in sports and physical education philadelphia: W. Leo and Febiger.
Semester III
Theory Courses

MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction

UNIT II – Components of Physical Fitness

UNIT III – Flexibility
Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

UNIT IV – Training Plan

UNIT V – Doping
Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations: over the- counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education

REFERENCES:
Semester III  
Theory Courses

MPCC-302 SPORTS MEDICINE

UNIT I – Introduction

UNIT II – Basic Rehabilitation

UNIT III – Spine Injuries and Exercise

UNIT IV – Upper Extremity Injuries and Exercise

UNIT V – Lower Extremity Injuries and Exercise

Practical’s: Lab. Practical’s and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences etc. should be planned internally.

REFERENCES:
Semester III
Theory Courses

MPCC-303 HEALTH EDUCATION AND SPORTS NURTITON

UNIT I- Health Education
Concept, Dimensions, Spectrum and Determinants of Health Definition of Health, Health Education, Health Instruction, Health Supervision Aim, objective and Principles of Health Education Health Service and guidance instruction in personal hygiene

UNIT II- Health Problems in India
Communicable and Non Communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools Objective of school health service, Role of health education in schools Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care etc

UNIT III – Hygiene and Health
Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress

UNIT IV- Sports Nutrition
Nutrition Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

UNIT V- Weight Control Management
Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

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".
Turner, C.E. "The School Health and Health Education".
UNIT - I Introduction to sports engineering and Technology
Meaning of sports engineering, human motion detection and recording, human performance, assessment, equipment and facility designing and sports related instrumentation and measurement.

UNIT - II Mechanics of engineering materials
Concept of internal force, axial force, shear force, bending movement, torsion, energy method to find displacement of structure, strain energy. Biomechanics of daily and common activities – Gait, Posture, Body levers, ergonomics, Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

UNIT- III Sports Dynamics

UNIT- IV Building and Maintenance:
Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc. Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration.

Building Process: design phase (including brief documentation), construction phase functional(occupational) life, Re-evaluation, refurbish, demolish.

Maintenance policy, preventive maintenance, corrective maintenance, record and register formaintenance.

UNIT – V Facility life cycle costing
Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation

REFERENCE:
Colin White, Projectile Dynamics in Sport: Principles and Applications
Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
Semester III
Theory Courses

MPEC-302 PHYSICAL FITNESS AND WELLNESS (Elective)

UNIT I – Introduction
Meaning and Definition of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

UNIT II – Nutrition
Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs

UNIT III – Aerobic Exercise
Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

UNIT IV – Anaerobic Exercise
Resistance Training for Muscular Strength and Endurance; principles of resistance training, 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) Advanced techniques of weight training

UNIT V – Flexibility Exercise
Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

REFERENCE:
Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedfordrow, London 1998
Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001
Semester IV
Theory Courses

MPCC-401 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

UNIT I – Communication & Classroom Interaction

UNIT II – Fundamentals of Computers
Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types Computer Memory: Concept & Types Viruses & its Management Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues

UNIT III – MS Office Applications
MS Word: Main Features & its Uses in Physical Education MS Excel: Main Features & its Applications in Physical Education MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education MS Power Point: Preparation of Slides with Multimedia Effects MS Publisher: Newsletter & Brochure

UNIT IV – ICT Integration in Teaching Learning Process
Approaches to Integrating ICT in Teaching Learning Process Project Based Learning (PBL) Co-Operative Learning Collaborative Learning ICT and Constructivism: A Pedagogical Dimension

UNIT V – E-Learning & Web Based Learning
E-Learning
Web Based Learning
Visual Classroom

REFERENCES:
Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
Semester IV
Theory Courses

MPCC-402 SPORTS PSYCHOLOGY

UNIT I - Introduction

UNIT II - Motivation & Mental State

UNIT III – Goal Setting

UNIT IV – Psychological aspects of Competition:
Defining competition, determinants of competitive behavior, psychological characteristics of pre-competition, during competition and post competition. Selected psycho regulative techniques technique for relaxation and activation. Psychological aspects of long term and short term preparation for competition, Psychological care of injuries, sports person, responses to injuries, prevention and coping techniques.

UNIT V – Psycho-Social Facilitation:

Practical’s: Atleast five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)

REFERENCES:
Semester IV
Theory Courses

MPCC-403 SPORT SOCIOLOGY

UNIT I- Introduction:
Meaning, Nature, Scope and Method of Sports Sociology, Sports as a social phenomenon, Element of culture

UNIT II- Sociological Analysis of Sports:
Sociological description (Concepts and classification), sociological discovery (Proposition and procedures), sociological explanation (theories and paradigms)

UNIT III- Sport Group and Sport Organization:
Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics.
Sports and socializing Institutions -Role of family and educational system in sport, role of socialization, socialization via games & Sport.
Regulative Institutions of Society -Interaction between sports and (a) Economic system, (b) Politics and (c) Religion.

UNIT IV- Sport and Social Stratification:
Extent and effect of racial and ethnic, gender, age & socioeconomic stratifications on participation and achievement in sport. Democratization in Sport
Social Dimensions of Physical Activity –Appearance, sociality competitiveness and cooperation, anxiety, audience, aspiration level.

UNIT V- Trends and Issues concerning Sport in Society –

REFERENCE:

Ball and Loy- Sport and Social Order.
Coakley J.J. - Sport in Society.
Cratty B.J.- Social Dimensions Physical Activity.
Edwards - Sociology of Sports.
Loy and Kenyon- Sport Culture and Society.
Loy, Mepherson& Kenyon- Sport and Social Systems.
UNIT I- Introduction:
Meaning, Definitions, Aims, goals & objective
Need & importance of adapted Physical education
Historical review of adapted Physical education

UNIT II- Classification of Disability:
(a)Physical disabilities (b) Mental Retardation (c) Visual Impairment (d) Hearing Impairment
Their Causes, Characteristics and Functional Limitations.

UNIT III- Adapted Physical Education Programme:
Guiding principles for adapted physical education programme (AAPHERD Principle)
Physical Education program for disabled of Elementary school, Middle School, High School, College & University Level.

UNIT IV- Co-curricular Activities for disabled:
Outdoor, Rhythm and Dance activities.
Nature of Aquatic activity programme for Disabled: Importance of aquatics for the disabled,
Nature of aquatic activity programme based on types of various disabilities and Rehabilitative role and importance of aquatic activity.

UNIT V- Rehabilitations:
Aims and objectives of rehabilitations council of India
Meaning of functional and occupational rehabilitation.
Importance of Adapted programme in Rehabilitation and Functional Rehabilitation
Psychological Rehabilitation - Adjust mental, Environmental and Personality Development.
Government welfare Programme.

Note: Each student shall submit record of attending the clinic or centers observing the cases of disabled and their treatment procedure. (To be assessed internally)

REFERENCES:
Anoop Jain, Adapted Physical Education, Sports Publication, Ashok Vihar Delhi. 52
Arther G. Miller & James, Teaching Physical Activities to impaired youth, John Wilag& Sons Inc. Canada.
Arthur S. Daniels &Euilya, Adapted Physical Education, Harpet& Row Publisher - New York. Auster, Byler,
Howtting, Adapted Physical Education and reactions.Morbuy- St. LouisMirrauri. K. Park,
Preventive & Social Medicine, BanaridasBhanot Publishers Prem Nagar Jabalpur. Ronald
W. French,& Paul J. Special Physical Education. Charles E. Merrics Publishing
Co.Edinburgh, Ohio.
ShekarKC, Adapted Physical Education (KhetiSahitya Kendra: New Delhi.) Winnick JP,Adapted Physical
Education and sport Human Kinetics USA, 2005
MPEC-402 DISSERTATION (Elective)

1. A candidate shall have dissertation for M.P.Ed. – IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).

2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.

3. The candidate has to face the Viva-Voce conducted by DRC.
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 body position 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, Dumbbell, Umbrella, Tipri, Wands, Hoops/Malkhambh) /AEROBICS/SELF DEFENCE TECHNIQUE-Martial Arts, Taekwondo/Karate/ Wushu(Yoga + Any one activity)

YOGA- Asanas prescribed by Maharshi „Patanjali”, ShudhiKriyas, jalneti, sutraneti, dugdhaneti, kunjal, Nauli, Bhashika, shatkriya, Pranayams, Anulom-vilom, Kapalbhati,

INDIGENOUS & MASS DEMONSTRATION ACTIVITIES: The students of M.P.Ed–I Semester 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, Eightcount and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

MALKHAMB: 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 kick boxing

- Moves March single, basics, side to side alternate, turn s/a, double side to side, stop watch, 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 left, shape, 'e' shape, shapew, shape, repeater left mode
- Warm up and cool down
- Being successful in exercise and adaptation to aerobic workout.
Semester I
Practicum Course
MPPC-104 PHYSICAL FITNESS TEST:

National physical fitness proficiency Modified Test (NPFP „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>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>14 Marks</td>
</tr>
<tr>
<td>1.</td>
<td>100 M run (Sec.)</td>
<td>Men</td>
<td>Below 12.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Below 14.0</td>
</tr>
<tr>
<td>2.</td>
<td>Long Jump (Mtr.)</td>
<td>Men</td>
<td>Above 5.25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 4.00</td>
</tr>
<tr>
<td>3.</td>
<td>Shot Put (Mtr.)</td>
<td>Men</td>
<td>Above 8.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 7.00</td>
</tr>
<tr>
<td>4.</td>
<td>High Jump (Mtr.)</td>
<td>Men</td>
<td>Above 1.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 1.26</td>
</tr>
<tr>
<td>5.</td>
<td>800 M run (Min.)</td>
<td>Men</td>
<td>Below 2.25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Below 30.0</td>
</tr>
</tbody>
</table>
Semester II
Practicum Course

MPPC-201 GAMES SPECIALIZATION: TRACK & FIELD / GYMNASICS/ 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 organized as per the norms/scores prepared by the department presented below.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Events</th>
<th>Sex</th>
<th>Performance Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>14 Marks</td>
</tr>
<tr>
<td>1.</td>
<td>100 M run (\text{Sec.})</td>
<td>Men</td>
<td>Below12.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Below14.0</td>
</tr>
<tr>
<td>2.</td>
<td>Long Jump (\text{Mtr.})</td>
<td>Men</td>
<td>Above 5.25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 4.00</td>
</tr>
<tr>
<td>3.</td>
<td>12 Min. Run (\text{Walk Mtr.})</td>
<td>Men</td>
<td>Above 2601</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 1701</td>
</tr>
<tr>
<td>4.</td>
<td>Push ups (\text{Hand Style (Nos)})</td>
<td>Men</td>
<td>Above 35</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 35</td>
</tr>
<tr>
<td>5.</td>
<td>Sit ups (Nos)</td>
<td>Men</td>
<td>Above 65</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women</td>
<td>Above 25</td>
</tr>
</tbody>
</table>
Semester III
Practicum Course

MPPC-301 GAMES SPECIALIZATION: TRACK & FIELD/ SWIMMING/ GYMNASTICS

Throwing Events: Shot put, Discus throw, Javelin throw, Hammer throw

- Fundamental skills –
  - Use of Throwing Arena/runway.
  - Body position at the start, Grip, rotation & release- preliminary swing, change in body position during running/rotating, movements of the arms, stride length and frequency, follow through.

- Advanced Skills/Correction of faults: Various techniques of Start, Rotation/Carry, Release& Reverse.

- 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 III
Practicum Course

MPPC-302 SPORTS AND GAMES: The Candidate has choice to select any two of the following games in 3rd Semester. (Kabaddi/Kho-Kho/ Boxing/ Judo/Wrestling/ Baseball/ Softball)

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 III
Practicum Course

MPPC-303 INTERNSHIP & PROJECT

INTERNSHIP: Every student has to serve honorary in the institution/ School/fitness centers. Evaluated on the basis of Daily Diary preparation, regularity, teaching quality, sincerity, class control and job execution.

Criteria for evaluating Internship Programme:

- A Student will be required to join any school/organization in any one of the following areas:
  - Gym and Health Club management.
  - Aerobics/Mass Demonstration.
  - Training of Life guard for water sports.
  - Sports Management/Journalism.
  - Teaching Physical Education in Schools/Institutions/Centers.

- A student is required to bring a certificate on letter head of the Institute form the Head of the Organization, specifying that he/she has imparted instruction/training/teaching in that organization w.e.f. ..........................to....................... and his/her work has been excellent/very good/good/satisfactory/poor (The administrator may tick any one of the five alternatives).

PROJECT: Informative model (working or simple, preparation of informative chart or flex board) related to Physical Education, sport, health, wellness, yoga & fitness to be prepared individually or in group.

Semester III
Practicum Course

MPPC-304 PHYSICAL FITNESS TEST

Modified Canadian fitness Test is to be practiced and organized as per the norms/scores prepared by the department presented below.

<table>
<thead>
<tr>
<th>S.No</th>
<th>Events</th>
<th>Sex</th>
<th>Performance Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Canadian Test (Sec.)</td>
<td>Men</td>
<td>70Marks 65Marks 60Marks 55Marks 50Marks 45Marks 40Marks</td>
</tr>
<tr>
<td>1</td>
<td>Canadian Test (Sec.)</td>
<td>Men</td>
<td>28 &amp; Below 29-34 35-39 40-44 45-49 50 &amp; Above</td>
</tr>
</tbody>
</table>

M.E. ED. TWO YEARS PROGRAMME COURSE (FOUR SEMESTERS) CSJMU, KANPUR
Combined Events: Decathlon & Heptathlon

- Fundamental skills -
  - Decathlon & Heptathlon events.
  - Use of scoring system
- Advanced Skills/Correction of faults:
- Active game practice

TEACHING/COACHING/OFFICIATING LESSONS OF TRACK & FIELD/GYMNASTICS/SWIMMING:
The students of M.P.Ed –IV Semester need to develop proficiency in taking Teaching/Coaching/Officiating lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. 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 forth 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 Teaching/Coaching/Officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

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 IV
Practicum Course
MPPC-402 SPORTS AND GAMES: The Candidate has choice to select any two of the following games in 4th Semester (Badminton/ T.T/ Tennis/ Squash/ Shooting/ Archery/ Fencing)

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 IV
Practicum Course
MPPC-403 CLASS ROOM TEACHING (LESSONS ON THEORY SUBJECTS)
The students of M.P.Ed–IV Semester need to develop proficiency in taking teaching lessons as per selected subjects/Topics of B.P. Ed level. In view of this, the students shall be provided with selected or specialized subject 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 time 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 forth 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 teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.
Modified Cooper Fitness Test is to be practiced and organized as per the norms/scores prepared by the department presented below.

<table>
<thead>
<tr>
<th>S.No</th>
<th>Events</th>
<th>Sex</th>
<th>Performance Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12 Min run/Walk (Mtr.)</td>
<td>Men</td>
<td>70Marks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>65 Marks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>60 Marks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>55 Marks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>50 Marks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>45Marks</td>
</tr>
<tr>
<td>1</td>
<td>12 Min run/Walk (Mtr.)</td>
<td>Men</td>
<td>Above 2800</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2800-2501</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2500-2201</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2200-1801</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1800-1401</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1400 &amp; Below</td>
</tr>
<tr>
<td>1</td>
<td>09 Min run/Walk (Mtr.)</td>
<td>Women</td>
<td>Above 1800</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1800-1601</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1600-1401</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1400-1201</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1200-1001</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1000 &amp; Below</td>
</tr>
</tbody>
</table>