Sant Gadge Baba Amravati University, Amravati

Part A

Faculty: Interdisciplinary studies

Programme: MPEd. (Master of Physical Education) (Two year(4 sem)**)**

POs:

1. Maintain health & Fitness of society.
2. Promote all round development of society (physical, mental, social, and spiritual)
3. Effective Communication: Speak, read, write and listen clearly in person and through electronic media.
4. Effective Citizenship: Demonstrate empathetic social concern and equity centred national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
5. Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes

PSOs:

1. Prepare physical education teacher.
2. Fulfilled the need of physical education teachers of the society from grass root level to higher education.
3. Develop the need based Teaching resources in sports and Physical Education.
4. Contribute as trained Workforce to provide teaching learning support from school level to higher education.
5. Contribute as researcher in making sports policy, curriculum design and in evaluation reforms.

Employability Potential of the Programme:

Employability in Physical Education – Physical education is one of the developing fields of educational study as well as the profession. Physical education comprises the knowledge and study of all body activities and psychomotor activities during the playing and movement. Physical education or PE is the study of physical movement, safety and health and well-being. There is a wide range of activities linked with PE including sports, dance and weight training.

Skill set Requirements:

The aspirants seeking a career in the field of physical education need to be skilled and competent. They must possess a deep understanding of the subject and practical experience in the field. By perfecting and honing the necessary skills in daily work, one can have a flourishing career in the field. Check below the necessary skills required for a career in physical education-

Athletic Skills- The aspirants wishing to make a career in the field must be a good athlete. He or She must reflect good health, physical coordination and vitality. The aspirants who are confident and strong, physically fit will be able to demonstrate the techniques needed for competitive sports and exercise routines.

Organizational Skills-Physical education teachers are required to have very strong organizational skills. Their duties comprise the collection of parental permission forms and additional fees significant for field trips and sporting events involving other schools.

Teaching Skills-The physical education teachers need to be able to break down complex concepts and instructions into smaller, more manageable steps. He or she must be able to recognize which students require encouragement and deliver it when needed.

Other Skills

- Attention to Detail Skills
- Awareness of the environmental effect on human health
- Good Explanation Ability
- Interpersonal Skills
- Knowledge of Health Issues and Physical Activity
- Mentoring & Guiding skills
- Motivation, Empathy and Leadership Skills
- Observation & Analytical Skills
- Career in Physical Education: Job Profiles

These skills can be developed through our Masters programme.

Presently, the trend of sports is becoming wider at the worldwide level. There are a plethora of requirements for experts in physical education. To produce such experts in Physical education and sports has been set up everywhere. Physical education as a profession is a very demanding profession where one with skills can earn handsome salary. It is a very good profession for anyone who wishes to spread awareness regarding physical fitness.

After the completion of this course the student may go for the higher study in sports and physical

education or get the job in health and sports industries. There are several job possibilities available for the aspirants in the field of Physical Education. One can also start their Gym or Fitness center. Check below the job profiles available in the field of physical education-

Career in Physical Education:

Physical Education Teacher-A Physical Education Teacher (PE teacher) is a professional responsible for developing exercise-based learning to teach students about sports and health. They train the students and help them become physically fit.

Sports Coach- They are responsible for training, instructing and directing the operations of a particular individual or a sports team as a whole.

Physical Instructor- Physical Instructor is a professional who teaches several physical and stretching exercises to help people indulge in exercise activities.

Lifestyle Trainer- is a mentor responsible for providing food and lifestyle changes to the people to help them stay fit and acquire a healthy lifestyle.

Team Manager- Team Managers are responsible for handling the business side of sports. Bringing in investors, managing media and press, organizing events and competitions etc. are some of their duties.

Interpersonal Skills: Teams that promote positive communication and respect among players improve overall motivation. Coaches who learn to communicate effectively with their athletes can deliver positive feedback and constructive criticism in ways that actually influence players.Technological precision, scouts have an entire sheet of information on how fast an athlete can run, how high they can jump and how accurate their passing.

Critical Thinking Skills: help athletes to perform at their best when they are under high pressure and stress. When these basic thinking skills are most well-organized, athletes' performance will be improved and maintained at a high level of performance even under high pressure of the professional competition.

Consultant- Consultants are experts in their field and are hired in organizations and institutions periodically. They train and use their expertise for the overall improvement of the team.

A career in physical education can make way for a vast range of career options; from being a part of the chosen sport, health clubs, sports good manufacturer, marketing, commentator, sports photographer, journalism, trainer, and many other related options. Sportspersons on retiring can also look forward to satisfying jobs in assignments such as umpires and referees.

Also in a country like India, spas and yoga centers are at a rise. The aspirants can also use his/her expertise for a job in such places. People nowadays look for jobs in the field of Physical Education and Sport as they have the best knowledge regarding rehabilitative and therapeutic modalities like Cryotherapy, Thermotherapy etc. Trained Physical Education personnel get opportunities in defense and police services with special recruitment drives.

Part B

Syllabus Prescribed for 2022 Year (PG Programme)

Programme: MPEd.

Semester 1

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPCC-101	**DSC-1: RESEARCH METHODOLOGY IN PHYSICAL EDUCATION & SPORTS**	**60**

COs

1. Determine need and scope of research in Physical Education. Design of conducting research.
2. Identify potential research areas in Physical Education & Sports Sciences
3. Apply ethics of research.

Unit	Content
Unit I	**Introduction-**Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher. Research ethics : concept, meaning and importance. **(12 Periods)**
Unit II	**Methods of Research** -Descriptive Methods of Research; Survey Study, Meaning of Survey, Tools of Survey Research, Questionnaire, Construction of Questionnaire, Interview, Procedure of conducting interview, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism. **(12 Periods)**
Unit III	**Experimental Research** -Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design. **(12 Periods)**
Unit IV	**Sampling-** Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgment Sampling, Quota Sampling. **(12 Periods)**
Unit V	**Research Proposal and Report-** Cauterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing. **(12 Periods)**
**Activities	1 lecture 2.tutorials 3.fieldwork 4.library work 5. Seminars 6. assignment 7. self-studies

References:

1. BestJ.W(1971)ResearchinEducation,NewJersey;PrenticeHall, Inc
2. C.R.Kothari, Research Methodology : Methods And Techniques, New Age International Publishers; Fourth edition
3. ClarkeDavid.H&ClarkeH,Harrison(1984)ResearchprocessesinPhysicalEducation,NewJersey;PrenticeHallInc.
4. CraigWilliamsandChrisWragg(2006)DataAnalysisandResearchforSportandExerciseScience,Londonl Routledge Press
5. D N Sansanwal, Research Methodology And Applied Statistics, Shipra Publications, ASIN : 9388691555 ISBN-13 : 978-9388691543
6. JerryRThomas&JackKNelson(2000)ResearchMethodsinPhysicalActivities;Illonosis;Human Kinetics;
7. John W. Creswell, Research Design: Qualitative, Quantitative, and Mixed Methods Approaches, SAGE Publications, Inc; Fifth edition, ISBN-13 : 978-1506386706
8. Kamlesh,M.L.(1999)ReserachMethodologyinPhysicalEducationandSports,NewDelhiMoses,A.K.(1995)ThesisWriting Format, Chennai; Poompugar Pathippagam
9. MoorthyA.M.ResearchProcessesinPhysicalEducation(2010);FriendPublication,NewDelhi
10. Rothstain,A(1985)ResearchDesignandStatisticsforPhysicalEducation,EnglewoodCliffs: Prentice Hall, Inc
11. Subramanian,R,ThirumalaiKumarS&ArumugamC(2010)ResearchMethodsinHealth, Physical Education and Sports, New Delhi; Friends Publication

Semester –I

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPCC-102	**DSC-2: PHYSIOLOGY OF EXERCISE**	**60**

COs

1. To create awareness of human body & physiological systems.
2. To demonstrate the effect of exercise on various systems.
3. Discuses metabolic and energy transformation.
4. Associate climatic condition and sports performance.
5. Describe ergogenic aids.

Unit	Content
Unit I	**Skeletal Muscles and Exercise** Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fiber. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system. **(12 Periods)**
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 Cardio vascular system. **(12 Periods)**
Unit III	**Respiratory System and Exercise** Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and During Exercise. Diffusion of Gases – Exchange of Gases in the Lungs – Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities – Effect of exercises and training on the respiratory system.**(12 Periods)**
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.**(12 Periods)**
Unit V	**Climatic conditions and sports performance and ergogenic aids** Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance. ***Note:*** *Laboratory Practical in Physiology be designed and arranged internally.* **(12 Periods)**
**Activities	1.Lecture 2.Tutorials 3.fieldwork 4. Library work 5. Seminars 6. Assignment 7. self-studies

References:

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology.Madras: Poompugar Pathipagam.
2. Anne Waugh & Allison Grant, (2018) Ross & Wilson Anatomy and Physiology in Health and Illness, Elsevier, London
3. BeotraAlka,(2000)DrugEducationHandbookonDrugAbuseinSports:SportsAuthorityofIndiaDelhi .Clarke,D.H.(1975).ExercisePhysiology.NewJersey:PrenticeHallInc.,EnglewoodCliffs.
4. David,LCostill.(2004).PhysiologyofSportsandExercise.HumanKinetics.
5. Fox,E.L.,andMathews,D.K.(1981).ThePhysiologicalBasisofPhysicalEducationandAthletics.Philadelphia:SandersCollegePublishing.
6. Guyton,A.C.(1976).TextbookofMedicalPhysiology.Philadelphia:W.B.Sandersco.Richard,W.Bowers.(1989).SportsPhysiology.WMC:BrownPublishers.
7. SandhyaTiwaji.(1999).ExercisePhysiology.SportsPublishers.
8. Shaver,L.(1981).EssentialsofExercisePhysiology.NewDelhi:SubjectPublications.Vincent,T.Murche.(2007).ElementaryPhysiology.Hyderabad:SportsPublication.
9. William,D.McAradle.(1996).ExercisePhysiology,Energy,NutritionandHumanPerformance.Philadelphia:LippincottWilliamsandWilkinsCompany.

Semester –I

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPCC-103	**DSC-3: YOGIC SCIENCES**	**60**

COs

1. Demonstrate an understanding of professional ethics in yoga science.
2. Recognize the need to engage in lifelong learning through continuing education and research.
3. Learning and professional development through self-study.
4. Categorization mudras and kriyas.
5. Application of Yogic science for sports performance.

Unit	Content
Unit I	**Introduction** Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing – Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Emptying the bowels – Stomach – Diet – No Straining – Age – Contra- Indication – Inverted asana – Sunbathing.**(12 Periods)**
Unit II	**Aasanas and Pranayam** Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits, Chakras: Major Chakaras- Benefits of clearing and balancing Chakras.**(12 Periods)**
Unit III	**Kriyas** Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dhati – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.**(12 Periods)**
Unit IV	**Mudras** Meaning, Techniques and Benefits of Hasta Mudras, Asamyuktahastam, Samyuktahastam , Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techiques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.**(12 Periods)**
Unit V	**Yoga and Sports** Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise- Power Yoga. Role of Yoga in Psychological Preparation of athelete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System. **Note:** Laboratory Practical's be designed and arranged internally. **(12 Periods)**
**Activities	1. Lecture 2.Tutorials 3.fieldwork 4. Library work 5. Seminars 6. Assignment 7. Self-studies

References:

1. B.P.Bam, Winning Habits: Techniques for Excellence in Sports, Pearson; First edition, ISBN-13 : 978-8131710289
2. M L Gharote, Shri S K Ganguly, Teaching method for yogic Practices, Kaivalyadhama; 4th edition (2001); Kaivalyadhama Yoga Institute
3. R Nagarathna (Author), Dr H R Nagendra (Author), Dr Surinder P S Pruthi, New Perspectives in Stress Management, Swami Vivekananda Yoga Prakashana; 3rd (1986)
4. George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd. Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: Kanchan Prkashan.
5. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book. Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
6. Karbelkar N.V.(1993) PatanjalYogasutraBhashya (Marathi Edition) Amravati: Hanuman VyayamPrasarak Mandal
7. Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai.
8. Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
9. Moorthy A.M. &Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House. Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
10. Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
11. Swami SatyanandaSaraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust. Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.
12. Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication. Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.

Semester-I

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPCC-104	**DSC-4: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**	**60**

COs

1. Develop an assessment instrument (a health & fitness test, skill test of various games and sports etc.) and a scoring.
2. Develop knowledge, skills, and abilities related to health and fitness assessment;
3. Techniques of Evaluate students' performance assessment of various instruments and create new tests.

Unit	Content
Unit I	**Introduction** Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.**(12 Periods)**
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.**(12 Periods)**
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. Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test). **(12 Periods)**
Unit IV	**Anthropometric and Aerobic-Anaerobic Tests** Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac. **(12 Periods)**
Unit V	**Skill Tests** Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test. **(12 Periods)** **Note:** Practicals of indoor and out-door tests be designed and arranged internally.
**Activities	1. Lecture 2.Tutorials 3.fieldwork 4. Library work 5. Seminars 6. Assignment 7. Self-studies

References:

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
2. Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
3. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
4. Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
5. Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc
6. Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
7. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
8. Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
9. Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaigm IL: Human Kinetics
10. Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

Semester- I

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPPC- 101	**TRACK & FIELD (Track event performance)**	**60**

COs

1. Demonstrate Fundamental skills–Short and Middle distance running.
2. Use of Starting blocks- stance on the blocks. Body position at the start& starting technique. Change in body position during running.
3. Modify movements of the arms, stride length and frequency.
4. Interpret Position of torso while running and at finish.
5. Application of Advanced Skills &Various techniques of start: Sitting start, standing start and Active game practice.
6. Interpretation of Lead up activities, General rules, Duties of officials
7. Able to Officiating in various level Competitions and Marking of the play area.

<table>
<tr><td></td><td>Content</td></tr>
<tr><td rowspan="2">Performance</td><td>For Boys- (Any Two)
1. Sprint Events – 100 Mts./200 Mts.
2. Hurdles 110 mts.
3. Middle Distance Running 800mts / 1500mts</td></tr>
<tr><td>For Girls- (Any Two)
1. Sprint Events – 100 Mts./200 Mts.
2. Hurdles 100 mts.
3. Middle Distance Running 800mts .</td></tr>
<tr><td>Fundamental skills</td><td>–Short and Middle distance.
1. Use of Starting blocks- stance on the blocks.
2. Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.</td></tr>
<tr><td>Advanced Skills</td><td>Various techniques of sprint start:
Bullet start & standing start.</td></tr>
<tr><td colspan="2">Active game practice</td></tr>
<tr><td></td><td>Distribution of marks for game Examination is given below:
Performance of any two track events:
<table>
<tr><th rowspan="2">Sl. No.</th><th rowspan="2">Roll No.</th><th colspan="2">Event 1</th><th colspan="2">Event 2</th><th rowspan="2">Project Report</th><th rowspan="2">Viva Voce</th><th rowspan="2">Total</th></tr>
<tr><th>Performance</th><th>Style/ Technique</th><th>Performance</th><th>Style/ Technique</th></tr>
<tr><td></td><td></td><td>10</td><td>10</td><td>10</td><td>10</td><td>20</td><td>10</td><td>70</td></tr>
</table>
(The performance table is given in appendix.)</td></tr>
<tr><td>**Activities</td><td>1. Demonstration
2. Tutorials
3. fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice</td></tr>
</table>

Note:

- Athletic Project report on Track Events Must be written by own handwriting (Details regarding all track events, various styles and techniques of each event.)
- Tournaments held at National and International levels, Distinguished sports awards and personalities related to the events.
- Warming-up- General free hand exercises, specific work out, Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

Semester-I

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPPC- 102	**SPECIALIZATIONS IN INDIGENOUS GAME (INDIAN GAME)**	**60**

COs

- Explain history of the various Indigenous games.
- Able to design and prepare the play fields, Equipment's and materials required.
- Demonstrate Fundamental skill, Lead up games, system of play, rules, Regulations of game, Officials and their signals.
- Create and execute Strategy's, Techniques, Tactics in game situation.
- Give original example and applications various Methods of coaching.
- Evaluate Modern trends in the game, latest record, awards of the game.

	Content
	The Candidate has choice to select **any one** of the following games as the Indian Game Specialization in 1stSemester. 1. Kabaddi 2. Kho-Kho 3. Malkhamb (boys) 4. Rop-malkhamb (girls)
	Distribution of marks for game Examination is given below:

Sl. No.	Roll No.	Knowledge off zondamentalskill.	Playing efficiency	Officiating oftheGame	Project Report	Vivavoce	Total
		20	20	10	10	10	70

**Activities	1. Demonstration 2. Tutorials 3. fieldwork 4. sports and game Seminars 5. Assignment 6. Self-practice

Note: History of the game, Measurement and Preparation of the Fields, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards.

The student will submit the project report in own handwriting at the time of exam.

Semester-I

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPPC- 103	**YOGA**	**90**

COs

- Able to demonstrate proficiency at the Yoga-asanas.
- Utilize and execute Kriyas in yoga.
- Explain key concepts of Pranayama and its benefits.
- Learning Aerobics and its practical uses.
- Determine and categorization of Mudras.

Content

- **Yoga Asanas**(Sitting, Standing and Laying Asanas)
- **Suryanamaskar** (12 count)
- **Kriyas** (ShudhiKriya,Jalneti, Sutraneti, Dugdhaneti, Kunjal, Nauli)
- **Pranayam** (Bhastika, Pranayams, Anulom-vilom, Kapalbhati)
- **Aerobics** (Rhythmic Aerobics – dance, Low impact aerobics, High impact aerobics, being successful in exercise and adaptation to aerobic workout.)
- **Mudras** (Eight types of Mudra)
- **Bandha**

Distribution of marks for game Examination is given below:

Sl. No.	Roll No.	Yoga-asana (Two student choice & two examiner choice)	Surya namaskar	Kriya* /Pranayama* /Aerobics*/Mudras* /Bandha* (Any One)	Project Report	Total
		40	10	10	10	70

**Activities

1. Demonstration
2. Tutorials
3. fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice

Semester-I

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPPC- 104	**TEACHING/COACHING LESSON ATHLETICS (TRACK EVENTS)**	**90**

COs

- Develop proficiency in taking teaching classes in Track events under school/college situation.
- Provided teaching experience to students.
- Interpret Methods of coaching, Officials and their signals.
- Evaluate Modern trends in the game, latest record, awards of the game.

Content

The students need to develop proficiency in taking teaching classes in Track events 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.

Distribution of marks for game Examination is given below:

Sl. No.	Roll No.	Lesson plan.	Knowledge of subject	Teaching aptitude	Use of audio-visual aids	Class Control (Student Creativity/Ability)	Total
		10	20	20	10	10	70

**Activities

1. Demonstration
2. Tutorials
3. fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice

Semester-II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPCC-201	**DSC-1: APPLIED STATICTICS IN PHYSICAL EDUCATION AND SPORTS**	**60**

COs

- Convert a problem and describe into testable research hypotheses.
- Apply statistical tools to investigate a research hypothesis.
- Use of standard experiment designs, with application of statistics analysis of research hypothesis.
- Application of computer software for statistics.

Unit	Content
Unit I	**Introduction** Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics. **(12 Periods)**
Unit II	**Data Classification, Tabulation and Measures of Central Tendency** Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode. **(12 Periods)**
Unit III	**Measures of Dispersions and Scales** Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale **(12 Periods)**
Unit IV	**Probability Distributions and Graphs** Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence form normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve. **(12 Periods)**
Unit V	**Inferential and Comparative Statistics** Tests of significance; Independent "t" test, Dependent "t" test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA. **(12 Periods)** **Note :** It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.
**Activities	1. Lecture 2.Tutorials 3.fieldwork 4. Library work 5. Seminars 6. Assignment 7. Self-studies

References:

1. Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
2. Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
3. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
4. Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
5. Prof. J. P. Verma (,A Text Book on Sports Statistics, SPORTS PUBLICATION; First edition (1 jan. 2019); Sports Publication- 7/26, Ground Floor, Ansari Road, Darya Ganj, Delhi
6. Prof. J. P. Verma , Statistics for Psychology, SPORTS PUBLICATION; First edition (1 jan. 2019); Sports Publication- 7/26, Ground Floor, Ansari Road, Darya Ganj, Delhi
7. Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.
8. महेंद्रप्रतापसिंह, सांख्यिकीकेसिद्धांतएवप्रयोग, १९५५, कोशोरपुब्लीशिंगहाउसकिताबमहाल, मुंबई

Semester-II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPCC-202	**DSC-2: SPORTS BIOMECHANICS AND KINESIOLOGY**	**60**

COs

1. Describe terminology of sports biomechanics and Kinesiology.
2. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
3. Identify and explain the mechanisms underlying biomechanical, physiological changes that occur during after acute and chronic exercises.
4. Apply mechanical principles to the analysis of human movement to assess and improve performance and reduce risk of injury.
5. Application of mechanical principle to analysis human movement for performance.
6. To design safety devices.
7. To prepare a mode to reduce the risk of injury.
8. To invent and event new techniques, styles of various sports.

Unit	Content
Unit I	**Introduction** Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity - Line of gravity plane of the body and axis of motion, Vectors and Scalars. **(12 Periods)**
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. **(12 Periods)**
Unit III	**Motion and Force** Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Guiding principles of motion, Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components. Force applied at an angle -friction, Spin - Centripetal force - Centrifugal force. **(12 Periods)**
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. **(12 Periods)** **Note:** Laboratory practical should be designed and arranged for students internally.
Unit V	**Movement Analysis** Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive, Mechanical analysis of track and field events. **(12 Periods)**
**Activities	1. Lecture 2.Tutorials 3.fieldwork 4. Library work 5. Seminars 6. Assignment 7. Self-studies

References:

1. Deshpande S.H.(2002). ManavKriyaVigyan – Kinesiology (Hindi Edition) Amravati :HanumanVyayamPrasarak Mandal.
2. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005. Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersery: Prentice hall. Thomas. (2001).Manual of structural Kinesiology, New York: Me Graw Hill.
3. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
4. Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
5. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.
6. Hay, James G. The Biomechanics of Sports Techniques, Fourth Edition (Englewood cliffs, New Jersey; Prentice Hall, 1993 4.
7. Hay, James G. and Raid J. Gavin, Anatomy, Mechanics and Human motion, Second Edition (Englewood cliffs, New Jersey: Prentice Hall, 1988).
8. Robertson, D. Gordon E. et. Al. Research Methods in Biomechanics. (Champaign etc : Human kinetics publishers, 2004)
9. Rai Ramesh, Biomechanics – Mechanical Aspects of human motion (Mohali Punjab : Agrim Publication, 2003)

Semester-II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPCC-203	**DSC-3: INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION**	**60**

COs

1. Describe information and communication technology;
2. Recognize purpose and scope of ICT in physical education.
3. Apply basic ICT skills in planning and teaching at school level. create web-based learning environment using virtual classrooms and web based educational applications
4. To educate required social, ethical, and legal issues surrounding technology
5. To create scoring and recording of raw data and organizing using ICT.
6. Design sport related software.
7. Identify the components of an ICT system by using system map or a block diagram.

Unit	Content
Unit I	**Communication & Classroom Interaction** Concept, Elements, Process & Types of Communication Barriers & Facilitators of communication, Communicative skills of English - Listening, Speaking, Reading & Writing Concept & Importance of ICT Need of ICT in Education Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration, Challenges in Integrating ICT in Physical Education **(12 Periods)**
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 **(12 Periods)**
Unit III	**Software and Applications** MS-Word: Main Features &its Uses in Physical Education ; MS Excel: Main Features &its Applications in Physical Education ; Jamovi, SPSS: 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. **(12 Periods)**
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 **(12 Periods)**
Unit V	**E-Learning & Web Based Learning** E-Learning, Web Based Learning, Visual Classroom**(12)**
**Activities	1. Lecture 2.Tutorials 3.fieldwork 4. Library work 5. Seminars 6. Assignment 7. Self-studies

References:

1. B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006
2. Brain under IDG Book. India(p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
3. Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
4. Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
5. ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
6. Pradeep K. Sinha &Priti;Sinha, Foundations computing BPB Publications -2006.
7. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999
8. Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006
9. Ton J. Cleophas, Aeilko H. Zwinderman, SPSS for Starters, Springer; 2010 edition
10. J.P. Verma, Data Analysis in Management with SPSS Software, Springer; 2013 edition

Semester-II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPCC-204	**DSC-4: MANAGEMENT IN PHYSICALEDUCATION AND SPORTS**	**60**

COs

1. Demonstrate the concept of sports management.
2. Differentiate between formal, informal and co-curricular activity.
3. Outline the process of designing curriculum.
4. Analyze various models of curriculum. Incorporate an understanding of ethical, legal, and socio-cultural issues in managerial decision making and policy determinations in sport
5. Employ sound principles of strategic planning, financial management, risk management, and human resource management in sport
6. Apply a fundamental knowledge and practical understanding of sport marketing, communication, and event management principles
7. Creative use of available resources.

Unit	Content
Unit I	**Introduction to Management** Modern concept and scope of Management, Functions and Importance of Management ; Qualities and responsibility of Manager, Base of philosophy in Management ; Competency approaches and implementation in physical education and sports Management Progressive concepts of management ; General Administration theories, Personnel and Material management, Management for instruction and activities programming. **(12 Periods)**
Unit II	**Financial management in Physical education and Sports** Financial management of education, sports in schools, Colleges and Universities ; Cost Accounting and controlling ; Funds, discretionary funds and Auditing ; Criteria of a good Budget, Steps of budget preparation **(12 Periods)**
Unit III	**Management of Programme, Facilities, Equipment and supplies.** Programme Management-Instructional Management, selecting, teaching activities, selection teaching aid and materials, class management grouping of students, Dress, roll, call, class size Time allotment, scheduling, criteria for evaluating the instructional programme, problem of instrumental programme. Management of competitions & Participations intramural Inter-collegiate, Inter-school, and Handicapped. Management of Equipment and supplies Need, selection, purchase, storing, Issuing and maintenance of equipment & supplies. **(12 Periods)**
Unit IV	**Legal Aspects Supervision in Physical education and sport** Legal Aspects of Management: Legal implecations for requiring physical education, legal liability, Rights, School, code, college, code, University code & Cooperation, code related to physical education and sports. Concept and techniques of supervision; Principles and functions of Supervision Personality trait of Supervision ; Nature, need and concept of Evaluation, Follow-up**(12 Periods)**
Unit V	**Marketing, Sponsorship and Future trends of Management** Concept of Marketing, Marketing management of competitive sports, Factors effecting on marketing programme ; Advertisement and Multimedia ; Role of sponsorship in sports management ; Concept and need of system approach and its implementation in physical education and sports**(12 Periods)**
**Activities	1. Lecture 2.Tutorials 3.fieldwork 4. Library work 5. Seminars 6. Assignment 7. Self-studies

References:

1. Barrow H. M. “Man and Movement : Principles of Physical Education,” Lea & Febiger, Philadelphia, USA, 1977 (Ch. II)
2. Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
3. Bucher C. A., “Administration of Physical Education & Athletic Programmers”, 7th edition, St. Lovis, the C.V. Mosby Co., 1979.
4. Burton W.H. & Bruckner L.J., “Supervision : A Social Process”, Appleton - Century - Croits, Inc. New York, Third Edition, 1955.
5. Chakraborthy & Samiran. (1998). Sports Management. New Delhi: Sports Publication.
6. Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
7. Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
8. Dr. M. L. Chibber, “Leadership - Book for Youth, Parents and Teachers”, Prashanti Nilayam : Sri Satya Sai Books and Publication Trust, 2004.

9. Earle F, Zeigler & Gary Bowie, “Management Competency Development in Sports & Physical Education”, Lea & Febiger, Philadelphia, 1983.
10. Education Series – 3 Delhi: Doaba House, Book seller and Publisher.
11. Harry Scott and Richard B. West Kamper-'From Programme to faculties in Physical Education',Harper and Brother, New York.
12. John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
13. Rensis Likert, “New Patterns of Management”, McGraw Hill, Kogakusha Ltd, New Delhi, 1961.
14. Williams, J. F. (2003). Principles of Physical Education. Meerut: College Book House.
15. Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication.

Semester-II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPPC- 201	**TRACK & FIELD (FIELD EVENTS PERFORMANCE)**	**60**

COs

- Demonstrate Fundamental skills-
  A. Jumping Events(High Jump/Long Jump/Triple Jump)
  B. Throwing Events(Shot-put/Discuss/ Javelin/Hammer Throw)
- Explain and demonstrate the importance of warming-up- general free hand exercises, specific work out related to the events.
- Use and maintain of Field, equipment, jumping pit, toe board etc.
- Demonstrate the body position at the runway & jumping / vaulting technique and Change in body position during running, jumping, and throwing.
- Application of Advanced Skills & Various techniques of:
  A. Jumping Events(High Jump/Long Jump/Triple Jump)
  B. Throwing Events(Shot-put/Discuss/ Javelin/Hammer Throw)
- Interpretation of Lead up activities, General rules, Duties of officials
- Able to organize and Officiate various level Competitions and Marking of the play area.

<table>
<tr><td>Unit</td><td>Content</td></tr>
<tr><td rowspan="2">Performance (Any One from Each Group)</td><td>1. Jumping Events
(High Jump/Long Jump/Triple Jump)</td></tr>
<tr><td>2. Throwing Events
(Shot-put/Discuss/ Javelin/Hammer Throw)</td></tr>
<tr><td>Active game practice</td><td></td></tr>
<tr><td>Distribution of marks for game Examination is given below:</td><td>Performance of any two track events:
<table>
<tr><th rowspan="2">Sl. No.</th><th rowspan="2">Roll No.</th><th colspan="2">Event 1 (Jumping)</th><th colspan="2">Event 2 (Throwing)</th><th rowspan="2">Project Report</th><th rowspan="2">Viva Voce</th><th rowspan="2">Total</th></tr>
<tr><th>Performance</th><th>Style/ Technique</th><th>Performance</th><th>Style/ Technique</th></tr>
<tr><td></td><td></td><td>10</td><td>10</td><td>10</td><td>10</td><td>20</td><td>10</td><td>70</td></tr>
</table>
(The performance table is given in appendix.)</td></tr>
<tr><td>**Activities</td><td>1. Demonstration
2. Tutorials
3. fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice</td></tr>
</table>

Note:

- Athletic Project report on Field Events Must be written by own handwriting (Details regarding all Field events, various styles and techniques of each event.)
- Tournaments held at National and International levels, Distinguished sports awards and personalities related to the events. Warming-up- General free hand exercises, specific work out, Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

Semester-II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPPC- 202	**TEAM GAMES SPECIALIZATION (FOREIGN GAME)**	**60**

COs

- Explain History of the various foreign games.
- Able to design and prepare the play fields, Equipment's and materials required.
- Demonstrate Fundamental skill, Lead up games, system of play, rules, Regulations of game, Officials and their signals.
- Create and execute Strategy's, Techniques, Tactics in game situation.
- Demonstrate and apply various Methods of coaching.
- Evaluate Modern trends in the game, latest record, awards of the game etc.

<table>
<tr><th>Unit</th><th>Content</th></tr>
<tr><td>I</td><td>The Candidate has choice to select any one of the following games as the Specialization in 2nd Semester.
Baseball Volleyball
Basketball Cricket
Football Handball
Hockey Softball</td></tr>
<tr><td>II</td><td>Distribution of marks for game Examination is given below:
<table>
<tr><th rowspan="2">Sl. No.</th><th rowspan="2">Roll No.</th><th>Knowledge of fondamental skill.</th><th>Playing efficiency</th><th>Officiating oftheGame</th><th>Project Report</th><th>Viva voce</th><th>Total</th></tr>
<tr><td>20</td><td>20</td><td>10</td><td>10</td><td>10</td><td>70</td></tr>
</table></td></tr>
<tr><td>**Activities</td><td>1. Demonstration
2. Tutorials
3. fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice</td></tr>
</table>

Note: History of the game, Measurement and Preparation of the Fields, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards.

The student will submit the project report in his/her own handwriting at the time of exam.

Semester-II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPPC- 203	**PRACTICAL I.C.T.**	**90**

COs

1. Discove the milestones of ICT history.
2. Acknowledging the role of technologies in modern society and the potential
3. Comprehend the role of MS software in physical education. like- M.S. Word, M.S. Excel, M.S. PowerPoint
4. Create E-mail address, send E-mail, and receive E-mail ID
5. Internet: Searching Web-site, Searching information on the Internet about a pre-established topic.
6. Apply ICT to refine basic and complex motor skills and apply them to increasingly complex games, activities and sport-specific situations.

Content

The Examination will be conducted in any two items selected by examiner and any two choice items of the examinee from the following contents.
The contents of the computer practical as follows:

M.S. Word: Copy file & paste, Create file, Create folder. File open, Front size & styles create table.

M.S. Excel: Create table, insert border. Ascending and descending number. Sum, average & percentage.

M.S. PowerPoint: Create slides, background color, slide effects, hide slide, Presentation.

E-mail: Create E-mail address, send E-mail, receive E-mail ID

Internet: surfing Web-site, download, Searching information on the Internet about a pre-established topic.

Distribution of marks for ICT Examination is given below:

Sl. No.	Roll No.	Examiner Choice (2 Items)	Candidates Choice (2 Items)	Total
		20	20	70

**Activities	1. Demonstration 2. Tutorials 3. fieldwork 4. sports and game Seminars 5. Assignment 6. Self-practice

Semester-II

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
MPPC- 204	**TEACHING / COACHING LESSON ATHLETICS (FIELD EVENTS)**	**90**

COs

- Develop proficiency in taking teaching classes in field events under school/college situation.
- Provided teaching experience to students.
- Interpret Methods of coaching, Officials and their signals.
- Evaluate Modern trends in the game, latest record, awards of the field events.

Content

The students need to develop proficiency in taking teaching classes infield events 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 second 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.

Distribution of marks for ICT Examination is given below:

Sl. No.	Roll. No.	Lesson plan	Knowledge ofsubject	Teaching aptitude	Use of audio-visualaids	Class Control (StudentCreativity/ Ability)	Total
		10	**20**	**20**	**10**	**10**	**70**

**Activities	1. Demonstration 2. Tutorials 3. fieldwork 4. sports and game Seminars 5. Assignment 6. Self-practice