

Paper /Marks wise summary of the Credits for III semester

Sl.No.	Details	Max. Marks		Total Marks	Instruction Hrs/week	Credits/pe r week
		IA	Semester End Exam			
I.	Compulsory Paper/ Core					
3.1	Sports Training Methods	20	80	100	4	4
3.2	Kinesiology	20	80	100	4	4
3.3	Sports Psychology and Sociology	20	80	100	4	4
3.4	Adaptive and Corrective Physical Education	20	80	100	4	4
3.5	OEC Community and Family Health	20	80	100	4	4
3.6	Practicals – I (Games) a. Volley Ball b. Kho-Kho c. Hockey	20	80	100	12	-
		} any one				
	Total Marks/Credits	120	480	600	32	20

Paper /Marks wise summary of the Credits for IV semester

Sl.No	Details	Max. Marks		Total Marks	Instruction Hrs/week	Credits/per week
		IA	Semester End Exam			
I.	Compulsory Paper/ Core					
4.1	Sports Management	20	80	100	4	4
4.2	Exercise Physiology	20	80	100	4	4
4.3	Health, Fitness And Wellness	20	80	100	4	4
4.4	Curriculum of Physical Education	20	80	100	4	4
4.5	Project work (Compulsory for IV semester students)	20	80	100	4	4
4.6	Practical's Specialization (students choice any one game)	20	80	100	4	4
	Total Marks/Credits	120	480	600	24	24

Note: The above curriculum includes the practical's components which includes

1. Record Book
2. Coaching Ability, and
3. Officiating and Viva-Voce test.

IV-SEMESTER

4.1 Sports Management

Unit-I- Introduction

- 1.1 Meaning and Definition of Management
- 1.2 Need and Scope of Management
- 1.3 Functions of Management
- 1.4 Skills of Management
- 1.5 Role of Management
- 1.6 Types of Management
- 1.7 Qualities and qualifications of Management

Unit-II- Organization and Planning

- 2.1 Attributes of an organization
- 2.2 Types of organization
- 2.3 Sports Administration in India
- 2.4 Association of Indian Universities
- 2.5 University Department of Physical Education
- 2.6 Department of Youth Affairs and Sports
- 2.7 Sports Authority of India
- 2.8 Indian Olympic Association & National Federations
- 2.9 State Sports Department
- 2.10 Meaning & Importance of planning
- 2.11 Perspective planning
- 2.12 Future projections in planning
- 2.13 General principles of programme planning

Unit —III—Management of Facilities and Financial

- 3.1 Need & Purpose of Financial Management
- 3.2 Accounting and Controlling
- 3.3 Principles of budget formulation
- 3.4 Attributes of a Good budget
- 3.5 Preparation of budget
- 3.6 Principles of operation of budget
- 3.7 Planning facilities
- 3.8 Types of facilities
- 3.9 Management of play fields
- 3.10 Characteristics of good gymnasium and swimming pool

Unit- IV- Personnel Management and

- 4.1 Concept of Leadership
- 4.2 Personnel Management
- 4.3 Principles of Personnel management
- 4.4 Development of leadership

Unit V Public Relations

- 5.1 Needs and purpose of Public relations
- 5.2 Principles of public relations
- 5.3 Planning and organizing public relations programme
- 5.4 Role and responsibility of physical education
- 5.5 Media of public relations

Reference:

1. Dr.M.I.Kamalesh (1987) *Management Concepts in Physical Education & Sports* Metropolitan Book Co. pvt Ltd 1, Netaji Subhas Marg, New Delhi 110003.
2. Park house, Bonniel and Jackie Lapin, (1980) *Women in Athletic Administration Ca4fornia:Good Year Co.,*
3. Penneth A, (1977) *Planning Physical Education And athletic facilities in schools* London: Wiley Co.,
5. Perstolesi Robert and William, Andrew Sinclair (197 8,) *Oeative administration in Physical Education andAthletics*,New Jersey, Prentice hail,
6. Roy.S.S. (1977) *Sports Management*, New Delhi Friends Publishers, Singh.U.K
4. *Sports Management*, New Delhi APS Corporation,
7. Sivia G.S.(1980); *Sports Management in University* New-Delhi, Association of indian Universities

4.2 EXERCISE PHYSIOLOGY

Unit I: Diet and Nutrition Base for Human Performance

- 1.1 Carbohydrates
- 1.2 Fats
- 1.3 Proteins
- 1.4 Vitamins, minerals & water
- 1.5 Optimum nutrition for Exercise

Unit II: Energy for Physical Activity

- 2.1 Energy value of foods
- 2.2 Energy transfer systems
- 2.3 Energy expenditure
 - 2.3.1 Attest
 - 2.3.2 During Exercise

Unit III: Systems of Energy Delivery

- 3.1 Pulmonary system
 - 3.1.1 Gas exchange
- 3.2 Cardio-vascular system
- 3.3 Acid base balance

Unit IV: Skeletal muscle physiology

- 4.1 Structure
- 4.2 Sliding filament theory
- 4.3 Muscle fibers
- 4.4 Functions

Unit V: Endocrine System & Exercise

- 5.1 Glands and situation
- 5.2 Secretions
- 5.3 Functions
- 5.1 Effects of Exercise

References ij

1. Noble, Bruce J. 1 986' *Physiology of Exercise and Sports*. St. Louis: Mosby Coge Publishing,
2. Khanna, G.L. and Jayaprakash, C.S. (1967) *Exercise Physiology and Sports*
3. *Medicine*. Logan, Gene A. *Adaptation of Muscular Activity: Textbook of Adapted*
4. Physical Education. New Delhi: Prentice-Hall of India.
5. Shaver, Laiy G. 1982 *Essentials of Exercise Physiology*. New Delhi: Surjeet Publications Co.
6. Astrand, per Olof and Rodalh, Kure. (1997) *Textbook of Work Physiology: Physiological Bases of Exercise* New York: McGraw-Hill.
7. DeVries Herbert. 1977 *Physiology of Exercise*. Wm.C. Brown Company Publishers.
8. Karpovich, Peter V. (1970) *Physiology of Muscular Activity*. Philadelphia: W.B. Saunders Company.
9. Bowers, Richard W and Fox Edward L(1992) *Sports Physiology (Third Ed.)* Dubuque, Iowa: Wm.C. Brown Publishers

4.3 HEALTH, FITNESS AND WELLNESS

Unit 1 Health and Health Education

1.1 Concept of Health- Meaning and Scope of Health and Health Education

Concept of Physical, mental, social and spiritual health and factors affecting them health hazards of modern age.

1.2 Physical fitness: types, components, factors affecting fitness, values of physical fitness , wellness, importance, concept, components and challenges of wellness. Reaching wellness through life style management.

Unit 2.1 Nutrition, Basic concepts in nutrition, nutritional requirements and components of a healthy diet, nutritional planning and balanced diet.

2.2 Body Composition: and assessment of body composition, over weight and obesity and their health implications factors contributing to excess body fat, weight management measures.

Unit 3.1 Aging and Cardiovascular health. Changes associated with aging exercise and ageing, risk factors for cardiovascular diseases, forms of cardiovascular diseases, exercise and cardiovascular condition, exercise cautions.

3.2 Stress: Stress Sufferers, Personality types, hints on reducing and avoiding stress. Assessing and managing stress, stress related diseases, exercise and stress.

Unit.4.1 Exercise and Training: Types of Exercise, importance of Exercise training, general principles of exercise training adaptations to exercise training, exercise for special populations.

4.2 Relaxation: Meaning and Concept of anxiety meaning and concept of relaxation, techniques, Yoga and Relaxation.

Unit.5.1 Harmful effects of smoking, tobacco consumption alcoholism, drug abuse, behavioral modifications.

5.2 Principles of mental health and hygiene. Recreation and Wellness, interaction of Wellness components. Relationship of Wellness with Yoga, Pranayama and Meditation.

REFERENCES:

1. William D Mcardle Frank L. Kabch and Victor L. Katch, 2000 Essentials of exercise physiology, Second Edition, New York, Lipincoff Williams and Wilkings, Authar C Guyton, Physiology of human body, Philadelphia
2. Scott k powers and Stephen l dodd. 1999 Total Fitness, exercise nutrition and wellness boston, allyn and bacon.
3. Thomas d fahey and others 2005 fit and well 6th edition, New York McGraw hill publishers.
4. Melwin h William 1995 nutrition for health fitness and sports McGraw Hill Company

4.4 CURRICULUM OF PHYSICAL EDUCATION

UNIT- I Introduction

- 1.1 Meaning and definition of curriculum
- 1.2 Difference between old and modern concept of curriculum
- 1.3 Considerations in curriculum development for physical education.
 - 1.3.1 Philosophical
 - 1.3.2 Psychological
 - 1.3.3 Sociological
- 1.4 Basic principles of curriculum development
- 1.5 Criteria for curriculum content
- 1.6** Source of curriculum materials
- 1.7 Physical education curriculum at various levels: High schools; higher secondary schools and colleges.

UNIT II: The Total curriculum:

- 2.1 Quality physical education - a school responsibility
- 2.2 Recent developments in mind body relationships
- 2.3 Health, physical education and academic achievement
- 2.4 Physical education and recreation as adjuncts to the education of the mentally retarded
- 2.5 Learning about movement
- 2.6 Social development the forgotten objectives.
- 2.7 The relationship of supervision to curriculum development.
- 2.8 The need for curriculum planning,
- 2.9 Factors influencing the physical education curriculum

UNIT III Curriculum Designing

- 3.1 Importance of curriculum designing
- 3.2 Role of teacher in curriculum designing
- 3.3 Selection of educational activities,
- 3.4 Classification of activities in physical education,
- 3.5 Suitability of activities for different age groups and sexes
- 3.6 Research and changing curriculum
- 3.7 Creative thinking in physical education
- 3.8 Institution's influence in curriculum change

UNIT IV Program of Adapted Physical Education

- 4.1 individualized physical education,
- 4.2 the mandate for adapted physical education
- 4.3 Exceptional children and special education.
- 4.4 Cooperative planning,
- 4.5 Physical education
- 4.6 Special education
- 4.7 Classification and organization
- 4.8 Scheduling adapted physical education classes
- 4.9 The mentally retarded.

UNIT V: Intramural and Interscholastic Program and Program of Evaluation

- 5.1 Balance in extra class programming,
- 5.2 planning extra class activities
- 5.3 Elementary school program.
- 5.4 Inter school activity,
- 5.5 Secondary school program,
- 5.6 Inter scholastic athletics.
- 5.7 Purpose of evaluation.
- 5.8 Measuring progress in elementary & secondary school.
- 5.9 Assessing the fitness & behavior in motor domain.
- 5.10 Measuring behavior in affective domain.
- 5.11 Appraising the total curriculum.
- 5.12 Administrative measures.

Reference:

1. Cowell CC. and H.W. Hazelton (1955). Curriculum design in physical education. 1.
2. Humphrey, James H. Alice, M. Love and Leslie, W. Irvi. Principles and Techniques of Supervision in Physical Education. (3rd Edn. WCB). 2.
- Carl.E. Willgoose (1979) Curriculum in Health and Physical Education. C.V. Mosby & Co. 3.
4. Jewett, Anne, E. and Bain, Linda. (1985) The curriculum process in physical education. ,. 4. Dubuque: C. Brown Publishers, 5.
- Malla Reddy and Ravi Shanker.(1 987) Curriculum development and educational technology. 6.
6. Tanner, Daniel and Laural, M. Tanner 1980. Curriculum development: Theory into practice. New York: Me. Millon Co.
7. Willgoose, Carl E.(1970) The curriculum design in physical education.

**M.P.ED. COURSE
SYLLABUS FOR ATHLETICS I & II**

ATHLETICS I (Track Events)	ATHLECTICS II (Field Events)
1. Origin and Development of Athletics	1. Origin and Development of Athletics
2. Facilities and equipment	2. Facilities and equipment
3. Teaching of Sport	3. Organization of Athletic meet
4. Strategies	4. Coaching
5. Coaching- Selection of athletes - Training of athletes	- Organizing coaching camps - guiding the athletes during competition
6. Athletic Events	5. Athletic Events
- Sprints	- Triple jump
- Hurdles	- Pole vault
- Relays	- Discus throw
- Race walking	- Hammer throw
- middle and long distance races/ cross country	- High Jump
- steeple chase.	- Long jump
7. Officiating	- Shot put
Duties and responsibilities of officials	- Javelin throw
8. Important meets	6. Officiating
9. Awards	Duties and responsibilities of officials
	7. Common injuries: first aid and Rehabilitation
	8. Nutritional guidance for athletes
	9. World records.

Scheme of Examination For Athletic

1. Demonstration of Skills/Techniques/Movements(Examiners Choice)	30 Marks
2. Coaching Ability	20 Marks
3. Record Book	15 Marks
4. Viva – Voce	<u>15 Marks</u>
Total	<u>80 Marks</u>

M.P.Ed COURSE
SYLLABUS OF YOGIC PRACTICES

1. History of Yoga & Yogic Practices: -
Origin of Yoga, Need and importance of yogic exercises in Modern society
2. Classification of Yoga
3. Astanga Yoga
4. Principles of yogic practice
Hints for Practice of Yogic Exercises
5. Suryanamaskaras and Asanas
6. Relaxation and Meditation Asanas
7. Nadis, Chakras and Bandhas
8. Pranayams
9. Yoga & Wellness
10. Therapeutic Values of Yoga: A Brief Study
11. Promoting Yoga Practice in Community
12. Methods of Teaching Yogic exercises

Scheme of Examination for Yoga

1. Demonstration of Skills/Techniques/ Movements(Examiners Choice)	30 Marks -----	15 Marks
2. Coaching Ability	20 Marks -----	10 Marks
3. Record Book	15 Marks -----	08 Marks
4. Viva – Voce	<u>15 Marks</u> -----	07 Marks
Total	<u>80 Marks</u>	<u>40 Marks</u>

M.P.Ed. COURSE
SYLLABUS FOR SPECIALIZATION AND GAMES

1. Origin, History and Development
2. Facilities and Equipment required
3. Basic skills
4. Advance skills
5. Strategies: Defensive and offensive
6. Officiating :
 - a) Duties and responsibilities of officials and their interpretation
 - b) Officiating mechanism
 - c) Signals
7. Characteristics of game, qualities required for a player
8. Training for fitness components:

Exercise/Schedule
9. Coaching :
 - a) Organising Coaching Camps
 - b) Selection of Players
 - c) Placement of Players
 - d) Training of Players
 - e) Cutting the squad
 - f) Handling the team during competition
10. Common injuries, First Aid and Rehabilitation
11. Important tournaments and results
12. Award
13. Means and methods to promote the game.

Scheme of Examination for Games

Specialization and Games

1. Demonstration of Skills/Techniques/ Movements(Examiners Choice)	30 Marks
2. Coaching Ability	20 Marks
3. Record Book	15 Marks
4. Viva – Voce	15 Marks
Total	<u>80 Marks</u>