

Sant Baba Bhag Singh University

Department of Physical Education

Scheme and Syllabus for M.P.E.S (Two Years)



Department of Physical Education

Sant Baba Bhag Singh University

2024-25

ABOUT THE DEPARTMENT

The Department of Physical education and Sports is 'education through the physical'. Its aim to develop student's physical competence and knowledge of movement and safety and their ability to use these to perform in wide range of activities associated with the development of an active and healthy life style. It also develops student's confidence and generic skill, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with nurturing of positive values and attitudes in physical education, provide a good foundation for students lifelong and life wide learn

SALIENT FEATURES OF THE DEPARTMENT

- Research oriented curriculum designed to enable students to acquire all the skills needed to collect and analyze the data.
- The Institute drawing upon its strength of highly qualified well trained faculty, state of art infrastructure and innovative teaching methodology.
- The department has faculties, equipment and teaching sport to provide a quality programmer.

There are opportunities for student's leadership development.

Practical knowledge in the relevant field.

MPES (Master of Physical Education & Sports)

1. AIM OF THE COURSE

The degree of MPES Master of Physical Education & Sports (Choice Based Credit System) is an inter disciplinary science involving fields related to education, human behaviors, sports and science. The purpose of the two years degree course is to provide a longer period of professional preparation in physical education and sports, This is professional course which enables students to get jobs like physical education teacher in schools, fitness experts, training instructor in police organization, corporate sector etc.

VISION

Learn to be a spectator, and to see the value our culture place on sport performance

Be afforded the opportunity to engage worthwhile and meaningful activities which promote active and healthy life style.

MISSION

To give all students opportunities and experiences that leads to the achievement of total wellness and result in a longer and healthier life.

ELIGIBILITY CRITERIA

Candidate for admission to Master of Physical Education & Sports (MPES) shall be required to have passed Bachelor of Physical Education (B.P.Ed) or equivalent with at least 50% marks, Bachelor of Science (B.Sc) in Health and Physical Education with at least 50% marks, Bachelor of Physical Education and Sports (B.P.E.S) or equivalent with at least 50% marks by the Government of Punjab or any other equivalent system recognized by the Government of based on the admission criteria laid down by Sant Baba Bhag Singh University are eligible to apply as equivalent there to and 40 % of marks.

a) Other Requirements:

- i. Candidate seeking admission to MPES must qualify the Physical Fitness Test (Appendix-I)
- ii. Be free from Physical Deformities.
- iii. Should be Medically Fit to undergo the course.

b)Minimum Eligibility: The applicant must have represented the District/State/Intercollege in any Game/Sports

DURATION

2 Years

CAREER PATHWAYS

The program is designed to meet the growing requirement of qualified professionals in field of Physical education and Sports. MPES graduates are hired both by Government and private organizations. They can also take up their career as Teachers and Instructor developer. They may join Post Graduation Courses further.

Government Jobs

Prepare students for various government jobs such as teaching sector, Coaching sector, civil services etc.

Corporate Jobs

Multiple pathways designed according to the level of the students to prepare them for different job profiles as per needs of teaching and coaching sector.

Higher Studies

This pathway prepares students for Higher Studies and helps in their research also.

Teaching practice

To set up new ventures

PROGRAMME EDUCATIONAL OBJECTIVE (PEO)

PEO1: To understanding the meaning of physical education for an individual development and improving general health for professional activity;

PEO2: Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising;

PEO3: learning special knowledge, practical skills, which provide health protection, form compensatory process, correct present health abnormalities, provide mental prosperity, development and improvement of psychophysical skills, form professional qualities of an individual;

PEO4: To learning how to resist unfavorable factors and working conditions, decreasing fatigue during professional activities and raising the quality of results.

PROGRAMME OUTCOMES (PO)

PO1: Employability: Students will able to get employed in government and private sector. Moreover, they will be able to set up their own Coaching centre.

PO2: Quality physical education has strong support from both parents and child health professional organizations.

PO3: Several models and examples demonstrate that physical education scheduled during the school day is feasible on a daily basis.

PO4: Understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle..

PROGRAMME SPECIFIC OUTCOMES (PSO)

PSO1: To cover the vast area of Physical education with experience that help in their successful career. Moreover, it also helps in their higher education and setting up their own job in government and private sector.

PSO2: Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

PSO3: Sports and physical education provide fit and healthful environment.

PSO4: Make it possible to find the fit and healthy person in nation.

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Department Of Physical Education
Scheme and Syllabus for MPES
MPES 1st Semester

Theory Subject

S. No	Course Type	Subject Code	Subject Code	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				(L:T:P)	(L:T:P)		
1	Major	PED551	Sports Medicine	4:0:0	4:0:0	4	4
2	Major	PED553	Sports Sponsorship	4:0:0	4:0:0	4	4
3	Minor	PED555	Advanced Kinesiology & Biomechanics	3:0:0	3:0:0	3	3
4	VAC		Value Added Course	2:0:0	2:0:0	2	2
Optional Course (Any One)							
4	Major	PED557	Curriculum Design in Physical Education	4:0:0	4:0:0	4	4
5	Major	PED559	Yogic Science				

Practical Subject

S. No	Course Type	Subject Code	Subject Code	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				(L:T:P)	(L:T:P)		
6	Major	PED561	Select Any One Specialization in Game:Football,Netball,Kabaddi,Kho-Kho,Handball,Basketball,Volleyball,Badminton,Hockey,Judo,Boxing,TableTennis,Cricket,Baseball,Softball,Netball,Tennis,wrestling,Weightlifting	0:0:4	0:0:2	4	2
7	Major	PED563	Coaching Lesson in Track Events: Shot, Middle , Long, Huddle, Walk, Relay Races	0:0:4	0:0:2	4	2

Total Contact Hours=25
Total Credit Hours=21

MPES 2nd Semester

Theory Subject

S. NO	Course Type	Subject Code	Subject Name	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				(L:T:P)	(L:T:P)		
1	Major	PED552	Advanced Sports Training	4:0:0	4:0:0	4	4
2	Major	PED554	Advanced Exercise Physiology	4:0:0	4:0:0	4	4
3	Minor	PED556	Adaptive and Corrective Physical Education	3:0:0	3:0:0	3	3
4	MDC		Multi Discipliner Course	2:0:0	2:0:0	2	2
Optional Course (Any One)							
5	Major	PED558	Management of Sports	4:0:0	4:0:0	4	4
6	Major	PED560	Sports Journalism				

Practical Subject

S. NO	Course Type	Subject Code	Subject Name	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				(L:T:P)	(L:T:P)		
7	Major	PED562	Select Any One Specialization in Game:Football,Net ball,Kabaddi,Kho-Kho,Handball,Basketball,Volleyball,Badminton,Hockey,Judo,Boxing,TableTennis,Cricket,Baseball,Softball,Netball,Tennis,wrestling,Weightlifting.	0:0:4	0:0:2	4	2
8	Major	PED564	Coaching Lesson in Athletics: Jumping & Throwing Events	0:0:4	0:0:2	4	2

Total Contact Hour = 25

Total Credit Hours = 21

MPES 3rd SEMESTER

Theory Subject

S. NO	Course Type	Subject Code	Subject Name	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				(L:T:P)	(L:T:P)		
1	Major	PED651	Research Methodology-I	5:0:0	5:0:0	5	5
2	Major	PED653	Research Publication and Ethics	2:0:0	2:0:0	2	2
3	Major	PED655	Sports Psychology	4:0:0	4:0:0	4	4
4	Major	PED657	Applied Statistics	4:0:0	4:0:0	4	4
5	Major	PED659	Dissertation-1(Synopsis)	4:0:0	4:0:0	4	4
6	Minor	PED661	Application Tool In Research (ICT)	2:0:0	2:0:0	2	2
7	Minor	PED663	Seminar	2:0:0	2:0:0	2	2

Practical Subject

S. NO	Course Type	Subject Code	Subject Name	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				(L:T:P)	(L:T:P)		
8	Major	PED665	Select Any One Specialization in Game:Football,Netball,Kabaddi ,Kho-Kho,Handball,Basketball, Volleyball,Badminton,Hockey,Judo, Boxing,TableTennis,Cricket,Basball,Softball,Netball,Tennies, wrestling, Weightlifting.	0:0:2	0:0:1	2	1
9	Major	PED667	Coaching lesson in Yoga & Swimming	0:0:2	0:0:1	2	1

Total Contact Hour= 27

Total Credit Hour = 25

MPES 4th Semester

Theory Subject

S. NO	Course Type	Subject Code	Subject Name	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				(L:T:P)	(L:T:P)		
1	Major	PED652	Research Methodology-II	5:0:0	5:0:0	5	5
2	Major	PED654	Measurement and Evaluation in Physical Education	4:0:0	4:0:0	4	4
3	Major	PED656	Anthropometry in Physical Education	4:0:0	4:0:0	4	4
4	Minor	PED658	Technical Writing	2:0:0	2:0:0	2	2
5	Major	PED660	Dissertation-II	8:0:0	8:0:0	8	8

Practical Subject

S. NO	Course Type	Subject Code	Subject Name	Contact Hours	Credits	Total Contact Hours	Total Credit Hours
				(L:T:P)	(L:T:P)		
6	Major	PED662	Class Room Theory Lesson (Practical)	0:0:2	0:0:1	2	1
7	Major	PED664	Select Any One Specialization in Game:Football,Netball, Kabaddi,Kho-Kho,Handball,Basketball, Volleyball,Badminton, Hockey,Judo,Boxing, TableTennis,Cricket,Baseball,Softball,Netball,Tennis,wrestling,Weightlifting.	0:0:2	0:0:1	2	1

Total Contact Hours=27

Total Credit Hours=25

MPES First Year (First Semester)

Course Type	Major
Course Code	PED551
Course Title	Sports Medicine
Type of Course	Theory
L T P	4:0:0
Credits	4
Course Prerequisite	Post-Graduation
(CO) Course Outcomes	<ol style="list-style-type: none">1. To understand the basic knowledge about Sports Medicine.2. To explain the Principles of Sports Medicine.3. To understand the sports injuries.4. To gain knowledge about cure the injuries.
	Syllabus

Unit I

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic.

Unit II

Basic Reh abilitation: Strapping/Tapping: Definition, Principles Precautions and Contraindications. Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated, contractions. Isotonic, Isokinetic, isometric stretching, Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

Unit III

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib, Fracture. Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding, techniques and equipment for upper limb and thorax injuries.

Unit IV

Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain-: Strain, Strain, and Strapping. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal, wall, Contusion, Abdominal muscle strain. Free exercises – Stretching and strengthening, exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injures.

Reference Books:

S.No	Authors	Title	Publisher
1	Christopher M. Norris.	Sports Injuries Diagnosis and Management for Physiotherapists.	Thomson Litho Ltd, East Kilbride
2	James, A. Gould & George J. Davies.	Physical Therapy	C.V. Mosby Company, Toronto
3	Morris B. Million	Sports Injuries and Athletic Problem	Surjeet Publication, New Delhi
4	Pande R. S	Sports Medicine.	KhelSahitya Kendra, New Delhi
5	Michael Dun	The Encyclopedia of Sports Medicine	The Olympic Book of Sports Medicine,



Course Type	Major
Course Code	PED553
Course Title	Sports Sponsorship
Type of Course	Theory
L T P	4:0:0
Credits	4
Course Prerequisite	Post-Graduation
(CO) Course Outcomes	At the end of the course the student should 1. Increase his/her competence to seize the new employment opportunities which are likely to generate. 2. Be able to undertake research in sponsorship and sports marketing field. 3. Become aware about marketing systems followed in the field of sports.
	Syllabus

Unit I

Meaning and definition of sponsorship, Philosophical bases for sponsorship, Examining sponsorship, objectives of Sponsorship spending, Sponsorship spending in India, commercial sponsor and philanthropist, sponsorship growth, Influencing factors on sponsorship growth. Defining sponsor opportunities.

Unit II

Consumer sales overlays, Added-value offers, Self-liquidators, Trade extensions, Retailer incentives, Cross-promotions with cosponsors, Media Tie-ins, Multidimensional programmes, working with sponsorship agencies, The role of sponsorship agencies, Sponsors and Sponsorship agencies, Properties of sponsorship agencies.

Unit III

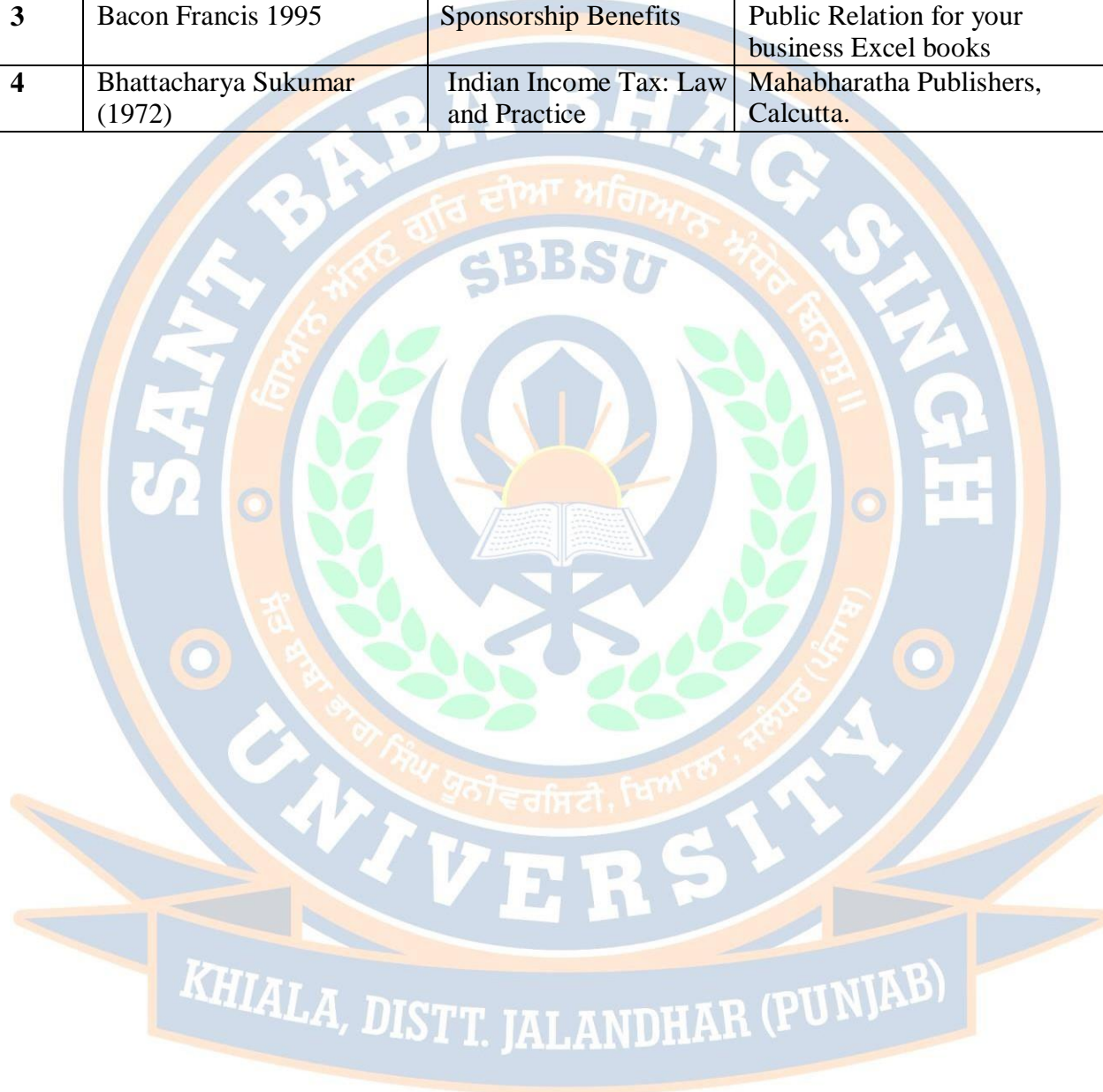
Sponsorship options, sponsorship models, sponsorship agreement, Implementation, Controversies, The elusive event-pricing formula, Face to face: Sponsorship sales meetings, the perfect proposal, Suggested proposal layout, Sponsor service.

Unit IV

People and pay, title sponsorship, Cause related marketing, Impact targets, Budgets, Benefits, Proposals and pricing, Contact and follow-up, Evaluation and measurement, Research and prospecting, general data, State of the art, Predictions. Evaluation: Measuring Sponsorship Effectiveness Need, personnel involved, content, criteria and process of evaluation, Musts in measuring sponsorships, evaluation and Measurement methods.

Reference Books:

S.No	Authors	Title	Publisher
1	Park house Bonnie L (2001)	The Management of Sport	Published by McGraw-Hill Companies. Inc
2	Schmader Steven Wood (1991)	Special Events: Inside Out	Sagamore Publishing Champaign
3	Bacon Francis 1995	Sponsorship Benefits	Public Relation for your business Excel books
4	Bhattacharya Sukumar (1972)	Indian Income Tax: Law and Practice	Mahabharatha Publishers, Calcutta.



Course Type	Minor
Course Code	PED555
Course Title	Advanced Kinesiology & Biomechanics
Type of Course	Theory
L T P	3:0:0
Credits	3
Course Prerequisite	Post-Graduation
(CO) Course Outcomes	<ol style="list-style-type: none"> 1. Understand the basic knowledge about Kinesiology and Biomechanics. 2. Explain the importance of Kinesiology and Biomechanics. 3. Understand the Fundamental Concept of Anatomy and Physiology. 4. Gain knowledge about Mechanical concepts.
	Syllabus

Unit I

Meaning, nature, role and scope of applied kinesiology in Sports. Meaning of 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.

Unit II

Origin, Insertion and action of muscles: Pectorals major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus, femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

Unit III

Meaning and definition of Motion Types of Motion: Linear motion, angular, motion, circular motion, uniform motion. Principals 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 - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

Unit IV

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.

Reference Books:

S.No	Authors	Title	Publisher
1	Williams M	Biomechanics of Human Motion,	Philadelphia; Saunders Co.London
2	Uppal A.K.Lawrence Mamta	Kinesiology	Friends Publication India
3	Hoffman S.J.	Introduction to Kinesiology	(Human Kinesiology) Publication

Course Type	VAC
Course Code	VAC
Course Title	Value Added Course
Type of Course	Theory
L T P	2:0:0
Credits	2
Course Prerequisite	Post-Graduation
(CO) Course Outcomes	
	Syllabus

Optional Course (Any One)

Course Type	Major
Course Code	PED557
Course Title	Curriculum Design in Physical Education
Type of Course	Theory
L T P	4:0:0
Credits	4
Course Prerequisite	Post-Graduation
(CO) Course Outcomes	<ol style="list-style-type: none"> 1. To understand the Curriculum Design in Physical Education. 2. To know about Role of Curriculum Design in Physical Education. 3. To know about Aim and Objectives of Physical Education.
	Syllabus

Unit I

Concept of Physical Education – Meaning, Definition, and Importance of Curriculum and Design
Meaning and definition, Foundations of Professional Preparation. Basis of Professional Preparation in Physical Education and Sports Sciences.

Unit II

Basis of curriculum and design. Forces and factors affecting Educational Policies and Programmes. Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme.

Unit III

Contribution, Aims and Purposes of General Education in the professional. Preparation of Physical Education and Sports. Aim and Objectives of Physical Education. Historical Review of Physical Education in USA and Russia. Historical Review of Sweden & Denmark.

Unit IV

Historical Review of Professional Preparation in Greece & Rome. Professional Educational Qualification Desirable for Physical Education. Teachers for Library, Laboratory and Research. Historical Review of Professional Preparation in United Kingdom and Germany.

Reference Books:

S.No	Authors	Title	Publisher
1	Rakesh, Akhilesh, Santosh,	Professional Preparation and Curriculum Design in Physical Education	New Delhi Publishers
2	Bhatia, K.K. and Narang,	Principles of Education (Methods and Technique)	Parkash Brothers Educational Publisher , Ludhiana
3	Graily, J.Byran	Career Potentials in Physical Activity	Prentice Hall in Englewood cliffs USA

Course Type	Major
Course Code	PED559
Course Title	Yogic Science
Type of Course	Theory
L T P	4:0:0
Credits	4
Course Prerequisite	Post-Graduation
(CO) Course Outcomes	<ol style="list-style-type: none"> 1. Understand the various theories of Physical Education. 2. Explain the Yoga and its types. 3. Understand the various asanas. 4. Gain knowledge about pranayama and sudhikiryas.
	Syllabus

Unit I

Introduction of yoga within the Indian knowledge system

Meaning, Definition and Types of Yoga- History and Development of Yoga in India - Concept of Yoga in Modern World - Effect of Yogic Exercise, Asana, Kirya and Pranayam on following Diseases: Asthma, Jaundice & Blood Pressure

Unit II

Rules & Principles of Yoga- Personal & Social Rules of Yoga (Yam &Niyam) Yogic Diet.- Effect of Yogic Exercise, Asanas, Kiryas and Pranayam on the following: Diabetes, Low Back Pain, Arthritis, and Stress.

Unit III

AstangYog: Types and Steps - Eight Paths of Yoga, (i) Yam (ii) Niyam (iii) Asana (iv) Pranayam (v) Partihar (vi) Dhiyan (vii) Dharma (viii) Samadhi (Internal & External System of Yoga and their Effect)

Unit IV

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise, Power, Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System.

Reference Books:

S. No.	Authors	Title	Publisher
1	Brown, F. Y.	How to use yoga	Sports Publication, New York:
2	Gharote, M. L. &Ganguly, H.	Teaching methods for yogic Practices.	Kaixydahmoe, Lonawala
3	Rajjan, S. M.	Yoga strengthening of relaxation for sportsman	Allied Publishers, New Delhi
4	Shankar,G	Holistic approach of yoga	Aditya Publishers, New Delhi:

Course Type	Major
Course Code	PED 561
Course Title	Practical (Specialization in All Games)
Type of Course	Practical
L T P	4:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	<ol style="list-style-type: none"> 1. Gain knowledge of the Game/Sport. 2. Learn the layout and marking for the Game/Sport. 3. Demonstrate various drills & lead up activities related to Game/Sport. 4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.
	Syllabus

Fundamental Skills- Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and Centre, Blocking, Goal Keeping & Defense. Rules and their interpretations and duties of officials.

Players Stance-Receiving the ball and passing to the team mates, Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Rules and their interpretations and duties of officials

Batting-Forward and backward defensive stroke, Bowling-Simple bowling techniques

Fielding-Defensive and offensive fielding, Catching-High catching and Slip catching

Stopping and throwing techniques, Wicket keeping techniques

Skills in Raiding-Touching with hand, various kicks, crossing of bulk line, Crossing of Bonus line, during the opponent to catch, Pursuing. Skills of Holding the Raider-Variations formations, Catching from particular position, Different catches, during the raider to take particular position so as to facilitate catching, catching formations and techniques. Additional skills in raiding-Bringing the antis in to particular position, escaping from various holds, Techniques of escaping from chain formation, combined formations in offence and defense

References Books:

S.No	Authors	Year	Title	Publisher
1	Dr. A.K. Srivastava	2010	Book of Rules of Games and Sports	Sports Publication
2	Neil Strauss	2009	Rules of the Game	It Books
3	Sharma, R. D	1979	Health and physical education	Gupta Prakashan

Course Type	Major
Course Code	PED 563
Course Title	Practical (Coaching lesson in All Track Events)
Type of Course	Practical
L T P	4:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	<ol style="list-style-type: none"> 1. To know about history of the athletics events. 2. To learn the skills and fundamentals of the events. 3. To know about the dimensions of the events. 4. To know about rules and regulations of the events.
	Syllabus

Relays: Fundamental Skills, Various patterns of Baton Exchange, Understanding of Relay Zones, Ground Marking, Interpretation of Rules and Officiating , Various techniques of Race, Understanding of Start Zones, Types of Hurdles, Starts, Techniques of Hurdles

Basic of walking and road race, Techniques of walking road race, Fundamental skills, Equipment Officiating and organization of these races

References Books:

S.No.	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Road Race Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

MPES First Year (Second Semester)

Course Type	Major
Course Code	PED552
Course Title	Advanced Sports Training
Type of Course	Theory
L T P	4:0:0
Credits	4
Course Prerequisite	Post-Graduation
Course Outcomes	<ol style="list-style-type: none"> 1. Understand the basic knowledge about Sports Training. 2. Explain the Principles of Sports Training. 3. Understand the components of fitness. 4. Gain knowledge about Training Process.
	Syllabus

Unit I

Importance and definition of sports training, Aim and objectives of sports training, Characteristics of sports training, Principles of sports Training, Training Load, Adaptation and Recovery, Concept of load and Adaptation

Relationship of load and recovery, physiotherapeutic and psychological means of Recovery, Variables of Training: Volume, Intensity, Density, Complexity

Training zones: Target heart rate for different ages and various levels of activity.

Training Methods

Interval, Continuous , Circuit training, Fartlek, Weight, Plyometric and Cross training methods

Unit II

Strength and Power Development, Types of strength, Factors affecting strength performance

Methods of strength training: training maximum strength; explosive strength and Strength Endurance

Endurance Training, Definition, Types and significance of endurance, Factors affecting endurance, Training Parameters for Aerobic and Anaerobic Endurance, Methods to develop endurance

Speed Training, Definition, Forms of speed, Factors determining speed, Load parameters to develop speed, Methods to develop speed abilities

Flexibility Training, Definition, Types of flexibility and Factors affecting flexibility; Methods used to develop flexibility

Coordination Training, Definition, Classification of coordinative abilities

Factors affecting coordination and Methods to develop coordination

Unit III

Definition and meaning of technique, skill and style

Technique training & its implication in various phases; methods employed for Technique training, causes of technical fault and their correction, Definition and meaning of tactics, aim of tactics according to sport

Training for tactics, Principles of tactical preparation

Unit IV

Periodization, psychological super-compensation, Periodization of strength, speed and endurance training.

Annual plan Training Phases and characteristics, Criteria for compiling an annual plan

Peaking for Competitions, Factors facilitating peaking, tapering and types of taper.

Reference Books:

S.No	Authors	Title	Publisher
1	Hardayal Singh	Science of sports Training	D.V.S. Publications, New Delhi
2	Dick, Frank	Science of Sports Training	Henry Kimpton Publisher Ltd, London
3	Fox, Edward, Richard, Boners and meriefoss.	The Physiological basis for exercise and sport,	WCB, Brown and benchmark Publisher, USA
4	Uppal, A.K	Principles of sports Training	friends, Publication: Delhi,
5	Bompa, Tudor	Periodisation of strength	Veritas Publication, Canada

Course Type	Major
Course Code	PED554
Course Title	Advanced Exercise Physiology
Type of Course	Theory
L T P	4:0:0
Credits	4
Course Prerequisite	Post-Graduation
Course Outcomes	<ol style="list-style-type: none"> 1. Understand the term of Physiology. 2. Understand the various systems of the body. 3. To enable to understand the importance of Physiology in Physical Education. 4. Explain the effect of exercise and training on various systems of our body.
	Syllabus

Unit I

Macro & Micro Structure of the Skeletal Muscle Chemical Composition. Types of muscle fiber. Muscle tone, Effects of exercise on muscular system. 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 – Effect of exercises and training on the Cardio vascular system.

Unit II

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's volumes and capacities – Effect of exercises and, training on the respiratory system.

Unit III

Metabolism, ATP – PC or Phosphate 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 IV

Variation in Temperature and Humidity, Thermoregulation – Sports performance in hot, climate, cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, and rostenedione, Beta Blocker, Chorine, Creatine, Human growth hormone on sports, performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

Reference Books:

S.No	Authors	Title	Publisher
1	Amrit Kumar, R, Moses	Introduction to Exercise Physiology	PoompugarPathipagam, Madras
2	BeotraAlka	Drug Education Handbook on Drug Abuse in Sports:	Sports Authority of India, Delhi
3	Clarke, D.H.	Exercise Physiology. New Jersey	Prentice Hall Inc., Englewood Cliffs.
4	David, L Costill.	Physiology of Sports and Exercise	Human Kinetics.
5	Fox, E.L.	The Physiological Basis of Physical Education and Athletics.	Philadelphia: Sanders College Publishing.
6	Guyton, A.C.	Textbook of Medical Physiology.	Philadelphia: W.B. Sanders co
7	Vincent, T. Murche.	Elementary Physiology	Hyderabad: Sports Publication



Course Type	Minor
Course Code	PED556
Course Title	Adaptive and Corrective Physical Education
Type of Course	Theory
L T P	3:0:0
Credits	3
Course Prerequisite	Post-Graduation
Course Outcomes	1. Develop competency in movement and motor skills. 2. Learn game rules and strategies and demonstrate their use in game settings. 3. Demonstrate appropriate social skills in a physical activity setting. 4. Understand the benefits of regular physical activity.
	Syllabus

Unit I

Meaning of adapted Physical Education. Brief history of Adapted Physical Education. Functions of Adapted Physical Education. Objectives of Adapted programme. Individuals with Disabilities Education Act (IDEA) of USA. History of adapted sports. Current status of Adapted Physical Education.

Unit II

Director of Physical Education and Athletics, Adapted Physical Educator or Coordinator, Regular Physical Educator, Nurse, Physician. Qualifications of the Adapted Physical Education teacher. Attributes of the Adapted Physical Education Teacher. Role of Physical Education Teacher in catering to the Physical activity needs of the disabled. The Remedial therapist.

Unit III

Low Physical Fitness:- Nature, Causes, Components, Tests, Development of Physical Fitness. Inefficient Body mechanics:- Values, Causes, Testing, Programme to improve Body mechanics. Nutritional disturbances:- Nature, Associated Problems, Programme. Visual impairments:- Causes, Testing, Programme, Auditory impairments:- Causes, Programme. Cerebral Palsy:- Nature, Characteristics, Classification of Neuromuscular disability, Planning the Programme, Orthopaedic Handicaps:- Nature, Programme Planning. Cardiopathic Conditions:- Nature, Programme. Convalescence:- Nature, Programme. Postural deviations:- Exercise Programme to improve posture

Unit IV

Active Movement I. Voluntary Movement:- Free exercise-classification technique, effects, Assisted exercise- Technique, effects, Assisted-Resisted exercise-Technique, effects. II. Involuntary Movement:- Reflex Movement, effects b) Passive Movement:- a) Relaxed passive Movement. b) Passive manual, mobilization techniques. Definitions, Principles, Effects and Uses, Possible treatments with Physical therapy and remedial exercises for all injuries

Reference Books:

S.No	Authors	Title	Publisher
1	Eitner Doris, Meissner Buty, Ork Helmut, W.B. Saunders,	Physical Therapy for Sports	Company, Philadelphia 1982.
2	Bhatia, K.K. and Narang,	Principles of Education (Methods and Technique)	Parkash Brothers Educational Publisher , Ludhiana
3	Graily, J.Byrant, Career Potentials in Physical Activity	Career Potentials in Physical Activity	New Jersey, Prentice Hall in Englewood cliffs USA, New Jersey

Course Type	MDC
Course Code	
Course Title	Multi Disciplinary Course
Type of Course	Theory
L T P	2:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	
	Syllabus

Optional Course (Any One)

Course Type	Major
Course Code	PED558
Course Title	Management of Sports
Type of Course	Theory
L T P	4 0 0
Credits	4
Course Prerequisite	Post-Graduation
Course Outcomes	1 To understand the management and role of manager 2 To learn about program planning, public relations and financial management 3 To know about class management and teaching aids 4 To understand management of facility and equipment's
	Syllabus

Unit I

Concept of Sports Management: Meaning, Definition and Importance - Nature and Scope of Sports Management - Aims and Objectives of Sports Management - Guiding Principles of Sports Management - Types of Management in Sports

Unit II

Role of Manager in Physical Education and Sports - Skills of Management :Technical Skill, Human Skills, Conceptual Skills, Personal Skill - Qualities and Qualifications of Manager in Physical Education & Sports - Layout of Play Field and Out Door Sports Type, Care and Maintenance of Play Field - Need, Importance and Types of Sports Equipment - Disposal of Sports Equipment

Unit III

Concept of Supervision: Meaning, Need and Guiding Principles - Qualities of a Good Supervisor - Techniques of Supervision - Aims and Objectives of Supervision - Types of Facilities and their Maintenance

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Unit IV

Concept of Planning: Meaning, Definition, Need & Importance - Principles of Planning Facility - Steps Involved in Planning Process - Role of Planning for Betterment in Physical Education & Sports - Records & Registers: Meaning, Types, Importance and Maintenance - Role of Physical Education Teacher in Maintaining Records and Register.

Reference Books:

S.No	Authors	Title	Publisher
1	Earle F. Zeigler and Grag W. Bowie	Management Competency Development in Sports and Physical Education	Lea and Febieger, 600 Washington Squire, Philadelphia PA19106, USA
2	Olson, John. R.	Facility and Equipment Management for sports directors.	Human Kinetics: Champaign IL
3	. U.K Singh, J. M. Dewan	Sports Management	S.B. Nangia for APH Publishing Corporation, 5, Ansari Road, Daryaganj, New Delhi-110002.
4	Bonnie L, Park House:	The Management of Sports	Mosby Year Book, Inc. 11830 Westline Industrial Drive, Saint Luis, MO 63146. Publisher:” Edward F. Murphy.
5	Charles A. Bucher,	Management of Physical education and Athletic Programs	Louis C.B.Mosby. Co.



Course Type	Major
Course Code	PED560
Course Title	Sports Journalism
Type of Course	Theory
L T P	4:0:0
Credits	4
Course Prerequisite	Post-Graduation
Course Outcomes	<ol style="list-style-type: none"> To understand the journalism Importance of journalism in Physical Education Roll of Mass Media in Physical Education
	Syllabus

Unit I

Meaning and Definition of Journalism, ethic of Journalism-Canons of Journalism-Sports Ethic and Sportsmanship-Reporting Sports Events. National and International sports News Agencies.

Unit II

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 in Journalism: Radio and T.V. commentary-Running commentary on the radio Sports expert's comments. Role of Advt. in journalism. Sports Photography: Equipment-Editing Publishing.

Unit IV

Theory and principles of advertising in sports
Public relations in sports, press release, conferences Research tools for developing a sports story
Process of news paper publishing and management

Reference Books:

S.No	Authors	Title	Publisher
1	Ahiya B.N.	Theory and Practice of Journalism : Set to Indian context	Surjeet Publications, New Delhi
2	Ahiya B.N. Chobra SSA	Concise Course in Reporting	Surjeet Publications, New Delhi
3	Bhatt S.C.	Broadcast Journalism Basic Principles,	Haranand Publication Dhananjay, New Delhi

Course Type	Major
Course Code	PED 562
Course Title	Practical (Specialization in All Games)
Type of Course	Practical
L T P	4:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	1. Gain knowledge of the Game/Sport. 2. Learn the layout and marking for the Game/Sport. 3. Demonstrate various drills & lead up activities related to Game/Sport. 4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.
	Syllabus

Fundamental Skills- Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and Centre, Blocking, Goal Keeping & Defense. Rules and their interpretations and duties of officials.

Players Stance-Receiving the ball and passing to the team mates, Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Rules and their interpretations and duties of officials

Batting-Forward and backward defensive stroke, Bowling-Simple bowling techniques

Fielding-Defensive and offensive fielding, Catching-High catching and Slip catching

Stopping and throwing techniques, Wicket keeping techniques

Skills in Raiding-Touching with hand, various kicks, crossing of bulk line, Crossing of Bonus line, during the opponent to catch, Pursuing. Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, during the raider to take particular position so as to facilitate catching, catching formations and techniques. Additional skills in raiding-Bringing the antis in to particular position, escaping from various holds, Techniques of escaping from chain formation, combined formations in offence and defense

References Books:

S.No	Authors	Year	Title	Publisher
1	Dr. A.K. Srivastava	2010	Book of Rules of Games and Sports	Sports Publication
2	Neil Strauss	2009	Rules of the Game	It Books
3	Sharma, R. D	1979	Health and physical education	Gupta Prakashan

Course Type	Major
Course Code	PED 564
Course Title	Practical (Coaching lesson in All Jumping and Throwing Events)
Type of Course	Practical
L T P	4:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	1. To know about history of the athletics events. 2. To learn the skills and fundamentals of the events. 3. To know about the dimensions of the events. 4. To know about rules and regulations of the events.
	Syllabus

Coaching lesson in All Jumping and Throwing Events:

1. Approach Run
2. Take Off
3. Technique of Jump
4. Basic Skills and techniques of the Throw.
5. Ground Marking / Sector Marking
6. Interpretation of Rules and Officiating.
7. Grip
8. Stance
9. Release
10. Reserve/ (Follow through action)
11. Rules and their interpretations and duties of officials

References Books:

S.No.	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Road Race Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

MPES Second Year (Third Semester)

Course Area	Major
Course Code	PED651
Course title	Research Methodology-I
Type of course	Theory
L T P	5:0:0
Credits	5:0:0
Course Prerequisite	Post-Graduation
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. Identify the research problem in the field of physical Education and sports 2. Know to Summarize the various research literature 3. Understand and apply the basics of statistics in research. 4. Organize the samples and sampling techniques which is relevant to the study.
	SYLLABUS

Unit I

Objectives and Types of Research: Motivation and objectives – research methods vs Methodology. Types of research – Descriptive vs. Analytical, applied vs. Fundamental, Quantitative vs. Qualitative, and Conceptual vs. Empirical.

Unit II

Research Formulation: Defining and formulating the research problem - Selecting the problem - Necessity of defining the problem - Importance of literature review in defining a problem – Literature review– Primary and secondary sources – reviews, treatise, monographs-patents – web as a source – searching the web - Critical literature review – Identifying gap areas from literature review - Development of working hypothesis.

Unit III

Research Design and Methods: Research design – Basic Principles- Need of research design — Features of good design – Important concepts relating to research design – Observation and Facts. Prediction and Explanation. Developing a research plan. Data Collection and analysis: Execution of the research - observation and Collection of Data Analysis with Statistical Packages
- Hypothesis-testing - Generalization and Interpretation.

Unit IV

Reporting and Thesis Writing – Structure and components of scientific reports - Types of report – Technical reports and thesis – Significance – Different steps in the preparation – Layout, structure and Language of typical reports – Illustrations and tables - Bibliography, referencing and footnotes – Oral presentation – Planning – Preparation – Practice – Making presentation – Use of visual aids - Importance of effective communication. Application of Results and Ethics - Copy right – royalty - Intellectual property rights and patent law –Plagiarism - Citation and acknowledgement.

Reference Books:

S. No	Name	Author(S)	Publisher
1	An introduction to Research Methodology	Garg, B.L., Karadia, R., Agarwal, F. and Agarwal, U.K.	RBSA Publishers
2	Research Methodology: Methods and Techniques	Kothari, C.R.,	New Age International
3	Research Methodology	Sinha, S.C. and Dhiman, A.K	Ess Ess Publications
4	Research Methods: the concise knowledge base	Trochim, W.M.K	Atomic Dog Publishing
5	Law relating to patents, trade marks, copyright designs and geographical indications	Wadehra, B.L	Universal Law Publishing

Course Area	Major
Course Code	PED653
Course title	Research Publication and Ethics
Type of course	Theory
L T P	2:0:0
Credits	2:0:0
Course Prerequisite	+2
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. Students will be familiar with the fundamental knowledge of basics of philosophy of science and ethics, research integrity, publication ethics. 2. Students will know about predatory journals/pseudo journals and fabrication of data 3. Understand the Subject specific ethical issues, FFP, authorship, Conflicts of interest, Complaints and appeals: examples and fraud from India and abroad
	SYLLABUS

Unit I

Introduction to philosophy: definition, nature and scope, concept, branches, Ethics: definition, moral philosophy, nature of moral judgments and reactions, Ethics with respect to science and research, Intellectual honesty and research integrity, Scientific misconduct: Falsification, Fabrication, and Plagiarism (FFP),

Unit II

Publication ethics: definition, introduction and importance, Best practices standards setting initiatives and guidelines: COPE, WAME, etc., Conflicts of interest, Publication

Unit III

Software tool to identify predatory publications developed by SPPU, Journal finder/ Journal suggestion tools viz. JANE, Elsevier Journal Finder, Springer Suggester, etc

Unit VI

Indexing databases; Citation databases: Web of Science, Scopus, Pubmed, ICI etc., Impact Factor of journal as per Journal Citation Reports. SNIP, SJR, IPP: Cite Score, Metrics: h- index, g index, i10 index, altmetrics.

Reference Books:

S. No.	Author(S)	Year	Title	Publisher
1	MacIntyre, Alasdair	1967)	Short History of Ethics	London
2	Bird, A.	2006)	Philosophy of Science	Routledge

Course Type	Major
Course Code	PED655
Course Title	Sports Psychology
Type of Course	Theory
L T P	4:0:0
Credits	4
Course Prerequisite	Post-Graduation
Course Outcomes	<ol style="list-style-type: none"> 1. Understand the basic knowledge about Sports Psychology. 2. Explain the Nature of learning. 3. Understand the Social Science. 4. Gain knowledge about Socialization.
	Syllabus

Unit I

Introduction of Sports Psychology within the Indian knowledge system: Meaning of Sports Psychology, Scope of Sports Psychology, Importance of Sports Psychology for Physical Education and Coaches. Concept of Manas in Ayurveda and understanding Mind Body harmony, Triguna based Psychology in Ayurveda , Influence of Tri dosha on Mind, Mind body intellect and consciousness complex, Understanding Consciousness and solution to issues within Human Mind

Unit II

Cognitive Processes in Physical Activities, Meaning of Cognition, Characteristics of cognitive processes in Sports, Attitude towards activity and sport, Team (group) cohesion, Spectators, Psychological Preparation and Performance, Types of spectators- crowd, fans, Facilitation and debilitating effects of spectators on performance, Psychological preparation for competition

Unit III

Attention, Concentration, Confidence, Imagery and their influence on sports performance, Concept and definition of personality, Modern perspective, trait, humanistic, social cognitive and biological theories, Dynamics of personality in activity and sport, Anxiety: Concept, definition and types of anxiety, Effects of anxiety on, Physical performance

Unit IV

Concept, definition and types of motivation, Theories of motivation (drive, need and instinct theories) Motor Development and Learning: Understanding motor development and motor learning, Motor development and learning in infants and children. Factors affecting motor development and motor learning, Flow in sports

Reference Books:

S.No	Authors	Title	Publisher
1	Cratty Bryant, J	Psychological Proportion and Athletics Excellence	Movement publications Inc, New York
2	Alderman, R.B	Psychological Behavior in Sports	Sounders Company, London
3	Craty Bryant,	Psychology and Physical activity	Englewood Cleffs, prentice Hall, New Jersey
4	. CrattyBrayant, J	Movement Behavior and Motor Learning	Philadelphia: Lea and Febiger

Course Type	Major
Course Code	PED657
Course Title	Applied Statistics
Type of Course	Theory
L T P	4:0:0
Credits	4
Course Prerequisite	Post-Graduation
Course Outcomes	<ol style="list-style-type: none"> 1. Understand the knowledge about Statistic 2. To Measure of Central Tendency and Measures of Variability 3. To learn about Normal Curve , Non Parametric Statistic 4. To know about relationship and comparative statistics
	Syllabus

Unit I

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.

Unit II

Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency, Mean median and mode. Meaning, Purpose, Calculation and advances of Range, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale, quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning,

Unit III

Normal Curve, Meaning of probability- Principles of normal curve, Properties of normal curve. Divergence from normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, bar diagram, Histogram, Frequency Polygon.

Unit IV

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

Reference Books:

S.No	Authors	Title	Publisher
1	Best J. W	Research in Education	New Jersey; Prentice Hall, Inc
2	Clark D.H	Research Problem in Physical Education 2nd edition	Eaglewood Cliffs, Prentice Hall, Inc.

3	Jerry R Thomas & Jack K Nelson	Research Methods in Physical Activities	Illinois; Human Kinetics;
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Course Type	Major
Course Code	PED659
Course Title	Dissertation-I (Synopsis)
Type of Course	Theory
L T P	4: 0:0
Credits	4
Course Pre-requisite	NA
Course Outcomes	<ol style="list-style-type: none"> 1. Identify research methods. 2. State research questions. 3. Identify literature for review. 4. Integrate theory and practice.

Course Content

1. A candidate shall have dissertation for M.P.E.S – III 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 IIIrd Semester Examination.
3. The candidate has to face the Viva-Voce conducted by DRC.

Recommended Books:

S. No.	Author	Title	Publisher
1	Best, J.W. & Kahn J.V.	Research in Education	Prentice Hall of India Pvt. Ltd., New Delhi
2	Kaul, Lokesh	Methodology of Educational Research	Vikas Publications, New Delhi
3	Chandra, S.S., & Sharma, R.K.	Research in education	Atlantic Publications, New Delhi
4	Kumar, R.	Research methodology	Sage Publications India Pvt. Ltd, New Delhi

Course Type	Minor
Course Code	PED661
Course Title	Application Tool in Research (ICT)
Type of Course	Theory
L T P	2:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	<ol style="list-style-type: none"> 1. State the meaning of information technology and communication technology. 2. Concept, Elements, Process & Types of Communication. 3. Concept & Importance of ICT. 4. Fundamentals of Computers, MS Office Applications
	Syllabus

Unit I

Concept, Elements, Process & Types of Communication, 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

Unit II

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 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

Unit IV

E-Learning & Web Based Learning - E-Learning, Web Based Learning, Visual Classroom Software's used across various teaching learning situations: Class room Teaching, technical teaching in areas such as biomechanics, physiology, psychology; Coaching, Commercial sports, Organization, Officiating

Reference Books:

S. No.	Author	Title	Publisher
1	B. Ram	Computer Fundamental, Third Edition-2006	New Age International Publication
2	Pradeep K. Sinha & Priti; Sinha	Foundations computing	BPB Publications -2006
3	Rebecca Bridges	Power point for window, 1999	Altman Peach pit Press

Course Type	Minor
Course Code	PED663
Course Title	Seminar
Type of Course	Theory
L T P	2:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	
	Syllabus

1. The research student is required to prepare a concept paper/review Paper by reviewing at least 30 research papers / references books / M. Phil dissertation/ doctoral thesis / other reports etc.
2. To qualify the paper the research student is required either to present the prepared paper in an International Conference/ Seminar/ Workshop or publish the same in a research journal. Acceptance for publication or presentation will be considered as published/ presented.
3. A duly constituted Departmental Research Committee (DRC) of the university shall evaluate the completion of the review of literature/ seminar. DRC must include Director R&D/ nominee/ Dean/ Deputy Dean of concerned institute, supervisor, HoD/CoD and Professor from allied department.

Note: Seminar will be based on the completed Literature Review of a concerned student.

Course Type	Major
Course Code	PED 665
Course Title	Practical (Specialization in All Games)
Type of Course	Practical
L T P	1:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	1. Gain knowledge of the Game/Sport. 2. Learn the layout and marking for the Game/Sport. 3. Demonstrate various drills & lead up activities related to Game/Sport. 4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.
	Syllabus

Fundamental Skills- Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and Centre, Blocking, Goal Keeping & Defense. Rules and their interpretations and duties of officials.

Players Stance-Receiving the ball and passing to the team mates, Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Rules and their interpretations and duties of officials

Batting-Forward and backward defensive stroke, Bowling-Simple bowling techniques

Fielding-Defensive and offensive fielding, Catching-High catching and Slip catching

Stopping and throwing techniques, Wicket keeping techniques

Skills in Raiding-Touching with hand, various kicks, crossing of bulk line, Crossing of Bonus line, during the opponent to catch, Pursuing. Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, during the raider to take particular position so as to facilitate catching, catching formations and techniques. Additional skills in raiding-Bringing the antis in to particular position, escaping from various holds, Techniques of escaping from chain formation, combined formations in offence and defense

References Books:

S.No	Authors	Year	Title	Publisher
1	Dr. A.K. Srivastava	2010	Book of Rules of Games and Sports	Sports Publication
2	Neil Strauss	2009	Rules of the Game	It Books
3	Sharma, R. D	1979	Health and physical education	Gupta Prakashan

Course Type	Major
Course Code	PED 667
Course Title	Practical (Coaching Lesson in Yoga & Swimming)
Type of Course	Practical
L T P	1:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	1. Gain knowledge of the Game/Sport. 2. Learn the layout and marking for the Game/Sport. 3. Demonstrate various drills & lead up activities related to Game/Sport. 4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.
	Syllabus

Yoga:

Surya Namaskara, Pranayams

Corrective Asanas, Kriyas

Asanas, Sitting, Standing

Laying Prone Position, Laying Spine Position

Swimming:

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kick board.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Coordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, Seeding Heats and finals, Rules of the races.

Reference Books:

S. No.	Author(S)	Year	Title	Publisher
1	Brown, F. Y.	2000	How to use yoga	Delhi: Sports Publication
2	Gharote, M. L. & Ganguly, H.	1988	Teaching methods for yogic Practices.	Lonawala: Kaixydhmoe.

MPES Second Year (Fourth Semester)

Course Area	Major
Course Code	PED652
Course title	Research Methodology-II
Type of course	Theory
L T P	5:0:0
Credits	5:0:0
Course Prerequisite	Post- Graduate
Course Outcomes(CO)	<ol style="list-style-type: none"> 1. Identify the research problem in the field of physical Education and sports 2. Know to Summarize the various research literature 3. Understand and apply the basics of statistics in research. 4. Organize the samples and sampling techniques which is relevant to the study.
	SYLLABUS

Unit I

Meaning of Research and its characteristics, Classification of Research, Qualities of a Researcher ,Research Problem: Sources of Research Problem, Identifying a research problem ,Criteria in selecting a research problem ,Stating the research problem ,Research Hypothesis: Nature and types of Hypothesis, Formation, Testing and evaluating and importance of Hypothesis.

Unit II

Historical Research: Sources of historical materials , Evaluation of historical material , Pitfalls of historical writing.
 Survey method: ,Meaning and importance of survey ,Types of survey ,Interview-structured and unstructured.
 Experimental Research , Meaning of Experimental Research ,Experimental Validity – Threat to it and ways to reduce it , Types of Experimental Design

Unit III

Concept of population and sampling Importance and characteristics of sampling techniques: Probability and Non - Probability.

Unit IV

Qualitative and Quantitative analysis , Data interpretation: Analyzing, organizing and presenting data, discussion of results.
 Formulation of conclusions and recommendation Writing Research Report/ Research Paper/Thematic Paper Basic Writing Guidelines

Reference Books:

S. No.	Author(S)	Year	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, JagdishBains and Rashpal Singh Brar	2004	Physical Education for B.P.E, B.P.Ed. andM.P.Ed.	Kalyani Publishers Ludhiana
S. No.	Author(S)	Year	Title	Publisher
1	Best, J.W.	1985	Research in education	Prentice Hall Inc.: Delhi-1982
2	Kamlesh, M.L	1986	Methodology of Research in Physical Education and Sports	Metropolitian Publication: New Delhi, 1986.

Course Type	Major
Course Code	PED654
Course Title	Measurement and Evaluation in Physical Education
Type of Course	Theory
L T P	4 :0:0
Credits	4
Course Prerequisite	Post-Graduation
Course Outcomes	1. Understand the concept of Test, Measurement & Evaluation. 2. Explain the Characteristics of test. 3. Gain knowledge about Physical Fitness Test. 4. Understand the tests of Sports skills.
	Syllabus

Unit I

Meaning of test, measurement and evaluation. Importance of measurement and evaluation in physical education, Modern developments in physical education measurements. Application of measurement to the individual differences, Physical fitness of homogenous groups. Organization and administration of tests results. Presentation and interpretation of tests results.

Unit II

Characteristics of an effective test: validity, reliability, objectivity, economy, standard and norms. Procedure for construction of skill tests. Principles of writing knowledge tests. Physical and Motor Fitness Test a. AAPHER's youth fitness test. Kraus Webber test c. Rogers's strength test. d. Scott motor ability test. e. Barrow's motor ability test. Tuttle pulse ratio test. a. Philips J.C.R. Test b. Fleishman Physical Fitness Test Battery c. National Physical Efficiency Test d. Indiana Motor Fitness Test

Unit III

Basketball skill test: Johnson Basketball test, Knox Basketball test, Aahperd Basketball test Battery, Lockhart and Mc Person Badminton test. Badminton test: French short and long service test, Miller Wall-Volley Test, SAI Badminton Skill test. Field Hockey test: Firedel field hockey test, Schmithals-french field Hockey test, SAI hockey skill testing for talent sporting at young age.

Unit IV

Soccer skill test: Johnson soccer test, McDonald soccer test, SAI Football skill test, Mitchell – McDonald Soccer skill test. Volleyball skill test: Brady's volleyball test, Russel Lange volleyball skill test, Aahperd Volleyball test, SAI Volleyball test, North Carolina State University Volleyball Skills Test Battery. Tennis skill test: Dyer Tennis Skill Test, Hewitt Skill Test, Aahperd Tennis Skills Test.

Reference Books:

S. No	Authors	Title	Publisher
1.	Mcloy, Harold Charles	Test and Measurement in Health and Physical Education	Friends Publication, Delhi
2.	Kansal Devinder K.	Test and Measurement in sports and Physical Education	D.V.S. publication, New Delhi
3.	Vincent, William J	Statistics in Kinesiology	Third Edition; Human Kinetics,
4.	Barrow James R. Jackson Allenw, James G & Mood Dab P	Measurement and Evaluation in Human Performance	Diseh Printed in USA – Human Kinetics



Course Type	Major
Course Code	PED656
Course Title	Anthropometry in Physical Education
Type of Course	Theory
L T P	4 :0:0
Credits	4
Course Prerequisite	Post-Graduation
Course Outcomes	1.The core elements of anthropometry are height, weight, head circumference, body mass index (BMI) 2. Body circumferences to assess for adiposity (waist, hip, and limbs), and skin fold thickness
	Syllabus

Unit I

Kinanthropometry: Introduction, definition and scope of Kinanthropometry, General consideration of Anthropometry and Sports Anthropometry, Application of Anthropometric data in sports, Analysis within and between sports, Kinanthropometry Measurements and Scope, Landmarks and their importance, Anthropometry, Techniques and their importance, Kin anthropometric, Measurements and their scopeThe O-scale system and sports.

Unit II

Human Growth and its importance in Sports: Introduction, definition and Scope of Human Growth, Growth at Adolescence, Distance and velocity Growth curves, Factor effecting growth –Hormonal, Genetically and Environmental

Unit III

Physiological Maturation: Introduction, definition and scope of Physical Maturation, Decimal age and concept of physiological maturity, Various measures of maturity- Morphological age, Dental age , Skeletal age and Secondary Sex Characteristics, Age based competitions and the maturity status.

Unit IV

Athlete's Body composition and performance: Introduction, definition and general consideration of body composition, Approaches to the study of the body composition, conceptual models, Somato type, Introduction, Historical prospective of somato type, Sheldon's method of somato type, Somato types of Athletes, Somato type Distribution, Somatochart and Somatoplot, Classification of somato types, Somato type in different Sports

Reference Books:

S. No.	Name	Author(s)	Publisher
1.	Research in Education	Best, John W	Prentice Hall of India
2.	Test and Measurement in Sports and Physical Education	Kansal, D.K	DVS Publications, New Delhi
3.	Text Book of Science and Medicine in Sports	Bloomfield, J. and Fricker, P.	Human Kinetics, USA
4.	Methodology of Research in Physical Education and Sports	Kamlesh, M.L	Metropolitan, New Delhi
5.	Periodization: Theory and Methodology of Training	Bomba, Tudor O	Human Kinetics, USA

Course Type	Minor
Course Code	PED658
Course Title	Technical Writing
Type of Course	Theory
L T P	2 :0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	The learner will be able to- 1. Develop writing skills by analyzing model texts 2. Expand academic vocabulary 3. Consolidate more advanced aspects of English grammar relevant to writing research papers
Syllabus	

Unit I

Planning and Preparation, Word Order, Breaking up long sentences, Structuring Paragraphs and Sentences, Being Concise and Removing Redundancy, Avoiding Ambiguity and Vagueness

Unit II

Clarifying Who Did What, Highlighting Your Findings, Hedging and Criticising, Paraphrasing and Plagiarism, Sections of a Paper, Abstracts. Introduction

Unit III

Review of the Literature, Methods, Results, Discussion, Conclusions, the Final Check.

Unit IV

Key skills are needed when writing a Title, key skills are needed when writing an Abstract, key skills are needed when writing an Introduction, skills needed when writing a Review of the Literature

Reference Books:

S.No	Title	Author	Publisher
1	How to Write and Publish aScientific Paper	Day R (2006)	Cambridge University Press
2	Handbook of Writing for the Mathematical Sciences	Highman N (1998)	SIAM. Highman'sbook
3	English for Writing Research Papers	Adrian Wallwork	Springer New York Dordrecht Heidelberg London, 2011

Course Type	Major
Course Code	PED660
Course Title	Dissertation-II
Type of Course	Theory
L T P	8: 0:0
Credits	8
Course Pre-requisite	NA
Course Outcomes	1. Identify research methods. 2. State research questions. 3. Identify literature for review. 4. Integrate theory and practice.

Course Content

Under the supervision of their research guides, Students will undertake all steps of research. They will procure all relevant tools/ prepare tools, collect data, analyze it, interpret it and write the dissertation chapters. Students will submit dissertation at a specified date, in the month of May and appear for dissertation viva before an external examiner and supervisor.

Recommended Books:

S. No.	Author	Title	Publisher
1	Best, J.W. & Kahn J.V.	Research in Education	Prentice Hall of India Pvt. Ltd., New Delhi
2	Kaul, Lokesh	Methodology of Educational Research	Vikas Publications, New Delhi
3	Chandra, S.S., & Sharma, R.K.	Research in education	Atlantic Publications, New Delhi
4	Kumar, R.	Research methodology	Sage Publications India Pvt. Ltd, New Delhi

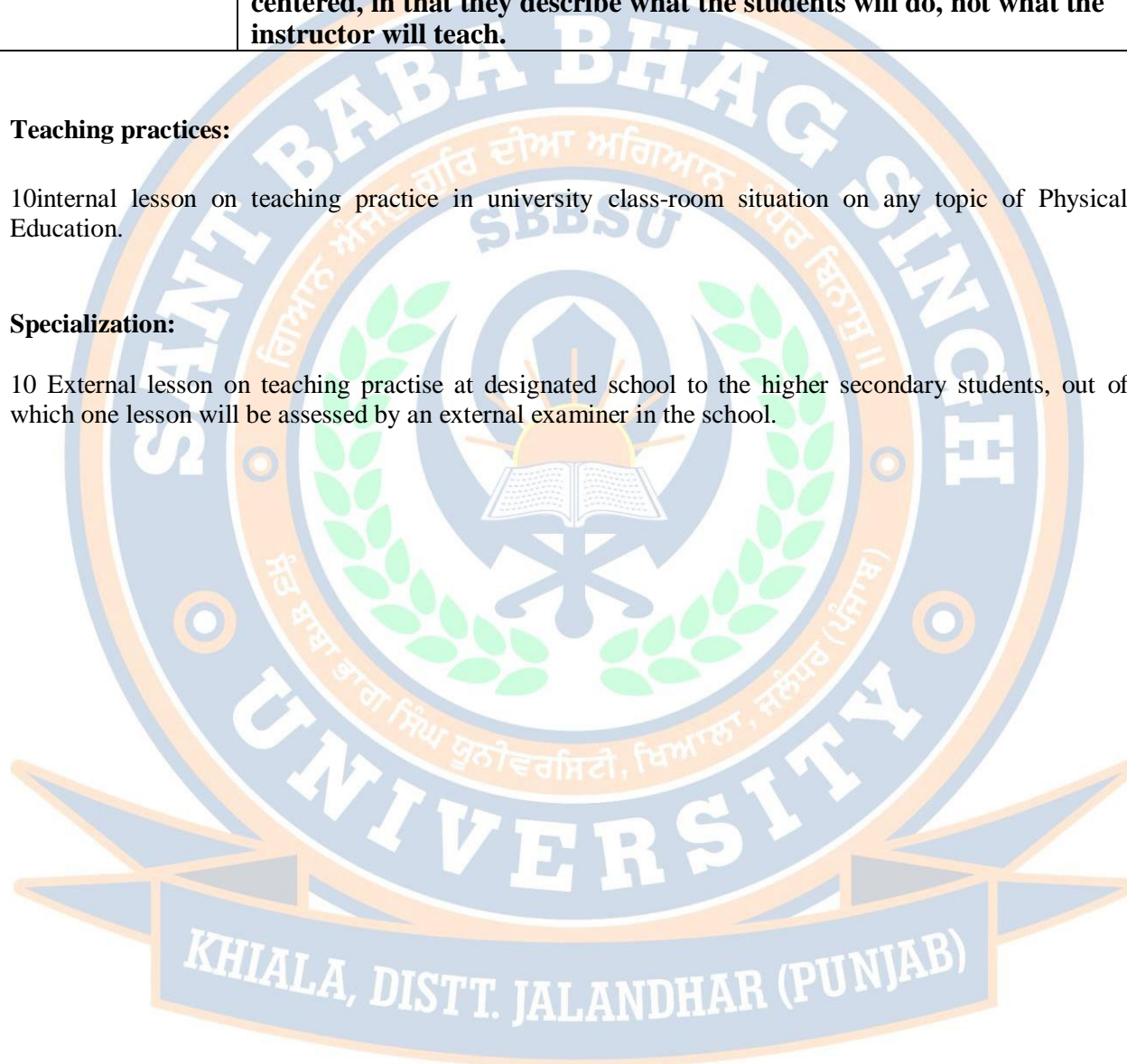
Course Type	Major
Course Code	PED662
Course Title	Class Room Theory Lesson
Type of Course	Practical
L T P	1:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	Learning outcomes describe the measurable skills, abilities, knowledge or values that students should be able to demonstrate as a result of a completing a course. They are student-centered rather than teacher-centered, in that they describe what the students will do, not what the instructor will teach.

Teaching practices:

10 internal lesson on teaching practice in university class-room situation on any topic of Physical Education.

Specialization:

10 External lesson on teaching practise at designated school to the higher secondary students, out of which one lesson will be assessed by an external examiner in the school.



Course Type	Major
Course Code	PED 664
Course Title	Practical (Specialization in All Games)
Type of Course	Practical
L T P	1:0:0
Credits	2
Course Prerequisite	Post-Graduation
Course Outcomes	1. Gain knowledge of the Game/Sport. 2. Learn the layout and marking for the Game/Sport. 3. Demonstrate various drills & lead up activities related to Game/Sport. 4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.
	Syllabus

Fundamental Skills- Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and Centre, Blocking, Goal Keeping & Defense. Rules and their interpretations and duties of officials.

Players Stance-Receiving the ball and passing to the team mates, Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service. Rules and their interpretations and duties of officials

Batting-Forward and backward defensive stroke, Bowling-Simple bowling techniques

Fielding-Defensive and offensive fielding, Catching-High catching and Slip catching

Stopping and throwing techniques, Wicket keeping techniques

Skills in Raiding-Touching with hand, various kicks, crossing of bulk line, Crossing of Bonus line, during the opponent to catch, Pursuing. Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, during the raider to take particular position so as to facilitate catching, catching formations and techniques. Additional skills in raiding-Bringing the artis in to particular position, escaping from various holds, Techniques of escaping from chain formation, combined formations in offence and defense

References Books:

S.No	Authors	Year	Title	Publisher
1	Dr. A.K. Srivastava	2010	Book of Rules of Games and Sports	Sports Publication
2	Neil Strauss	2009	Rules of the Game	It Books
3	Sharma, R. D	1979	Health and physical education	Gupta Prakashan