YMCA COLLEGE OF PHYSICAL EDUCATION
NANDANAM, CHENNAI – 600035

Minutes of the Academic Council meeting held on 24 June 2022 by 03.30 p.m., via Zoom Cloud Meeting

1. **Prayer:** The meeting started with a word of prayer by Dr. J. Jackson Sutharsingh, Assistant Professor.

2. **Roll Call**:

2.1. Members Present:

1.	Dr. George Abraham, Principal	Chairman
2.	Dr. S. Thirumalai Kumar, Professor	University Nominee
3.	Dr. Shahin Ahamed, Professor	University Nominee
4.	Dr. R. Ramakrishnan, Professor & Head	University Nominee
5.	Mr. Vincent Sahayaraj	Expert/ Industry
6.	Adv. Ram Prasad	Expert/ Law
7.	Dr. Prince Boaz Edwin, Medical Officer	Expert/ Medicine
8.	Dr. K. Jothi, Associate Professor	Member Secretary
9.	Dr. S. Johnson Premkumar, Assistant Professor	Member
10.	Dr. J. Jackson Sutharsingh, Assistant Professor	Member
11.	Dr. J. Glory Darling Margaret, Assistant Professor	Member
12.	Dr. S. Glady Kirubakar, Assistant Professor	Member
13.	Dr. S. Jerome David, Assistant Professor	Member
14.	Dr. E. Simson Jesudass, Assistant Professor	Member
15.	Dr. S. Abraham Davidson, Assistant Professor	Member
16.	Mr. J. Benjamin Franklin, Correspondent & Secretary	Special Invitee
17.	Mr. Rajjiv George, Administrator & Estate Manager	Special Invitee
18.	Mr. J. Moses, Executive Secretary, NCYI	Special Invitee

2.2. Apology for Absence: Apology for absence was received from Mr. M. M. Selvakumar, Engineer.

3. **Welcome:** The Principal welcomed all the members including the College Management Authorities as Special Invitees for the meeting.

4. **Matters Arising:**

4.1. Approval of minutes of Board of studies following Outcome Based Education (OBE) Courses: The Committee approved the minutes of the Board of Studies with mild modification to remove Sports Sociology from Generic Electives and add Disaster Management. In the counseling subject it was suggested to unit-IV as Unit II and vice versa. It was proposed to remove Sports Engineering from the Subject Technology and make Sports Technology as single subject in the Electives. It was suggested to keep Course Code as per the UGC guidelines not more than 6 letters. It was suggested to arrange the subjects of each semester

The approved syllabus for B.P.Ed., and M.P.Ed., are attached herewith.

A. <u>M.P.Ed. – Revision & Modification of Syllabus - Notes on Agenda Revision</u>

Semester – 1 Instead of "Elective course", **"DISCIPLINE SPECIFIC ELECTIVE"** to be included.
MEC 104 as MDSE 104 - Adapted Physical Education,
MEC 105 as MDSE 105 - Sports Management
MEC 106 as MDSE 106 - Sports Technology & Engineering (MEC 106 + MEC 306)

Semester – 2 - Instead of "Elective course" "**GENERIC ELECTIVE" to be included as**
MEC 204 as MGE 204 - Value Education
MEC 205 as MGE 205 - Environmental Studies
MEC 206 as MGE 206 - Sports sociology

Interchanging - Semester 2 - MCC 203 Test Measurement & Evaluation is shifted to Semester 3

-> MCC 303 Sports Biomechanics and Applied Kinesiology

MEC 206 Sports Nutrition and Health Promotion is changed as MEC 305 as Sports Nutrition

Semester – 3 – "**SKILL ENHANCEMENT COURSE"**
MEC 304 MSEC 304- ICT in Physical Education
MEC 305 MSEC 305- Sports Nutrition
MEC 306 Sports Engineering is combined with Sports Technology in MDSE 106 and
MSEC 306- Sports Counselling included

M.P.Ed., SEMESTER- III

MSEC 306 SPORTS COUNSELLING

UNIT – 1: **Introduction:** Definition of Counselling and Sports counselling - Goals of sports Counselling, -Personal and Professional aspects of Counselling, characteristics of effective sports Counsellor, , Ethics-legal aspects of Counselling.

Unit – II: **Psychopathology** : Psychological abnormality: - Deviance, distress, dysfunction, danger, the elusive nature of abnormality.- Schizophrenia Spectrum and other Psychotic Disorders- Personality Disorders Anxiety, Obsessive Compulsive and Stress Related Disorders -
Bipolar and Depressive Disorders- Treatment approaches

Unit – III: **Health Aspects**: Health compromising behaviour in sports: characteristics – alcoholism and problem drinking in sports persons – causes and treatment programs, preventive Approaches to alcohol abuse; smoking – effect of smoking, causes, intervention to reduce Smoking, smoking prevention.

Unit – IV: **Counselling Process**: Stages and skills in sports counselling process: the three stages of counselling in perspective – ways to initiate communication and build counselling relationship; core conditions of counselling; ways to enhance communication; in-depth exploration – goals & methods – advanced empathy, immediacy, confrontation, interpretation; role playing, 12 emotional catharsis, transference and counter transference. The process of goal setting, design & implementation of action plans; comparison of models – Patterson's model vs. Egan's model; making the referral & termination

UNIT – V: **Testing and Assessment**: Testing, Assessment and Diagnosis in sports Counselling- Nature and uses of Psychological Tests – Definition and uses of psychological tests. Test administration. Examiner and situational variable. Effects of training on test performance. Source of information about the test.- Assessment of intelligence & aptitudes, personality , sports performance health, counselling work

References:

1. Anastasi. A. &Urbina.S. (2002), Psychological testing, 7th Edition, Pearson Education, USA
2. Comer, R.J. (2013). Abnormal Psychology. (8th ed). Worth Publishers.
3. Egan, G. (2013). The skilled helper - A Problem Management Approach to Helping. Brooks/Cole Publishers.
4. Gregory.R.J. (2005). Psychological testing, history, principles and applications. 4th Edition, Pearson Education, USA
5. Patterson,L.E. and Welfel,E.R. (2000). The counselling process, (5thed).Wadsworth, Brooks/Cole Thomson Learning.
6. Rawat, D. (2005). Health psychology, Sublime Publications, Jaipur
7. Sarason & Sarason(2005). Abnormal Psychology.(11thed). Pearson Education
8. Taylor, S. E. (2006). Health psychology, Tata McGraw – Hill Company.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand Counselling skills and process as a helping relationship
CO2: Identify psychological abnormality, different models of abnormality and clinical assessments.
CO3: Infer health compromising behaviour in sports
CO4: Evaluate different therapeutic skills in different stage of counselling.
CO5: Suggest Testing, Assessment and Diagnosis in sports counselling

Practical

Intramural activities in all semesters, Project Sports meet, Educational Tour in third / final semester (Ability Enhancement course) – at the end of the course one credit to each after submitting project report. No marks. It was resolved for implementation

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

REGULATION 2022-2023

CHOICE BASED CREDIT SYSTEM & OUTCOME BASED EDUCATION

I - IV SEMESTER CURRICULA & SYLLABI

1. PROGRAMME EDUCATIONAL OBJECTIVES (PEOs):

PEO 1	To impart the basic knowledge of physical education, sport sciences and related areas of studies.
PEO 2	To develop the learner into competent and efficient physical educationist/ Industry ready professionals.
PEO 3	To empower learners by communication, professional and life skills.
PEO 4	To impart Information Communication Technologies (ICTs) skills, including digital and media literacy and competencies.
PEO 5	To imbibe the culture of research, innovation, entrepreneurship and incubation.

PEO 6	To inculcate professional ethics, values of Indian and global sports culture.
PEO 7	To prepare socially responsible teaching academicians, researchers, professionals with global vision.

2. PROGRAMME OUTCOMES (POs):

PO 1 Domain/ Disciplinary Knowledge: Apply the gained knowledge which may be relevant and appropriate to Physical Education and sports sciences.

PO 2 Critical Thinking & Problem Analysis: Enable to understand analysis, analyze, and define the requirements of facts, observation to form conclusion or judgment. It enhances rational skeptical and unbiased analysis or evaluation of factual evidence.

PO 3 Research Related Skills: Identify, formulate, search for literature collect and analyze, interpret and evaluate, substantial conclusion.

PO 4 Communication Skill and Digital Literacy: Ability to communicate effectively through mass media among audience, stakeholders, community effectively integrate IT based/ allied sports sciences/ technological solutions to applications.

PO 5 Team Work: Ability to lead and as an individual in interdisciplinary setting to establish a common goal.

PO 6 Moral and Ethical Awareness: Recognize, respect the values of professional, ethical social and responsibilities in teaching, learning and evaluation.

PO 7 Self Directed and Lifelong Learning: Ability to identify and analyze the needs of self and take them into account in creation, evaluation and administration in Physical Education and Sports throughout their different life settings.

3. PEO/ PO MAPPING:

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7
PEO 1	✓		✓	✓	✓	✓	✓
PEO 2		✓	✓	✓		✓	✓
PEO 3				✓		✓	✓
PEO 4	✓	✓	✓	✓			✓
PEO 5	✓		✓	✓		✓	✓
PEO 6	✓	✓				✓	✓
PEO 7	✓			✓		✓	✓

4. PROGRAM ARTICULATION MATRIX (PAM) WEIGHTED PERCENTAGE:

	Course Code	Course Title	PO1		PO2		PO3		PO4		PO5		PO6		PO7	
			Wt.	%	Wt.	%	Wt.	%	Wt.	%	Wt.	%	Wt.	%	Wt.	%
SEMESTER - I	MCC101	Yogic Sciences	27	2.86	39	3.05	33	2.58	19	1.50	13	1.84	15	3.40	45	3.50
	MCC102	Research Process in Physical Education & Sports Science	19	2.01	31	2.42	37	2.89	25	1.97	16	2.27	13	2.95	24	1.87
	MCC103	Physiology of Exercise	21	2.22	45	3.52	36	2.81	02	0.16	02	0.28	12	2.72	39	3.04
	MEC 104	Adapted Physical Education	45	4.77	33	2.58	27	2.11	33	2.60	11	1.56	07	1.59	45	3.50
	MEC 105	Sports Management														
	MEC 106	Sports Technology														
	MPC 107	Track and Field (Throws) and Yoga	21	2.22	33	2.58	33	2.58	45	3.55	27	3.82	19	4.31	39	3.04
	MPC 108	Aerobics and Exercise Physiology Lab	27	2.86	39	3.05	45	3.51	39	3.08	15	2.12	13	2.95	39	3.04
	MPC 109	Coaching Lesson Specialization 2nd Best	33	3.50	39	3.05	39	3.04	45	3.55	27	3.82	09	2.04	45	3.50
	MPC 110	Coaching Lesson Specialization 1st Best	33	3.50	33	2.58	39	3.04	45	3.55	27	3.82	09	2.04	45	3.50
	MTP 111	Teaching Practice and Classroom Teaching	21	2.22	39	3.05	33	2.58	45	3.55	39	5.52	21	4.76	33	2.57
SEMESTER - II	MCC 201	Sports Psychology	19	2.01	33	2.58	45	3.51	21	1.66	13	1.84	09	2.04	27	2.10

	MCC 202	Applied Statistics in Physical Education	19	2.01	45	3.52	45	3.51	33	2.60	02	0.28	00	0.00	09	0.70
	MCC 203	Test, Measurement and Evaluation in Physical Education	19	2.01	33	2.58	33	2.58	15	1.18	05	0.71	03	0.68	21	1.64
	MEC 204	Value Education	39	4.13	21	1.64	30	2.34	21	1.66	27	3.82	39	8.84	45	3.50
	MEC 205	Environmental Studies														
	MEC 206	Sports Nutrition and Health Promotion														
	MPC 207	Track & Field (Sprint, Relay, Hurdle) and Gymnastics	27	2.86	27	2.11	33	2.58	45	3.55	33	4.67	11	2.49	31	2.41
	MPC 208	Indigenous Activities and Sports Psychology Lab	27	2.86	39	3.05	45	3.51	39	3.08	15	2.12	13	2.95	39	3.04
	MPC 209	Coaching Lesson & Officiating Specialization 2nd Best	33	3.50	39	3.05	39	3.04	45	3.55	27	3.82	09	2.04	45	3.50
	MPC 210	Coaching Lesson & Officiating Specialization 1st Best	33	3.50	39	3.05	39	3.04	45	3.55	27	3.82	09	2.04	45	3.50
	MTP 211	Teaching Practice and Classroom Teaching (External)	21	2.22	39	3.05	33	2.58	45	3.55	39	5.52	21	4.76	33	2.57
SEMESTER - III	MCC 301	Scientific Principles of Sports Training	27	2.86	39	3.05	45	3.51	33	2.60	11	1.56	07	1.59	45	3.50

	MCC 302	Curriculum Design in Physical Education	21	2.22	39	3.05	33	2.58	33	2.60	03	0.42	02	0.45	13	1.01
	MCC 303	Sports Biomechanics and Applied Kinesiology	15	1.59	39	3.05	45	3.51	45	3.55	04	0.57	03	0.68	31	2.41
	MEC 304	ICT in Physical Education	21	2.22	39	3.05	30	2.34	33	2.60	30	4.25	33	7.48	33	2.57
	MEC 305	Sports Sociology														
	MEC 306	Sports Engineering														
	MPC 307	Track and Field (Jumps) and Swimming	21	2.22	33	2.58	32	2.50	45	3.55	27	3.82	19	4.31	39	3.04
	MPC 308	Martial Arts and Biomechanics and Kinesiology Lab	27	2.86	39	3.05	45	3.51	39	3.08	15	2.12	13	2.95	39	3.04
	MPC 309	Coaching Lesson & Officiating in T & F	33	3.50	39	3.05	39	3.04	45	3.55	27	3.82	09	2.04	45	3.50
	MPC 310	Coaching Lesson & Officiating Specialization 1st Best	33	3.50	39	3.05	39	3.04	45	3.55	27	3.82	09	2.04	45	3.50
	MTP 311	Internship in Coaching Lesson	21	2.22	39	3.05	33	2.58	45	3.55	39	5.52	21	4.76	33	2.57
SEMESTER - IV	MCC 401	Prevention and Management of Sports Trauma	27	2.86	33	2.58	33	2.58	39	3.08	17	2.41	24	5.44	45	3.50
	MCC 402	Rules of Sports and Games	30	3.18	24	1.88	30	2.34	36	2.84	16	2.27	14	3.17	36	2.80
	MCC	Professional Preparation	33	3.5	45	3.5	23	1.8	24	1.8	13	1.8	02	0.4	33	2.5

403	for NET/ SET/ TRB/ TNPSC		0		2		0		9		4		5		7
MCC 404	Dissertation	19	2.01	31	2.42	28	2.19	25	1.97	16	2.27	13	2.95	24	1.87
MPC 405	Track & Field (Middle & Long Distance) and Training Methods.	39	4.13	39	3.05	39	3.04	45	3.55	27	3.82	09	2.04	45	3.50
MPC 406	Mass Drill and Sports Injury and Rehabilitation Lab	27	2.86	39	3.05	45	3.51	39	3.08	15	2.12	13	2.95	39	3.04
MPC 407	Coaching Lesson & Officiating in T & F (External)	33	3.50	39	3.05	39	3.04	45	3.55	27	3.82	09	2.04	45	3.50
MPC 408	Coaching Lesson & Officiating Specialization 1st Best	33	3.50	39	3.05	39	3.04	45	3.55	27	3.82	09	2.04	45	3.50
Sum of all wieghtages and weighted percentage		944	100	1280	100	1281	100	1268	100	706	100	441	100	1284	100

SEMESTER - I

Sl. No.	Course Code	Course Title	Period per week			Credits	Internal	External	Total
			L	T	P				
THEROY									
1	MCC101	Yogic Sciences	3	0	0	3	25	75	100
2	MCC102	Research Process in Physical Education and Sports Science	4	0	0	4	25	75	100
3	MCC103	Physiology of Exercise	3	0	0	3	25	75	100
ELECTIVE									
4	MEC 104	Adapted Physical Education	3	0	0	3	25	75	100
5	MEC 105	Sports Management							
6	MEC 106	Sports Technology							
PRACTICAL									
7	MPC 107	Track and Field (Throws) and Yoga	0	2	2	3	(Each activity 50 marks)		100
8	MPC 108	Aerobics and Exercise Physiology Lab	0	2	2	3	(Each activity 50 marks)		100
9	MPC 109	Coaching Lesson Specialization 2nd Best	0	2	2	3	-		100
10	MPC 110	Coaching Lesson Specialization 1st Best	0	2	2	3	-		100
11	MTP 111	Teaching Practice and Classroom Teaching	0	1	1	2	-		100
TOTAL			13	9	9	**27**			900

SEMESTER - II

Sl. No.	Course Code	Course Title	Period per week			Credits	Internal	External	Total
			L	T	P				
THEROY									
1	MCC 201	Sports Psychology	3	0	0	3	25	75	100
2	MCC 202	Applied Statistics in Physical Education	3	0	0	3	25	75	100
3	MCC 203	Test, Measurement and Evaluation in Physical Education	4	0	0	4	25	75	100
ELECTIVE									
4	MEC 204	Value Education	3	0	0	3	25	75	100
5	MEC 205	Environmental Studies							
6	MEC 206	Sports Nutrition and Health Promotion							
PRACTICAL									
7	MPC 207	Track & Field (Sprint, Relay, Hurdle) and Gymnastics	0	2	4	3	(Each activity 50 marks)		100
8	MPC 208	Indigenous Activities and Sports Psychology Lab	0	2	4	3	(Each activity 50 marks)		100
9	MPC 209	Coaching Lesson & Officiating Specialization 2nd Best	0	2	2	3	Average		100
10	MPC 210	Coaching Lesson & Officiating Specialization 1st Best	0	2	2	3	Average		100
11	MTC 211	Teaching Practice and Classroom Teaching (External)	0	1	1	2	Average		100
TOTAL			13	9	13	**27**			900

SEMESTER - III

Sl. No.	Course Code	Course Title	Period per week			Credits	Internal	External	Total
			L	T	P				
THEROY									
1	MCC 301	Scientific Principles of Sports Training	4	0	0	4	25	75	100
2	MCC 302	Curriculum Design in Physical Education	3	0	0	3	25	75	100
3	MCC 303	Sports Biomechanics and Applied Kinesiology	3	0	0	3	25	75	100
ELECTIVE									
4	MEC 304	ICT in Physical Education	3	0	0	3	25	75	100
5	MEC 305	Sports Sociology							
6	MEC 306	Sports Engineering							
PRACTICAL									
7	MPC 307	Track and Field (Jumps) and Swimming	0	2	2	3	(Each activity 50 marks)		100
8	MPC 308	Martial Arts and Biomechanics and Kinesiology Lab	0	2	2	3	(Each activity 50 marks)		100
9	MPC 309	Coaching Lesson and Officiating in T & F	0	2	2	3	-		100
10	MPC 310	Coaching Lesson and Officiating Specialization 1st Best	0	4	4	6	-		100
11	MTP 311	Internship in Coaching Lesson	0	1	1	3	-		100
TOTAL			13	11	11	**31**			900

SEMESTER - IV

Sl. No.	Course Code	Course Title	Period per week			Credits	Internal	External	Total
			L	T	P				
THEROY									
1	MCC 401	Prevention and Management of Sports Trauma	4	0	0	4	25	75	100
2	MCC 402	Rules of Sports and Games	3	0	0	3	25	75	100
3	MCC 403	Professional Preparation for NET/ SET/ TRB/ TNPSC	3	0	0	3	25	75	100
4	MCC 404	Dissertation	3	0	0	3	25	75	100
PRACTICAL									
5	MPC 405	Track & Field (Middle and Long Distance) and Training Methods.	0	2	4	3	(Each activity 50 marks)		100
6	MPC 406	Mass Drill and Sports Injury and Rehabilitation Lab	0	2	4	3	(Each activity 50 marks)		100
7	MPC 407	Coaching Lesson and Officiating in T & F (External)	0	2	2	3	Average		100
8	MPC 408	Coaching Lesson and Officiating Specialization 1st Best	0	4	4	6	Average		100
TOTAL			13	10	14	**28**			800

MCC 101 **YOGIC SCIENCES**

L	T	P	C
3	0	0	3

OBJECTIVES:

- To understand the basic concept of yoga and apply the underlying concepts of yogasana as exercise.
- To cultivate breath control, relaxation techniques and kinesthetic awareness.
- To apply the principles of yogasana to live healthy and active life style.
- To learn to apply the yogasana in sports performance.
- To analyze the psychological changes on sports persons during sports participation.
- To develop the knowledge through practice, participate and organize.

Unit I - Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Aasna, types of asana Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing Awareness ~ Relaxation, Sequence Counter pose ~ Time Place Clothes Bathing Emptying the bowels ~ Stomach Diet No Straining Age Contra- Indication Inverted asana Sunbathing suriyanamaskar Chakras-nadis

Unit II - Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti Dhati Kap alapathi- Trataka Nauli Basti, Bandhas: Meaning, Techniques and Benefits of Ja1endra Bandha, Jihva, Bandha, Uddiyana Bandha, Mula Bandha.

Unit III - Mudras

Meaning, Techniques and Benefits of Hasta Mudras, Asamyuktahastam, Samyuktahastam, Mana Mudra, KayaMudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation Passive and active, Saguna Meditation and Nirguna Meditation.

Unit IV - Yoga and Sports

Yoga Supplemental Exercise Yoga Compensation Exercise ~ Yoga Regeneration Exercise- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Well being, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

Unit V – Yoga for Skill Development

Yoga for skill development yoga for performance enhancement of sports person yoga for management of selected sports injuries yoga for leadership ~ yoga for fitness and hygiene.

REFERENCES:

1. George Feuerstein, (1975).Text Book of Yoga. London: Motilal Bansaridass Publishers(P)Ltd.
2. Gore, (1990), Anatomy and Physiology of Yoga Practices: Lonavata: Kanchan Prkashan.
3. Helen Puiperhart, (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
4. Iyengar, B.K.S. (2000), Lighton Yoga. New Delhi: Harper Collins Publishers.
5. Karbelkar N.V. (l993) Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
6. Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the basic and advance concepts of yoga.
CO2: Exemplify the Kriyas, Mudras in Yoga.
CO3: Develop the capacity to follow and comprehend yoga in sports and coaching.
CO4: Design Yoga for injury management and for fitness.
CO5: Apply yoga in performance enhancement.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	3	1	3	9	9
CO2	9	9	3	3	1	3	9
CO3	3	3	9	9	3	3	9
CO4	3	9	9	3	3	-	9
CO5	3	9	9	3	3	-	9
Weightage of the course	27	39	33	19	13	15	45
Weighted % of the course	02.86	03.05	02.58	01.50	01.84	03.40	03.50

MCC 102 **RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCE** **L T P C**
4 0 0 4

OBJECTIVES:

- To gain knowledge about research in the field of physical education and sports.
- To understand the method of collecting related reviews.
- To understand the concept of sampling technique and population.
- To gain the knowledge about various research studies.
- To develop knowledge to find systematic and scientific solutions for the problems.
- To identify contemporary issues of research in the field of physical education and sports.
- To learn to structure the thesis in chapter wise format.
- To learn to prepare abstract and paper publication in journal and seminar.

Unit I - Introduction

Meaning and Definition of Research Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a Research problem, Qualities of a good researcher Modern trend in research in physical education.

Unit II – Methods of Research

Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

Unit III – Experimental Research

Experimental Research Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated

Measure Design, Static Group Comparison. Design, Equated Group Design, Factorial Design.

Unit IV - Sampling

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling Multistage Sampling. Non-Probability Methods; Convenience Sample, Judgment Sampling, Quota Sampling.

Unit V – Research Proposal and Report

Chapterization of Thesis/ Dissertation, Front Materials, Body of Thesis Back materials. Method of Writing Research proposal, Thesis/ Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Foot note and Bibliography writing.

REFERENCES:

1. Best J. W (1971) Research in Education, New Jersey: Prentice Hall, Inc.
2. Clarke David.H & Clarke H, Harrison (1984) Research processes in Physical Education New Jersey: Prentice Hall Inc.
3. Rothstain, A. (1985) Research Design and Statistics for Physical Education,
4. Englewood Cliffs: Prentice Hall, Inc.
5. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London Routledge Press
6. Jerry R Thomas and Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
7. Kamlesh, M.L. (1999) Research Methodology in Physical Education and Sports, New Delhi
8. Moses, A.K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the need, scope, and related to research in Physical Education & Sports.
CO2: Identify the methods of research.
CO3: Analyze experimental research & designs.
CO4: Preparing and suggest methods of sampling of data collection.
CO5: Create a project using the techniques of research and mechanics of publishing the papers.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	3	9	9	9	3	1	3
CO2	9	1	1	1	-	1	-
CO3	3	9	9	3	3	1	9
CO4	3	3	9	3	9	9	3
CO5	1	9	9	9	1	1	9
Weightage of the course	19	31	37	25	16	13	24

Weighted % of the course	02.01	02.42	02.89	01.97	02.27	02.95	01.87

MCC 103 **PHYSIOLOGY OF EXERCISE**

L	T	P	C
3	0	0	3

OBJECTIVES:

- To understand basic knowledge of skeletal muscle and muscle contraction.
- To gain the knowledge of bioenergetics.
- To identify different types of muscle fibers.
- To learn about the effect of exercise on various systems of the body.
- To learn to train athletes at high altitude.
- To understand the significant changes on physiology due to climatic conditions.
- To gain the knowledge about ergogenic aids in various sports.

Unit I - Skeletal Muscles and Exercise

Macro and Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fiber. Muscle Tone, Chemistry of Muscular Contraction Heat Production in the Muscle, Effect of exercises and training on the muscular system.

Unit II – Cardiovascular System and Exercise

Heart Valves and Direction of the Blood Flow Conduction System of the Heart Blood Supply to the Heart Cardiac Cycle Stroke Volume Cardiac Output Heart Rate Factors Affecting Heart Rate Cardiac Hypertrophy Effect of exercises and training on the Cardiovascular system.

Unit III - Respiratory System and Exercise

Mechanics of Breathing Respiratory Muscles, Minute Ventilation at Rest and During Exercise. Diffusion of Gases Exchange of Gases in the Lungs Exchange of Gases in the Tissues Control of Ventilation and the Anaerobic Threshold. Oxygen Debt Lung Volumes and Capacities Effect of exercises and training on the respiratory system.

Unit IV – Metabolism and Energy Transfer

Metabolism ATP PC or Phosphagen System Anaerobic Metabolism Aerobic Metabolism Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises High Intensity Exercise Lasting Several Minutes Long Duration Exercises.

Unit V – Climatic conditions and sports performance and ergogenic aids

Variation in Temperature and Humidity Thermoregulation Sports performance in hot climate. Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Caffeine, Ephedrine, Stimulants and sports performance.

REFERENCES:

1. Amrit Kumar, R, Moses.(1995). Introduction to Exercise Physiology. Madras Poompugar Pathipagam.
2. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India New De1hi.
3. Clarke,D.H. (1975).Exercise Physiology. New Jersey: Prentice Hall Inc.,
4. Englewood Cliffs.-David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
5. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
6. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sandersco.-Richard, W. Bowers. (l989). Sports Physiology.WMC: Brown Publishers.-Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
7. Shaver, L (1981). Essentials of the Exercise Physiology. New Delhi: Subject Publications
8. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
9. William, D. Mc. Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance, Philadelphia: Lippincott Williams and Wilkins Company.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Define the form and structure of muscle and their effect due to training.
CO2: Explain the cardiovascular system and effects due to exercise.
CO3: Discuss the mechanics of respiratory system.
CO4: Identify metabolism and energy transfer.
CO5: Determine variations in temperature, humidity, ergogenic aids, and sports performance.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	3	9	-	-	-	-	3
CO2	3	-	9	-	-	1	9
CO3	3	-	9	-	-	1	9
CO4	9	3	9	1	1	1	9
CO5	3	3	9	1	1	9	9
Weightage of the course	21	45	36	02	02	12	39
Weighted % of the course	02.22	03.52	02.81	00.16	00.28	02.72	03.04

MEC 104	ADAPTED PHYSICAL EDUCATION	L	T	P	C
		3	0	0	3

OBJECTIVES:

- To understand basic knowledge of special education and inclusive education.
- To gain the knowledge on goals of adapted Education.
- To understand the development of child, causes and classification of disability.
- To learn about the techniques and aids for mobility science.
- To learn to adopted major games for visually challenged.
- To understand and teach the adapted games for hearing impaired.
- To gain the knowledge about intellectual impairment, Special Olympics and Paralympics.

Unit I - Education Systems Special Education Inclusive education Meaning, Definitions, Aims and Objectives Strategies for including Students Step for modifying and adaptation of the physical Education curriculum Methods of playing inclusive games

Unit II – Introduction to Adapted Physical Education

Meaning of the term adapted Background information purpose and goals of adapted physical education Movement Educational Concepts.

Unit III - Child Development, Causes and Classification of Disability

Prenatal development of the child and post-natal motor development of the child Pre-natal, Natal and Post natal causes of visually challenged, physically challenged, intellectual disability, Autism, Down syndrome, and Cerebral Palsy. Disability/ differently abled classification and sub classification in each disability.

Unit IV – Techniques and Aids for Mobility Science

Introduction to mobility skills, Common terms used in O&M, Sighted Guide Technique, Long Cane Skills, Mobility Equipment of Orthopedic Impairment.

Unit V - Major Adapted Games

Adapted Major Games for Visually Challenged, Hearing impaired, Intellectual impairment, Special Olympics and Paralympics.

REFERENCES:

1. Clauding and Sherill, Adapted physical education and recreation C. Publishers, IOWA. Paul. A. Metzge, Elementary, School physical education C. Brown company publishers.
2. Campell, W.R., and Tucker, N.M. An introduction in Physical Education, London G. Bell and S'one Ltd.1987.
3. Prof. S. Jaimitra, Physical Education for the Blind Grace Printer, Chennai-1990

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand inclusive education.
CO2: Define adapted physical education and movement educational concepts.
CO3: Analyze disabilities.
CO4: Design aids and techniques for orthopedic impairment.

CO5: Create major adapted games for various disabilities and prepare for special and Paralympics.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	3	3	3	9
CO2	9	9	9	3	3	3	9
CO3	9	9	3	9	3	-	9
CO4	9	3	3	9	1	1	9
CO5	9	3	3	9	1	-	9
Weightage of the course	45	33	27	33	11	07	45
Weighted % of the course	04.77	02.58	02.11	02.60	01.56	01.59	03.50

MEC 105 **SPORTS MANAGEMENT**

L	**T**	**P**	**C**
3	**0**	**0**	**3**

OBJECTIVES:

- To identify the basic principles of sports management, leadership.
- To know about structure of organization.
- To learn to maintain records and registers in the field of physical education and sports.
- To identify future trends in the field of sports management.
- To know to prepare sports budget and utilization of resources like goods and human.
- To assess sports marketing needs in organization and production sector.
- To learn to organize sports event at state, national and corporate level.
- To understand and gain the knowledge of event management in sports and games.

Unit I - Introduction to Sports Management

Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives of Personal Management, Personal Policies, Role of Personal Manager in an organization, Personnel recruitment and selection.

Unit II – Program Management

Importance of Programme development and the role of management, Factors influencing programme development. Steps in programme development, Competitive Sports Programs, Benefits, and Management Guidelines for School, Colleges Sports Programs, and Management

Problems in instruction programme, Community Based Physical Education and Sports program, Budgeting.

Unit III - Equipment and Public Relation

Purchase and Care of Supplies of Equipment, Guidelines for selection of Equipment and Supplies, Purchase of equipment and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment. Public Relations in Sports: Planning the Public Relation Program Principles of Public Relation Public Relations in School and Communities – Public Relation and the Media.

Unit IV- Leadership and Supervision

Behavioral process of leading - Leadership Trait Approach Behavioral approach-Situation factors or sports marketing-Strategies Marketing Plan Supervision in Physical Education. Meaning of supervision - Need of supervision - Guided principle of supervision-qualification of a supervision

Unit V - Functions of Supervision

Functions of supervision – Human relationship - techniques of supervision -visitation. Conference Workshop – bulletin surveys Meeting Demonstration – Evaluation – Services of Supervision

REFERENCES:

1. Bonnie, L. (1991). The Management of Sports. St.Louis: Mosby Publishing Company, Park House.I
2. Charles, A, Bucher and March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis : Mosby Publishing Company.
3. Chelladurai,P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
4. Williams,J.F. (2003). Principles of Physical Education. Meerut: College Book House.
5. Yadvnider Singh. Sports Management, NewDelhi: Lakshay Publication.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Explain sports management and personal management.
CO2: Understand program, budgeting, and management guidelines for education and institutions.
CO3: Planning, purchase and care of sports equipment. Develop public relation with institutions & media.
CO4: Develop leadership in management and marketing.
CO5: Implementing and establishing supervisory techniques.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	3	3	3	9
CO2	9	9	9	3	3	3	9
CO3	9	9	3	9	3	-	9

CO4	9	3	3	9	1	1	9
CO5	9	3	3	9	1	-	9
Weightage of the course	45	33	27	33	11	07	45
Weighted % of the course	04.77	02.58	02.11	02.60	01.56	01.59	03.50

MEC 106 **SPORTS TECHNOLOGY**

L	T	P	C
3	0	0	3

OBJECTIVES:

- To understand basic knowledge of technological impact on sports.
- To gain the knowledge about the science of sports materials.
- To learn about the modern surfaces of playfields.
- To gain knowledge on construction and installation of sports surfaces.
- To learn about the sports equipments with Nanotechnology.

Unit I – Sports Technology

Meaning, definition, purpose, advantages and applications, General Principles and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

Unit II – Science of Sports Materials

Adhesives - Nano glue, nano - moldings technology, Nano turf. Foot wears production, Factors and application in sports, constraints. Foams- Polyurethane, Polystyrene, Styrofoam, closed cell and open-cell foams, Neoprene, Foam. Smart Materials Shape Memory Alloy (SMA), Thermo chromic film, High-density molding foam.

Unit III - Surfaces of Playfields

Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern play equipment's. Use of computer and software in Match Analysis and Coaching.

Unit IV - Modern equipment

Playing Equipment: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipment: Throwing and Jumping Events. Protective equipment: Types, Materials and Advantages: Sports equipment with nanotechnology, Advantages.

Unit V – Training Gadgets

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/ Workshop and visit sports technology factory/ sports goods manufacturers.

REFERENCES:

1. Charles J.A.Crane, F.A.A. and Furness, J.A.G.(1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
2. Finn,R.A. and TrojanP.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
3. John Mongilo, (2001), "NanoTechnology 101 "NeWYork: Green wood publishing group.
4. Walia,J.S. Principles and Methods of Education (Paul Publishers, Jullandhar),1999.
5. Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.),1982
6. Kozman, Cassidy and Jackson. Methods in Physical Education (W. B. Saunders Company, Philadelphia and London),1952.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand technology in sports, workflow of instrumentation
CO2: Conceive knowledge in nanotechnology, and in sports material.
CO3: Identify, construct and installation of modern play surfaces.
CO4: Design modern and protective equipment, textile, shoes, and guards.
CO5: Create and manufacture sports gadgets.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	3	3	3	9
CO2	9	9	9	3	3	3	9
CO3	9	9	3	9	3	-	9
CO4	9	3	3	9	1	1	9
CO5	9	3	3	9	1	-	9
Weightage of the course	45	33	27	33	11	07	45
Weighted % of the course	04.77	02.58	02.11	02.60	01.56	01.59	03.50

MPC 107	TRACK AND FIELD (THROWS) AND YOGA	L	T	P	C
		0	2	2	3

Throw Events, Aerobics

Throw Events Specific Warm ups, Basic Skills and techniques of the Throwing events Rules and officiating of various events, Organizing and marking for Various events Active practice with drills

Aerobics

Rhythmic Aerobics – dance, Low impact aerobics-High impact aerobics-Aerobics kick boxing, March single, basics, side to side alternate, turns, double side to side, step touch, touch out, grape vine, V-Step, Diamond, Power walk, Jazz Square, Ham curl, knee up, leg curl, kick front, toe touch, kick side, lunges, over the top, back 1unge, straddle, kick front, trave1's, kick side, corner, heel to left, shape, 'e' shape, 'A' shape 'W' shape, repeater left mode Warm up and cool down Being successful in exercise and adaptation to aerobic Workout.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Describe the basics and advance concepts of throw events and Yoga.
CO2: Apply the knowledge to skills and techniques of throwing events and asanas, kriya, and pranayamas.
CO3: Perform the techniques in throwing events and clarify asanas, kriyas and pranayamas.
CO4: Analyze the rules, coaching and officiating of various throw events and involve yoga in the application performance enhancement.
CO5: Evaluate the performance in throwing events and yoga and create environment for research extension activities.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	3	9	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	3	3	9	9	3	9
CO4	3	9	9	9	9	3	9
CO5	3	9	9	9	3	9	9
Weightage of the course	21	33	33	45	27	19	39
Weighted % of the course	02.22	02.58	02.58	03.55	03.82	04.31	03.04

MPC 108	AEROBICS AND EXERCISE PHYSIOLOGY LAB	L	T	P	C
		0	2	2	3

The students should learn the basic theoretical concepts and measurement techniques in the following:

1. Measurement of body composition.
2. Blood pressure and heart rate, ECG Measurements.
3. Field and lab test to determine anaerobic power and aerobic capacity.
4. Anthropometric measurement.
5. Theoretical concepts of Biochemical measurements (Glucose, lactic acid and fat Profiles)
6. Body fat analyzer
7. Lung capacity measurement

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Explain aerobics and basic concepts of measurement techniques in exercise physiology.

CO2: Perform step aerobics & prior exercise and operate measurement devices apparatus.

CO3: Analyze and differentiate the clarification of aerobics kick boxing and record the results from the measuring devices.

CO4: Involve in the correction, advance, and application in performance development and compute the results from measuring devices and aerobic workout with low & high impact.

CO5: Evaluate the performance and create environment for collection of data, research extension activities and choreograph aerobic dance with varied intensities.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	3	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	9	9	9	3	3	9
CO4	3	3	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	27	39	45	39	15	13	39
Weighted % of the course	02.86	03.05	03.51	03.08	02.12	02.95	03.04

MPC 109	COACHING LESSON SPECIALIZATION 2ND BEST	L	T	P	C
		0	0	2	3

Javelin
Introduction
Safety Suggestion
Technique
a. Run up
b. Cross steps, cross over or impulse step
c. Throwing position
d. The Throw
e. Reverse
Teaching steps
Step 1: Lead ups.
Step 2: A side throw with a ball in javelin technique
Step 3: A standing throw with a javelin
Step 4: A javelin throw using a run-up
Common errors and corrections
Training schedule

Shot Put
Introduction
Safety suggestion
Technique
a. Glide or O' Brien Technique
b. Rotary Technique.
Teaching Steps
Step 1 : Lead ups
Step 2 : Shot put from standing position
Step 3 : Shot put using the glide technique
Step 4 : Shot put using rotary technique
Common errors and corrections
Training schedule

Hammer Throw
Introduction
Safety suggestion
Technique
a. Initial stance
b. Preliminary swings
c. The turns
d. The Delivery (Release)
e. The Reverse
Teaching steps
Step 1: Lead-ups
Step 2: Hammer throw
Step 3: Hammer turns
Step 4: Combining hammer swings, turns and Delivery (Release)

Common errors and corrections
Training schedule

Discus Throw
Introduction Safety suggestion
Technique
a. Grip and wind up
b. Rotation.
c. Throw and reverse
Teaching steps
Step 1: Lead-ups
Step 2: Standing throw using a discus substitute
Step 3: Rotational throw using discus substitute
d. Throwing position
e. The Throw
f. Reverse
Teaching steps
Step 1: Lead ups.
Step 2: A side throw with a ball in javelin technique
Step 3: A standing throw with a javelin
Step 4: A javelin throw using a run-up
Common errors and corrections
Training schedule

Shot Put
Introduction
Safety suggestion
Technique
a. Glide or O'Brien Technique
b. Rotary Technique.
Teaching Steps
Step 1: Lead ups
Step 2: Shot put from standing position
Step 3: Shot put using the glide technique
Step 4: Shot put using rotary technique
Common errors and corrections
Training schedule

Hammer Throw
Introduction
Safety suggestion
Technique
a. Initial stance
b. Preliminary swings
c. The turns
d. The Delivery (Release)

e. The Reverse

Teaching steps
Step 1: Lead-ups
Step 2: Hammer throw
Step 3: Hammer turns
Step 4: Combining hammer swings, turns and Delivery (Release)
Common errors and corrections
Training schedule

Discus Throw

Introduction
Safety suggestion
Technique
Grip and wind up Rotation.
Throw and reverse
Teaching steps
Step 1 : Lead-ups
Step 2: Standing throw using a discus substitute
Step 3: Rotational throw using discus substitute
Step 4: Standing throw with the discus
Step 5: Rotational throw with the discus.
Common errors and corrections
Training schedule

Basketball

1. Origin and Development of the Game
2. Federations, Associations, Councils in India and World
3. Types of courts/ fields and types of surfaces.
4. Plan of laying court/ field with all measurements and marking.
5. Players/Athletes equipment
6. Skills and teaching procedures.

a. Players stance and ball handling
b. Passing and receiving technique.
   - Types of passes
   - Types of receiving
c. Dribbling
   - how to start a dribble stop a dribble
   - high dribble reverse dribble
d. Shooting
   - Lay up shot
   - One hand set shot
   - Jump Shot
   - Hook shot
   - Free throw

Cricket

1. Origin and Development of the Game
2. Federations, Associations, Councils in India and World.
3. Types of courts/ fields and types of surfaces.
4. Plan of playing court/ field with all measurements and markings.
5. Players /Athletes equipment
6. Skills and teaching procedures.

a. Batting skills
   - Grip
   - Stance
   - Swing of the bat
   - Follow through

b. Defensive Skills
   - Front foot defense
   - Back foot defense

c. Offensive skills
   - Straight bat stroke on off side
   - Cross bat stroke on off side

Front foot - off drive
on drive
Cover drive
Square drive
Leg glance
pull and front foot hook
Front foot square hook.

- Back foot straight bat stroke
- Back foot off drive

on drive
cover drive
leg glance square cut
pull shot
hook shot

- Running between the wicket

Football

1. Origin and Development of the Game
2. Federations, Associations, Councils in India and World.
3. Types of courts/ fields and types of surfaces.
4. Plan of playing court/ field with all measurements and markings.
5. Players /Athletes equipment
6. Skills and teaching procedures.

a. Kicking
   - Kicking with inside of the foot (Push Pass)
   - Kicking with the full instep.
   - Kicking with inside of instep (High Drive and Chipping) (Long lofted & Short Lofted Kick)
   - Kicking with the outside of the foot

- Kicking with Toe and Heel
- Volley Kicks

b. Ball reception(Trapping)
- Trapping the ball with inside of the foot
- Trapping the ball with instep of the foot
- Trapping the ball with outside of the foot
- Trapping the ball with chest
- Trapping the ball with thigh
- Trapping the ball with sole of the foot

c. Dribbling
- Dribbling with. all parts of foot
- Straight and ZigZag Dribble

d. Feinting
- Feinting without ball
- Feinting with ball

Handball

Origin and Development of the Game
Federations, Associations, Councils in India and World
Types of courts/ fields and types of surfaces.
Plan of laying court/ field with all measurements and marking.
Players/ Athletes equipment
Skills and teaching procedures.
Players stance and Ball handling
Passing and Catching
Types of pass: (i)Wrist pass (ii) Body cross pass (iii) Back pass
Dribbling: (i) High dribble (ii) Low dribble
Shooting : (i) Foot step (ii) Release

Hockey

1. Origin and Development of the Game
2. Federations, Associations, Councils in India and World.
3. Types of courts/ fields and types of surfaces.
4. Plan of playing court/ field with all measurements and markings.
5. Players/ Athletes equipment
6. Skills and teaching procedures.

a. Hitting
- Straight foot hit
- Reverse hit
- Wrong foot hit
- Wrist hit
- Turn around hit

b. Stopping
c. Dribblin
- Forehand dribble
- Indian dribble

d. Passing
   - Parallel
   - Triangle
   - Through
   - Diagonal
   - Square
   - Cross
   - Reverse

Volleyball

1. Origin and Development of the Game.
2. Federations, Associations, Councils in India and World.
3. Types of courts/ fields and types of surfaces.
4. Plan of playing court/ field with all measurements and markings.
5. Players / Athletes equipment.
6. Skills and teaching procedures.

a. Service
   - under arm service
   - Tennis service
   - High spin service
   - Top spin service
   - Round arm service
   - Jump service
   - Floating service
   - American floating service
   - Lateral floating service

b. Passing
   - Volley pass
   - dig pass

c. Setting
   Back set
   High set
   Jump set
   Set with rolling.

Imitation of attack but set

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the basics concepts.
CO2: Apply the knowledge on ruler, interpretation, court marking, and construction of courts
CO3: Perform skills, coaching and officiating procedures.
CO4: Analyze the fitness parameters included in the skills and techniques.
CO5: Create and evaluate the tracing schedules and performance.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**

CO1	9	3	9	9	9	1	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

MPC 110 COACHING LESSON SPECIALIZATION 1ST BEST

L	T	P	C
0	2	2	3

Javelin

Introduction
Safety Suggestion
Technique

a. Run up
b. Cross steps, cross over or impulse step
c. Throwing position
d. The Throw
e. Reverse

Teaching steps
Step 1: Lead ups.
Step 2: A side throw with a ball in javelin technique
Step 3: A standing throw with a javelin
Step 4: A javelin throw using a run-up
Common errors and corrections
Training schedule

Shot Put

Introduction
Safety suggestion
Technique

a. Glide or O' Brien Technique
b. Rotary Technique.

Teaching Steps
Step 1 : Lead ups
Step 2 : Shot put from standing position
Step 3 : Shot put using the glide technique
Step 4 : Shot put using rotary technique
Common errors and corrections

Training schedule

Hammer Throw
Introduction
Safety suggestion
Technique
a. Initial stance
b. Preliminary swings
c. The turns
d. The Delivery (Release)
e. The Reverse
Teaching steps
Step 1: Lead-ups
Step 2: Hammer throw
Step 3: Hammer turns
Step 4: Combining hammer swings, turns and Delivery (Release)
Common errors and corrections
Training schedule

Discus Throw
Introduction Safety suggestion
Technique
a. Grip and wind up
b. Rotation.
c. Throw and reverse
Teaching steps
Step 1: Lead-ups
Step 2: Standing throw using a discus substitute
Step 3: Rotational throw using discus substitute
d. Throwing position
e. The Throw
f. Reverse
Teaching steps
Step 1: Lead ups.
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Hammer Throw
Introduction
Safety suggestion
Technique

a. Initial stance
b. Preliminary swings
c. The turns
d. The Delivery (Release)
e. The Reverse

Teaching steps
Step 1: Lead-ups
Step 2: Hammer throw
Step 3: Hammer turns
Step 4: Combining hammer swings, turns and Delivery (Release)
Common errors and corrections
Training schedule

Discus Throw
Introduction
Safety suggestion
Technique
Grip and wind up Rotation.
Throw and reverse
Teaching steps
Step 1 : Lead-ups
Step 2: Standing throw using a discus substitute
Step 3: Rotational throw using discus substitute
Step 4: Standing throw with the discus
Step 5: Rotational throw with the discus.
Common errors and corrections
Training schedule

Basketball

1. Origin and Development of the Game
2. Federations, Associations, Councils in India and World
3. Types of courts/ fields and types of surfaces.
4. Plan of laying court/ field with all measurements and marking.
5. Players/Athletes equipment

6. Skills and teaching procedures.

a. Players stance and ball handling

b. Passing and receiving technique.
   - Types of passes
   - Types of receiving

c. Dribbling
   - how to start a dribble stop a dribble
   - high dribble reverse dribble

d. Shooting
   - Lay up shot
   - One hand set shot
   - Jump Shot
   - Hook shot
   - Free throw

Cricket

1. Origin and Development of the Game
2. Federations, Associations, Councils in India and World.
3. Types of courts/ fields and types of surfaces.
4. Plan of playing court/ field with all measurements and markings.
5. Players /Athletes equipment
6. Skills and teaching procedures.

a. Batting skills
   - Grip
   - Stance
   - Swing of the bat
   - Follow through

b. Defensive Skills
   - Front foot defense
   - Back foot defense

c. Offensive skills
   - Straight bat stroke on off side
   - Cross bat stroke on off side

Front foot - off drive
on drive
Cover drive
Square drive
Leg glance
pull and front foot hook
Front foot square hook.

- Back foot straight bat stroke
- Back foot off drive

on drive
cover drive
leg glance square cut
pull shot

hook shot

- Running between the wicket

Football

1. Origin and Development of the Game
2. Federations, Associations, Councils in India and World.
3. Types of courts/ fields and types of surfaces.
4. Plan of playing court/ field with all measurements and markings.
5. Players /Athletes equipment
6. Skills and teaching procedures.

a. Kicking
   - Kicking with inside of the foot (Push Pass)
   - Kicking with the full instep.
   - Kicking with inside of instep (High Drive and Chipping) (Long lofted & Short Lofted Kick)
   - Kicking with the outside of the foot
   - Kicking with Toe and Heel
   - Volley Kicks

b. Ball reception(Trapping)
   - Trapping the ball with inside of the foot
   - Trapping the ball with instep of the foot
   - Trapping the ball with outside of the foot
   - Trapping the ball with chest
   - Trapping the ball with thigh
   - Trapping the ball with sole of the foot

c. Dribbling
   - Dribbling with. all parts of foot
   - Straight and ZigZag Dribble

d. Feinting
   - Feinting without ball
   - Feinting with ball

Handball

Origin and Development of the Game
Federations, Associations, Councils in India and World
Types of courts/ fields and types of surfaces.
Plan of laying court/ field with all measurements and marking.
Players/ Athletes equipment
Skills and teaching procedures.
Players stance and Ball handling
Passing and Catching
Types of pass: (i)Wrist pass (ii) Body cross pass (iii) Back pass
Dribbling: (i) High dribble (ii) Low dribble
Shooting : (i) Foot step (ii) Release

Hockey

1. Origin and Development of the Game
2. Federations, Associations, Councils in India and World.
3. Types of courts/ fields and types of surfaces.
4. Plan of playing court/ field with all measurements and markings.
5. Players/ Athletes equipment
6. Skills and teaching procedures.

c. Hitting
   - Straight foot hit
   - Reverse hit
   - Wrong foot hit
   - Wrist hit
   - Turn around hit

d. Stopping

e. Dribblin
   - Forehand dribble
   - Indian dribble

f. Passing
   - Parallel
   - Triangle
   - Through
   - Diagonal
   - Square
   - Cross
   - Reverse

Volleyball

1. Origin and Development of the Game.
2. Federations, Associations, Councils in India and World.
3. Types of courts/ fields and types of surfaces.
4. Plan of playing court/ field with all measurements and markings.
5. Players / Athletes equipment.
6. Skills and teaching procedures.

a. Service
   - under arm service
   - Tennis service
   - High spin service
   - Top spin service
   - Round arm service
   - Jump service
   - Floating service
   - American floating service
   - Lateral floating service

b. Passing
   - Volley pass
   - dig pass

c. Setting

Back set
High set
Jump set
Set with rolling.
Imitation of attack but set

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the basics concepts.
CO2: Apply the knowledge on ruler, interpretation, court marking, and construction of courts
CO3: Perform skills, coaching and officiating procedures.
CO4: Analyze the fitness parameters included in the skills and techniques.
CO5: Create and evaluate the tracing schedules and performance.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	9	9	9	1	9
CO2	3	9	9	9	9	1	9
CO3	3	9	9	3	9	1	9
CO4	9	9	9	3	9	3	9
CO5	9	9	9	3	9	3	9
Weightage of the course	33	33	39	45	27	09	45
Weighted % of the course	03.50	02.58	03.04	03.55	03.82	02.04	03.50

MTP 111 TEACHING PRACTICE AND CLASSROOM TEACHING

L	T	P	C
0	1	1	2

General out-line of the contents of teaching of theory of games and sports

Introduction of the game/ sport and historical development with special reference to India, Orientation of the students to the play area and equipment used in the game/ sport, Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the Game/ sport. Warming-up General free hand exercises, specific workout using equipment. Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

Teaching lessons of indigenous activities and sports

The students of M.P.Ed I year need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be

provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. The lessons will be supervised by the faculty members and experts Who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Classroom teaching (Lessons on theory of different sports& games)
The students of M.P.Ed I year need to develop proficiency in taking teaching lessons as per selected games and sport or specialization. In View of this, the students shall be provided with selected or specialized sport or game teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level. The lessons will be supervised by the faculty members and experts Who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Explain the concepts of lesson plan for practical and theory.
CO2: Determine varied methodology to execute the lesson plan.
CO3: Suggest suitable lesson plan according to the stakeholders.
CO4: Create and innovate teaching skills.
CO5: Facilitate for teaching and coaching practices.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	3	9	3	3	3
CO2	3	9	9	9	9	3	3
CO3	3	9	9	9	9	3	9
CO4	3	9	9	9	9	3	9
CO5	3	3	3	9	9	9	9
Weightage of the course	21	39	33	45	39	21	33
Weighted % of the course	02.22	03.05	02.58	03.55	05.52	04.76	02.57

MCC 201	**SPORTS PSYCHOLOGY**	**L**	**T**	**P**	**C**
		3	**0**	**0**	**3**

OBJECTIVES:

- To know and to understand the sportsman behavior
- To gain the knowledge to train the athletes based on sports psychology concepts
- To know the concept of various positive and negative effects of psychological variables on sports person
- To learn psychological skill training
- To know the various psychological factors affecting sport performance
- To know the relationship of the sports person with various sports settings concepts
- To understand group mechanisms and group psychology in a sports context
- To gain knowledge on motivational psychology

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 and Emotions

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. Emotional intelligence Mental toughness Psychological Skill Training (PST) Psycho Regulatory Training (PRT) for performance enhancement and relaxation.

Unit IV – Group Cohesion

Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics. Current Problems in Sports and- Future Directions ~ Sports 'Social Crisis Management Won 1en in Sports: Sports Women in our Society, Participation pattern among Women, Gender in equalities in Sports.

Unit V - Socialization and Leadership

Meaning and Definition Sports and Socialization of Individual Sports as Social Institution. National Integration through Sports. Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance. Leadership: Meaning, Definition, types. Leadership and Sports Performance.

REFERENCES:

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

3. John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticce Hall Inc.
4. Miroslaw Vauks and Bryant Cratty (l999). Psychology and the Superior Athlete. London: The Macmillan Co.
5. Richard, J.Crisp. (2000). Essential Social Psychology. Sage Publications.
6. Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
7. Robert N. Singer.(1989)The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
8. Thehna Horn. (2002). Advances in Sports Psychology. Human Kinetic.
9. Whiting, K, Karman., Hendry L. Band Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the concepts of sports psychology, motor learning, perception, and personality.
CO2: Identify motivation, anxiety, stress, aggressive and their influence on sports performance.
CO3: Develop goal setting, psychological skill training for relaxation and performance enhancement.
CO4: Suggest group cohesion, women participation in sports.
CO5: Establish socialization and leadership.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	3	1	1	9
CO2	1	9	9	3	1	1	3
CO3	3	3	9	3	1	1	3
CO4	3	9	9	3	1	3	9
CO5	3	3	9	9	9	3	3
Weightage of the course	19	33	45	21	13	09	27
Weighted % of the course	02.01	02.58	03.51	01.66	01.84	02.04	02.10

MCC 202	**APPLIED STATISTICS IN PHYSICAL EDUCATION**	**L**	**T**	**P**	**C**
		3	**0**	**0**	**3**

OBJECTIVES:

- To gain knowledge about statistics

- To test the existing theories in sports and games
- To develop systematic and scientific solution to the given problem
- To gain the knowledge to group and interpret the data

Unit I - Introduction

Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics.

Unit II – Data Classification, Tabulation and Measures of Central Tendency

Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency Mean, median and mode.

Unit III - Measures of Dispersions and Scales

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

Unit IV – Probability Distributions and Graphs

Normal Curve. Meaning of probability-Principles of normal curve Properties of normal curve. Divergence form normality Skewness –and Kurtosis. Graphical "Representation;- in-.Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, 0 give Curve.

Unit V – Inferential and Comparative Statistics

Tests of significance; Independent "t" test, Dependent "t" test chi square test, level of confidence and interpretation of data. Meaning of correlation co-efficient of correlation - calculation of coefficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Note: It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

REFERENCES:

1. Best J. W (1971) Research in Education, New Jersey; Prentice Hall Inc
2. Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall Inc.
3. Jerry R Thomas and Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
4. Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
5. Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall Inc
6. Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Recognize types and importance of statistics.

CO2: Calculate measure of central tendency, desperation and scales.

CO3: Describe and analyze statistical data.
CO4: Apply probability distributions and graphs.
CO5: Demonstrate inferential and comparative statistics in Physical Education.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	3	-	-	3
CO2	3	9	9	9	1	-	1
CO3	1	9	9	9	-	-	1
CO4	3	9	9	3	1	-	1
CO5	3	9	9	9	-	-	3
Weightage of the course	19	45	45	33	02	00	09
Weighted % of the course	02.01	03.52	03.51	02.60	00.28	00.00	00.70

MCC 203	**TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**	**L**	**T**	**P**	**C**
		4	**0**	**0**	**4**

OBJECTIVES:

- To learn to organize and administer a variety of tests
- To learn to analyze and evaluate various fitness components of sports person
- To know about the different types of test for different sports and games.
- To learn to prepare norms for the newly constructed test
- To learn to analyze the fitness and skill performance of an athlete
- To learn to keep record of pupils fitness test and norms

Unit I - Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms Administrative Considerations

Unit II – Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) JCR test. Motor Ability; Barrow Motor Ability Test Newton Motor Ability Test Muscular Fitness Kraus Weber Minimum Muscular Fitness Test.

Unit III – Physical Fitness Tests

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM

Health Related Physical Fitness Test, Roger's physical fitness Index. Cardio vascular test; Harvard-steptest,12 minutes run/ walk test, Multi-stage fitness test (Beep test)

Unit IV - Anthropometric and Aerobic-Anaerobic Tests

Physiological Testing: Aerobic Capacity: The Bruce Tread mill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity; Margaria Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skinfolds: Triceps, Sub scapular, Suprailiac.

Unit V – Skill Tests

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Friend el Field Hockey Test, Harban's Hockey Test, Volleyball, Russell Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

REFERENCES:

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
2. Collins,R.D., and HodgesP.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scare crow Press
3. CuretonT.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
4. Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
5. Jenson, Clayne R and Cyntha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillian Publishing Co. Inc,
6. Kansal D.K.(1996),"Test and Measurement in Sports and Physical Education, New
7. Delhi: DVS Publications
8. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand test, measurement and education.
CO2: Explain motor fitness tests.
CO3: Identify fitness tests.
CO4: Suggest physiological & Anthropometric tests.
CO5: Create and apply skill tests in Physical Education and major sports.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	3	3	1	1	3
CO2	3	3	3	3	1	-	3
CO3	3	9	9	3	1	-	3

CO4	1	3	9	3	1	1	3
CO5	3	9	9	3	1	1	9
Weightage of the course	19	33	33	15	05	03	21
Weighted % of the course	02.01	02.58	02.58	01.18	00.71	00.68	01.64

MEC 204 **VALUE EDUCATION**

L	T	P	C
3	0	0	3

OBJECTIVES:

- To understand the importance of values, role of values, concepts, and functions
- To gain knowledge about value education and ambition
- To understand the values of religion and human being
- To learn to teach moral classes at school based on values
- To identify psychological parameters and present scenario of value education

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. Classification of Values: Basic Values of Religion, Classification of Values.

Unit II – Value Systems

Meaning and Definition, Personal and Communal Values, Consistency, Internally consistent, internally inconsistent, Judging Value System, Commitment, Commitment to values.

Unit III Importance of value education

Psychological parameters of value education, social aims of values, aesthetic awareness paradigm of values, source of value fundamental duties.

Unit IV – Classification of values.

Basic values of religion classification of values-Education committees on value education-Realms of values citizen and fundamental duties

Unit V – Value education in global perspective

National integration and value education population education and values-four pillars of education Indian and Western - guidance programme in value education teaching strategies-moral instruction schools, tools, techniques for measurement- value education in present scenario.

REFERENCES:

1. Venkataiah N.Value Education, API-I Publishing corporation, New Delhi
2. Dhananjay Joshi, Value Education in Global Perspective, Lotus Press, New Delhi Mohit Chakrabarti, Value Education, Changing Perspective, Kanishka Pub, Delhi.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand concepts of values, and value education.
CO2: Explain the value systems.
CO3: Identify the importance of value education.
CO4: Prepare basic values of religion and fundamental duties.
CO5: Predict value education in global perspective.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	9	9	9	9
CO2	9	3	3	3	9	9	9
CO3	9	3	9	3	3	9	9
CO4	9	3	-	3	3	9	9
CO5	3	3	9	3	3	3	9
Weightage of the course	39	21	30	21	27	39	45
Weighted % of the course	04.13	01.64	02.34	01.66	03.82	08.84	03.50

MEC 205 **ENVIRONMENTAL STUDIES**

L	**T**	**P**	**C**
3	**0**	**0**	**3**

OBJECTIVES:

- To promote the knowledge of environmental education.
- To create health awareness among youth, various health problems and its impacts
- To understand the importance of environment and to create good environment
- To learn to give healthy environment to the future generation
- To learn to use resources without depleting the resources
- To understand the health problem of India and its solution
- To gain knowledge to achieve the goal of sustainable development

Unit I - Basic Concepts

Meaning, Definition of Environmental Studies History of Ecology Nature, Scope and importance of Environmental Studies Guiding Principles of Environmental Studies

Unit II - Environmental Hazards
Land Pollution: Air Pollution Water Pollution Noise Pollution Radiation Deforestation Soil Erosion ways of Protecting, Preserving & Restoring Environment

Unit III - India and Environmental Issues & Policies
Environmental Problems of India Policies Environmental movements in India Chipko movement, Narmadha valley movement-Green

Unit IV - Environmental Awareness
Stockholm conference 1972 Nairobi Conference 1982 Rio Summit 1992 Rio Declaration.

Unit V - Methods of Teaching And Environmental Education In School Curriculum In India Education Lecture, Demonstration, Discussion, Seminar, Workshop, Dialogue, Problems, Exhibition, Role of India Pre School Elementary, Secondary, Higher Secondary CBSE, State syllabus

REFERENCES:

1. Miller T.G. Jr., Environmental Science (Wads worth Publishing Co.)
2. Rao, M.N. and Datta, A.K. Waste Water Treatment (Oxford and IBH Pub & Co. Pvt. Ltd.) 1987
3. Townsend C. and others, Essentials of Ecology (Black well Science)

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand basic concepts of environmental studies.
CO2: Explain environmental hazards and prevention.
CO3: Discuss environmental issues and policies.
CO4: Create environmental awareness.
CO5: Analyze methods of teaching and apply in school curriculum.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	9	9	9	9
CO2	9	3	3	3	9	9	9
CO3	9	3	9	3	3	9	9
CO4	9	3	-	3	3	9	9
CO5	3	3	9	3	3	3	9
Weightage of the course	39	21	30	21	27	39	45
Weighted % of the course	04.13	01.64	02.34	01.66	03.82	08.84	03.50

MEC 206	SPORTS NUTRITION AND HEALTH PROMOTION	L	T	P	C
		3	0	0	3

OBJECTIVES:

- To know nutrition ,diet chart for specific sports and diseases
- To know food labelling, pyramid and food choices.
- To know nutrition and weight management.
- To know health related diseases and management.
- To know about physical exercise for health promotion

Unit I - Introduction

Meaning, definition of nutrition, Nutrients sports nutrition diet athletes' diet

Unit II - Sports Nutrition

Athletic food pyramid - Diet chart for specific sports and specific diseases –Nutrition labeling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values.

Unit III – Weight Management

Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs Lipoproteins, cholesterol, phospholipids and triglycerides,

Unit IV – Injury prevention

Treatment of hyper cholesteremia with exercise, cigarette smoking and exercise, Hypertension and exercise, exercise in the prevention of heart diseases, diabetes mellitus and exercise. Risk factors of coronary heart disease carbohydrate loading, fluid replacement before, during and after exercise for injury prevention ~ electrolytes and its need in athletic performance.

Unit V - Health Promotion

Nutrition for the promotion of health Physical exercise for the health promotion

REFERENCES:

1. David K. Miller and T. Earl Allen, Fitness, A lifetime commitment, Suijeet Publication Delhi 1989.
2. Dificore Judy, the complete guide to the postnatal. Fitness,. A and C Black Publishers Ltd.35 Bedfordrow, London1998
3. Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger and Sharon A. Hoeger,. Fitness, and: Wellness, Morton Publishing Company, 1990.
4. Elizabeth and Kenday, Sports fltness for women, B.T. Batsford Ltd, London,1986.
5. Emily R. Foster, Karynl-Iartiger and Katherine A.Smith, Fitness Fun, Human Kinetics Publishers 2002.
6. Lawrence, Debbie, Exercise to Music. A and C Black Publishers Ltd. 37, SoheSquare, London 1999
7. Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, NewYork 2001

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand sports nutrition & diet for athletes
CO2: Identify food pyramid, sports and specific diseases.
CO3: Analyse eating disorders, performances
CO4: Prepare weight management.
CO5: Create injury prevention and health promotion diet and exercise for health related disorders.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	9	9	9	9
CO2	9	3	3	3	9	9	9
CO3	9	3	9	3	3	9	9
CO4	9	3	-	3	3	9	9
CO5	3	3	9	3	3	3	9
Weightage of the course	39	21	30	21	27	39	45
Weighted % of the course	04.13	01.64	02.34	01.66	03.82	08.84	03.50

MPC 207	**TRACK & FIELD (SPRINT, RELAY, HURDLE) AND GYMNASTICS**	**L**	**T**	**P**	**C**
		0	**2**	**4**	**3**

Sprint, Relay and Hurdle Events Specific Warm ups

- Fundamental skills sprint, hurdle
- Use of Starting blocks stance on the blocks.
- Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.

Fundamentals of Baton exchange in relay
Rules and officiating of various events
Organizing and marking for various events
Active practice with drills

Gymnastics

Balance beam:

Movements on the balance beam - training on the balance beam - balance beam skills - mounts and dismount - walking the beam - hops, leaps and jumps turns and pirouettes from a stand hold position (poses)

- Parallel Bar:
- Mount from one bar
- Straddle walking on parallel bars.
- Single and double step walk
- Perfect swing
- Shoulder stand on one bar and roll forward. - Roll side
- Shoulder stand - Front on back vault to the side(dismount)
- Horizontal / Single Bar:
- Grip
- Swings
- Fundamental Elements
- Dismount
- Uneven Parallel Bar:
- Grip
- Swings
- Fundamental Elements
- Dismount

twisting tumbling - doubles tumbling
Rules and Regulations
officiating

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Illustrate basic and advance techniques in sprint, relay, hurdle and gymnastics.
CO2: Execute the techniques.
CO3: Distinguish scientific basis
CO4: Involve in the error, reason and correction of techniques.
CO5: Generate alternatives, drills, coaching methodology and participation in competitions.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	3	9	3	1	1
CO2	3	3	3	9	9	3	3
CO3	9	9	9	9	3	1	9
CO4	3	9	9	9	9	3	9
CO5	3	3	9	9	9	3	9
Weightage of the course	27	27	33	45	33	11	31
Weighted % of the course	02.86	02.11	02.58	03.55	04.67	02.49	02.41

MPC 208	INDIGENOUS ACTIVITIES AND SPORTS PSYCHOLOGY LAB	L	T	P	C
		0	2	4	3

Indigenous Activities
Exercise with apparatus
Exercise without apparatus
Exercise on the apparatus
Yogic system
Combat activity
Indigenous Games

Sports Psychology Lab
The students should learn the basic theoretical concepts and assessment technique.
Psychological Assessment and testing.

1. Assessing intelligence
2. Testing for special aptitude
3. Personality assessment
4. Behavioural assessment

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Describe various apparatus and exercises, techniques of assessment in psychology.
CO2: Perform exercises based on indigenous activities, operate psychological tools.
CO3: Analyze different indigenous activities/ games and record the results from psychological assessment tests.
CO4: Design display of indigenous exercises and compute the results from psychological assessment test.
CO5: Evaluate, teach, mass display with music rhythm and collect data, research extension activities based on tests.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	3	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	9	9	9	3	3	9
CO4	3	3	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	27	39	45	39	15	13	39
Weighted % of the course	02.86	03.05	03.51	03.08	02.12	02.95	03.04

Sprint
Introduction
Safety Suggestion
Teaching steps

a. Leads -ups
b. Sprinting technique
c. Sprint starts

Common errors and corrections
Training schedule
Sprint Relays
Introduction Safety suggestion
Technique.

1. The upsweep technique
2. The Down sweep technique
3. Push forward pass

Teaching steps
Step 1: Lead - ups
Step 2: Drills for elementary and advanced baton exchanges
Common errors and corrections
Training schedule

100m Hurdles (Women)
Introduction
Safety suggestion
Technique
Teaching steps
Step 1: Lead-ups
Step 2: Introduction to hurdling technique
Step 3: Sprint start and Approach to the 1st hurdle
Common errors and corrections
Training schedule

110m Hurdles (Men)
Introduction
Safety suggestion
Technique.
Teaching steps
Step 1: Lead-ups
Step 2: Introduction to hurdling technique
Step 3: Sprint start and Approach to the 1st hurdle
Common errors and corrections
Training schedule

400m Hurdle (Men & Women)

Introduction
Safety suggestion
Technique
Teaching steps
Step 1: Lead-ups
Step 2: Development of sprint endurance
Step 3: Hurdling with a right and left leg lead
Step 4: Establishing a stride pattern for the approach to the first Hurdle (and to sub sequent hurdles)
Common errors and corrections
Training schedule
Fundamentals of Jump Events and middle, long distance

Basketball

1. Skills and Teaching Procedures.
    a. Rebound
       Offensive rebound
       Defensive rebound
    b. Individual defence
       Guarding the man with the ball
       Guarding the man without the ball
    c. Pivoting
       Sliding
       Weave Play
       Overload.
2. Drills and lead up games
3. Rules and interpretations
4. Duties of captains, manager and coach
5. Mechanism of officiating
6. Terminology used in game/ sport
7. Important Tournaments (a) India (b) Asia (c) World
8. Result and Records of Important Tournaments
9. Eminent Personalities.

Cricket

1. Skills and Teaching Procedures;
   A. Bowling
      Pace Bowling.
      a. Fast bowling
      b. Medium fast
      c. Out - swinger
      d. In-swinger
      e. Leg cutter
      f. Off cutter

g. Yorker
h. Beamer
i. Shooter.

Spin bowling

a. Off spin
b. Leg spin
c. Topspin
d. Chinaman
e. Googly

B. Fielding position
   a. Mid off
   b. Mid on
   c. Slips
   d. Gully
   e. Point
   f. Square leg
   g. Fine leg-Deep fine leg
   h. Mid Point
   i. Silly point
   j. Silly mid off
C. Wicket keeping Skills
D. Types of Fielding

Orthodox

1. Long Barrier
2. Attacking field
3. Drills and ; lead up games
4. Rules and interpretations
5. Duties of captains, manager and coach
6. Mechanism of officiating
7. Terminology used in game/ sport
8. Important Tournaments. (a) India (b) Asia (c) World
9. Results and Records of Important Tournaments.
10. Eminent Personalities.

Football

1. Skills & Teaching procedures
   - Heading in standing position
   - Forward.
   - To the side
   - Backward
   - Headings while running
   - Heading While jumping
   - Diving heading
   - Throw in from a standing position; After an approach run

- Tackling: Front Block tackling; Block tackling from side (sliding tackle)

2. Goal keeping technique
   - Movements Without the ball
   - Techniques of catching the low ball
   - Techniques of catching medium and high ball
   - Punching the ball
   - Deflecting the ball
   - Attacking techniques
3. Drills and lead up games
4. Rules and interpretations
5. Duties of captains, manager and coach
6. Mechanism of officiating
7. Terminology used in game/ sport
8. Important Tournaments (a)India (b)Asia (c)World
9. Results and Records of important Tournaments.
10. Eminent Personalities.

Handball

1. Skills and Teaching Procedure
   a. Shooting
   - Jump shot long
   - Jump shot high
   - Straight Shot with blocking step
   - Straight Shot without blocking step
   - Hip shot
   - Lob

   b. Throw-in: Throw in from a standing position; Throw-off from a standing position
   c. Penalty shot
   d. Pivot
   e. Goal keeping
2. Drills and lead up games
3. Rules and Interpretations
4. Duties of Captains, Manager and Coach
5. Mechanism of Officiating
6. Terminology used in Hand ball
7. Tournaments
8. Results and Records of important tournaments
9. Eminent Personalities

Hockey

1. Skills and Teaching Procedures
   a. Flicking: Straight flick; Wrong foot flick; Reverse flick
   b. Scooping; Straight scoop; Reverse scoop; Shovel scoop; Overhead scoop
   c. Tackling: Lunge tackle; Jab tackle
   d. Dodging
2. Drills and lead up games

3. Rules and interpretations
4. Duties of captains, manager and coach
5. Mechanism of officiating
6. Terminology used in game/ sport
7. Important Tournaments (a) India (b) Asia (c) World
8. Results and Records of Important Tournaments.
9. Eminent Personalities.

Volleyball

1. Skills and Teaching Procedures
    a. Blocking: Single block; Triple block; Commit block; aggressive block; Double block; Man to man' block; Zonal block; Soft block
    b. Spiking Straight smash: Cross court spike; Down-the line attack
    c. Receiving: Five man receive; Four man receive
2. Drills and lead up games
3. Rules and interpretations
4. Duties of captains, manager and coach
5. Mechanism of officiating
6. Terminology used in game/ sport
7. Important Tournaments (a) India (b) Asia (c) World
8. Results and Records of important Tournaments.
9. Eminent Personalities.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the basic concepts
CO2: Apply the knowledge on rules and interpretation construction of courts
CO3: Perform skill, coaching and officiating procedures
CO4: Analyze the fitness parameters involved in the skills and techniques.
CO5: Create and evaluate the training schedules and perform

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	9	9	9	1	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

Sprint
Introduction
Safety Suggestion
Teaching steps

a. Leads -ups
b. Sprinting technique
c. Sprint starts

Common errors and corrections
Training schedule
Sprint Relays
Introduction Safety suggestion
Technique.

1. The upsweep technique
2. The Down sweep technique
3. Push forward pass

Teaching steps
Step 1: Lead - ups
Step 2: Drills for elementary and advanced baton exchanges
Common errors and corrections
Training schedule

100m Hurdles (Women)
Introduction
Safety suggestion
Technique
Teaching steps
Step 1: Lead-ups
Step 2: Introduction to hurdling technique
Step 3: Sprint start and Approach to the 1st hurdle
Common errors and corrections
Training schedule

110m Hurdles (Men)
Introduction
Safety suggestion
Technique.
Teaching steps
Step 1: Lead-ups
Step 2: Introduction to hurdling technique
Step 3: Sprint start and Approach to the 1st hurdle
Common errors and corrections
Training schedule

400m Hurdle (Men & Women)

Introduction
Safety suggestion
Technique
Teaching steps
Step 1: Lead-ups
Step 2: Development of sprint endurance
Step 3: Hurdling with a right and left leg lead
Step 4: Establishing a stride pattern for the approach to the first Hurdle (and to sub sequent hurdles)
Common errors and corrections
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1. Skills and Teaching Procedures.

a. Rebound
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   - Defensive rebound

b. Individual defence
   - Guarding the man with the ball
   - Guarding the man without the ball

c. Pivoting
   - Sliding
   - Weave Play
   - Overload.

2. Drills and lead up games
3. Rules and interpretations
4. Duties of captains, manager and coach
5. Mechanism of officiating
6. Terminology used in game/ sport
7. Important Tournaments (a) India (b) Asia (c) World
8. Result and Records of Important Tournaments
9. Eminent Personalities.

Cricket

1. Skills and Teaching Procedures;

A. Bowling

Pace Bowling.

a. Fast bowling
b. Medium fast
c. Out - swinger
d. In-swinger
e. Leg cutter
f. Off cutter

g. Yorker
h. Beamer
i. Shooter.

B. Spin bowling
a. Off spin
b. Leg spin
c. Topspin
d. Chinaman
e. Googly

C. Fielding position
k. Mid off
l. Mid on
m. Slips
n. Gully
o. Point
p. Square leg
q. Fine leg-Deep fine leg
r. Mid Point
s. Silly point
t. Silly mid off

D. Wicket keeping Skills
E. Types of Fielding

Orthodox

1. Long Barrier
2. Attacking field
3. Drills and ; lead up games
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   - To the side
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   - Heading While jumping
   - Diving heading
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   - Punching the ball
   - Deflecting the ball
   - Attacking techniques
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4. Rules and interpretations
5. Duties of captains, manager and coach
6. Mechanism of officiating
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Handball

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f. Shooting
- Jump shot long
- Jump shot high
- Straight Shot with blocking step
- Straight Shot without blocking step
- Hip shot
- Lob

g. Throw-in: Throw in from a standing position; Throw-off from a standing position
h. Penalty shot
i. Pivot
j. Goal keeping

2. Drills and lead up games
3. Rules and Interpretations
4. Duties of Captains, Manager and Coach
5. Mechanism of Officiating
6. Terminology used in Hand ball
7. Tournaments
8. Results and Records of important tournaments
9. Eminent Personalities

Hockey

1. Skills and Teaching Procedures

e. Flicking: Straight flick; Wrong foot flick; Reverse flick
f. Scooping; Straight scoop; Reverse scoop; Shovel scoop; Overhead scoop
g. Tackling: Lunge tackle; Jab tackle
h. Dodging

2. Drills and lead up games

3. Rules and interpretations
4. Duties of captains, manager and coach
5. Mechanism of officiating
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1. Skills and Teaching Procedures
   a. Blocking: Single block; Triple block; Commit block; aggressive block; Double block; Man to man' block; Zonal block; Soft block
   b. Spiking Straight smash: Cross court spike; Down-the line attack
   c. Receiving: Five man receive; Four man receive
   d. Drills and lead up games
2. Rules and interpretations
3. Duties of captains, manager and coach
4. Mechanism of officiating
5. Terminology used in game/ sport
6. Important Tournaments (a) India (b) Asia (c) World
7. Results and Records of important Tournaments.
8. Eminent Personalities.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the basic concepts
CO2: Apply the knowledge on rules and interpretation construction of courts
CO3: Perform skill, coaching and officiating procedures
CO4: Analyze the fitness parameters involved in the skills and techniques.
CO5: Create and evaluate the training schedules and perform

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	9	9	9	1	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

MTP 211	TEACHING PRACTICE AND CLASSROOM TEACHING (EXTERNAL)	L	T	P	C
		0	1	1	2

Teaching lessons of indigenous activities and sports

The students of M.P.Ed I year need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. The lessons will be supervised by the faculty members and experts Who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Classroom teaching (Lessons on theory of different sports& games)

The students of M.P.Ed I year need to develop proficiency in taking teaching lessons as per selected games and sport or specialization. In View of this, the students shall be provided with selected or specialized sport or game teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level. The lessons will be supervised by the faculty members and experts Who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Explain the concepts of general and particular lesson plan for practical and theory.
CO2: Determine varied methodology to execute the parts of the lesson plan and progressive lesson plan.
CO3: Develop proficiency in classroom teaching as per specialization.
CO4: Create and innovate teaching skills.
CO5: Facilitate for teaching and coaching practices in schools and colleges.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	3	9	3	3	3
CO2	3	9	9	9	9	3	3
CO3	3	9	9	9	9	3	9
CO4	3	9	9	9	9	3	9
CO5	3	3	3	9	9	9	9
Weightage of the course	21	39	33	45	39	21	33
Weighted	02.22	03.05	02.58	03.55	05.52	04.76	02.57

% of the course							

MCC 301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

L	T	P	C
4	0	0	4

OBJECTIVES:

- To know about Aim, characteristics, and loading in sports training
- To know about Strength ,Endurance, Speed and their training methods
- To know about Flexibility, Coordinative abilities their characteristics ,
- means and methods of training
- To orient with training plans.
- To gain knowledge on genetic doping and technological doping. .
- Curriculum Design in Physical Education

Unit I - Introduction Sports training

Definition Aim, Characteristics, Principles of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures Super Compensation Altitude Training Cross Training

Unit II - Strength, Speed and Endurance

Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Isokinetic Circuit Training, Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints, Endurance, Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training

Unit III – Flexibility and Coordinative ability

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

Unit IV – Training Plan

Training Plan: Microcycle, Meso-Cycle, MacroCycle. Short Term Plan and Long Term Plans-Periodization: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.

Unit V - Doping

Definition of Doping Genetic doping and Technological doping – Side effects of drugs Dietary supplements IOC list of doping classes and methods. Blood Doping The use of erythropoietin in blood boosting Blood doping control The testing programmes Problems in drug detection 5 Blood testing in doping control-Problems with the supply of medicines Subject to IOC

regulations: other-counter drugs (OTC) prescription only medicines (POMS) Controlled drugs(CDs). Reporting test results Education.

REFERENCES:

1. Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
2. Jensen, C.R. and Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia
3. Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
4. Yograj Thani (2003), Sports Training, Delhi : Sports Publications.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Explain sports training and overload.
CO2: Identify the strength, speed and advance training method.
CO3: Analyze flexibility and coordinative ability.
CO4: Analyze periodisation and design various training plan.
CO5: Evaluate the IOC list of doping and its effects.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	3	9	9	3	1	1	9
CO2	9	3	9	9	3	1	9
CO3	3	9	9	9	3	3	9
CO4	9	9	9	3	3	1	9
CO5	3	9	9	9	1	1	9
Weightage of the course	27	39	45	33	11	07	45
Weighted % of the course	02.86	03.05	03.51	02.60	01.56	01.59	03.50

MCC 302 CURRICULUM DESIGN IN PHYSICAL EDUCATION

L	**T**	**P**	**C**
3	**0**	**0**	**3**

OBJECTIVES:

- To know the curriculum design and curriculum framework
- To know the government policy on curriculum
- To develop the ability to frame curriculum in physical education
- To understand the factors that influences curriculum
- To gain knowledge on the integration of physical education curriculum

- with other subjects
- To know the grading, appraisal and evaluation techniques
- To perform curriculum research

Unit I - Introduction to Curriculum and Curriculum Design

Meaning and Definition of Curriculum and Curriculum Design. Basic Principles for planning Curriculum design Construction: Students centered, Activity centered, Community centered, Forward looking principle, Principles of integration, Old and modern concept of curriculum patterns of curriculum

Unit II - Basic Principles of curriculum development

Major steps in curriculum development, formulation, aims and objectives-selecting curriculum content-criteria for curriculum content-satisfaction and integration of content preparation of instructional materials - evaluation. Materials for curriculum activities – experience – teaching method - curriculum design – curriculum content – textbooks -Journals Dictionaries, Encyclopedias, Magazines

Unit III - Curriculum Sources

Sources of Curriculum textbook – Journals - Dictionaries, Encyclopedias, Magazines, Internet.

Unit IV - Integration of Physical Education with other faculties

Integration of Physical education and other faculties – integration of Physical Education with philosophy, psychology, sociology, history, physical chemistry, statistics, anatomy and physiology, sports medicine, physiotherapy and anthropology.

Unit V - Curriculum Research, Appraisal or evaluation

Definition of research – curriculum research – objectives of curriculum research – curriculum and basic research curriculum - applied research - curriculum action research Historical study. And curriculum experimental research Importance of curriculum research characteristics, Types and importance of evaluation in curriculum

REFERENCES:

1. Aggarwal, J.C (1990). Curriculum Reform in India World overviews, Doaba World Education Series Delhi: Doaba House, Book seller and Publisher..
2. Arora,G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
3. Carl,E, Willgoose. (1982. Curriculumin Physical Education, London: Prentice Hall.
4. John,E, Nixon and Ann,E,Jewett. (1964). Physical Education Curriculum, NewYork: The Ronald Press Company.
5. McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research,U.K. Routledge
6. NCERT (2000). National Curriculum Framework for School Education, New Delhi, NCERT.
7. Carlson P. Roles of Supervision and Curriculum design in Physical Education Prentice Hall
8. Cowell C C and Haxieton H W, The curriculum in Health and Physical Education Prentice Hall-Thomas JP, Organization of Physical Education Gnanodaya Press, Madras

9. Farys C F and Ray O, Administration of Phy., Edn.., Duncan, Prentice Hall
10. Joseph PM, Organization and Administration of Physical Education TIPE Kandivili, Bombay - Humphrey JH, Elementary School Physical Education Harper and Brothers, NewYork
11. NCERT (2005). National Curriculum Framework, NewDelhi: NCERT.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Determine the old and modern concepts of curriculum and describe curriculum.
CO2: Identify the materials for curriculum design and activity.
CO3: Compare the curriculum sources textbooks, journals, dictionaries, encyclopedias, magazines, and internet.
CO4: Suggest the integration of Physical Education with other disciplines.
CO5: Design experimental research on curriculum and evaluate the importance of curriculum.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	3	3	-	-	1
CO2	3	9	3	3	-	-	3
CO3	3	9	9	9	1	-	3
CO4	3	9	9	9	1	1	3
CO5	3	9	9	9	1	1	3
Weightage of the course	21	39	33	33	03	02	13
Weighted % of the course	02.22	03.05	02.58	02.60	00.42	00.45	01.01

MCC 303	**SPORTS BIOMECHANICS AND APPLIED KINESIOLOGY**	**L**	**T**	**P**	**C**
		3	**0**	**0**	**3**

OBJECTIVES:

- To know Kinesiology and Biomechanics
- To know various muscle location action and insertions.
- To again knowledge on motion, force, friction and their application in sports
- To understand projectile, stability and dynamics in sports
- To analysis sports movements.

Unit I - Introduction

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of

Axis and Planes, Dynamics, Kinematics, Kinetics, Statics, Centre of gravity – Line of gravity plane of the body and axis of motion, Vectors and Scalars.

Unit II - Muscle Action

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

Unit III - Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniformmotion. Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force Sources of force components. Force applied at an angle - pressure –friction Buoyancy, Spin-Centripetal force – Centrifugal force.

Unit IV - Projectile and Lever.

Freely falling bodies Projectiles - Equation of projectiles - Stability - Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage classes of lever practical application. Water resistance-Air resistance-Aerodynamics.

Unit V - Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods Sports and Games analysis.

REFERENCES:

1. Deshpande S.H. (2002). Manav Kriya Vigyan Kinesiology, Amravati Hanuman Vyayam Prasarak Mandal.
2. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In. 2005.
3. Steven Roy, and Richard Irvin. (1983). Sports Medicine. New Jersery: Prentice hall.
4. Thomas. (2001). Manual of structural Kinesiology, New York: McGraw Hill.
5. Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India 2004)
6. Uppal, A (2004) Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
7. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the axes, planes and dynamics.
CO2: Identify the structure and function of major skeletal muscle.
CO3: Analyze the factors of motion and force.
CO4: Suggest the factors of stability, leverage and aerodynamics.
CO5: Predict the performance based on biomechanical and Kinesiological principles.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	3	9	9	9	1	-	1

CO2	3	9	9	9	-	-	3
CO3	3	9	9	9	1	1	9
CO4	3	9	9	9	1	1	9
CO5	3	3	9	9	1	1	9
Weightage of the course	15	39	45	45	04	03	31
Weighted % of the course	01.59	03.05	03.51	03.55	00.57	00.68	02.41

MEC 304 ICT IN PHYSICAL EDUCATION

L	T	P	C
3	0	0	3

OBJECTIVES:

- To know about information and communication technology .
- To know computers and types .
- To know MS Office and application.
- To know approaches to ICT.
- To understand E-Learning and visual classroom.

Unit I – Communication and Classroom Interaction

Concept, Elements, Process and Types of Communication. Communication Barriers and Facilitators of communication Communicative skills of English-Listening, Speaking, Reading and Writing Concept and Importance of ICT – Need of ICT in Physical 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 and Applications of Computers Hardware of Computer: Input, Output and Storage Devices Software of Computer: Concept and Types of Computer, Memory: Concept and Types Viruses and its Management Concept, Types and Functions of Computer Networks, Internet and its Applications, Web Browsers and Search Engines, Legal and Ethical Issues

Unit III - MS Office Applications

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

Unit IV – ICT Integration in Teaching Learning Process

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

Unit V - e-Learning and Web Based Learning
e-Learning, Web Based Learning, Visual Classroom

REFERENCES:

1. B.Ram, New Age International Publication, Computer Fundamental, Third Edition 2006
2. Brainunder IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition 2001
3. Douglas E.Comer, The Internet Book, Purdue University, West Lafayettein 2005
4. Heidi Steel Low price Edition, Microsoft Office Word 2003-2004
5. ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing 2006
6. Pradeep K. Sinha and Priti Sinha, Foundations computing BPB Publications - 2006.
7. Rebecca Bridges Altman Peachrpit Press, Power point for window, 1999
8. Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for everyone, Second Edition 2006

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the challenges and need of ICT in Physical Education & Sports.
CO2: Identify the types of Computer & Viruses.
CO3: Analyze the use of MS Word, MS Excel, MS Access, MS Power point and MS Publisher in Physical Education.
CO4: Suggest the importance of Cooperative and collaborative learning.
CO5: Predict the use and need of e-learning, web based learning, virtual classroom in Physical Education.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	9	9	9	9
CO2	3	9	9	3	9	3	3
CO3	3	9	9	9	3	9	9
CO4	3	3	-	3	-	3	3
CO5	3	9	3	9	9	9	9
Weightage of the course	21	39	30	33	30	33	33
Weighted % of the course	02.22	03.05	02.34	02.60	04.25	07.48	02.57

MEC 305	SPORTS SOCIOLOGY	L	T	P	C
		3	0	0	3

OBJECTIVES:

- To know sports sociology
- Gain knowledge on culture, elements and functions
- To know social institutions, sports and politics
- To understand sports and social stratifications
- To know women and gender issues.

Unit I - Introduction to sports sociology

Meaning and definition of sports sociology sport as a social phenomena-sociology of sports as separate discipline, sports and socialization of the individual

Unit II - Sports and culture

Sports and culture basic concepts of culture - elements of cu1ture functions of culture-Relationship of sports with other elements of culture social planning and physical culture work, free time and physical culture – physical culture as a requirement of social development - Development of socialistic production and physical culture

Unit III - Social institutions, sports, politics and religion

Relationship of sports with other social institutions- emergence and growth of commercial sports- effects of commercialization on sports, status and incomes of athletes/ sports persons in commercial sports. Sports and solidarity political consequences of international sports event-reasons for combining sports and religion similarities and differences between sports and religion

Unit IV - Social mobility and sports

Sports and social Stratification-mobility opportunities sports participation and general career success athletic retirement and social mobility.

Unit V - Women in sports society

Women in sports – participation patterns among women – Gender in equation issues women in sports in future.

REFERENCES:

1. Ball and Loy, Sports and social order, Wesley publishing company
2. Craty B, Social Dimensions of physical activity, Prentice Hall, Inc
3. Edwards- (1986). Sociology of sports, Lllinois Dorsey Press
4. Jay I, Waldy (1986). Sport in society issues and controversies, St. Louis Mosby College Publishing, Co.
5. Lay Mepherson and Kenyson, Sports and Social System, Addison Wesley publishing company
6. Panna VR (1980). Sports in socialist countries, Allied publishers private ltd, Bombay

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Explain the concepts of Sports Sociology.

CO2: Identify the elements of physical culture and social development.
CO3: Analyze the relationship between sports and other social institutions.
CO4: Suggest the career in sports and social mobility.
CO5: Evaluate the women participation in sports.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	9	9	9	9
CO2	3	9	9	3	9	3	3
CO3	3	9	9	9	3	9	9
CO4	3	3	-	3	-	3	3
CO5	3	9	3	9	9	9	9
Weightage of the course	21	39	30	33	30	33	33
Weighted % of the course	02.22	03.05	02.34	02.60	04.25	07.48	02.57

MEC 306 **SPORTS ENGINEERING**

L	**T**	**P**	**C**
3	**0**	**0**	**3**

OBJECTIVES:

- To gain knowledge on sports engineering and technology
- Gain knowledge on mechanics of engineering materials
- To know about mechanical principles and movements
- To understand the sports dynamics
- To learn about building and maintenance
- To know about Maintenance policy and preventive measures

Unit I - Introduction to sports engineering and Technology

Meaning of sports engineering, human motion detection and recording, human performance, assessment, equipment and facility designing and sports related instrumentation and measurement.

Unit II - Mechanics of engineering materials

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

Unit III - Sports Dynamics

Introduction to Dynamics, Kinematics to particles rectilinear and plane curvilinear motion coordinate system. Kinetics of particles Newton's laws of Motion, Work, Energy, Impulse and momentum.

Unit IV - Building and Maintenance

Sports Infrastructure - Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc. Requirements: Air ventilation, Daylight, Lighting arrangement, Galleries, Storerooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration. Building process:-design phase (including brief documentation), construction phase functional (occupational) life, Reevaluation, refurnish, demolish. Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.

Unit V - Facility life cycle costing

Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation

REFERENCES:

1. Franz K.Fetal, Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
2. Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
3. Franz K Fetal, Editor The Impact of Technology on Sports II (CRC Press, 2007)
4. Helge N., Sports Aerodynamics (Springer Science and Business Media, 2009)
5. Oulin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge ,2013)
6. Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)
7. Colin White, Projectile Dynamics in Sport: Principles and Applications
8. Eric Cetal, Editor Sports Facility Operations Management (Routledge, 2010)

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Explain the sports related instrumentation and measurement.
CO2: Identify the various posture and its mechanical principles.
CO3: Analyze the Newton's Law of motion and its application in human body movement.
CO4: Suggest the techniques to maintain the sports infrastructure and equipment.
CO5: Predict the maintenance, total life, capital and energy cost of sports (facility) infrastructure.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**

CO1	9	9	9	9	9	9	9
CO2	3	9	9	3	9	3	3
CO3	3	9	9	9	3	9	9
CO4	3	3	-	3	-	3	3
CO5	3	9	3	9	9	9	9
Weightage of the course	21	39	30	33	30	33	33
Weighted % of the course	02.22	03.05	02.34	02.60	04.25	07.48	02.57

MPC 307	TRACK AND FIELD (JUMPS) AND SWIMMING	L	T	P	C
		0	2	2	3

Jump Events
Specific warm ups
Basic Skills and techniques of the Jumping events
Rules and officiating of various events
Organizing and marking for various events
Active practice with drills

Swimming
Fundamental swimming skills - Back paddle ~ Dog paddle - Crawl-Front crawl - back crawl - Body position - leg action - arm action - propulsive phase - recovery phase -breathing pattern Sculling - Breaststroke - butterfly stroke - Back stroke turn - pivot position push off - approach to the turn - Drills for the various strokes - breathing drills - kicking drills - arm action drills Rules and regulations -
officiating

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Describe the fundamental and advance concepts of Jump events and swimming.
CO2: Apply the knowledge of skills and techniques of jumps and swimming.
CO3: Exhibit the techniques in jump events and swimming.
CO4: Analyze the rules of coaching and officiating in jumping events and swimming.
CO5: Evaluate the braining programme and performance in jumping events and swimming.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	2	9	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	3	3	9	9	3	9
CO4	3	9	9	9	9	3	9

CO5	3	9	9	9	3	9	9
Weightage of the course	21	33	32	45	27	19	39
Weighted % of the course	02.22	02.58	02.50	03.55	03.82	04.31	03.04

		L	T	P	C
MPC 308	**MARTIAL ARTS AND BIOMECHANICS AND KINESIOLOGY LAB**	**0**	**2**	**2**	**3**

Martial Art

Karate:

- Player Stances walking, hand positions, front leaning, and side-fighting.
- Hand Techniques Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic).
- Leg Techniques Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house.
- Forms -The first cause Katas.
- Self Defense - against punches, grabs and strikes, against basic weapons (knife, club sticks).
- Sparring - One step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks).And advance skills

Biomechanics and Kinesiology Lab

1. The students should learn the basic theoretical concepts and measurement technique in the following.
2. Analysis of movement, analysis of ankle of joint and joint mobility during locomotors skills and analysis of range of movement.
3. Cinematographic analysis
4. Visual and instrument analysis of fundamental motor skill (walking, running, throwing, catching, pushing, lifting, hitting, striking, kicking, jumping)
5. Analysis of skills and techniques in Basketball, Cricket, football, hockey, volleyball, athletics, swimming and gymnastics

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Learning the basis of Karate and Concepts of measuring techniques in biomechanics and kinesiology
CO2: Perform self defence and operate devices.
CO3: Differentiate the advance movements of leg techniques in karate and record.
CO4: Involve in teaching practice of karate skills and compute the results form kinesiology & biomechanical variables.
CO5: Demonstrate the mass display and demonstrate and create the environment for research

extension activities.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	9	3	3	1	3
CO2	3	9	9	9	3	3	9
CO3	3	9	9	9	3	3	9
CO4	3	3	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	27	39	45	39	15	13	39
Weighted % of the course	02.86	03.05	03.51	03.08	02.12	02.95	03.04

MPC 309 COACHING LESSON AND OFFICIATING IN T & F

L	**T**	**P**	**C**
0	**2**	**2**	**3**

The students of M.P.Ed. II year need to develop proficiency in taking coaching lesson and officiating on Track & field. In view of this the students shall be provided with advance training, Coaching and Mechanism of officiating in Track & Field. 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. 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.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the basic concepts
CO2: Apply the knowledge on rules and interpretation construction of courts
CO3: Perform skill, coaching and officiating procedures
CO4: Analyze the fitness parameters involved in the skills and techniques.
CO5: Create and evaluate the training schedules and perform

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	9	9	9	1	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9

CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

MPC 310	COACHING LESSON AND OFFICIATING SPECIALIZATION 1ST BEST	L	T	P	C
		0	4	4	6

Coaching Lessons and Officiating Lesson of Track and Field/ BB/ CR/ FB/ HO/ VB The students of M.P.Ed. II year need to develop proficiency in taking Coaching lesson and officiating lesson on selected above discipline. In view of this, the students shall be provided with advance training, coaching and mechanism of officiating 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 time they are going to handle at school and college level. 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.

Specialization 1st Best Track and Field

Broad Jump

Introduction
Safety Suggestion
Teaching steps
a) Lead ups
b) Elementary long jump and run up
c) Technique
   i. The hang technique
   ii. The Hitch-Kick technique
Common errors and corrections
Training schedule

High-Jump

Introduction
Safety suggestion
Technique
Fosbury Flop
Straddle
Teaching steps
Step 1: Lead - ups

Step 2: Flop High Jump using a short (3 stride) Run- Up
Step 3: Flop High Jump using an extended (curved) run – up
Teaching steps for straddle
Common errors and corrections
Training schedule.

Pole-Vault
Introduction
Safety suggestion
Technique

a. Grip, carry and run-up
b. The pole plant
c. The take-off
d. The rock back phase
e. Action over the bar and bar clearance

Teaching steps
Step 1:Lead-ups
Step 2: Swing and Half rotation on the pole
Step 3: Intermediate pole Vault skills
Common errors and suggestions
Training Schedule

Triple Jump
Introduction
Safety suggestions
Technique

a. The Hop
b. The Step
c. The Jump

Teaching steps

a. Lead ups
b. The Triple Jump.

Common errors and corrections
Training schedule

Basketball
Different training methods
Training schedule
off season
in season
Tactics
Offensive tactics

a. Give and go
b. Screening
c. Splitting the post

Out numbering situation Defensive tactics

a. Switching
b. Sandwich

Cricket
Training schedule
Off season
In season
Tactics
Batting tactics
Bowling tactics
Fielding tactics
Tactics for limited over matches
Tactics for test matches

Football
Different training methods
Training Schedule
Off season
In season
Tactics
Team Tactics
In attack
Defending play of attackers Changing position
Wing Play
Play in Centre of attack
Counter attack
In defence
Defending the goal
Winning the ball
Offside tactics
Team Work with goal keeper
Individual tactics
In attack Getting free
Dribbling
Passing
Shooting
In defence
Marking and tackling

Handball
Different training methods
Training schedule
Off season
In season
Tactics
Offensive tactics: (i) Passing (ii) Screening (iii) Out numbering situation

Defensive tactics: (i) Blocking (ii) Man change

Hockey
Different training methods
Training schedule
Off season
In season
Team Tactics
Defensive tactics
Individual defensive tactics
Team defensive tactics
Offensive tactics
Individual offensive tactics
Team offensive tactics
Man to man defence.

Volleyball
Different training methods
Training schedule
Off season
In season
Team Tactics
Offensive team tactics
Triple play – Three point attack – Double play – left and right flang attacks – crisscross Offence-second line attack moving attack – rapid smashing tactics - system of offence.
The six spikes system - 4-2 system - The 3-3 system- The 2-4 system selling the dummy - general observation.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the basic concepts
CO2: Apply the knowledge on rules and interpretation construction of courts
CO3: Perform skill, coaching and officiating procedures
CO4: Analyse the fitness parameters involved in the skills and techniques.
CO5: Create and evaluate the training schedules and perform

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	9	9	9	1	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	09	45

Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

MTP 311 **INTERNSHIP IN COACHING LESSON** **L T P C**
0 1 1 3

The M.P.Ed., programme shall provide for sustained fieldwork with learners and the institution, thereby creating congenial atmosphere. The programme shall include teaching basic skills in sports and games and indigenous activities giving exposure to students in all such activities. Internship would include engagement with the community, i.e., school/ college/ sports organization/ sports academy/ sports club and should have the following components teaching, coaching and officiating.

COURSE OUTCOMES: At the end of the course, the student will be able to
CO1: Explain the concepts of lesson plan for practical and theory.
CO2: Determine varied methodology to execute the lesson plan.
CO3: Suggest suitable lesson plan according to the stakeholders.
CO4: Create and innovate teaching skills.
CO5: Facilitate for teaching and coaching practices.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	3	9	3	3	3
CO2	3	9	9	9	9	3	3
CO3	3	9	9	9	9	3	9
CO4	3	9	9	9	9	3	9
CO5	3	3	3	9	9	9	9
Weightage of the course	21	39	33	45	39	21	33
Weighted % of the course	02.22	03.05	02.58	03.55	05.52	04.76	02.57

MCC 401 **PREVENTION AND MANAGEMENT OF SPORTS TRAUMA** **L T P C**
4 0 0 4

OBJECTIVES:

- To understand sports medicine and the causes of sports injuries
- To understand stretching and the advantages and dangers of stretching.
- To understand rehabilitation injuries and their methods of management
- To known different manipulative techniques, modalities of electrotherapy
- strapping and techniques of tapping in different regions

Unit I – Introduction

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. Advantages and Disadvantages of PRICE and SAID principle. Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Va1ue of good posture, Drawbacks and causes of bad posture. Posture test Examination of the spine.

Unit II - Posture, Spine Injuries and Corrective Exercise

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flatback, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot. Management including exercises. Head, Neck and Spine injuries: Flexion, Compression, Hyper extension, 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 - Rehabilitation Exercises and Basic Rehabilitation

Basic Rehabilitation: Strapping/ Tapping: 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. Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

Unit IV - Massage

Brief history of 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: Petri sage Kneading (Finger, Kneading, Circular) ironing Skin Rolling Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

Unit V – Sports Injuries Care, Treatment and Support

Principles pertaining to the prevention of Sports injuries care and treatment of exposed and unexposed injuries in sports Principles of apply cold and heat, infrared rays U1trasonic, Therapy Short wave diathermy therapy. Principles and techniques of Strapping. And Bandages. Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Breathing exercises, Relaxation techniques Fracture at cranium, shoulder, hip knee, ankle Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, 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.

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5. Rathbome,J (1965) Corrective Physical Education, London: W.B.Saunders and Co.
6. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, NewYork.
7. Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists East Kilbride: Thomson Litho Ltd.
8. James,A. Gouldand George J.Davies.(l985). Physical Physical Therapy Toronto: C.V. Mosby Company.
9. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
10. Pande.(l998) Sports Medicine New delhi: Khel Shitya Kendra
11. The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine,
12. Australia: Tittel Black well Scientific publications - Practical: Anthropometric Measurements,

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand sports medicine, therapeutic exercise, posture and posture test.
CO2: Determine normal curve of spine and corrective exercises.
CO3: Differentiate rehabilitation exercises and stretches.
CO4: Suggest massage and manipulative techniques for injured athletes.
CO5: Create sports injuries care, treatment and support.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	3	3	1	-	9
CO2	9	3	3	9	3	3	9
CO3	3	9	9	9	1	3	9
CO4	3	9	9	9	3	9	9
CO5	3	9	9	9	9	9	9
Weightage of the course	27	33	33	39	17	24	45
Weighted % of the course	02.86	02.58	02.58	03.08	02.41	05.44	03.50

MCC 402	RULES OF SPORTS AND GAMES	L	T	P	C
		3	0	0	3

OBJECTIVES:

- To know the Planning, Construction, Marking of courts and track and field events
- To know the duties of various officials.
- To know the rules and interpretations
- To know the mechanism of officiating.
- To know the latest changes and techniques.

Unit I - Philosophy of officiating and Mechanism of Officiating

- Qualification and Qualities of an official
- Philosophy ofOff1ciating
- General principles of officiating
- Pre, during and post Duties of official
- Mechanism of officiating
- Official Signals and powers
- System of officiating
- Position of officiating

Unit II - Dimensions of play field/ event

- Lay out of Standard track/ nonstandard track / Marking of all the athletic events
- Lay out of the playfield and marking - Specifications of all the equipment used in the event/game

Unit III - Rules and their Interpretations - I

- Rules of the above mentioned sport / games
- Interpretations and implications of laws

Unit IV - Rules and their Interpretations - II

- Rules, Interpretations and Implications of Laws.
- Interpretations and implications of law

Unit V - Skills/Techniques, errors, corrections and Lead up games

- Skills, techniques, tactics, strategies
- Lead up games to develop the skill/technique
- Error and corrections of skill / technique
- Drills

REFERENCES:

1. Buck rules book for sports and games, published by NCYs of India, New Delhi
2. IAAF, Competition rules book Track & Field
3. F IBA, Official Basketball rules book,
4. ICC, Cricket rules book,

5. FIFA Laws of the game Football,
6. IHF, Rules of the game - Handball,
7. FIH, Rules of Hockey,
8. FIVB, Official Volleyball rules,

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the Philosophy and Mechanism of officiating.
CO2: Execute dimensions of play field of sports/ games.
CO3: Analyze and implement rules and interpretation of games and Track & field event.
CO4: Create lead up games to improve skill technique.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	3	9	3	3	9
CO2	9	9	9	9	1	1	9
CO3	9	3	9	9	3	1	9
CO4	3	9	9	9	9	9	9
Weightage of the course	30	24	30	36	16	14	36
Weighted % of the course	03.18	01.88	02.34	02.84	02.27	03.17	02.80

MCC 403	**PROFESSIONAL PREPARATION FOR NET/ SET/ TRB/ TNPSC**	**L**	**T**	**P**	**C**
		3	**0**	**0**	**3**

OBJECTIVES:

- Acquisition of knowledge and understanding
- Development of conceptual. Intellectual and subject specific skills
- Understand the basic concepts of quantitative ability
- Understand the basic concepts of logical reasoning Skills
- Acquire satisfactory competency in use of verbal reasoning
- Solve campus placements aptitude papers covering Quantitative Ability, Logical Reasoning and Verbal Ability
- To make students eligible for the post of assistant professor and/or Junior Research Fellowship award in Indian universities and colleges.

Unit I

Physical education and adapted physical education, their objectives Philosophies of education as applied to physical education

Development of Physical education in Greece, Rome, Sweden, Russia, England, Denmark, Germany, USA, Australia, and China.
Growth and development of physical education in India:
Recreation- its principles, characteristics and importance. Modern trends in recreation. Indoor and outdoor recreational programmes. Recreational programmes for various categories of people.
Wellness its importance, benefits and challenges. Development and maintenance of wellness.
Teaching Aptitude nature, objectives, and characteristics of teaching, learner characteristics and teaching methods.
Social aspects of sports-sports as a socializing agency, social values, sports leadership, sports as cultural heritage and social aspects of competition.
Ancient & Modern Olympics games, Asian and Common wealth games.
Structure and functions of international and national bodies controlling various games and sports.
Prominent honors and awards in games and sports.

Unit II
Exercise physiology its scope and importance in the field of physical education and sports. Cardio respiratory adaptations to long and short term physical activities.
Muscle- its types, characteristics and functions. Microscopic structure of muscle fiber. Sliding filament theory of muscular contraction. Types of muscle fibers and sports performance. Muscular adaptations to exercise.
Neuro-muscular junction and transmission of nerve impulse, kinesthetic Sense organs and neural control of motor skills.
Bio-chemical aspects of exercise Metabolism of food products. Aerobic and anaerobic systems during rest and exercise. Direct and indirect methods of measuring energy cost of exercise.
Recovery process - Physiological aspects of fatigue. Restoration of energy stores. Recovery oxygen. Nutritional aspects of performance.
Environmental influence on human physiology under exercise.
Women in sports trainability. Physiological gender differences and special problems of Women athletes.
Aging-Physiological consequences, lifestyle management and healthful aging. Physiological responses of various therapeutic modalities and rehabilitation.
Physiological aspects of various Ergogenicaids. Massage manipulations and their physiological responses.

Unit III
Kinesiology and biomechanics, Modern trends in biomechanics. Planes and Axes of human body. Joints and their movements.
Muscle attachments - Origin, insertion, action and leverage of the principal muscles used in sports. Motion: its laws and their application in sports. Projectile and principles of projections Linear and angular kinematics and kinetics.
Friction, Spin, impact and elasticity.
Air and water dynamics.
Mechanical advantage and applications of Levers in sports. Posture and its deformities with their corrective exercises.
Kinesiological, Muscular and mechanical analyses of fundamental movements: Mechanical analyses of major sports skills

Unit IV

Sports psychology – its importance in the field of physical education and sports. Motivation in sports-types, theories and dynamics.

Psychological factors affecting sports performance-Emotions, Anxiety aggression, stress, self confidence, concentration, mental practice and goal setting.

Personality Theories of personality, measurement of personality. Group dynamics, Group cohesion and leadership in sports.

Cognitive process memory and thinking. Principles of Motor skill learning. Transfer of training and its, types with it implication in sports.

Long and short term psychological preparation for performance/ competition. Psychological skill training for activation and relaxation

Spectators and sports performance.

Unit V

Development of teacher education for physical education in India. Comparative study of professional preparation in physical education of India with those of USA, Russia, Germany, Australia, and UK. Professional and other courses of physical education in India. Role of Government agencies monitoring professional courses in physical education.

Qualities, qualifications and responsibilities of physical education personnel at primary, secondary and higher education levels. Scope of physical education personnel in the promotion of health, fitness and wellness.

Recent Government policies for promoting physical education and sports in India.

Hierarchy of organizational set-up in physical education at schools, colleges and university level. Role of public & private sectors in the promotion of physical education and sports in the country.

Curriculum development- Concepts and principles of curriculum planning. Subject matter for different levels of education - primary, secondary and higher education.

Curriculum design and content importance, selection and classification of subject matter with reference to age, sex and differently abled pupils. Integrated programme for boys and girls.

Teaching aids - Timetable, Concepts, credit system for various subject courses- theory and practical, Impact of technology in physical education and sports, Curriculum evaluation: Concepts and purpose; procedure and appraisal.

Unit VI

Health - its objectives and spectrum. Health education, its importance and principles. Role of genetics and environment in achieving health. Health - related physical fitness.

Community health programme Health appraisal & health instructions. International and national health promoting government & private agencies.

School Health programme and personal hygiene. Communicable diseases: causes, symptoms, prevention through other means and Immunization. Psychosomatic disorders/ sedentary life style diseases: causes, symptoms and prevention. Obesity related health problems. Body Weight control and its significance on health. Role of exercise, dieting and combination of exercise & dieting on Weight control.

First-aid- objectives and principles. First-aid for Shock, poisoning, burns, drowning, bleeding, electric shock and common sports injuries.

Pollution- Air, water, sound and radiation. Effects of pollution on health, Preventive and safety

measures from pollution. Nutrition-Balanced diet and its components. Nutritional Deficiencies. Understanding of malnutrition and nutritional supplements.
Effects of smoking, alcohol, & drugs on health; prevention and rehabilitation.

Unit VII

Sports training its characteristics and principles. Training load, its features, principles and adaptation process. Means and methods of executing training load. Over load, its Causes, symptoms and remedial measures.
Strength – its characteristics, types of strength, factors determining strength and strength development.
Endurance – its characteristics, types of endurance, factors determining endurance and endurance development.
Speed- its characteristics, types of Speed, factors determining Speed and speed development.
Flexibi1ity its characteristics, types of flexibility, factors determining flexibility and flexibility development.
Coordinative abilities-its characteristics, types of coordinative abilities, factors determining coordinative abilities and development of coordinative abilities.
Technique and skill-its characteristics and importance. Different stages of technique development and technique training. Tactics and strategy.
Planning – its importance and principles. Types of planning.
Periodization – its importance, objectives and types of periodization. Concept of different periods-Preparatory, competition and transitional. Types of Competition:
Talent identification process and procedure.

Unit VIII

Research in physical education - its importance and classification. Ethical issues in research. Methods of research - Descriptive, historical and experimental. Experimental research designs.
Identification and formulation of research problem. Types of research hypotheses and their formulation. Hypotheses testing. Tools of research - Questionnaires, interviews and observation. Sources and steps of literature search - library, research databases, internet-search engines, online journals. Note taking and critical reading.
Sampling Techniques – Probability and non probability Data, its types and collecting measures.
Normal probability curve and grading scales. Statistical processes, their importance and uses in research. Application of parametric and non parametric statistical techniques in research.
Computer applications statistical packages for data analyses SPSS, e-mail, search engines and Microsoft office. Preparation of research proposal, report, abstract, paper for publication and paper for presentation.

Unit IX

Test, measurement and evaluation-their types and importance in physical education and sports. Principles and processes of evaluation in physical education.
Criteria of selecting an appropriate test and administration of testing programme. Types of tests and construction of standard knowledge and skill tests.
Tests for fitness – Physical fitness, motor fitness, motor ability and motor educability. Health related fitness tests.

Test for fitness components-strength, endurance, speed, flexibility and coordinative abilities. Sports skill tests Badminton, Basketball, Football, Hockey, Tennis, and Volleyball.
Anthropometric Measurements - landmarks and measurement of various body segments ,height, sitting height, weight, diameters, circumferences, skin folds,
Body mass index, ponderal index. Somato type and Posture evaluating techniques.
Testing of physiological phenomenon – Blood pressure, breathing frequency vital capacity, heart rate, pulse rate, body temperature and body composition.
Tests for psychological Variables - Anxiety, aggression, team cohesion, achievement motivation, mental-toughness, and self-efficacy.

Unit X

Management - its principles and theories. Scope of management in physical education and sports. Guiding principles for organizing physical education & sports programmes in institutions.
Personnel management- objectives and principles. Self-appraisal, communication skills and time management. Essential skills of administration.
Financial management-objectives, purposes, principles and scope. Planning and preparation of budget. Mechanics of purchase and auditing.
Supervision-objectives, principles and importance of supervision. Techniques of supervision. Duties and responsibilities of a supervisor.
Facility management- planning, procuring and maintenance of facilities indoor and outdoor facilities. Planning and management of sports infrastructure. Management of records.
Role of sports manager interpersonal, informational and decision making. Managerial skills technical, human and conceptual. Qualities and qualification of sports manager.
Event management – its principles, planning, checklist, rehearsal, itinerary, execution, reporting and follow-up procedures of an event.
Public relation- principles of public relations in physical education and sports. Mass Media-communication and publicity, qualifications of Public Relation Officer.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand and prepare for TRB/ TNPSC/ SET/ NET/ Competitive Examinations
CO2: Identify about professional preparation.
CO3: Distinguish syllabus based concepts
CO4: Prepare MCQ reasoning, assertion, Matching type, comprehension
CO5: Create Sample Question paper for competitive

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	9	1	-	9	-	3
CO2	3	9	1	3	1	-	9
CO3	3	9	9	3	1	-	9
CO4	9	9	3	9	1	1	9
CO5	9	9	9	9	1	1	3
Weightage of the course	33	45	23	24	13	02	33

Weighted % of the course	03.50	03.52	01.80	01.89	01.84	00.45	02.57

MCC 404 **DISSERTATION**

L	T	P	C
3	0	0	3

OBJECTIVES:

- To orient student to prepare topic for research
- To learn how to review the literature online and offline.
- To design and collect the samples
- To analyze the data using statistical tool.
- To prepare conclusion and summary.

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 C.R.C. (College Research Committee).
2. A candidate selecting dissertation must submit his/ her dissertation on the last day of the IV Semester Examination.
3. The candidate has to face the Viva-Voce conducted by CRC.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the concept of research problem.
CO2: Form a title under the supervisor and prepare the research proposal
CO3: Analyze the methods of research and collection interpretation of data and conclusion.
CO4: Prepare the dissertation and suggest the recommendations.
CO5: Create the research work for vivavoce and publications.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	3	9	9	9	3	1	3
CO2	9	1	1	1	-	1	-
CO3	3	9	9	3	3	1	9
CO4	3	3	9	3	9	9	3
CO5	1	9	9	9	1	1	9
Weightage of the course	19	31	28	25	16	13	24
Weighted % of the course	02.01	02.42	02.19	01.97	02.27	02.95	01.87

MPC 405	TRACK & FIELD (MIDDLE AND LONG DISTANCE) AND TRAINING METHODS.	L	T	P	C
		0	2	4	3

Middle and Long distance events

Specific warm ups
Basic Skills and techniques of the Middle and Long distance events
Rules and officiating (measuring, timing) of various events
Organizing and marking for various events

Training Methods

Understanding sports training principles
Periodization of training
Training load and recovery
Training intensity-Volume frequency
Different type of physical activity- duration
Training for motor components
Training for health related physical fitness components
Training for skill related physical fitness components

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Describe the techniques in middle and long distance and training principles.
CO2: Identify the knowledge to skill and techniques.
CO3: Distinguish the middle and long distance events rules and interpretation and phases of periodization.
CO4: Analyze errors, reasons, and correction based on the training principles and mechanical principles.
CO5: Evaluate the training load, overload, and relate with physical fitness components and measure the performance in middle and long distance events.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	1	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	39	39	39	45	27	09	45
Weighted	04.13	03.05	03.04	03.55	03.82	02.04	03.50

% of the course							

MPC 406	MASS DRILL AND SPORTS INJURY AND REHABILITATION LAB	L	T	P	C
		0	2	4	3

Mass Demonstration Activities

Lezium, dump-bell, umbrella, wands, hoops, Free arms drill, folk dances, etc. (Students are expected to learn and organize mass drill in school situation)

- Apparatus / Light apparatus Grip
- Attention with apparatus / Light apparatus
- Stand at ease with apparatus / light apparatus
- Exercise with verbal command, drum, whistle and music Two count, Four count, Eight count and Sixteen Count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

Sports Injury and Rehabilitation Lab

The students would have the hands on experience of Sports First Aid by Covering the Sports competition, Intramural, Inter Physical Education competitions and other competitions.

1. Assessment of Injured Athlete
2. Management of Injuries (Closed)
3. Management of Open Wounds
4. Rehabilitation of Injuries
5. Return of the Athlete to Sport with proper testing and assessment.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand light apparatus based on verbal command and counts basic concepts of sports injuries.

CO2: Perform the mass drills based on music and assess the athletic injury and causes.

CO3: Choreograph exercises and methods of management of athletic injuries.

CO4: Design and display mass drills and involve in management of electrotherapy, massage and rehabilitation.

CO5: Organize mass drill competition – demonstrate the athletics return to sports with proper testing and assessment.

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	9	9	3	3	1	3

CO2	3	9	9	9	3	3	9
CO3	3	9	9	9	3	3	9
CO4	3	3	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	27	39	45	39	15	13	39
Weighted % of the course	02.86	03.05	03.51	03.08	02.12	02.95	03.04

MPC 407	**COACHING LESSON AND OFFICIATING IN T & F (EXTERNAL)**	**L**	**T**	**P**	**C**
		0	**2**	**2**	**3**

The students of M.P.Ed. II year need to develop proficiency in taking coaching lesson and officiating on Track & field. In view of this the students shall be provided with advance training, Coaching and Mechanism of officiating in Track & Field. 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. The lessons will be SL1p61'VlS€Cl 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.

COURSE OUTCOMES: At the end of the course, the student will be able to

CO1: Understand the basic concepts
CO2: Apply the knowledge on rules and interpretation construction of courts
CO3: Perform skill, coaching and officiating procedures
CO4: Analyse the fitness parameters involved in the skills and techniques.
CO5: Create and evaluate the training schedules and perform

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	9	9	9	1	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	09	45
Weighted	03.50	03.05	03.04	03.55	03.82	02.04	03.50

% of the course							

MPC 408	COACHING LESSON AND OFFICIATING SPECIALIZATION 1ST BEST	L	T	P	C
		0	4	4	6

Coaching Lessons and Officiating Lesson of Track and Field/ BB/ CR/ FB/ HO/ VB

The students of M.P.Ed. II year need to develop proficiency in taking Coaching lesson and officiating lesson on selected above discipline. In view of this, the students shall be provided with advance training, coaching and mechanism of officiating 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 time they are going to handle at school and college level. 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.

Specialization 1st Best Track and Field

Middle Distance (800mts, 1500 mts)

Introduction
Safety Suggestion
Technique
a) Body Position
b) Stride length
c) Knee lift
d) Pace I tempo
e) Ann action
Teaching steps
Step 1: Lead ups
Step 2: Endurance training
Common errors and corrections
Training Schedule

Long Distance

Introduction
Safety suggestion
Technique
Teaching steps
Step 1: Lead ups
Step 2: Endurance training
Step 3: Power & Resistance training
Step 4: Mixing Aerobic and Anaerobic training
Common errors and corrections

Training schedule

20 KM Walking
Introduction
Fundamental mechanics of walking
Technique
a) Leg movement
b) Trunk carriage
c) Arm action
d) Hip action
Common errors and corrections
Training schedule
Steeple chase
Introduction
Safety suggestion
Technique
Teaching steps
Step 1: Lead ups
Step 2: Development of Aerobic and Anaerobic endurance
Step 3: Steeple chase hurdle and water - jump clearance
Common errors and corrections
Training schedule

Marathon
Introduction
Technique
Body position
Stride length
tempo
arm action
Teaching steps
Common errors and corrections
Training schedule

Cross Country
Introduction Technique
Body position
Stride length
Tempo
Arm action
Teaching steps
Common errors and corrections
Training schedule

Decathlon
Introduction

Technique
Teaching methodology
Common errors and corrections
Training schedule

Heptathlon
Introduction
Technique
Teaching methodology
Common errors and corrections
Training schedule

Basketball
Team tactics
Offensive
Fast break
Offensive against man to man defense Strategy
Set Play
Evaluation of players
Selection of team
Mechanism of officiating

Cricket
Strategy
Set Play
Defensive and offensive field setting Fielding setting for pace bowling Fielding setting for in swing Fielding setting for out swing Fielding setting for spin bowling Fielding setting for off spin
Fielding setting for leg spin
Evaluation of players
Selection of team
Mechanism of officiating

Football
Strategy
Set plays Attack
Corner kick
Long and short distance kick
Towards the goal or away (spinning)
Free kicks (Direct & Indirect kicks)
Changing the point of attack
Lofting the ball over the Wall
Banana kick (swinging)
Direct shot
Penalty kick
Throw-in

Long distance throw
Short distance throw
Defensive behavior at
Corner kick
Free kick
Penalty kick
Throw- in
Evaluation of players
Selection of team
Mechanism of officiating

Handball
Team tactics Offensive & Defensive
(a) Fast Break
(b) Defensive man to man
(c) Offensive man to man
(d) Individual tactics
(e) Group tactics
(f) Combined defensive Strategy
(a) Players position - 6.0, 5-1,4-2, 3-2-1
(b) Combined defence - 5 - 0+ 1, 4 - 0+ 2
System of play
Evaluation of Players
Selection of team
Mechanism of officiating

Hockey
Strategy Players position
System of play(5-3-2-1, 4-4-2-1 , 3-5-2-1,3-4-3-1, 4-3 -2- 1 - 1)
Set Plays
Penalty comer
Attacking penalty comer
Single battery
Double battery
Long comer
Comer from right
Comer from left
Defending long comer
Penalty stroke
Free hit
In offence
In defence
Evaluation of players
Selection of team
Mechanism of officiating

Volleyball

Defensive team tactics

Defence formation - defending service - Double triangle formation - circle formation -spokes formation.

The W-M formation Defending spikes – formation without block – scattered formation - semicircular formation - formation with one man block -11-4 formation - 1-2-1 -2formation with 3 man block- 3-3 formation- 3- l -2 formation.

System of defence

Interchange system - Overload system – Rebound system – flying block system – Counter defence system - self defence system - General observation.

Strategy

Set plays

Evaluation of players

Selection of team

Mechanism of officiating

COURSE OUTCOMES

At the end of the course, the student will be able to

CO1: Understand the basic concepts

CO2: Apply the knowledge on rules and interpretation construction of courts

CO3: Perform skill, coaching and officiating procedures

CO4: Analyze the fitness parameters involved in the skills and techniques.

CO5: Create and evaluate the training schedules and perform

Mapping Table CO's – PO's (Course Articulation Matrix)							
Course Outcomes	**Performance Outcomes**						
	PO1	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
CO1	9	3	9	9	9	1	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	09	45
Weighted % of the course	03.50	03.05	03.04	03.55	03.82	02.04	03.50

B. B.P.Ed. – Revision & Modification of Syllabus – Notes on Agenda

Based on the importance and advantages the elective subjects were redesigned and rearranged in all 4 semesters and the Choice Based Credit System is converted into Outcome Based Education.

Program Articulation Matrix (PAM) Weighted Percentage									
	Course Code	**Course Title**	**PO1**	**PO2**	**PO3**	**PO4**	**PO5**	**PO6**	**PO7**
			Wt.	**Wt.**	**Wt.**	**Wt.**	**Wt.**	**Wt.**	**Wt.**
SEMESTER - I	BCC 101	Principles Of Physical Education, Physiology & Sociology	15	12	9	30	12	27	21
			01.82	01.25	00.78	02.68	01.83	02.42	04.21
	BCC 102	Anatomy And Physiology	16	27	12	31	12	45	13
			01.94	02.81	01.04	02.77	01.83	04.04	02.61
	BCC 103	Yoga Education	14	18	27	28	15	45	15
			01.70	01.87	02.35	02.50	02.29	04.04	03.01
	BDS E 104	Educational Technology And Sports Journalism And Tourism	27	18	39	22	33	39	15
			03.28	01.87	03.39	01.96	05.05	03.50	03.01
	BDS E 105	Disabilities And Inclusive Education	27	18	39	22	33	39	15
			03.28	01.87	03.39	01.96	05.05	03.50	03.01
	BPC 106	Calisthencs, Minor Games, Drills And Aerobics	39	24	45	6	33	45	9
			04.74	02.49	03.91	00.54	05.05	04.04	01.80
	BPC 107	Badminton,Ballbadminton,Softball, Table Tennis, Chess And Carrom	21	30	45	39	15	31	7
			02.55	03.12	03.91	03.48	02.29	02.78	01.40
	BCC 108	Track & Events	27	27	33	45	24	31	5
			03.28	02.81	02.87	04.02	03.67	02.78	01.00
	BTP 109	Teaching Practice (General Lesson)	33	39	39	45	27	17	45
			04.01	04.05	03.39	04.02	04.13	01.53	09.02
SEMESTER - II	BCC 201	History of physical education, Recreation, Camping, Guidance & Counseling	17	27	27	21	21	36	21
			02.07	02.81	02.35	01.88	03.21	03.23	04.21
	BCC	Organization,	12	39	31	27	13	45	13

	202	Administration And Methods In Physical Education	01.46	04.05	02.70	02.41	01.99	04.04	02.61
	BCC 203	Principles And Techniques Of Officiating And Coaching (T&F)	16	25	39	27	6	24	5
			01.94	02.60	03.39	02.41	00.92	02.15	01.00
	BGE 204	Computer Application In Physical Education	27	27	45	33	10	45	9
			03.28	02.81	03.91	02.95	01.53	04.04	01.80
	BGE 205	Elementary Statistics	27	27	45	33	10	45	9
			03.28	02.81	03.91	02.95	01.53	04.04	01.80
	BPT 206	Dhands And Baithaks Light Apparatus Yoga And Silambam	27	27	33	45	24	31	5
			03.28	02.81	02.87	04.02	03.67	02.78	01.00
	BPC 207	Basketball, Volleyball, Football And Throw ball	21	30	45	39	15	31	7
			02.55	03.12	03.91	03.48	02.29	02.78	01.40
	BCC 208	Field Events(Jumps)	27	27	33	45	33	31	5
			03.28	02.81	02.87	04.02	05.05	02.78	01.00
	BTP 209	Teaching Practice(Particular Lesson)	33	39	39	45	27	17	45
			04.01	04.05	03.39	04.02	04.13	01.53	09.02
	BTP 210	External Teaching Practice (General& Particular)	33	39	39	45	27	17	45
			04.01	04.05	03.39	04.02	04.13	01.53	09.02
SEMESTER - III	BCC 301	Sports Training	27	30	25	39	15	45	15
			03.28	03.12	02.17	03.48	02.29	04.04	03.01
	BCC 302	Health Education And Environmental Studies	27	39	21	39	16	24	15
			03.28	04.05	01.83	03.48	02.45	02.15	03.01
	BCC 303	Principles And Techniques Of Officiating & Coaching	27	39	45	27	21	39	21
			03.28	04.05	03.91	02.41	03.21	03.50	04.21
	BSEE	Sports Management	21	30	39	24	21	39	15

	304		02.55	03.12	03.39	02.14	03.21	03.50	03.01
	BSEE 305	Fitness, Wellness &Sports Nutrition	21	30	39	24	21	39	15
			02.55	03.12	03.39	02.14	03.21	03.50	03.01
	BPC 306	Lezium, Kung Fu, Swissball And Core Board Training And Tennikoits	39	24	45	6	24	45	9
			04.74	02.49	03.91	00.54	03.67	04.04	01.80
	BPC 307	Cricket, Archery, Hockey And Netball	21	21	45	39	15	31	7
			02.55	02.18	03.91	03.48	02.29	02.78	01.40
	BCC 308	Field Events(Throws)	27	27	33	45	33	31	5
			03.28	02.81	02.87	04.02	05.05	02.78	01.00
	BTP 309	Coaching Lesson And Officiating	24	39	39	45	27	45	9
			02.92	04.05	03.39	04.02	04.13	04.04	01.80
	BTP 310	Intensive Teaching Practice	33	39	39	45	27	17	45
			04.01	04.05	03.39	04.02	04.13	01.53	09.02
SEMESTER - IV	BCC 401	Tests And Measurement In Physical Education	25	24	27	39	15	24	11
			03.04	02.49	02.35	03.48	02.29	02.15	02.20
	BCC 402	Kinesiology And Biomechanics	21	33	25	45	2	33	5
			02.55	03.43	02.17	04.02	00.31	02.96	01.00
	BCC 403	Principles And Techniques Of Officiating And Coaching	16	25	39	27	6	24	5
			01.94	02.60	03.39	02.41	00.92	02.15	01.00
	BAE E 404	Sports Medicine, Physiotherapy, & Rehabilittion	17	24	19	37	19	39	27
			02.07	02.49	01.65	03.30	02.91	03.50	05.41
	BPC 405	Malkhamb And Pyramid, Theraband Ladder Training And Gymnastics	39	24	45	6	24	45	9
			04.74	02.49	03.91	00.54	03.67	04.04	01.80
	BPC	Kabbaddi, Handball ,	21	30	45	39	15	31	7

	406	Kho-Kho And Swimming	02.55	03.12	03.91	03.48	02.29	02.78	01.40
	BTP 407	External Coaching Lesson And Officiating(Track & Field& Specialization)	33	39	39	45	27	45	9
			04.01	04.05	03.39	04.02	04.13	04.04	01.80
Sum Of All The Wieghtage And Percentage			823	962	1150	1120	654	1114	499
			100.00	100.00	100.00	100.00	100.00	100.00	100.00

BCC-101- Principles of Physical Education, Physiology & Sociology

CO1	Understand Physical Education, Educational Physiology & Sociology
CO2	Explain the Principles of P.E
CO3	Discuss the theories, laws and effect of Educational Psychology
CO4	Apply effect of Physical Education various steps of growth and development
CO5	Determine the impact of P.E. on Psychological, Biological and Sociological aspects.

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9				3	3	3
CO2	3	3	3	3	3	3	3
CO3	3	3	3	9		3	3
CO4	-	3	-	9	3	9	3
CO5	-	3	3	9	3	9	9
Weightage of the course	15	12	9	30	12	27	21
Weightage % of the course	01.82	01.25	00.78	02.68	01.83	02.42	04.21

BCC-102- Anatomy and Physiology

CO1	Understand Anatomy, Physiology, Joints. Muscles and various systems of our body.
CO2	Apply the importance of various organs and systems of our body.
CO3	Analyse the Physiology of various systems of our body.

CO4	Evaluate the effect of exercise on various systems of our body.
CO5	The importance of exercise to human body - formulate.

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	3	1	-	9	1
CO2	3	9	3	9	3	9	3
CO3	3	9	3	9	3	9	3
CO4	1	9	3	9	3	9	3
CO5	-	-	-	3	3	9	3
Weightage of the course	16	27	12	31	12	45	13
Weightage % of the course	01.94	02.81	01.04	02.77	01.83	04.04	02.61

BCC-103 YOGA EDUCATION

CO1	Understand Yoga, history, need and importance of Yoga in Physical Education.
CO2	Apply the schools of Yoga
CO3	Analyse various asanas and their effects.
CO4	Evaluate the learnt yogic practices in Research
CO5	Develop yogic practices in healthy living.

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	-	3	9	3
CO2	3	9	9	1	3	9	3
CO3	1	3	3	9	3	9	3
CO4	1	3	3	9	3	9	3
CO5	-	-	9	9	3	9	3

Weightage of the course	14	18	27	28	15	45	15
Weightage % of the course	01.70	01.87	02.35	02.50	02.29	04.04	03.01

BDSE-104- EDUCATIONAL TECHNOLOGY ANDSPORTS JOURNALISM AND TOURISM

CO1	Understand Education, Education Technology, Sports Journalism and Sports Tourism
CO2	Apply the ethics and canons of Journalism
CO3	Analyse the sports tourism in India
CO4	Evaluate the importance of Journalism and tourism in sports
CO5	Creating the knowledge in preparing the report and bulletin on sporting events

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	1	3	3	3
CO2	3	3	9	3	9	9	3
CO3	3	3	3	9	9	9	3
CO4	3	3	9	9	9	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	27	18	39	22	33	39	15
Weightage % of the course	03.28	01.87	03.39	01.96	05.05	03.50	03.01

BDSE -105-DISABILITIES AND INCLUSIVE EDUCATION

CO1	Understand special inclusive and adapted Physical Education
CO2	Determine the pre and post natal development and motor movements
CO3	Differentiate the causes of disability
CO4	Infer the challenges and issues of the children with disabilities
CO5	Create the knowledge in designing adapted physical education programme

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	1	3	3	3
CO2	3	3	9	3	9	9	3
CO3	3	3	3	9	9	9	3
CO4	3	3	9	9	9	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	27	18	39	22	33	39	15
Weightage % of the course	03.28	01.87	03.39	01.96	05.05	03.50	03.01

BPC 106 CALISTHENCS, MINOR GAMES, DRILLS AND AEROBICS

CO1	Understand rhythm and various series of calisthenics exercises
CO2	Apply various types of minor games
CO3	Analyse commands, marching and lessons
CO4	Prepare schedule of low medium and high impact aerobic dance
CO5	Create display of calisthenics, aerobics, figure marching and kick boxing

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	-	3	9	3
CO2	9	3	9	-	9	9	1
CO3	3	9	9	-	3	9	1
CO4	9	9	9	3	9	9	3
CO5	9	3	9	3	9	9	1
Weightage of the course	39	24	45	6	33	45	9
Weightage % of the course	04.74	02.49	03.91	00.54	05.05	04.04	01.80

BPC 107 BADMINTON,BALLBADMINTON,SOFTBALL, TABLE TENNIS, CHESS AND CARROM

CO1	Understand grip, Stands and strokes of racquet games
CO2	Identify the system of play
CO3	Analyse rules and interpretation
CO4	Suggest training schedule
CO5	Participate and Organize competitions and tournaments

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	9	3	9	1
CO2	3	9	9	9	3	3	1
CO3	3	9	9	9	3	1	1
CO4	3	9	9	9	3	9	3
CO5	3	3	9	3	3	9	1
Weightage of the course	21	30	45	39	15	31	7
Weightage % of the course	02.55	03.12	03.91	03.48	02.29	02.78	01.40

BCC – 108 –TRACK & EVENTS

CO1	Illustrate basic and advance techniques in track events
CO2	Execute the techniques
CO3	Differentiate the scientific basis of sprint, hurdle , events ,middle and long distance events
CO4	Infer error , reason and correction of techniques
CO5	Generate alternatives and interpretation of the rules and officiating

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	3	1	1
CO2	3	3	3	9	9	3	1
CO3	9	9	9	9	3	9	1
CO4	3	9	9	9	9	9	1
CO5	3	3	9	9	9	9	1
Weightage of the	27	27	33	45	24	31	5

course							
Weightage % of the course	03.28	02.81	02.87	04.02	03.67	02.78	01.00

BTP 109-TEACHING PRACTICE (GENERAL LESSON)

CO1	Explain the concept of general lesson
CO2	Determine varied methodology to execute the parts of the lesson plan and progressive lesson plan
CO3	Develop proficiency in class management
CO4	Create and inculcate ICT in teaching
CO5	Facilitate teaching under actual situation

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	17	45
Weightage % of the course	04.01	04.05	03.39	04.02	04.13	01.53	09.02

BCC- 201 HISTORYOFPHYSICALEDUCATION, RECREATION, CAMPING, GUIDANCE & COUNSELLING

CO1	Understand the history of PE in India, Greece, Rome and Germany
CO2	Illustrate the various associations and various awards for PE and Sports
CO3	Analyze the various tournaments and competitions worldwide
CO4	Apply Recreation, camping, Guidance and Counseling
CO5	Evaluate the various recreational progammes, types of guidance and role of teacher as a counselor

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	-	-	3	9	3
CO2	1	-	-	--	3	3	3
CO3	1	9	9	3	9	9	9
CO4	3	9	9	9	3	9	3
CO5	3	9	9	9	3	9	3
Weightage of the course	17	27	27	21	21	36	21
Weightage % of the course	02.07	02.81	02.35	01.88	03.21	03.23	04.21

BCC -202 ORGANISATION, ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION

CO1	Understand the structure , and the Principles of functions
CO2	Apply Infrastructure, Equipment and Timetable management
CO3	Analyse the different types of tournaments, fixtures merits and demerits
CO4	Evaluate various techniques and aids for teaching physical activities
CO5	Apply the learnt techniques in preparing lesson plan and teaching innovations

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	1	3	1	9	3
CO2	1	9	3	3	3	9	1
CO3	-	9	9	3	3	9	3
CO4	1	9	9	9	3	9	3
CO5	1	9	9	9	3	9	3
Weightage of the	12	39	31	27	13	45	13

course							
Weightage % of the course	01.46	04.05	02.70	02.41	01.99	04.04	02.61

BCC 203 PRINCIPLES AND TECHNIQUES OF OFFICIATING AND COACHING (T&F)

CO1	Understand duties and powers of officiating
CO2	Apply the rules and interpretation of track and field events
CO3	Analyse rules specific to track and field events
CO4	Evaluate the construction of track and field events arena
CO5	Explore combined events and race walking

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	3	1	3	1
CO2	3	9	9	3	1	3	1
CO3	1	3	9	9	3	9	1
CO4	-	1	9	9	-	9	1
CO5	3	9	9	3	1	9	1
Weightage of the course	16	25	39	27	6	24	5
Weightage % of the course	01.94	02.60	03.39	02.41	00.92	02.15	01.00

BGE 204 COMPUTER APPLICATION IN PHYSICAL EDUCATION

CO1	Explain computer information communication technology and machine languages
CO2	Estimate the need and importance of ICT in the field of physical education
CO3	The components and application of software in computer application
CO4	Infer the usage of internet in the field of Physical Education
CO5	Create ICT handouts

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	3	3	9	1
CO2	3	3	9	9	3	9	1
CO3	3	9	9	9	-	9	3
CO4	3	9	9	9	3	9	1
CO5	9	3	9	3	1	9	3
Weightage of the course	27	27	45	33	10	45	9
Weightage % of the course	03.28	02.81	03.91	02.95	01.53	04.04	01.80

BGE 205 ELEMENTARY STATISTSICS

CO1	Understand the meaning nature importance and types of statistics
CO2	Identity the various statistical techniques
CO3	Apply in calculation of grouped and ungrouped data
CO4	Infer the advantage disadvantage and calculation of grouped and ungrouped data
CO5	Create the knowledge in analysis and interpretations of the located problem

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	3	3	9	1
CO2	3	3	9	9	3	9	1
CO3	3	9	9	9	-	9	3
CO4	3	9	9	9	3	9	1
CO5	9	3	9	3	1	9	3
Weightage of the course	27	27	45	33	10	45	9
Weightage % of the course	03.28	02.81	03.91	02.95	01.53	04.04	01.80

BPT 206 DHANDS AND BAITHAKS LIGHT APPARATUS YOGA AND SILAMBAM

CO1	Understand the essential ingrediance for controlled and essential movement
CO2	Apply the command, count and rhythm

CO3	Analyse the stability in transforming throughout the balance and force in progression of movement
CO4	Prepare sequences designed to improve varieties in mass display
CO5	Create mass display of Dhands, Baithaks, Light apparatus, Yoga and Silambam inter music and rhythm

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	3	1	1
CO2	3	3	3	9	9	3	1
CO3	9	9	9	9	3	9	1
CO4	3	9	9	9	9	9	1
CO5	3	3	9	9	9	9	1
Weightage of the course	27	27	33	45	24	31	5
Weightage % of the course	03.28	02.81	02.87	04.02	03.67	02.78	01.00

BPC 207 BASKETBALL, VOLLEYBALL,FOOTBALL AND THROWBALL

CO1	Understand fundamental skills, techniques and tactics of various games
CO2	Identify the system of play
CO3	Analyse rules and interpretation
CO4	Suggest training schedule
CO5	Participate and Organize competitions and tournaments

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	9	3	9	1
CO2	3	9	9	9	3	3	1
CO3	3	9	9	9	3	1	1
CO4	3	9	9	9	3	9	3
CO5	3	3	9	3	3	9	1
Weightage of the	21	30	45	39	15	31	7

course							
Weightage % of the course	02.55	03.12	03.91	03.48	02.29	02.78	01.40

BCC – 208 –FIELD EVENTS(JUMPS)

CO1	Illustrate basic and advance techniques in field events
CO2	Execute the techniques
CO3	Differentiate the scientific basis of jumps
CO4	Infer error, reason and correction of techniques
CO5	Generate alternatives and interpretation of the rules and officiating

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	3	1	1
CO2	3	3	3	9	9	3	1
CO3	9	9	9	9	3	9	1
CO4	3	9	9	9	9	9	1
CO5	3	3	9	9	9	9	1
Weightage of the course	27	27	33	45	33	31	5
Weightage % of the course	03.28	02.81	02.87	04.02	05.05	02.78	01.00

BTP 209-TEACHING PRACTICE(PARTICULAR LESSON)

CO1	Explain the concept of particular lesson
CO2	Determine varied methodology to execute the parts of the lesson plan and progressive lesson plan
CO3	Develop proficiency in class management
CO4	Create and inculcate ICT in teaching
CO5	Facilitate teaching under actual situation

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	17	45
Weightage % of the course	04.01	04.05	03.39	04.02	04.13	01.53	09.02

BTP 210- EXTERNAL TEACHING PRACTICE (GENERAL& PARTICULAR)

CO1	Understand the competency in teaching general and particular lesson
CO2	Identify and prepare methods of lesson plan
CO3	Presentation of innovative method of execution
CO4	Evaluate the impact teaching and learning
CO5	Create and predict teaching under most desirable teaching situation

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	17	45
Weightage % of the course	04.01	04.05	03.39	04.02	04.13	01.53	09.02

BCC – 301 SPORTS TRAINING

CO1	Understand Sports Training, motor components, Load and Periodization
CO2	Identity the means and methods of Training motor components

CO3	Infer the process technical and tactical training
CO4	Evaluate training programme and planning
CO5	Create coaching and training programme and talent in identification

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	1	3	3	9	3
CO2	3	3	3	9	3	9	3
CO3	3	9	9	9	3	9	3
CO4	3	9	3	9	3	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	27	30	25	39	15	45	15
Weightage % of the course	03.28	03.12	02.17	03.48	02.29	04.04	03.01

BCC – 302 Health Education and Environmental Studies

CO1	Understand Hygiene and Natural resources
CO2	Identify the health problems and services in India
CO3	Analyse the scope, importance and need of health and environmental studies
CO4	Explore the environmental conversation and sustainable development
CO5	Apply the knowledge in preserving the natural resources and controlling the pollution

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	3	-	9	3
CO2	3	9	9	9	3	3	3
CO3	3	9	3	9	3	3	3
CO4	9	9	3	9	1	9	3
CO5	9	9	3	9	9	9	3
Weightage of the course	27	39	21	39	16	24	15
Weightage	03.28	04.05	01.83	03.48	02.45	02.15	03.01

% of the course							

BCC-303 Principles and Techniques of Officiating & Coaching

CO1	Understand the Philosophy of Officiating
CO2	Apply dimensions, layout of play fields and specification of equipment.
CO3	Analyse rules and their interpretations
CO4	Evaluate skills and technique
CO5	Create drills, lead-up, coaching and the officiating.

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	3	3	3	3
CO2	9	9	9	3	3	9	3
CO3	3	9	9	9	3	9	9
CO4	3	9	9	3	9	9	3
CO5	3	9	9	9	3	9	3
Weightage of the course	27	39	45	27	21	39	21
Weightage % of the course	03.28	04.05	03.91	02.41	03.21	03.50	04.21

BSEE-304 SPORTS MANAGAMENT

CO1	Identify meaning Nature, Concept, scope and purpose of sports management
CO2	Apply Leadership styles and their impact
CO3	Analyse the sports programmes in schools, colleges and universities
CO4	Develop various types of records registers and maintenance
CO5	Implement the financial management in Physical Education and sports

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	3	-	3	3	3

CO2	3	9	9	9	3	9	3
CO3	3	9	9	9	3	9	3
CO4	3	3	9	3	3	9	3
CO5	3	9	9	3	9	9	3
Weightage of the course	21	30	39	24	21	39	15
Weightage % of the course	02.55	03.12	03.39	02.14	03.21	03.50	03.01

BSEE-305 FITNESS, WELLNESS &SPORTS NUTIRITION

CO1	Define Sports Nutrition, Nutrition guidelines , Role of Nutrition in sports, Nutrition Plan
CO2	Apply the components of food and their role in performance
CO3	Analyse the acquired knowledge of Nutrition in weight management.
CO4	Evaluate the role of Nutrition on health
CO5	Create preventive measures of lifestyle management

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	3	-	3	3	3
CO2	3	9	9	9	3	9	3
CO3	3	9	9	9	3	9	3
CO4	3	3	9	3	3	9	3
CO5	3	9	9	3	9	9	3
Weightage of the course	21	30	39	24	21	39	15
Weightage % of the course	02.55	03.12	03.39	02.14	03.21	03.50	03.01

BPC 306 LEZIUM, KUNG FU, SWISSBALL AND CORE BOARD TRAINING AND TENNIKOITS

CO1	Understand various series of lezium with music
CO2	Apply technique for self-protection through martial art- Kungfu
CO3	Analyse warm up strengthening total body workout and functional workout
CO4	Prepare balance, core stability, drills with dumbbells and medicines

CO5	Create functional set skills for better social life

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	-	3	9	3
CO2	9	3	9	-	9	9	1
CO3	3	9	9	-	3	9	1
CO4	9	9	9	3	9	9	3
CO5	9	3	9	3	9	9	1
Weightage of the course	39	24	45	6	24	45	9
Weightage % of the course	04.74	02.49	03.91	00.54	03.67	04.04	01.80

BPC 307 CRICKET,ARCHERY, HOCKEY AND NETBALL

CO1	Understand fundamental skills, techniques and tactics of various games
CO2	Identify the system of play
CO3	Analyse rules and interpretation
CO4	Suggest training schedule
CO5	Participate and Organize competitions and tournaments

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	9	3	9	1
CO2	3	9	9	9	3	3	1
CO3	3	9	9	9	3	1	1
CO4	3	9	9	9	3	9	3
CO5	3	3	9	3	3	9	1
Weightage of the course	21	21	45	39	15	31	7
Weightage % of the course	02.55	02.18	03.91	03.48	02.29	02.78	01.40

BCC – 308 –FIELD EVENTS(THROWS)

CO1	Illustrate basic and advance techniques in field events
CO2	Execute the techniques
CO3	Differentiate the scientific basis of throws
CO4	Infer error, reason and correction of techniques
CO5	Generate alternatives and interpretation of the rules and officiating

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	3	1	1
CO2	3	3	3	9	9	3	1
CO3	9	9	9	9	3	9	1
CO4	3	9	9	9	9	9	1
CO5	3	3	9	9	9	9	1
Weightage of the course	27	27	33	45	33	31	5
Weightage % of the course	03.28	02.81	02.87	04.02	05.05	02.78	01.00

BTP -309 COACHING LESSON AND OFFICIATING

CO1	Understand components of coaching lesson in sports and games and track and field
CO2	Apply the concrete direction of planning and implementation
CO3	Analyze each step in creation deeper and detailed procedure of coaching and officiating
CO4	Accomplish goals within a learning environment on short and long term basis
CO5	Create the value of envisioning success in class room setting

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	1
CO2	3	9	3	9	9	9	1
CO3	3	9	9	9	3	9	1

CO4	9	9	9	9	3	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	24	39	39	45	27	45	9
Weightage % of the course	02.92	04.05	03.39	04.02	04.13	04.04	01.80

BTP 310 INTENSIVE TEACHING PRACTICE

CO1	Determine more effectively the lessons adhered during each class
CO2	Enhance meaningful concept in teaching
CO3	Develop essential components, resources, procedure and evaluation techniques
CO4	Provide right information related sports , games indigenous activities and minor games
CO5	Create structural learning outcomes

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	9
CO2	3	9	3	9	9	1	9
CO3	3	9	9	9	3	1	9
CO4	9	9	9	9	3	3	9
CO5	9	9	9	9	3	3	9
Weightage of the course	33	39	39	45	27	17	45
Weightage % of the course	04.01	04.05	03.39	04.02	04.13	01.53	09.02

BCC 401 TESTS AND MEASUREMENT IN PHYSICAL EDUCATION

CO1	Understand test measurement importance and principles
CO2	Identify the criteria, classification and administration of test
CO3	Discuss the skill and health related fitness tests
CO4	Prepare the health and skill related fitness tests
CO5	Apply the knowledge in conducting the tests

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	3	3	9	3
CO2	3	9	9	9	3	3	3
CO3	1	3	9	9	3	3	1
CO4	9	9	3	9	3	9	3
CO5	3	9	3	9	3	9	1
Weightage of the course	25	24	27	39	15	24	11
Weightage % of the course	03.04	02.49	02.35	03.48	02.29	02.15	02.20

BCC 402 KINESIOLOGY AND BIOMECHANICS

CO1	Understand the fundamentals of movements
CO2	Determine the causes and corrective measures of posture
CO3	Analyse the classification of joints and muscles and their contribution to movements in sports and games
CO4	Evaluate the kinetic and kinematic principles of human movement
CO5	Predict the knowledge in motor movements for better performance

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	9	1	3	1
CO2	3	9	1	9	-	9	1
CO3	3	9	3	9	-	9	1
CO4	3	9	9	9	1	9	1
CO5	3	3	9	9	-	3	1
Weightage of the course	21	33	25	45	2	33	5
Weightage % of the course	02.55	03.43	02.17	04.02	00.31	02.96	01.00

BCC 403 PRINCIPLES AND TECHNIQUES OF OFFICIATING AND COACHING

CO1	Understand the Philosophy of Officiating
CO2	Apply dimensions, layout of play fields and specification of equipment.
CO3	Analyse rules and their interpretations
CO4	Evaluate skills and technique
CO5	Create drills, lead-up, coaching and the officiating.

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	3	3	1	3	1
CO2	3	9	9	3	1	3	1
CO3	1	3	9	9	3	9	1
CO4	-	1	9	9	-	9	1
CO5	3	9	9	3	1	9	1
Weightage of the course	16	25	39	27	6	24	5
Weightage % of the course	01.94	02.60	03.39	02.41	00.92	02.15	01.00

BAEE-404 SPORTS MEDICINE, PHYSIOTHERAPY, & REHABILITTION

CO1	Define Sports Nutrition, Nutrition guidelines , Role of Nutrition in sports, Nutrition Plan
CO2	Apply about the components of food and their role.
CO3	Analyse the acquired knowledge of Nutrition in weight management.
CO4	Evaluate the role of Nutrition on health
CO5	Explain the create preventive measures of lifestyle management

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	1	1	1	3	3
CO2	3	9	3	9	3	9	3
CO3	1	3	3	9	3	9	3
CO4	1	3	9	9	9	9	9
CO5	3	9	3	9	3	9	9
Weightage of the	17	24	19	37	19	39	27

course							
Weightage % of the course	02.07	02.49	01.65	03.30	02.91	03.50	05.41

BPC 405 MALKHAMB AND PYRAMID, THERABAND LADDER TRAINING AND GYMNASTICS

CO1	Understand malkhamb, Rope makhamb and pyramid with precautions and safety measures
CO2	Apply fundamental skills rules, interpretation and officiating technique
CO3	Analyse for postural development and rehabilitation exercise using theraband
CO4	Execute variations in ladder training for fundamental and sports specific
CO5	Perform floor exercises, vaulting horse, pommel horse and other exercises gracefully and rhythmically

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	-	3	9	3
CO2	9	3	9	-	9	9	1
CO3	3	9	9	-	3	9	1
CO4	9	9	9	3	9	9	3
CO5	9	3	9	3	9	9	1
Weightage of the course	39	24	45	6	24	45	9
Weightage % of the course	04.74	02.49	03.91	00.54	03.67	04.04	01.80

BPC 406 KABBADDI, HANDBALL , KHO-KHO AND SWIMMING

CO1	Understand fundamental skills, techniques and tactics of various games
CO2	Identify the system of play
CO3	Analyse rules and interpretation
CO4	Suggest training schedule
CO5	Participate and Organize competitions and tournaments

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	-	9	9	3	9	1
CO2	3	9	9	9	3	3	1
CO3	3	9	9	9	3	1	1
CO4	3	9	9	9	3	9	3
CO5	3	3	9	3	3	9	1
Weightage of the course	21	30	45	39	15	31	7
Weightage % of the course	02.55	03.12	03.91	03.48	02.29	02.78	01.40

BTP -407 EXTERNAL COACHING LESSON AND OFFICAITING(TRACK & FIELD& SPECIALISATION)

CO1	Understand the basic concept
CO2	Apply the knowledge of rules and regulations and interpretation
CO3	Skills, Coaching and officiating procedure
CO4	Analyse the skills and technique
CO5	Develop proficiency in Coaching and officiating

Mapping Table CO's – PO's

(Course Articulation Matrix)

Course Outcomes	Performance Outcomes						
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1	9	3	9	9	9	9	1
CO2	3	9	3	9	9	9	1
CO3	3	9	9	9	3	9	1
CO4	9	9	9	9	3	9	3
CO5	9	9	9	9	3	9	3
Weightage of the course	33	39	39	45	27	45	9
Weightage % of the course	04.01	04.05	03.39	04.02	04.13	04.04	01.80

It was resolved to implement the changes in B.P.Ed., course of study

C. B.M.S. – Revision & Modification of Syllabus: The BMS course was converted into two years programme from the last academic year 2021-22 and no revision is required.

D. B.P.E.S. – Revision & Modification of Syllabus: In the B.P.E.S course of study it was suggested to shift Annual Leadership Training camp from Semester IV to Semester VI

Practical

Marks to be awarded for Intramural activities in each semester.
Practical Specialization (Shift 5.00- 6.00pm) marks should be awarded in each semester.
Semester I – Calisthenics and Drill & Marching can be interchanged

Semester V & VI Semester Hockey and Cricket can be Inter changed

It was resolved to accept the changes

E. M.Sc./ P.G. Diploma in Sports Coaching – Revision & Modification of Syllabus – Notes on Agenda

There was no revision or modification suggested in M.Sc./ P.G. Diploma in Sports Coaching for this academic year 2022-23

4.2.IQAC: The Internal Quality Assurance Cell [IQAC] spearheads the quality initiatives of the institution. Benchmarks are set in tune with goals of higher education in India and the vision and mission of the institution.

The members of YMCA College IQAC 2022-2023. It was suggested to include two more Internal members along with the existing members for the Academic year 2022-2023.

1. Dr. E. Simson Jesudass, Assistant Professor,
2. Dr. S. Abraham Davidson, Assistant Professor

It was accepted

SI.NO.	NAME OF THE MEMBER	DESIGNATION
CHAIRPERSON		
1.	Dr. George Abraham	Principal
SENIOR ADMINISTRATIVE OFFICER		
2.	Mr. Benjamin Franklin	Correspondent & Secretary
3.	Mr. V.K. Varghese	Treasurer
INTERNAL MEMBERS		
4.	Dr. K. Jothi	Associate Professor
5.	Dr. S. Johnson Premkumar	Asst. Professor
6.	Dr. J .Jackson Sutharsingh	Controller of Examinations
7.	Dr. S. Glady Kirubakar	Asst. Professor

8.	Dr. R. Prabu	Librarian
EXTERNAL EXPERTS		
9.	Dr. Shoba Leslie	Associate Professor, Director IQAC Department of Computer Science Women's Christian College Chennai
10.	Dr. Shahin Ahmed	Professor Director IQAC Department of Sports Management And Sports Psychology & Sociology TNPESU
COORDINATOR OF IQAC		
11.	Dr. J. Glory Darling Margaret	Asst. Professor

Programmes of IQAC 2020- 21 & 2021 -22

S.No	Date	Title	Participants	No. of Beneficiaries
1	18.09.2020	Action plan 2020-21 & 2021-22	IQAC Committee Members	15
2	08.03.2021	Women And Leadership – International Women's Day	Women staff and students	75
3	20.09.2021	Access to E resources through N- LIST	M.P.Ed. students	42
4	21.09.2021	Professional Preparation for Skill and Competent	M.P.Ed. students	39
5	22.09.2021	Nutrition Immunity and COVID-19	M.P.Ed. students	44
6	23.09.2021	Crimes Precaution and Security in cyber space	M.P.Ed. students	44
7	24.09.2021	Fundamentals of Human rights	M.P.Ed. students	52
8	1st& 2nd November 2021	Faculty Workshop on Outcome Based Education	Teaching Staff	22
9.	1st& 2nd February 2022	Marking Play fields in Sports and Games	Ground Staff	10
10	13.05.2022	Building team through relationships to achieve organizational Goals	Administrative staff	25
11	27.05.2022	Performance excellence	Teaching Staff	22

		through role expectations of teachers and class room management		

4.3.<u>NAAC and Autonomous Extension</u>: Dr. K. Jothi, NAAC Coordinator presented about the progression work regarding NAAC Application. She stated that the Autonomous Extension application is already being submitted to UGC and NAAC on December 2021. UGC has sent a letter requesting to apply for NAAC before December 2022 as and when the online application for NAAC is submitted the Autonomous Extension Review Committee will inspect. She also stated that staff members have started working on NAAC application.

4.4.<u>Examination Reforms</u>: The Examinations results and reforms was presented and approved.

<u>Examination Results 2021-2022</u>

A. **Odd Semeste**r Results of all courses of Study. The Pass percentage of Students are given below:

<u>January -February, 2022</u>

SL. NO.	CLASS	STUDENTS STRENGTH	STUDENTS APPEARED	STUDENTS PASSED	PERCENTAGE OF PASS
1	M.P.E.D II	60	60	60	100
2	M.P.E.D I	60	59	59	100
3	B.P.ED. II	100	96	96	100
4	B.P.ED. I	102	100	100	100
5	B.P.E.S.III	77	69	69	100
6	B.P.E.S II	80	70	70	100
7	B.P.E.S I	70	64	62	96.88

B. **Even Semester** Results of all courses of Study. The Pass percentage of Students are given below:

<u>May – 2022</u>

SL. NO.	CLASS	STUDENTS STRENGTH	STUDENTS APPEARED	STUDENTS PASSED	PERCENTAGE OF PASS
1	M.P.E.D II	60	50	50	100
2	M.P.E.D I	60	37	37	100
3	B.P.ED. II	100	96	96	100
4	B.P.ED. I	100	99	98	98.99
5	B.P.E.S.III	77	67	64	95.52
6	B.P.E.S II	80	46	40	86.96

7	B.P.E.S I	70	50	35	70

C. Even Semester Examinations for M.P.Ed., B.P.Ed. & B.P.E.S. were completed on 2nd June 2022 and the Results were published on 17thJune 2022.

1. Implementation of New method to arrive the CA.

Present System for Internal Assessment Marks (25) –
3 CAs, Assignment & Pre semester

Proposed New System
Three CAs only
1.Summative assessment (Written tests) &
2.Formative assessment (Subjective rating)

Method of Assessment for Formative method is Subjective rating (20 marks) –

- Group Work
- Quiz
- Presentation - 'Class Seminar'
- Class Interaction
- Online – Assignment
- Open book exam

It was decided to do as following

Method of Assessment for Formative method is Subjective rating (20 marks) –

a. Group Work & Class Interaction – 5 marks
b. Quiz – 5 marks
c. Presentation - 'Class Seminar' – 5 marks
d. Open book exam – 5 marks
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20 Marks
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2. **Remuneration for the Examiners** (for all courses of study):

It is recommended to pay the Honorarium/Remuneration for the subject expert for their work done:

a. Question Paper setting – Rs.750/- per set for UG & PG.
b. Paper Valuation – Rs.50/- per paper for UG & PG (revised from Rs.25/-).
c. Preparation of dummy numbers – Rs.5/- per paper.
d. Practical examination – Rs.50/- per candidate for UG & PG (revised from Rs.30/-).
e. TA for External Examiners- As per norms for outstation Examiners and Rs.12/- per kilometer for the Examiners around locus.
f. DA for External Examiners- Rs. 250/- per day

g. Accommodation Charges – Rs.750/-per day (If it is not provided in the campus)

After a brief discussion it was resolved as follows

- **TA for External Examiners- As per norms for outstation Examiners.**
- **TA for the examiners near the locus will be paid at the higher rate of either Rs. 12 per kilometer or Rs. 500/-.**
- **It was decided to increase DA for External Examiners- Rs. 250/- per day to Rs. 300 /- per day**
- **TA for the examiners near the locus will be paid at the higher rate of either Rs. 12 per kilometer or Rs. 500/-. per examination programme**

h. Five Member Scrutiny Committee has been constituted to scrutinize the Question Papers before the Pre-Semester & Semester examinations. Principal will be the Chairman of Scrutiny Committee and he will decide the members. Each member will get the remuneration of Rs. 5000/-

3. Remuneration for the Semester Invigilation:

a. Chief Superintendent – Rs. 375/- per session
b. Additional Chief Superintendent – Rs.350/- per session
c. Senior Hall Superintendent – Rs. 325/- per session
d. Invigilators (Internal)– Rs.300/- per session
e. Invigilators (External) – Rs.300/- per session+ Rs.100/- (TA as per norms)
f. Waterman, Cleaner, Scavenger &Sweeper - Rs.100/- per session
g. Clerk – Rs.200/- per session
h. Office Assistant – Rs.150/-
i. Seating Arrangements – Rs.2/ per chair.

It was accepted

5. Any Other Matters:

5.1. The Principal Dr. George Abraham expressed that the Government of Tamil Nadu has give permission to start the College of Yoga as and when the permission is granted from Tamil Nadu Physical Education and Sports University we will start immediately. He also reported that the college has received the pending UGC Money and thank the Management for their continuous support and expressed that we are aspiring for A++ in the NAAC reaccreditation.

5.2.The Administrator & Estate Manager Mr. Rajjiv George appreciated the faculty members and gave his best wishes.

5.3.The Executive Secretary Mr. J. Moses expressed that he felt proud of the College changing its attitude according the need of the Society.

5.4. Advocate Ram Prasad appreciated that bring changes as per the demand to keep students physically and mentally fit.

5.5. Dr. Thirumalai Kumar, Professor, Dr. Shahin Ahmed, Professor, and Dr. Ramakrishnan, Professor & Head, stated that they felt proud to be one of the members of the this Council and ready to help at any time.

5.6. Dr. K. Jothi mentioned that **SWAYAM** courses to be made compulsory for the students and the students can use the library, resource centre and computer laboratory between 2.00 pm- 4.00PM

6. **Vote of Thanks:** Dr. K. Jothi, Associate Professor delivered vote of thanks.

Dr. K. Jothi
Member Secretary

Dr. George Abraham
Principal & Chairman of Academic Council