

ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
MANGALORE UNIVERSITY
(Accredited by NAAC with 'A' Grade)



ಕ್ರಮಾಂಕ/No. MU/ACC/CR6/CBCS-PG(SLB)/2017-18/A2

ಕುಲಸಚಿವರ ಕಛೇರಿ
ಮಂಗಳಗಂಗೋತ್ರಿ - 574 199
ಕರ್ನಾಟಕ, ಭಾರತ
Office of the Registrar
Mangalagangothri - 574 199
Karnataka, India

ದಿನಾಂಕ/Date: 8/5/2017

NOTIFICATION

Sub: III & IV semester Choice Based Credit System syllabus of
M.P.Ed. degree programme.

- Ref: 1) This office Notification No. MU/ACC/CR7/CBCS-PG(SLB)/
2016-17/A2, dated: 17-8-2016.
2) Academic Council decision dated 3-2-2017 vide Agenda
No. 3:7 (2016-17)

In continuation to this office Notification cited under ref. (1) above, the syllabus of III & IV semester Master of Physical Education- M.P.Ed. degree programme which approved by the Academic Council at meeting held on 3-2-2017 is hereby notified for implementation with effect from the academic year 2017-18 and onwards (for students of 2016-17 batch and onwards).


REGISTRAR
KH.

To:

- 1) The Chairman of the Department concerned/ The Coordinator of the degree programme concerned.
- 2) The Principal of the college concerned.
- 3) The Registrar [Evaluation], Mangalore University.
- 4) The Chairman of the Board of Studies concerned.
- 5) The Superintendent [ACC], Office of the Registrar, Mangalore University.
- 6) Guard file.

DETAILS OF M.P.Ed COURSE PATTERN, SYLLABUS AND SCHEME OF EXAMINATION

Semester - III

Part A :Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Hard Core Courses						
MDH501	Contemporary trends in Physical Education and Sports (Open elective)	3	3	30	70	100
MDH502	Sports Psychology	4	4	30	70	100
Soft Core Courses (Any two)						
MDS503	Sports Sponsorship	3	3	30	70	100
MDS504	Adapted and Corrective Physical Education	3	3	30	70	100
MDS505	Sports Medicine	3	3	30	70	100
Part-B Practical Hard Core Courses						
MDH506	Track and Field III: Throwing Events	4	2	30	70	100
MDH507	Laboratory Practical: Sports Psychology	4	2	30	70	100
MDH508	(A) Coaching Lessons of Track and Field events.	4	2	30	70	100
	(B) Coaching lessons of Game Specialization.					
Practical Soft Core Course						
MDS509	Games Specialization: Badminton / Basketball/ Kabaddi (Any one)	6	3	30	70	100
Total		31	22	240	560	800

Semester - IV

Part A :Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Hard Core Courses						
MDH551	Dissertation/Project	4	4	30	70	100
MDS552	Biomechanics and Kinesiology	4	4	30	70	100
Soft Core Courses (Any Two)						
MDS553	Value and Environmental Education	3	3	30	70	100
MDS554	Sports Sociology	3	3	30	70	100
MDS555	Information and Communication Technology (ICT) in Physical Education	3	3	30	70	100
Part-B Practical Hard Core Courses						
MDH556	Track and Field IV: Combined Events, Cross Country, Race Walking, Track and Field marking and officiating	4	2	30	70	100
Practical Soft Core Course						
MDS557	Laboratory Practical: Computer Applications	4	2	30	70	100
MDS558	Laboratory Practical: Biomechanics and Kinesiology	4	2	30	70	100
Practical Soft Core Course						
MDS559	Games Specialization: Handball/ Tennis/Weightlifting (Any one)	6	3	30	70	100
Total of IV semester		32	23	240	560	800
Total of all semesters		126	91	960	2240	3200

Courses to be registered by a student in a normal phase to successfully complete MPEd Degree in four semesters.

I to IV Semesters	Hard Core Courses		Soft Core Courses		Total	
	Numbers	Credits	Numbers	Credits	Numbers	Credits
	20	58	12	33	32	91

Credits required for MPEd Course

I to IV Semesters	Hard Core Courses		Soft Core Courses		Total	
	Numbers	Credits	Numbers	Credits	Numbers	Credits
	20	58	12	33	32	91

Semester III Theory Course

MDH501: CONTEMPORARY TRENDS IN PHYSICAL EDUCATION AND SPORTS

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should understand

- The meaning of different kinds of fitness and their purposes
- The methods of developing the different kinds of fitness and their benefits
- Various psychological parameters and their effects on sports performance and health.
- Different types of sports injuries and their rehabilitation techniques
- Basic aspects of yoga and the application of yoga in physical education and sports
- Historical significance and development of imports sports events at the international level.

Unit I Fitness Development

- Aerobic development: Meaning and methods
- Anaerobic development: Meaning and methods
- Flexibility: Meaning, methods of training
- Methods and means of training:- Continuous method, Interval method, Repetition method, Circuit training, Fartlek training, Plyometric, Resistance training – weight training, body weight exercises, Hill training, sand training, resistance bands.
- Current trends in means and methods of training:- Pilates, Swiss ball, Aerobic dance – Zumba, Step Aerobics, Kick boxing aerobics, water aerobics; Cross fitness, Power yoga

Unit II – Psychological Applications in Sports and Sports Injuries

- Role of anxiety in Sports performance
- Motivation – Types and effect on sports performance
- Psychological preparation for sports competition – Auto suggestions, progressive relaxation, Visual imagery, pep talk
- Sports injuries, first aid and therapeutic interventions– Cardio pulmonary emergences, Soft tissue injuries, hard tissue injuries, Therapeutic modalities – Cryotherapy, thermotherapy, electro therapy and massage

Unit III – Applications of Yoga in Physical Education and Sport

- Yoga for Health
- Meaning of yoga, Types of yoga,
- Ashtanga yoga
- Yogasanas, Mudras, kriyas and Meditation
- Pranayama
- Yoga in physical education and sports.

Unit IV Historical and current perspectives in international sports events

- **Olympics** – Ancient Olympics – Origin and History of Ancient Olympics, Olympic flame, Events at ancient olympics
- **Modern Olympics** – Origin, Olympic ideals, Olympic flag, Olympic flame and torch, Olympic motto, Olympic anthem, Olympic movement, IOC, Indian participation and performance at Olympics
- **Asian Games** – Origin and history of Asian Games, Olympic Council of Asia, Asian Games Organising Committee (AGOC), India at Asian Games.
- **Commonwealth Games** – History and development, Commonwealth Games Federation, Queen's Baton Relay, Countries in CGF, India at Commonwealth games

REFERENCES:

- John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Mirosław Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.
- George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.
- Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: KanchanPrkashan.
- 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.
- Karbelkar N.V. (1993) PatanjaliYogasutraBhashya (Marathi Edition) Amravati: Hanuman VyayamPrasarakMandal
- Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
- Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication. Thirumalai Kumar. S and Indira. S (2011)
- SatyaMurty.K, Elements of Yoga ,Vedadri Brahma Gnana Kendra, Pedakakani, Guntur, India, (2015)
- William DMcArdle, Frank I Katch and Vitor I Katch, Essential of Exercise Physiology, Second edition, New York: LipincoffWilliams and wilkins, 2000
- Arthar C. Guyton, Physiology of Human Body, Philadelphia: Saunders Company, 1972.
- Melwin H. Williams. Nutrition for Health Fitness and sport. MCGraw Hill Company, Newyork: 1995

Semester III Theory Course

MDH502: SPORTS PSYCHOLOGY

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should be able to

- Understand the profile of psychological requirements of an applied sports psychology
- Psychological aspects and methods for effective motor learning.
- Psychological training for optimizing one's mental state, to cope with stress and to increase psychological load tolerance.
- How to psychologically work with difficult athletes and injuries in sports.
- Successful coaching in individual sports and team sports.
- Means and methods of an event-specific, psychological preparation for competitions.
- Psychological training methods in sport

Unit I – Introduction

- Meaning, Definition, History, Need and Importance of Sports Psychology.
- Present Status of Sports Psychology in India.
- Motor Learning: Basic Considerations in Motor Learning – Motor Perception – Factors Affecting Perception – Perceptual Mechanism.
- Personality: Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II - Motivation

- Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation.
- Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance.
- Stress: Meaning and Definition, Causes. Stress and Sports Performance.
- Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance.
- Self-Concept: Meaning and Definition, Method of Measurement.

UNIT III – Goal Setting

- Meaning and Definition, Process of Goal Setting in Physical Education and Sports.
- Relaxation: Meaning and Definition, types and methods of psychological relaxation.
- Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger dexterity board – Depth perception box – Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

UNIT V – Psychology of Competition and Group Cohesion

- Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics.
- Competition psychology - Psychological factors affecting sports performance, psychological preparation for sports – pep talks, bio-feedback techniques, self suggestions, Progressive relaxation techniques, Visualisation and imagery

Practical: At least five experiments related to the topics listed in the Units above should be conducted by the students in laboratory.

REFERENCES:

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.

Jain. (2002), Sports Sociology, Heal Sahet y Kendre Publishers.

Jay Coakley. (2001) Sports in Societ y – Issues and Controversies in International Education, Mc-Craw Seventh Ed.

John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc. John D.

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Miroslaw Vauks & Br yant Cratt y (1999). Psychology and the Superior Athlete. London: The Macmillan Co.

Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.

Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.

Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.

Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personalit y and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

Semester III Theory Course

MDS503: SPORTS SPONSORSHIP

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should

- Increase his/her competence to seize the new employment opportunities which are likely to generate.
- Be able to undertake research in sponsorship and sports marketing field.
- Become aware about marketing systems followed in the field of sports.
- Enlightened about the new hi-tech technologies and equipments/gadgets available in market.
- Be trained with the requisite knowledge of sport sponsorship and marketing.
- Be enlightened regarding the avenues available in the field of Sports sponsorship and Sports Marketing such as Facility Directors, Market researchers, Sports marketing agents, Corporate sales agents etc.

Unit I: Preparing for Sponsors

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: Leveraging Sponsorships.

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: The strategy of Sports Sponsorship

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: Trends in Sports sponsorship

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.

References:

1. Ukman Lesa (1996) IEG's Complete Guide to Sponsorship, IEG Inc. Publications, North Lasalle, Chicago.
2. Park house Bonnie L (2001) The Management of Sport, Published by McGraw-Hill Companies. Inc. New York.
3. Schmader Steven Wood (1991) Special Events: Inside Out, Sagamore Publishing Champaign, Illinois.
4. Bacon Francis (1995) Sponsorship Benefits, Public Relation for your business Excel books, New Delhi.
5. Bhattacharya Sukumar (1972) Indian Income Tax: Law and Practice, Mahabharatha Publishers, Calcutta.
6. Goldstein Arnolds (1988) Corporate Come Back, John Eiley and Sons, Inc. United States of America.
7. Howard R Dennis (1995) Financing Sport, Fitness Information Technology Inc. University Avenue, Morgantown.
8. Lal.B.B (1996) Direct Taxes: Practice and Planning, Income, Wealth Tax, Gifts, Allied Publications, New Delhi.
9. Panda Snehalatha (1989) Financial Administration and Personal Management in Public Enterprises, Patel Publications, New Delhi.
10. Mason G James and Paul Jim (1993) Modern Sports Administration, Prentice-hall Inc. Englewood Cliffs, New Jercey.
11. Be Successful at Sports Sponsorship: Advisory Pack by Scottish Sports Council (2000)
12. Commercial sponsorship of disability sport_by Sports match (2000)
13. Football Sponsorship and Commerce: An Analysis of Sponsorship and Commercial Opportunities in Football_by Lovella Miles and Simon Rines.

Semester III Theory Course

MDS504: ADAPTIVE AND CORRECTIVE PHYSICAL EDUCATION (ELECTIVE)

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

- Participate regularly in developmentally age-appropriate movement and motor skills.
- Develop a healthy level of flexibility, balance, muscular strength and endurance, body composition, and cardio-respiratory endurance.
- Develop competency in movement and motor skills.
- Learn game rules and strategies and demonstrate their use in game settings.
- Demonstrate appropriate social skills in a physical activity setting.
- Understand the benefits of regular physical activity.
- The Adapted Physical Education program also emphasizes the importance of physical activity and personal fitness.

Unit I: Meaning of Adaptive and corrective Physical Education.

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

Unit II: HUMAN RESOURCES:

- a) Director of Physical Education and Athletics, Adapted Physical Educator or Coordinator, Regular Physical Educator, Nurse, Physician. Qualifications of the Adapted Physical Education teacher.
- b) 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: NATURE OF DISABILITIES:

- a) 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.
- b) 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: MOVEMENT:

a) Active Movement I. Voluntary Movement:-

a) Free exercise-classification technique, effects

b) Assisted exercise- Technique, effects

c) 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 I. Sprains ii) Contusions iii) Luxations iv) Fractures v) Muscle pull & Tear vi) Cramps vii) Inflamed muscle viii) Periostitis ix) Strained and pulled Tendons x) Torn Tendon.

Passive Treatments:

i) Massage:- Basic Techniques – Stroking (Effleurage)- Kneading (Petrissage) – Rubbing (Friction)-Hacking, Thumping and Slapping – Vibration and Shaking. Conditions for application of massage.

ii) Uses of heat, Dry heat and moist heat.

iii) Uses of Cold

iv) Hydrotherapy and Electrotherapy

Active Treatments:

i) Strengthening

ii) Proprioceptive Neuromuscular facilitation (PNF)

iii) Loosening

iv) Stretching

v) Exercises in water

References:

1. Adapted Physical Education and J.P. Winnicks (Ed) 4th Edition. Human Kinetic's www.humankinetics.com 2005.
2. Development and Adapted Physical Education. Clarke Harrison H. and Clarke David H. Englewood Cliffs N.J. Prentic Hall, inc., 1963.
3. Adapted Physical Education Fait Holis F. Philadelphia W.B. Saunders Co., 1962.
4. Adapted Physical Education and Recreation, Auxter David, Pyfer Jean, Huetting carol, Mosby, Year Book inc., 1993.
5. Physical Therapy for Sports. Eitner Doris, Meissner Buty, Ork Helmut, W.B. Saunders Company, Philadelphia 1982.
6. The Principles of Exercise Therapy Gardiner Dena M. C.B.S. Publishers and Distributors, Delhi, 1985.
7. Friz Sandy: Sports & Exercise massage, Elsevier Mosby-2005.

Semester III Theory Course

MDS505: SPORTS MEDICINE (ELECTIVE)

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should understand

- The concept of sports medicine and its significance in sports performance.
- The development of the profession of sports medicine and its regulatory bodies
- Injuries occurring in the upper extremities and their rehabilitation
- Injuries occurring in the lower extremities and their rehabilitation
- The techniques and benefits of massage

UNIT I – Sports Medicine and Therapeutic Exercise

- Meaning, definition and importance of Sports Medicine.
- The development, objectives and activities of the International Federation of Sports Medicine. (FIMS)
- 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. Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.
- The development, objectives and activities of the IOC Medical commission.

UNIT II – Basic Rehabilitation and Spine Injuries and Exercise

- Basic Rehabilitation: Strapping/Taping: Definition, Principles, Precautions Contraindications. Proprioceptive neuromuscular facilitation.
- Definition hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching. Definition.
- Types of stretching, Advantages, dangers of stretching, Manual muscle grading.
- Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries. Spinal range of motion.
- Free hand exercises, stretching and strengthening exercise for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

UNIT III – Upper Extremity Injuries, Lower extremity Injuries and Exercise

- 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.
- Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping.
- Knee: Sprain, Strain, Strain, 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 injuries.

UnitIV–Massage and Doping

- Brief history of massage–Massage as an aid for relaxation.
- Points to be considered in giving massage–Physiological, Chemical, Psychological effects of massage.
- Indication/Contraindication of Massage–Classification of the manipulation used massage and their specific uses in the human body – Stroking manipulation: Effleurage – Pressure manipulation: Petrissage Kneading(Finger, Kneading, Circular)
- Ironing Skin Rolling– Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.
- .Doping – Classifications, Clinical aspects of doping, Dope testing

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

REFERENCES:

1. Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
2. James, A. Gould & George J. Davies. (1985).Physical Physical Therapy. Toronto: C.V. Mosby Company.
3. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
4. Pande. (1998). Sports Medicine. New delhi: KhelShitya Kendra
5. The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.
6. Practical: Anthropometric Measurements.
7. Christopher C. Madden, Margot Putukian, Craig C. Young, Eric C. Mccarty,(2010),
8. Netter’s Sports Medicine, Saunders Elsevier, Philadelphia.

Semester III Practical Course

MDH506: TRACK AND FIELD III: THROWING EVENTS

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should understand

- Perform throwing events.
- Perform throwing techniques.
- Understand the different methods of throwing styles, tactics and perform the same.

Styles and techniques of

- **Shot Put**
- **Discus Throw**
- **Javelin Throw**
- **Hammer Throw**

SPECIALISATION RECORD

UNIT 1 : History and development of the throwing events.

- Origin of the event
- Growth and development of the event

UNIT 2: Skills and Techniques

- Shot Put styles and techniques
- Discus throw styles and techniques
- Javelin throw styles and techniques
- Hammer throw technique
- Teaching progressions of each event and training drills

UNIT 3: Fitness training for each of the skills

- Energy system involved in the skill
- Training to develop the fitness parameters involved in the skill
- Training plan of six weeks for throws
- Training for tactics

UNIT 4: Rules and Regulations

- Officials required for the throwing events
- Rules pertaining to throwing events and each of the throws

UNIT 5: Layout and construction and maintenance of throwing arena.

UNIT 6: Organization, Administration and managerial set up for conducting throwing events.

UNIT 7: Biomechanical principles of the throwing events

UNIT 8: Injuries and Nutrition

- Event related injuries, prevention, treatment and rehabilitation.
- Nutrition specific to the event

*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded in consultation with the guide.

MDH507: LABORATORY PRACTICAL – SPORTS PSYCHOLOGY

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should understand
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- | |
|--|
| <ul style="list-style-type: none">• To understand how psychological factors influence physical performance;• To understand how participation in sport affects psychological development.• The application of this understanding to real life cases is the essence of sport psychology. |
|--|

Unit I

1. Aptitude tests
2. Interest inventories/schedules
3. Bell Adjustment inventory
4. Achievement motivation Tests
5. Personality Tests – self esteem, self confidence, self concept, self and ideal discrepancy.

Unit II

1. Stressful life –events scale
2. Anxiety
3. Self-esteem
4. Extraversion and neuroticism personality assessment.
5. Well-being Questionnaire.

Unit III

1. Sociometry
2. Measuring styles of leadership behaviour
3. Attitude measurement
4. Level of aspiration
5. Emotional Intelligence

Unit IV

1. Muller Lyer Illusion
2. Maze Learning
3. Self confidence test
4. Imagery test
5. Self talk

Unit V

1. Psychological reactions to sports injuries
2. Reaction ability tests
3. Anxiety tests
4. Depth perception test
5. Cognitive ability test

The students should prepare a record book containing the above said activities which will be evaluated in the semester exam.

Semester III Practical Course

MDH508: (A) COACHING LESSONS OF TRACK AND FIELD AND (B) COACHING LESSONS OF GAME SPECIALISATION

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should understand

- The general coaching principles of sports and games
- Specific coaching principles of track and field and game specialization.
- Various drills for progression of learning skills from simple to complex.
- Management of trainees while coaching a game/event.
- Knowledge about various equipment required for the teaching of a particular game/event
- Periodisation of coaching according to the purpose and objectives

(A) COACHING LESSONS OF TRACK AND FIELD

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class, they are going to handle at school and college level.

Each student teacher is expected to take at least fifteen lessons in track and field for the BPEd students or high school students as decided by the departmental council at the end of which a competition will be conducted among the trainees of the MPED teachers. For this purpose a group of three MPED students in each coaching team may be made to coach track, jumps and throws. 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 coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

(B) COACHING LESSONS OF GAME SPECIALISATION

The students of M.P.Ed – III Semester need to be develop proficiency in taking coaching lesson in selected game discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to visit the schools and take coaching lessons on games allotted to them for 15 days at the end of which there will be a competition among the participating schools in the respective games. 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 coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

At the end of the semester pedagogy there will be an external exam, in which the teacher trainee (MPed student) will have to demonstrate his coaching abilities in one track and field event as well as one game.

Semester III Practical Course

MDS509: SPECIALISATION – BADMINTON/ BASKETBALL / KABADDI (ANY ONE)

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

- Develop skills and fitness specific to a particular sport.
- Appreciate and be able to execute strategic play.
- Participate at a level appropriate to one's developmental stage.
- Share in the planning and administration of sport experience.
- Provide reasonable leadership.
- Work effectively within a group toward common goals
- Appreciate the rituals and conventions that give particular sports their unique meanings.
- Develop the capacity to make reasoned decisions about sport issues.
- Develop and apply knowledge about umpiring, refereeing, and training.

- **Basic skills**
- **Advanced skills**
- **Teaching progression of different skills**
- **Drills for each of the skills**
- **Biomechanical analysis of the skills**
- **Specific fitness drills**

SPECIALISATION RECORD

UNIT 1 : History and development of the Game/Sport

- Origin of the Game
- Growth and development of the Game in India.
- Tournaments and awards

UNIT 2: Skills and Techniques

- Fundamental Skills
- Advanced skills
- Training drills

UNIT 3: Strategies and Tactics

- Training for tactics
- Training plan for a period of six weeks and twelve weeks at different levels (High school, college and university)

UNIT 4: Officiating

- Rules and Regulations
- System of officiating

UNIT 5: Layout and construction and maintenance of playfield/courts**UNIT 6: Organization, Administration and managerial set up for conducting tournament /competition****UNIT 7: Biomechanics and Energy systems**

- Biomechanical principles of the game/sport
- Energy systems involved in the games and fitness programme specific to the game

UNIT 8: Injuries and Nutrition

- Game/Sport related injuries – Prevention, treatment and rehabilitation.
- Nutrition related to the game – Off season, and pre, during and post competition

*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded in consultation with the guide.

Semester IV Theory Course

MDH551: DISSERTATION/PROJECT

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

On completion of this course the students will be able to

- Formulating research questions with the help of the supervisor, and elaborating the research.
- Acquiring information independently and assessing its relevance for answering the research questions.
- Acquiring attitude to work on scientific research in a team.
- Learning to communicate in a scientific language through collaboration with fellow students and researchers.
- Following up and analysing developments in the chosen area, through training and by making contact with the current research in one of the areas.
- Using adequate experimental or theoretical methods and techniques.
- Critically analysing the results and their interpretation.
- Reporting and presenting the original results in an orderly way and placing the open questions in the right perspective. Linking techniques and results from literature as well as actual research and future research lines with the research.

1. A candidate shall have dissertation for M.P.Ed. – IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.
3. The candidate has to face the Viva-Voce conducted by DRC.

Activities :

- Scoring of the data: scoring the responses based on scoring key previously prepared and as per the objectives of the study.
- Tabulate the scored data: Preparation of suitable tables in MS excel, to enter the data as per the objectives of the study, submission of a report of the tabulated data to the supervisor.
- Analysis of the tabulated Data: Applying the suitable statistical analysis to the tabulated data. Graphical representation of the data, calculation of descriptive measures, Inferential analysis of the data based on objectives of the study. Identifying the major findings and discussion of the findings and a report of the same to be submitted to the supervisor.

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- Reporting of the Research Study:
Chapterization: Preparation of chapter headings and sub headings
Writing of chapters:
Chapter One: Introduction
Chapter Two: Review of Related Literature
Chapter Three: Methodology
Chapter Four: Analysis and Interpretation of the Data
Chapter Five: Summary and Conclusion.
Preparation of Bibliography using APA Style
Preparation of Appendices
Submission of the Final Dissertation.

Semester IV Theory Course

MDH552: SPORTS BIOMECHANICS AND KINESIOLOGY

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should understand

- The meaning and scope of Kinesiology and Biomechanics in Physical Education and sports
- The location of muscles and the involvement of muscles in movement
- Principles of physics as applied to sports skills
- Application of laws of biomechanics in various skills and athletic events.
- The methods of analyzing skills and detecting faults during the performance of these skills.
- Usage of various techniques and tools to analyse skills.
- The method of improvising skills thereby increasing efficiency of skill performance

Unit I - Introduction to Biomechanics and meaning of terms

- Meaning and scope of Biomechanics, Meaning of terms- Kinetics and Kinematics, Speed, Velocity, Acceleration, Momentum, Force, Mass, parallelogram of forces, Gravity, work, energy
- Meaning and scope of Kinesiology, Planes and Axis, Fundamental movements at joints – Cervical (neck), shoulder, elbow, Wrist, vertebral (trunk), Hip, Knee and ankle. Neural basis of movement – motor units, proprioception.

Unit II – Skeletal System and Muscular system

- Skeletal system, types of joints, Joint stability, Range of motion; Muscular system – shapes of muscles, factors affecting force of muscle contraction, Role of muscles – Agonists or prime movers, antagonists, Synergists or neutralizers, fixators or stabilizers.
- Different muscles of the body – Their locations, attachments and actions.
Muscles of the upper body: LatissimusDorsi, Rotator cuff (Inraspinatus, Supraspinatus, Subscapularis, Teres minor), Pectoralis major and minor, Rhomboid major and minor, Teres major, Trapezius, Triceps Brachii, Biceps Brachii, Brachialis, Deltoids, Scalene, Sternocleidomastoid, Rectus Abdominus
Muscles of the lower body: muscles of the neck, shoulders, upper back, lower back, abdomen, lower abdomen, Gluteus group (Gluteus major, medius and minor), quadriceps group (Rectus Femoris, VastusLateralis, VastusMedialis, Vastusintermedius), hamstring group (Biceps femoris, Semi tendinosus, Semi membranousus), tibialis anterior, Gastrocnemius and soleus, Sartorius, Tensor Fascia Lata - their locations and actions.

Unit III – Motion and Force

- Motion, types of motion, Newton's laws related to linear and angular motion, Projectile motion – Trajectory, Factors affecting horizontal range; Velocity, acceleration, momentum as applied to linear and angular motion.
- Force, types of force, Friction, Centripetal and centrifugal force.
- Air and water resistance – their applications in sports
- Gravity, center of gravity, Kinetic and Potential energy.

Unit IV – Levers, Stability and Analysis of skills

- Levers – Types and classes of levers, Stability – factors affecting stability
- Kinesiological and Biomechanical analysis – qualitative and quantitative analysis, tools of analysis. Analysis of track and field events (sprint, long jump, high jump, shot put, discus throw), selected skills in games (shooting in basketball, push, scoop and hit in hockey, kick, heading and stopping in football, service and spiking in volleyball, bowling and batting in cricket, Kabaddi, khokho, tennis service and drive)

REFERENCE:

- Deshpande S.H.(2002). ManavKriyaVigyan – Kinesiology (Hindi Edition) Amravati :HanumanVyayamPrasarakMandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005. Steven Roy,& Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
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- Peggy A Houglum and Dolores B. Bertoti (2011), Brunnstrom's clinical Kinesiology (6th Ed.), E A Davis Company, Philadelphia
- Carol A Oatis (2009), Kinesiology – Mechanics and Pathomechanics of Human Movement (2nd Ed.), Lippincott Williams and Wilkins, Philadelphia

Semester IV Theory Course

MDS553: VALUE AND ENVIRONMENTAL EDUCATION

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should be able to

- Promote a new understanding and framework to help students achieve positive and purposeful lives for themselves and their communities through engaging with values to guide and inform their behaviour.
- This approach offers a new way of thinking about education and how children and young people can be supported to develop to become successful and happy members of society.
- Environmental education is concerned with those aspects of human behaviour which are more directly related to man's interaction with bio-physical environment and his ability to understand this interaction.
- To help the social groups and individuals to acquire knowledge of pollution and environmental degradation.
- To help social groups and individuals to acquire a set of values for environmental protection.

UNIT I – Introduction to Value Education

- Values: Meaning, Definition, Concepts of Values.
- Value Education: Need, Importance and Objectives.
- Moral Values: Need and Theories of Values.
- Value Systems: Meaning and Definition, Personal and Communal Values, Consistency, Internally consistent, internally inconsistent, Judging Value System, Commitment, Commitment to values.

Unit- II – Environmental Education

- Definition, Scope, Need and Importance of environmental studies., Concept of environmental education.
- Historical background of environmental education, Celebration of various days in relation with environment, Plastic recycling & prohibition of plastic bag / cover, Role of school in environmental conservation and sustainable development, Pollution free eco- system.

Unit - III Rural Sanitation and Urban Health

- Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems, Process of Urban

Health, Services of Urban Area, Suggested Education Activity, Services on Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

- Sanitation in sports arenas, sports facilities, sanitation problems and requirements in educational institutions.

Unit - IV Natural Resources and related environmental issues:

- Water resources, food resources and Land resources,
- Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution Management of environment and Govt. policies, Role of pollution control board.

REFERENCE:

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

Odum, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971.

Rao, M.N. & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Pvt. Ltd.) 1987

Townsend C. and others, Essentials of Ecology (Black well Science)

Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press), 1995.

Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.

Mc Kinney, M.L. and Schoel, R.M. Environmental Science System and Solution (Web enhanced Ed.) 1996.

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)

Semester IV Theory Course

MDS554: SPORTS SOCIOLOGY

Number of credits : 3 Number of hours : 3 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should be able to

- Understand the meaning of sports sociology and sports culture
- Understand the social values of sports
- Understand the cultural and political implications of sports
- Get acquainted with different sports institutions
- Understand the religious implications on sports
- Understand and appreciate the status of women in sports and their participation]
- Get knowledge about sports in societies of various other countries

UNIT I –Meaning of Sports Sociology and Sports Culture

- Definition and meaning of Sports Sociology, Sports a social phenomenon, sports sociology as a separate discipline. Nature need and scope of sports, and sports sociology. Sports and socialization of the individual.
- Culture, Sports Culture, basic concepts of culture, elements of culture, functions of culture, relationship of sports with other elements of culture.
- Social planning and physical culture – work, free time and culture, physical culture as a requirement of social development.
- Development of socialistic production and physical culture.

UNIT II Values, Social Institutions and Commercial Sports

- Physical activity and the social attitude of infants, children and adolescents.
- Sports as a reflection and transmitter of values.
- Cross culture differences, ethnic, political and democratic issues related to sports.
- Social institutions – Economic, political, religious. Sports as a social institution. Relationship of sports with other social institutions.
- Emergence and growth of commercial sports- Effects of commercialization of sports, status and income of athlete in commercial sports.

UNIT III Sports and Society

- Sports and social solidarity – political consequences of international sports events.
- Reasons for combining sports and religion. Similarities and differences between sport and religion.
- Stratification – sports and social stratification, mobility and opportunities,
- Sports participation and general careers and successes.
- Athletic retirement and social mobility.

UNIT IV Sports Women, Audience, Competition and Sports in Different Periods

- Women in sports – The sports women in our society, participation and patterns among women. Gender in equation issues and future of women sports.
- Place of games and sports in different periods – Ancient, middle and modern. Place of games and sports in socialistic countries – Russia, China, Czechoslovakia, Poland and Hungary.
- Consequences of competitions – Sports competition as preparation for life.
- Sociometric evaluation process.
- The audience – Sports and aggression, collective violence in sports.

References:

Ball and Ley. Sports and Social Order. Addison Wesley Pub.Co.

Cratty, B.J. Social Dimensions of Physical Activity. Englewood Cliffs, NJ:Prentice Hall Inc., 1967.

Dharam, V.R. Sports and Society: Readings in the Sociology of Sports. New Delhi: Classical Publishing Co., 1989.

Hylton, Kelvin, et.al. Sports Development: Policy, Process and Practice. London: RoutledgeFalmer, 2001.

Iso-Ahola, Seppo E. and Brad Hatfield. Psychology of Sports: A Social Psychological Approach. Dubque, Iowa: WMC Brown Publishers, 1986.

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Martin, Rainer. Social Psychology and Physical Achieving. New York: Harpen and Row Publishers, 1975.

Mohanty, GirishBala. Social Psychology: New Delhi:Kalyani Publishers, 1977.

Snyder, Eldon E. and ElonrSpreitzer. Social aspects of Sports. Englewood Cliffs, NJ:Prentice Hall Inc., 1968.

Semester IV Theory Course

MDS555 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should be able to

- State the meaning of information technology and communication technology.
- Concept, Elements, Process & Types of Communication.
- Concept & Importance of ICT.
- Fundamentals of Computers.
- MS Office Applications
- ICT in Teaching Learning Process Project Based Learning.
- Justify the need & Significance of ICT in Education.
- Explain the historical perspective of Educational Technology.
- State the emerging trends in Educational Technology.
- E-Learning & Web Based Learning.
-

Unit I – Communication & Classroom Interaction

- 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 – Fundamentals of Computers

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

Unit III – MS Office Applications

- MS Word: Main Features & its Uses in Physical Education
- MS Excel: Main Features & its Applications in Physical Education
- MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education
- MS Power Point: Preparation of Slides with Multimedia Effects
- MS Publisher: Newsletter & Brochure, Tools of ICT, their uses, advantages and disadvantages, applications
- Virtual learning environment,

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

REFERENCES:

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- Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
- Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
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- Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999
- Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006

Semester IV Practical Course

MDH556: TRACK AND FIELD IV: COMBINED EVENTS, CROSS COUNTRY, RACE WALKING, TRACK AND FIELD MARKING AND OFFICIATING

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should be able to

- Perform combined events and different finishing techniques.
- Perform cross country race, race walking technique.
- Understand the methods of track and field marking and officiating.

- Combined Events – Decathlon and Heptathlon
- Cross Country
- Race Walking
- Track and Field marking and Officiating

SPECIALISATION RECORD

UNIT 1 : History and development of Combined Events, Race walking and Cross Country

- Origin of the event
- Growth and development of the event

UNIT 2: Skills and Techniques

- Skills and techniques of Race walking
- Strategies in Decathlon, Heptathlon and Cross Country

UNIT 3: Fitness training

- Energy system involved in the race walking and cross country
- Training to develop the fitness parameters involved in the events
- Training plan of six weeks for race walking, combined events and cross country

UNIT 4: Rules and Regulations

- Officials required for combined events, cross country and race walking
- Rules pertaining combined events, cross country and race walking

UNIT 5: Layout and construction and maintenance of track and field arena

UNIT 6: Organization, Administration and managerial set up for conducting an athletic Meet

UNIT 7: Biomechanical principles

- Race walking

UNIT 8: Injuries and Nutrition

- Event related injuries, prevention, treatment and rehabilitation.
- Nutrition specific to the events

*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded in consultation with the guide.

MDS557 LABORATORY PRACTICAL – COMPUTER APPLICATIONS

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

- Students will attain a level of basic computer awareness--how computers work, how computers are controlled, the impact of computers in education and physical education.
- Students will be introduced to different types of computer equipment, such as disc drives, printers, laserdiscs, modems, speech synthesis & video digitization.
- Students will receive hands-on experience with a number of general applications-- word processing, spreadsheets.
- Students will receive hands-on experience with a number of physical education applications-- physical fitness assessment, diet analysis, game statistics, game simulation, computer assisted learning, scheduling, reaction time tests and motion analysis.
- Students will gain an awareness of the information storage and retrieval capabilities of the computer.
- Students will be introduced to techniques of instructional design in physical education using computers, laserdiscs and multimedia. Also, they will be introduced to the development and evaluation of computer software.

I – Microsoft Word

- Using the various options in Microsoft word to create folders, files, saving and their applications in administration of sports events and coaching.

II – Microsoft Excel

- **Using Microsoft excel to prepare spreadsheets, insert graphs, analyse data and to prepare schedules etc.**

III – Microsoft Powerpoint

- **Prepare presentations**

IV – Creating and using email

V – Using search engines

Semester IV Practical Course

MDS558: LABORATORY PRACTICAL – SPORTS BIOMECHANICS AND KINESIOLOGY

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should be able to

- Identify the various planes and axis
- Perform various fundamental movements and the planes and axes in which they act.
- Palpate the various muscles of the body.
- Prescribe exercises for the development of specific muscles.
- Utilize the goniometer to measure the joint angles
- Analyze the various skills and athletic events on the basis of kinesiological and biomechanical principles
- Use the camera and video to capture the still and live images to analyze the skills.

Kinesiology

1. Basic Anatomical Position
2. Planes and Axes
3. Fundamental movements at various joints – Neck, Shoulder, Elbow, Wrist, Trunk, Hip, Knee and Ankle.
4. Identification and palpation of muscles – Biceps Brachii, Triceps Brachii, Deltoids, Pectoralis Major, Rectus Abdominus, Latissimus Dorsi, Trapezius, Teres Major, Rotator cuff muscles, Ilio Psoas muscle, Gluteus group, Quadriceps group, Hamstring group, Soleus, Gastrocnemius.
5. Joint movement analysis
6. Muscular analysis of movement

Biomechanics

1. Center of Gravity
2. Goniometer testing – flexibility and ROM.
2. Analysis of Standing, Sitting, walking, running.
3. Analysis of skills of various games.
4. Analysis of Long Jump, High Jump, Sprinting, Race walking, Shot Put, Discus Throw etc.
5. Video analysis of various skills as mentioned above.

The students should prepare a record book containing the above said activities which will be evaluated in the semester exam.

Semester IV Practical Course

MDS559: SPECIALISATION – HANDBALL / TENNIS / WEIGHTLIFTING (ANY ONE)

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

- Develop skills and fitness specific to a particular sport.
- Appreciate and be able to execute strategic play.
- Participate at a level appropriate to one's developmental stage.
- Share in the planning and administration of sport experience.
- Provide reasonable leadership.
- Work effectively within a group toward common goals
- Appreciate the rituals and conventions that give particular sports their unique meanings.
- Develop the capacity to make reasoned decisions about sport issues.
- Develop and apply knowledge about umpiring, refereeing, and training.

- **Basic skills**
- **Advanced skills**
- **Teaching progression of different skills**
- **Drills for each of the skills**
- **Biomechanical analysis of the skills**
- **Specific fitness drills**

SPECIALISATION RECORD

UNIT 1 : History and development of the Game/Sport

- Origin of the Game
- Growth and development of the Game in India.
- Tournaments and awards

UNIT 2: Skills and Techniques

- Fundamental Skills
- Advanced skills
- Training drills

UNIT 3: Strategies and Tactics

- Training for tactics
- Training plan for a period of six weeks and twelve weeks at different levels (High school, college and university)

UNIT 4: Officiating

- Rules and Regulations
- System of officiating

UNIT 5: Layout and construction and maintenance of playfield/courts**UNIT 6: Organization, Administration and managerial set up for conducting Tournament / competition****UNIT 7: Biomechanics and Energy systems**

- Biomechanical principles of the game/sport
- Energy systems involved in the games and fitness programme specific to the game

UNIT 8: Injuries and Nutrition

- Game/Sport related injuries – Prevention, treatment and rehabilitation.
- Nutrition related to the game – Off season, and pre, during and post competition

*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded in consultation with the guide.