

YMCA COLLEGE OF PHYSICAL EDUCATION

(An Autonomous College Affiliated to the Tamil Nadu Physical Education & Sports University)

NANDANAM, CHENNAI - 600 035.

Accredited by NAAC with "A" Grade

SYLLABUS



Master of Physical Education (M.P.Ed.)

(Two Years)

2014 – 2015

YMCA COLLEGE OF PHYSICAL EDUCATION
(An Autonomous College Affiliated to Tamil Nadu Physical Education and Sports University)
NANDANAM, CHENNAI - 600 035.

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)
(TWO YEARS)
CHOICE BASED CREDIT SYSTEM (CBCS)

REGULATIONS

The CBCS for the two years M.P.Ed., Degree Programme was be implemented from the academic year 2004-2005.

1. ELIGIBILITY FOR ADMISSION :

A candidate shall be admitted to the degree of Master of Physical Education only if he/she produces satisfactory evidence to the effect that he/she has successfully completed the post graduate degree of Bachelor of Physical Education (B.P.Ed.), Bachelor of Mobility Science (BMS) or a three year Bachelor of Physical Education (BPES/BPE) Degree from the Tamil Nadu Physical Education and Sports University or any other university recognised as equivalent to by the Syndicate of the Tamil Nadu Physical Education and Sports University and/or National Council for Teacher Education (NCTE).

2. COURSE OF STUDY :

The normal duration of the M.P.Ed programme shall be 4 semesters (2 years). A student should complete the M.P.Ed. programme within 8 semesters after registration.

3. SEMESTERS :

An academic year is apportioned into two semesters. The normal semester sessions are as follows:-

Odd Semester	–	July to November .
Even Semester	–	December to April

In each semester, the courses are taught for 18 weeks with each week having 5 working days.

4. CHOICE BASED CREDIT SYSTEM (CBCS) :

The CBCS in Master of Physical Education (M.P.Ed) Programme will have the following three components and the minimum credit requirements for each component to be completed in two years are :-

1.	Core Courses	–	53 Credits
2.	Elective Courses	–	6 Credits
3.	Practical Courses	–	40 Credits
			99 credits

5. CREDIT :

The term credit refers to the quantum of syllabus for various programmes in terms of hours of study. It refers differential weightage given according to the contents and duration of the courses in the curriculum design. Depending upon the content, duration and specialization, a course may have 1 to 6 credits.

6. COURSE WEIGHT :

The core and elective courses may carry different weights. The weights of credits or a course is calculated based on the number of contact hours of instruction period per week during the semester. Thus,

- 6.1 One credit for each lecture period per week
- 6.2 One credit for each tutorial period per week
- 6.3 One credit for two field practical periods per week and
- 6.4 Five credits for dissertation for one or two semester length of guided research work.

CHOICE BASED CREDIT SYSTEM (CBCS)
M.P.Ed. (Two Years)

I SEMESTER

COURSE CODE	CORE SUBJECTS	L	T	P	C
01101	Evaluation in Physical Education	3	0	0	3
01102	Fitness, Sports Nutrition and Health Promotion	3	0	0	3
01103	Sports Management	3	0	0	3
01104	Applied Exercise Physiology	3	0	0	3
01105E/01106E	ELECTIVE COURSES Environmental Studies / Communication skills	2	0	0	2
	PRACTICALS				
01107P	Track and Field (Internal)	0	0	8	2
01108P	Game of Choice (BB, C, H, FB, VB, HB) (Internal)	0	0	4	1
01109P	Specialization Game (BB, C, H, FB, VB, HB) (Internal)	0	0	4	1
01110P	Intramural Project	0	0	2	1
01111L	Exercise Physiology Lab	0	0	2	1
	TOTAL CREDITS				20

II SEMESTER

COURSE CODE	CORE SUBJECTS	L	T	P	C
01201	Research Methodology in Physical Education	3	0	0	3
01202	Statistics in Physical Education	3	0	0	3
01203	Biomechanics	3	0	0	3
01204E / 01205E	ELECTIVE COURSES Value Education / Sports Journalism & Sports Information Science	2	0	0	2
	PRACTICALS				
01206P	Applied Computer Project	0	3	0	3
01207P	Track & Field (Internal)	0	0	8	2
01208P	Game of Choice (BB, C, H, FB, VB, HB) (Internal)	0	0	4	1
01209P	Specialization Game (BB, C, H, FB, VB, HB) (Internal)	0	0	4	1
01210P	Track & Field (External)	0	0	8	4
01211P	Game of Choice (BB, C, H, FB, VB, HB) (External)	0	0	4	2
01212P	Specialization Game (BB, C, H, FB, VB, HB) (External)	0	0	4	2
01213P	Intramural Project	0	0	2	1
01214L	Biomechanics Lab	0	0	2	1
	TOTAL CREDITS				28

Note : **L** - Lecture **P** - Practical **E** - Elective
 T - Tutorial **C** - Credits **PE** - Physical Education

III SEMESTER

COURSE CODE	CORE SUBJECTS	L	T	P	C
01301	Pedagogy of Sports Training	3	0	0	3
01302	Sports Psychology	3	0	0	3
01303	Applied Kinesiology	3	0	0	3
01304	Rules of Games & Sports Part-I (Track & Field)	3	0	0	3
ELECTIVE COURSES					
01305E/01306E	Professional Preparation for NET/SLET / Sports Sociology	2	0	0	2
PRACTICALS					
01307P	Track and Field (Internal)	0	0	8	2
01308P	Specialization Games (BB, C, H, FB, VB, HB) (Internal)	0	0	8	2
01309P	Intramural Project	0	0	2	1
01310L	Sports Psychology Lab	0	0	2	1
TOTAL CREDITS					20

IV SEMESTER

COURSE CODE	CORE SUBJECTS	L	T	P	C
01401	Curriculum Design in Physical Education	3	0	0	3
01402	Prevention and Management of Sports Trauma	3	0	0	3
01403	Rules of Games & Sports Part-II (Specialization Game)	3	0	0	3
01404	Adapted Physical Education	3	0	0	3
PRACTICALS					
01405T	Thesis	0	3	4	3
01406P	Track & Field (Internal)	0	0	8	2
01407P	Specialization Games (BB, C, H, FB, VB, HB) (Internal)	0	0	8	2
01408P	Track & Field (External)	0	0	8	4
01409P	Specialization Games (BB, C, H, FB, VB, HB) (External)	0	0	8	4
01410P	Intramural Project	0	0	2	1
01411L	Sports Trauma Lab	0	0	2	1
01412P	Intensive Coaching Practice (Track & Field) (Total 20 Hrs)	0	0	0	1
01413P	Intensive Coaching Practice (Specialization) (Total 20 Hrs)	0	0	0	1
TOTAL CREDITS					31

Note : **BB** - Basketball **VB** - Volleyball **HB** - Handball
 H - Hockey **C** - Cricket **FB** - Football

CREDIT REQUIREMENT FOR THE TWO YEAR M.P.Ed. PROGRAMME

- | | | | |
|----|------------------|---|------------------------------------|
| 1. | CORE COURSES | - | (a) Theory – Minimum 53 Credits |
| | | | (b) Practical – Minimum 40 Credits |
| 2. | ELECTIVE COURSES | - | Minimum 06 credits (3x2 Credits) |
| | TOTAL | - | 99 Credits |

7. COURSE CODE :

The course code explains the following in a serial order - Course code, the year, the course paper and Core / Elective / Practical.

a. **01105E - ENVIRONMENTAL STUDIES**

01 - Course code for M.P.Ed.

1 - for First Semester

05- for Course Paper

E - for Elective

b. **01401 - CURRICULAM DESIGN IN PHYSICAL EDUCATION**

01 - Course Code for M.P.Ed.

4 - for Fourth Semester

01 - for Course Paper

8. REGISTRATION :

8.1 Every student must register for the courses he/she intends to undergo in a semester. A registration form in triplicate can be obtained from the CBS office. A student should submit the duly filled in and signed registration form in triplicate with the Class Registrar's and Principal's signature in the CBS Office at the time of registration.

8.2 After admission to the programme, a code number will be assigned for each student, giving the year of admission and the student registration number.

8.3 The class registrar shall advise the student about the academic programme and counsel him / her on the choice of courses (Elective only) to be registered.

8.4 The college shall prescribe the maximum number of students in each course taking into account the physical facilities available. A course shall not be offered unless a minimum of 10 students register in either Core or Elective courses.

8.5 A course shall normally be taught by one staff.

9. ATTENDANCE :

9.1 A student must have 90 percent of attendance in theory and practical classes to write the semester examinations. A student with less than 90 percent of attendance will be given the grade "RA" (Reappear due to lack of Attendance).

9.2 A student having below 90% and above 50% attendance will not be allowed to write the exam in the semester. A student having below 50% attendance should repeat the course.

9.3. The student's Attendance Progress Report would be displayed on the notice board every month

10. EXAMINATIONS :

The performance of a student in each course would be evaluated by :

10.1 WRITTEN EXAMINATION (20 MARKS)

Each student will be graded by the subject teacher(s). Two sessional tests and one performance assessment will be conducted for each paper. Each test carries a maximum of 20 marks and the average of best two tests will be considered. However, in the case of students who miss the tests for any valid reason with prior permission from the subject teacher(s) and the Principal, they may be granted special permission to write the sessional test before the commencement of semester examinations.

10.2 ASSIGNMENT (5 Marks)

The students will be given 5 marks for assignments. This may be in the form of Seminars, Projects, Written Materials, Records, etc., A student should submit a minimum of two assignments for each course.

10.3 Pre-Semester (75 Marks)

The Pre Semester examinations will be held at the end of each semester before the final semester examinations, covering all portions and 75 marks are awarded for this examination. Each paper will be evaluated for 75 marks and this will be converted into 25 marks. All the examination will be conducted by the Controller of Examination. The dates and test portions will be intimated in advance by staff concerned.

Weightage for Sessional Tests

First sessional Test	–	20 Marks
Second sessional Test	–	20 Marks
Third sessional Test / Performance Assessment	–	<u>20 Marks</u>
I. Average of the above best two tests	–	20 Marks
II. Assignment	–	5 Marks
III. Pre- Semester 75/3	–	25 Marks
Total	–	$\frac{50}{2} = 25$ Marks

10.4 Pre-Semester Examination is Compulsory

10.5 There are no minimum marks for passing in both internal, and external examinations. However, the minimum for passing in each paper is 50 percent, combining internal and external marks.

10.6 A student who fails in anyone or more papers in the semester examination, will be permitted to rewrite the paper or papers in the subsequent semester examinations.

11. EVALUATION :

THEORY

Evaluation shall be based on 25 % sessional assessment and 75 % in the semester assessment. The semester examinations shall be of 3 hours duration. The procedure for evaluation is as follows:

11.1 The answer scripts are evaluated by both internal and external examiners (Double Valuation)

11.2 If there is 10% difference between two examiners, a third revaluation is conducted, which will be final.

11.3 Question Papers for each examination will follow the regulation and syllabus in force at that time.

11.4 The question paper pattern under CBS will include both 5 marks and 10 marks questions where 5 questions out of 7 questions should be answered in each section.

Section A: 5 Questions x 5 Marks = 25 Marks

Section B : 5 Questions x 10 Marks = 50 Marks

Total = 75 Marks

11.5 A student getting “RA” Reappear in elective must repeat the examination to obtain the degree. Such students are exempted from attendance.

11.6 A student shall not be permitted to repeat any course only for the purpose of improving the grade.

11.7 EVALUATION :

PRACTICAL - I and III Semester (Internal only) Internal evaluation will be based on the following criteria

(a) 20% for Record (b) 20% for Viva - voce (c) 60% Performance

11.8 **II and IV Semester :** Internal and external evaluation based on the following criteria

(a) 10% for Record (b) 10% for vivavoce (c) 20% for officiating (d) 60% for coaching lesson

12. ARREAR EXAMINATIONS :

Examination fees will be levied and collected normally according to the rules and regulations of the college. A special levy will be collected for supplementary paper.

13. PASSING OF RESULTS :

Result will be approved by the Board of Examiners and will be submitted to the Academic Council of the college to recommend the eligible students for the award of the degree by the Tamil Nadu Physical Education and Sports University.

14. GRADING SYSTEM :

The weighted average shall be calculated for each semester as follows :-

The Product of the marks assigned to each course by number of credits shall be added up. The sum of the products (weighted score) will be divided by the total number of credits. For example:-

Table I – Weighted Average Score

S.No.	Course	Course Name	Max. Marks	Marks Obtained	Credit	Weighted Score
1.	01101	Evaluation in Physical Education	100	65	3	65 x 3
2.	01102	Fitness Sports Nutrition and Health Promotion	100	70	3	70 x 3
3	01103	Sports Management	100	60	2	60 x 2

The weighted average score obtained for the above three courses shall be summed up and divided by the number of credits. Thus,

$$= \frac{(65 \times 3) + (70 \times 3) + (60 \times 2)}{3 + 3 + 2}$$

$$= \frac{195 + 210 + 120}{8} = \frac{525}{8} = 65.6$$

Therefore, weighted average mark is 65.6 which is within the range of 65 – 74 i.e., A+ letter grade and graded as First Class (Table II).

15. COURSE - WISE LETTER GRADES :

15.1 The percentage of marks obtained by a candidate in a course will be indicated in a letter grade.

15.2 A student is considered to have completed a course successfully and earned the credits if he/ she secures on overall letter grade other than RA. A letter grade RA in any course implies a Reappear in that course. A course successfully completed cannot be repeated for the purpose of improving the Grade Point.

The RA grade once awarded stays in the grade card of the student and is not deleted even when he/she completes the course successfully later. The grade acquired later by the student will be indicated in the grade sheet of the subsequent semester in which the candidate has appeared for clearance of the arrears.

15.3 A student who secures RA grade in any course (Core or Elective) has to pass it compulsorily. If the student wants to change the subject (core or elective), he/she has to register and attend the

classes of that course to earn the credit when it is offered next. Whenever a new course is chosen in the place of one in which he/she failed that course will be indicated as dropped in the subsequent grade card.

15.4 If a student secures RA grade in the Project Work / Field Work/ Practical work/ Dissertation, either he/she shall improve it and resubmit it, if it involves only rewriting/ incorporating the clarifications of the evaluators or he/she can re-register and carry out the same in the subsequent semesters for evaluation.

16. GRADE CARD :

The Grade Card issued at the end of the semester to each student will contain the following:

- a. The marks obtained for each course registered in the semester.
- b. The credits earned for each course registered for that semester.
- c. The performance in each course by the Letter Grade point obtained.
- d. The Grade Point Average (GPA) and Weighted Average Marks (WAM) of all the courses registered for that semester and
- e. The Cumulative Grade Point Average (CGPA), the class and grade of all the Courses, after completing the programme.

17. GRADING OF THE COURSES :

17.1 A Seven (7) point scale is used for the evaluation of the performance of the student to provide letter grade for each course and overall grade for the Master's Programme.

17.2 The total performance within a semester and the continuous performance from the second semester onwards will be indicated by a Grade Point Average (GPA). Cummulative Grade Point Average (CGPA) and respectively. Hence CGPA is the real indicators of one's performance more than the class.

Formula

$$\text{Grade Point Average (GPA)} = \frac{\sum_i C_i G_i}{\sum_i C_i}$$

C_i = Credits earned for course i in any semester.

G_i = Grade Point obtained for course i in any semester.

$$\text{GPA} = \frac{\text{Sum of the multiplication of grade points by the credits of the courses}}{\text{Sum of the credits of the courses in a semester}}$$

CONVERSION OF MARKS TO GRADE POINTS AND LETTER GRADE PERFORMANCE IN A COURSE

Range of Marks	Grade Points	Letter Grade	Description
90 – 100	9.0 – 10.0	O	Outstanding
80 – 89	8.0 – 8.9	D+	Excellent
75 – 79	7.5 – 7.9	D	Distinction
70 – 74	7.0 – 7.4	A+	Very Good
60 – 69	6.0 – 6.9	A	Good
50 – 59	5.0 – 5.9	B	Average
00 – 49	0.0	U	Re-appear
ABSENT	0.0	AAA	ABSENT

Formula

$$\text{Cumulative Grade Point Average (CGPA)} = \frac{\sum_n \sum_i C_{ni} G_{ni}}{\sum_n \sum_{ni} C_{ni}}$$

C_i = Credits earned for course i in any semester.

G_i = Grade Point obtained for course i in any semester.

n = The semester in which such courses were credited.

$$\text{CGPA} = \frac{\text{Sum of the multiplication of grade points by the credits of the entire programme}}{\text{Sum of the credits of the courses in the entire programme}}$$

CGPA, GRADE AND CLASSIFICATION OF FINAL RESULT

CGPA	Grade	CLASSIFICATION OF FINAL RESULT
9.5 – 10.0	O+	First Class with Exemplary*
9.0 and above but below 9.5	O	
8.5 and above but below 9.0	D++	First Class with Distinction*
8.0 and above but below 8.5	D+	
7.5 and above but below 8.0	D	
7.0 and above but below 7.5	A++	First Class
6.5 and above but below 7.0	A+	
6.0 and above but below 6.5	A	
5.5 and above but below 6.0	B+	Second Class
5.0 and above but below 5.5	B	
0.0 and above but below 5.0	U	Re-appear

* The candidates who have passed in the first appearance and within the prescribed semester of the Programme are eligible.

M.P.Ed.
CUMULATIVE GRADE STATEMENT

I SEMESTER

Course Code	COURSE TITLE	Credits Earned	Max. Marks	Marks secured	Grade Point	Letter Grade	Result
01101	Evaluation in Physical Education	3	100	60	6.00	A	PASS
01102	Fitness, Sports Nutrition & Health Promotion	3	100	60	6.00	A	PASS
01103	Sports Management	3	100	80	8.00	D+	PASS
01104	Applied Exercise Physiology	3	100	75	7.50	D	PASS
ELECTIVE COURSES							
01105E / 01106E	Environmental Studies / Communication Skills (English)	2	100	75	7.50	D	PASS
PRACTICALS							
01107P	Track and Field (Internal)	2	50	40	8.00	D+	PASS
01108P	Game of Choice (BB,C,H,FB,VB,HB) (Internal)	1	50	38	7.60	D	PASS
01109P	Specialization Game (BB,C,H,FB,VB,HB) (Internal)	1	50	40	8.00	D+	PASS
01110P	Intramural Project	1	50	40	8.00	D+	PASS
01111L	Exercise Physiology Lab	1	100	75	7.50	D	PASS
Total Credits		20					
Grade Point Average					7.23		

II SEMESTER

Course Code	COURSE TITLE	Credits Earned	Max. Marks	Marks secured	Grade Point	Letter Grade	Result
01201	Research Methodology in Physical Education	3	100	70	7.00	A+	PASS
01202	Statistics in Physical Education	3	100	65	6.50	A	PASS
01203	Biomechanics	3	100	60	6.00	A	PASS
ELECTIVE COURSES							
01204E / 01205E	Value Education/ Sports Journalism & Sports Information Science	2	100	70	7.00	A+	PASS
PRACTICALS							
01206P	Applied Computer Project	3	100	75	7.50	D	PASS
01207P	Track & Field (Internal)	2	50	38	7.60	D	PASS
01208P	Game of Choice (BB,C,H,FB,VB,HB) (Internal)	1	50	35	7.00	A+	PASS
01209P	Specialization Game (BB,C,H,FB,VB,HB) (Internal)	1	50	40	8.00	D+	PASS
01210P	Track & Field (External)	4	100	70	7.00	A+	PASS
01211P	Game of Choice (BB,C,H,FB,VB,HB) (External)	2	100	65	6.50	A	PASS
01212P	Specialization Game (BB,C,H,FB,VB,HB) (External)	2	100	55	5.50	B	PASS
01213P	Intramural Project	1	50	35	7.00	A+	PASS
01214L	Biomechanics Lab	1	100	70	7.00	A+	PASS
Total Credits		28					
Grade Point Average					7.06		

M.P.Ed.
CUMULATIVE GRADE STATEMENT

III SEMESTER

Course Code	COURSE TITLE	Credits Earned	Max. Marks	Marks secured	Grade Point	Letter Grade	Result
01301	Pedagogy of Sports Training	3	100	70	7.00	A+	PASS
01302	Sports Psychology	3	100	65	6.50	A	PASS
01303	Applied Kinesiology	3	100	60	6.00	A	PASS
01304	Rules of Games & Sports Part-I (T&F)	3	100	55	5.50	B	PASS
	ELECTIVE COURSES						
01305E / 01306E	Professional Preparation for NET / SLET / Sports Sociology	2	100	55	5.50	B	PASS
	PRACTICALS						
01307P	Track & Field (Internal)	2	50	35	7.00	A+	PASS
01308P	Specialization Game (Internal)	2	50	40	8.00	D+	PASS
01309P	Intramural Project	1	50	35	7.00	A+	PASS
01310L	Sports Psychology Lab	1	100	65	6.50	A	PASS
	Total Credits	20					
	Grade Point Average				6.56		

IV SEMESTER

Course Code	COURSE TITLE	Credits Earned	Max. Marks	Marks secured	Grade Point	Letter Grade	Result
01401	Curriculum Design in Physical Education	3	100	60	6.00	A	PASS
01402	Prevention & Management of Sports Trauma	3	100	70	7.00	A+	PASS
01403	Rules of Games & Sports Part-II (Specialization)	3	100	80	8.00	D+	PASS
01404	Adapted Physical Education	3	100	80	8.00	D+	PASS
	PRACTICALS						
01405T	Thesis	3	100	85	8.50	D+	PASS
01406P	Track & Field (Internal)	2	50	40	8.00	D+	PASS
01407P	Specialization Game (BB,C,H,FB,VB,HB) (Internal)	2	50	40	8.00	D+	PASS
01408P	Track and Field (External)	4	100	80	8.00	D+	PASS
01409P	Specialization Game (BB,C,H,FB,VB,HB) (External)	4	100	60	6.00	A	PASS
01410P	Intramural Project	1	50	35	7.00	A+	PASS
01411L	Sports Trauma Lab	1	100	70	7.00	A+	PASS
01412P	Intensive Coaching Practice (Track & Field)	1	100	70	7.00	A+	PASS
01413P	Intensive Coaching Practice (Specialization)	1	100	75	7.50	D	PASS
	Total Credits	31					
	Grade Point Average				7.38		
	Total Credits (Semester I + II + III + IV)	99					
	Cumulative Grade Point Average (CGPA) (FIRST CLASS AND "A+" GRADE)				6.92	FIRST CLASS	

SYLLABUS - THEORY - I YEAR - I SEMESTER

01101 - EVALUATION IN PHYSICAL EDUCATION

UNIT I - Introduction of Measurement and Evaluation

Meaning of Measurement and Evaluation - Nature and scope - Need and importance of evaluation in the field of physical education..

UNIT II - Selection and Construction of Tests

Criteria of Test Selection - factors affecting Scientific Authenticity - Procedure to establish Scientific Authenticity - Classification of tests - Standardized and teacher made test (objective and subjective)- Construction of Knowledge tests - skill tests- Administration of testing programme and its procedure and follow up.

UNIT III - Measurement of Organic Functions

Cardiovascular and respiratory function - Cooper's 12 minutes Continuous run-walk and modifications - 12 minutes cycling test (Coopers)- Harvard step test and modifications (High school and College level)

UNIT IV - Measurement of Organic Functions

Oregon Motor Fitness test - JCR Test- Canadian Fitness test- AAHPER Youth Fitness Test - Indiana Motor Fitness Test

UNIT V - Measurement of General Motor Ability

McCloy's General Motor Ability Test - Methany Johnson Test.

UNIT VI - Measurement of Strength and Skill

Kraus Weber test and Muscular fitness - Instrument for Measuring

Strength	-	Roger's Physical Fitness Index and suggested changes in the PFI Test
Volleyball	-	Brady, Russel and Lange test
Basketball	-	Johnson test, Knox test
Soccer	-	McDonald test and Johnson Test
Badminton	-	Miller volley test, Lockhart McPherson test
Field Hockey	-	Dribbling and Goal Shooting test.
Tennis	-	Broer - Miller tennis test

UNIT VII - Measure of Posture and Anthropometry

Measures of Posture - IOWA Posture Test (Curelon's) - Anthropometric Measurements - Girth Measurements - upper arm, fore arm, calf, chest -width Measurements - Biacromial Chest, Illicrestal, Biepicondylal (Femur and Humerous) Height Measurement - Stature and sitting height - Somatotype - Scheldon's Technique and Introduction.

REFERENCE

- Wilgoose, Carl, E., "Evaluation in Health Education and Physical Education, New York, McGraw Hill Book Company Inc.
- Cureton, Thomas, K, Physical Fitness Appraisal and Guidance. St.Louis, The C. Mosby Company, 147. Philadelphia, W.B. Sanders Company, 1941.
- Banow, M.McGee, Rosemary, A Practical Approach to Measurements in Physical Education, Philadelphia, Lea and Febiger, 1964.
- Meyers, Carlton R. and beish, Erwin T., Measurement in Physical Education, New York, The Ronald Press Company, 1962.
- Campbell, W.R., and Trucker, N.M. A Introduction in Physical Education, London GBell and Sons Ltd., 1967.

01102 – FITNESS, SPORTS NUTRITION AND HEALTH PROMOTION

Unit I - Health and Physical Fitness

Introduction to Health and Physical Fitness. Health objectives for the Nation. Physical fitness and exercise objective for the Millennium.

Unit II - Components of Physical Fitness

Definition of Physical activity, Exercise and physical Fitness, Elements of health related Physical fitness and skill related Physical fitness (cardio respiratory endurance, Body composition, Musculoskeletal fitness).

Unit III - Athletes Diet

Dietary practices of athletes, Nutrition knowledge for athletes and coaches, Expenditure of energy and factors that determine type of fuel used for ATP production.

Unit IV - Nutritional Aids

Importance of carbohydrate during heavy training. Need for protein and fat for superior performance, changes of protein and fat metabolism during exercise, food pyramid, Fluid replacement before, during and after exercise for injury prevention. Need of carbohydrates and electrolytes during exercise and carbo-loading.

Unit V – Physical activity and Associated Risks

Risk factors for coronary heart disease, storage and hypertension, and atherosclerosis.

Unit VI - Prevention and Treatment

Lipoproteins, Cholesterol, Phospholipids and Triglycerides, Treatment of hypercholesteremia with exercise, cigarette smoking and exercise. Hypertension and exercise, exercise in the prevention of heart diseases, Diabetes mellitus and exercise.

Unit VII - Stress and its Harmful Effects

Harmful effects of too much exercise, musculoskeletal injuries in running, swimming, Osteoarthritis and Bicycling. Special consideration for youth and children and specific and safe exercise for the kindergarten to assess their milestone and proper development of the CNS and co-ordination, Heat injuries (cramp, exhaustion, and stroke)

REFERENCE

- De veries, H. Physiology of Exercise for Physical Education and Athletics, W.C. Brawn Co., Iowa, U.S.A. 1980.
- Baechle, T.R. (Ed) Essentials of Strength Training and Conditioning, Hyman Kinetics, USA, 1994.
- Kumar, V.K.G & panda, MM. Modern Principles of Athletic Training, Friends Publications, New Delhi, 2002.
- Birkitt, D., Medical Applications of Clinical Nutrition, New Cannon, Keats, U.S.A. 1983.
- Singh, H. Science of Sports Training, D. V.S. Publications, New Delhi, 1991.
- McArdle, W.C Katach, F.I.Katch, V.I. Exercise Physiology, Energy, Nutrition and Human Performance, Lea & Febiger, Philadelphia, U.S.A. 1991.

01103- SPORTS MANAGEMENT

UNIT I – Introduction to Sports Management

Meaning of Management - Definition of Management - Scope of Management - Meaning of Sports Management - Definition of Sports Management - Concept of Sports Management - Management Vs Administration - Skills of Management - Professional Status of Sports Management.

UNIT II – Managerial Roles in sports

Manager - Roles of a Manager - Managerial Roles in Sports and Games - Levels of Management - Principles of Sports Management.

UNIT III – Functions of Sports Management

Functions of Sports Management - Planning - Organising - Budgeting - Leading - Evaluating Management Decision Making - Steps in Decision Making - Significance of Decision Making - Rationality in Decision Making.

UNIT IV – Concepts of Organization

Meaning of Organizing - Definition of Organising - Scope of Organising - Principles of Organism - Specialization, Span of Control, Departmentation, Unity of Command, Responsibility and authority Bureaucracy .

UNIT V – Leadership

Behavioral Process of Leading - Leadership - Trait Approach - Behavioral Approach - Situation Factors or Sports Marketing - Strategies - Marketing Plan.

UNIT VI – Supervision

Supervision in Physical Education - Meaning of Supervision - Need of Supervision - Guided Principles of Supervision - Qualification of a Supervisor.

UNIT VII – Functions of Supervision

Functions of Supervision - Human Relationship - Techniques of Supervision - Visitation Conference - Workshop - Bulletin - Surveys - Meeting - Demonstration - Evaluation - Services of Supervision.

REFERENCE

- Bucher. CA. Administration of School Health and Physical Education, C. V. Mosy & Co.,
Joseph. P.M. Organisation of Physical Education, Old Student Association HPE Kandwilli, Bombay.
Thomas J.P. Organisation of Physical Education, Gnanodayaa Press, Chennai -1.
Cowl & Huzellow, Cuniculam Design in Physical Education.
Thirunarayanan. C. Methods in Physical Education, Karaikudi - 4.
Thomas. J.P. Physical Education Lesson, Gnanodayaa Press, Chennai-1.

01104 -APPLIED EXERCISE PHYSIOLOGY

UNIT I - Essentials of Movement and Musculoskeletal System

Introduction - Bone development - Articulations: The joints - muscles - Structure and function – muscle characteristics and their uses.

UNIT II - Muscular Adaptations to Anaerobic and Aerobic Training

Introduction - Aerobic training - Fiber composition - oxygen delivery - Energy production - Fuel storage, Training for aerobic endurance - Anaerobic training - Monitoring training changes.

UNIT III - Cardio respiratory Endurance and Aerobic Power

Introduction - Adaptations in cardio respiratory endurance and aerobic power with physical training - Heart rate. Stroke volume, cardiac output and Heart volume - Blood flow, Blood pressure and peripheral vascular - to Training procedures for the development of cardio - respiratory endurance and aerobic power - Relationship of cardio-respiratory endurance to athletic performance.

UNIT IV - Body Build and Composition

Introduction - Adaptation in body build and composition with physical training - Mechanism of change - Relationship of body build and composition of athletic performance.

UNIT V - Exercise and Ageing

Introduction - Performance and aging - Factors affecting endurance - Factors affecting muscular strength Body composition and aging - Trainability of the older athlete.

UNIT VI - The Female Athlete

Introduction - Physique and body composition - Physiological response to acute exercise -Neuromuscular responses - cardiovascular response - Respiratory responses - metabolic response - Physiological adaptations to chronic exercise.

UNIT VII - Fatigue

Fatigue - energy supply - Accumulation of waste products - neuromuscular and psychological fatigue - Heat stress and fatigue.

REFERENCE

- Mc. Ardle. W.D. Katch, V and Kath, L Exercise Physiology - Lea and Febiger, Philadelphia, 1984.
Lamb D. Physiology of Exercise - Response and Adaptations - Macmillan Publishing & Co.,1988.
Fox, E.L. and Mathews, D.K. Physiological Basis of Physical Education and Athletics, Saunders College Publishing C., U.S. 1992.
Moses, A.K. introduction to Exercise Physiology, Poompugar Pathippagam, Chennai - 1995
Shaver, L.G Physiology of Exercise, Surjeet Publications, New Delhi, 1982.
Wilmore, J.K. Training for Sports and Activity, Allyn and Bacon. Inc. Boston. 1982.

ELECTIVE COURSES

01105 E - ENVIRONMENTAL STUDIES

UNIT I – Basic Concepts

Concepts of Environment and Environmental Science - History of Ecology - Ecology and Economics Development - Socio economic Impacts of Degradation of Environment and importance of Environmental Education, Nature and Scope, Guiding Principles of Environmental education and Major constraints for its implementation at School Level.

UNIT II – Environmental Hazards

Environmental Pollution: Physical and Chemical : Land Air, Water, Noise, Radiation -Extinction of flora and fauna, Deforestation, Soil Erosion - Ozone Depletion, Protection of the . Environmental Heritage - Ways of Protecting - management of Environment, Preserving and Restoring the Environment.

UNIT III – Sustainable Development

Definition and Dimensions - Depletion of Natural Resources - Symptoms of Non -Sustainability conditions for achieving the goals of sustainable Development.

UNIT IV – India and Environmental Issues and Policies

Environmental Problems of India - Environmental Policies in India - Developmental Problems of India Environmental Movements in India - Chipko Movement, Narmadha Valley Movement, Green Peace Movement.

UNIT V - Environmental Awareness

Salient Recommendation of the Stockholm Conference 1972 the Nairobi Conference 1982 the RIO Summit 1992 The RIO Declaration

UNIT VI – Environmental Education in the School Curriculum in India

Need for current status: Pre School, Elementary, Secondary and Higher Secondary - CBSE Syllabus - State Syllabus (Tamil Nadu)

UNIT VII - Methods of Teaching in Environmental Education

Methods - Lecture, Demonstrations, Discussion, Seminar, Workshop, Dialogues, Problems, Solving, Programmed Instruction, Individualized Instructions, Projects, Exhibition, Role of Media.

REFERENCE :

- N.C. Aery Pankaj Puhohit, B.L. Jagetiya Environmental Studies, Best Sellers,
India Books Technology of Water Management RA. Raju Best Sellers, India Books
B.R. Bamniya. L.N. Verma, Fundamentals of Environmental Studies, Best Sellers, India Books.
E. Ugene P. Odum, Fundamental of Ecology, Best Sellers, India Books.

01106 E - COMMUNICATION SKILLS (ENGLISH)

UNIT I – Nouns

Number and case, Correct use of certain nouns, Ways of forming the plurals, Concrete and abstract nouns.

UNIT II – Essential English Vocabulary

Some Spelling rules, Idioms and phrases, Aids to correct writing, Letter writing

UNIT III – Relative Pronouns

Functions of the relatives within their clauses, Forms of the relative pronouns, Omission of the relative pronouns, Agreement of the relative pronouns and its antecedent.

UNIT IV – Verbs, Mood and Tense

Kinds of mood, Common errors in the use of tenses, Agreement of the verb with the subject, The infinitive, the participle and the Gerund.

UNIT V – Anomalous Finites

The use of anomalous finites, Notes on the anomalous finites, In Auxiliaries, In Modal Auxiliaries

UNIT VI – Vocabulary and Composition

Word formation – the use of prefixes, Word formation – the use of suffixes.

UNIT VII – Vocabulary and Composition

Words often confused, Words often mis-spelt.

REFERENCES

1. David Green, Contemporary English Grammar Structures and Composition.
2. English to Inspire-Edited by Kalyani Mathivanan and Padmaja Ashok

PRACTICALS

01107P - TRACK & FIELD

The techniques and teaching methods of the following track and field events should be covered.

1. Sprint

- * Introduction
- * Safety Suggestion
- * Teaching steps
 - a) Leads -ups
 - b) Sprinting technique
 - c) Sprint starts
- * Common errors and corrections
- * Training schedule

2. 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

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

4. Middle Distance (800 mts, 1500 mts)

- * Introduction

- * Safety Suggestion
- * Technique
 - a) Body position
 - b) Stride length
 - c) Knee lift
 - d) Pace / tempo
 - e) Arm action
- * Teaching steps
 - Step 1 : Lead ups
 - Step 2 : Endurance training
- * Common errors and corrections
- * Training schedule

01108P / 01109P – 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

01108P / 01109P – 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

01108P / 01109P – 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

1. Kicking with inside of the foot (Push Pass)
2. Kicking with the full instep.
3. Kicking with inside of instep (High Drive and Chipping)
4. Kicking with the outside of the foot
5. Kicking with Toe and Heel
6. Volley Kicks

b) Ball reception (Trapping)

1. Trapping the ball with inside of the foot
2. Trapping the ball with instep of the foot
3. Trapping the ball with outside of the foot
4. Trapping the ball with chest
5. Trapping the ball with thigh
6. Trapping the ball with sole of the foot

- c) **Dribbling**
 - i) Dribbling with all parts of foot
 - ii) Straight and Zig Zag Dribble
- d) **Feinting**
 - i) Feinting without ball
 - ii) Feinting with ball

01108P / 01109P – HANDBALL

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 Catching
 - Types of pass : (i) Wrist pass (ii) Body cross pass (iii) Back pass
 - c) Dribbling : (i) High dribble (ii) Low dribble
 - d) Shooting : (i) Foot step (ii) Release

01108P / 01109P – 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) **Dribbling**
 - Forehand dribble
 - Indian dribble
 - D) **Passing**
 - Parallel

- Triangle
- Through
- Diagonal
- Square
- Cross
- Reverse

01108P/01109P – 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

01110 P - INTRAMURAL PROJECT

The students should participate, officiate and organize different intramural sports/ games and competitions held during the semester. An intramural project report should be submitted by each student at the end of the semester.

01111 L - EXERCISE PHYSIOLOGY LAB

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

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

II SEMESTER

01201- RESEARCH METHODOLOGY IN PHYSICAL EDUCATION

UNIT I - Introduction to Research Methods

Definition of Research - Meaning, Need, Nature and Scope of research in Physical Education
-Classification of Research -Basic Research - Applied Research - Action Research.

UNIT II - Formation and Development of Research Problem

Location of Research Problem - Criteria for selection of a problem - Hypothesis and formulation of Hypothesis - Research proposal- Qualities of a good researcher.

UNIT III - Historical Methods of Research

Definition of Historical Research - Steps in Historical Research - Sources of Historical Research - Primary Data - Secondary Data - Historical Criticism - Internal Criticism – External Criticism.

UNIT IV - Descriptive Methods of Research

Survey Study - Case study - Normative Study.

UNIT V - Experimental Methods of Research

Meaning of variable - Types of Variables - Nature and meaning of experimental Research- Planning for experimentation Research - Field experimental - Laboratory etc., Experimental Designs - Single Group Design - Reverse Group Design - Repeated Measure Design - Static, Group Comparison Design - Equated Group Design - Factorial Design.

UNIT VI - Methods of Writing Research Report

Style of writing Research Report - Mechanics of writing Research Report - Footnote and Bibliography writing.

UNIT VII - Sampling Theories

Different Methods of Sampling

REFERENCE :

- Best J. W. Research in Education, Englewood Cliffs, Prentice Hall, Inc., New Jersey 1971.
Cambell B.C. Form and Style in thesis writing.
Clark, D.H., H.H. Research Problem in Physical Education 2nd, Englewood Cliffs, Prentice Hall, Inc., New Jersey, 1984.
Kamlesh, M.L. Research Methodology in Physical Education and Sports, New Delhi.
Moses, A.K.. Thesis Writing Format Poompugar Pathippagam, Chennai 1995.
Rothstain, A. Research Design and Statistics for Physical Education, Englewood Cliffs, Prentice Hall, Inc., New Jersey, 1985.

01202 - STATISTICS IN PHYSICAL EDUCATION

UNIT I - Meaning and Basic Concepts in Statistics

Statistics - Meaning, definition, function, need and importance - uses, types of statistics meaning of the terms - populations, sample, data, kinds of data, variables, discrete continuous -Parametric, non parametric statistics.

UNIT II - Frequency Tables

Frequency table, meaning, uses and construction of frequency table.

UNIT III - Measures of Central Tendency.

Measures of central tendency - calculation of mean, median and mode.

UNIT IV - Measures of Variability

Definition of measures of variability and their uses - Range - Quartile deviation - Mean Deviation - Standard Deviation - Calculation of Range - Quartile Deviation - Mean Deviation - Standard Deviation from ungrouped data and grouped data - Probable Error - co-efficient of Variability - Meaning and uses, absolute variability and relative variability.

UNIT V - Normal Curve

Meaning of probability - Principles of normal curve - Properties of normal curve - Divergence from normality - skewness and Kurtosis scores - Scoring scales -sigma scale, Z Scale, Hull scale. .

UNIT VI - Reliability and Test of Significance

Factors affecting reliability - Random, size and variability mean difference - standard error -null hypothesis - tests of significance: "T" test, "F" test, chi - square test, level of confidence and interpretation of data.

UNIT VII - Correlation

Meaning of correlation - co-efficient of correlation - calculation of co-efficient of correlation by the product moment method and rank difference method - types of correlation: zero order correlation - partial correlation - multiple correlation - biserial correlation - tetra choric correlation.

REFERENCE:

- Best, J.W. Research Education, Englewood Cliffs, Prentice Hall Hersy 1971.
Clark, D.H. H.H. Research Problem in Physical Education 2nd Eaglewood Cliffs, Prentice Hall, Inc.,
Kamlesh, M.L. Research Methodology in Physical Education and Sports, New Delhi.
Moses, A.K. Thesis Writing Format Poompugar Pathippagam, Chennai 1995.
Rothstain, A. Research Design and Statistics for Physical Education, Englewood Cliffs, Prentice Hall, Inc., New Jersey, 1985.
Mathews, D.K. Measurements in Physical Education, Philadelphia. W.B. Saunder Company.

01203 - BIOMECHANICS OF SPORTS**UNIT I - Introduction to Biomechanics**

Meaning and definition of biomechanics - Role of biomechanics in Physical education and sports - Basic terms- Mechanics - sports biomechanics - Dynamics - Kinematics -Kinetics -Statics - planes - Axes - Centre of gravity - vectors and scalars.

UNIT II - Concepts of Motion

Meaning and definition - Types of motion - Linear motion - angular motion - circular motion -Uniform motion - Law of acceleration - Momentum - Basic laws of motion - Principles related to the law of Inertia - Law of acceleration - Law of counter force - Relationship of linear and angular motion.

UNIT III - Force and its Application

Meaning and definition of force - units of force - effect of force - sources of force - force components - Force applied at an angle - pressure - friction - Buoyancy. - spin - centripetal force - centrifugal force.

UNIT IV - Projectiles and Equilibrium

Freely falling bodies - projectiles - Equation of projectiles stability - Meaning - Definition - Factors influencing equilibrium - Guiding principles for stability - static and dynamic stability.

UNIT V - Work, Power and Energy

Meaning of work, power, energy, kinetic energy and potential energy - Conservation of energy - elasticity - coefficient of elasticity - Impact - Law of conservation of linear momentum - Rebound - Leverage - classes of lever - practical application

UNIT VI - Fluid Mechanics and Aerodynamics

Fluid mechanics - water resistance - Flotation - Specific gravity - centre of buoyancy - Aerodynamics - Air resistance - form - Drag - The lift - The magnus effect.

UNIT VII - Movement Analysis of Fundamental Skills

Analysis of movement - Types of analysis - Kinesiological analysis - Biomechanical analysis - cinematographic analysis - The analysis - methods of analysis - visual and instrument analysis of fundamental motor skills - walking - running - throwing : catching - pushing - lifting hitting - spiking - kicking - jumping - analysis of skills - techniques of games - basketball- cricket- - football - hockey - volleyball- athletics - swimming and gymnastics.

REFERENCE :

- Broel, M.R. Efficiency of Human Movement, W.B. Saunders Co., Philadelphia. 1982.
Bunn, J.G. Scientific Principles of Coaching, (2nd Ed) N.J. Prentice Hall Inc., Englewood Cliffs 1972.
Dyson, G.H. G The Mechanics of Athletics, Hodder and Stoughton, London 19~2.
Hay. J. G. The Biomechanics of sports Techniques, (2nd Ed) N.J. Prentice Hall, Inc. Eaglewood Cliffs, 1978.
Scott, M.G. Analysis of Human Motion, Appleton Centre Crafts, New York, 1963.
Williams M., et Al. Biomechanics of Human Motion, Philadelphia, Saunders Co., 1982.

ELECTIVE COURSES

01204 E - VALUE EDUCATION FOR PROFESSIONALS

UNIT - I : INTRODUCTION

Concepts of Values, Need of Moral Values, Theory of Values, Need of Value Based Education, Objectives of Value Based Education.

UNIT - II : PRINCIPLES OF VALUES

Modern view about values, Basics of Values, Secularism and Values, Educational Values, Nature of 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 Values and Fundamental Duties.

UNIT - V : VALUES OF VALUE EDUCATION

Methodology of Inculcation Values, Theory of Value Development, Practical Methods of Value Education, Practical Application.

UNIT - VI : VALUE EDUCATION IN GLOBAL PERSPECTIVE

National Integration and Value Education Population Education and Values, Four Pillars of Education, Values: Indian and Western Views, Guidance Programme in Value Education .

UNIT - VII : CO-CURRICULAR ACTIVITY

Curriculum in Value Education, Teaching strategies, Moral Instruction in Schools, Tools and Techniques for Measurement, Value Education in the Present Scenario.

REFERENCE :

1. Dr. Venkataiah. N: Value Education. APH Publishing Corporation - New Delhi.
2. Dr. Dhananjay Joshi: Value Education in Global Prespective. Lotus Press - New Delhi.
3. Mohit Chakrabarti : Value Education: Changing Prespective. Kanishka Pub - Delhi.

01205 E - SPORTS JOURNALISM & INFORMATION SCIENCE**UNIT I - Ethics of Journalism and Sports**

1. Ethics of Journalism
2. Canons of journalism
3. Sports Ethics and sportsmanship
4. Reporting Sports Events

UNIT II - Sports Bulletin

1. Journalism and sports education
2. Structure of sports bulletin
3. Compiling a bulletin
4. Types of bulletin

UNIT III - Role of Journalism in the Field of Physical Education

1. Sports as an integral part of Physical Education
2. Sports organization and sports journalism.
3. General news reporting and sports reporting.

UNIT IV - Mass Media in Journalism

1. Radio and T.V. Commentary
2. Running commentary on the radio
3. Sports experts comments.

UNIT V - Introduction to Information Science

1. Historical Development of Information Technology.
2. Meaning and Definition of Information Technology
3. Problems in the use of I.T. – Merits in the use of I.T.

UNIT VI - Principles of Information

1. Nature and characteristics of Information - Principles of Information
2. Types of information, Qualities of Information

UNIT VII - Information Techniques

1. Characteristics of Scientific & Technological Information, Features of present Information chain.
2. Forms and channels of communication - Information management

REFERENCE :

- Ahiya B.N. Theory and practice of journalism: Set to Indian context Ed. 3 Delhi Surjeet Publications 1988. Ahiya B.N. and Chobra S.S.A. concise course in Reporting Ed., Delhi Surjeet Publications 1990.
- Bhatt S.C. Broadcast journalism Basic Principles, New Delhi. Har anand publication 1993.
- Varma A.K. Advanced Journalism Har anand publication, New Delhi 1993.
- Ahiya B.N. and Choabra S.S.A. concise course in Reporting Ed. Delhi Surjeet Publications.
- Fundamental of Information Science – P.S.G. Kumar – S.Chand & Comp. New Delhi
- Information & Society – 4 Author – Ess Ess Publicattion, New Delhi.
- Rangasam, Parthasarathy, Journalism in India from the Earliest Times to the President Day II Road sterling publication Pvt. Ltd. 1991.
- Varma AK. Advanced journalism Har - Anand Publication, New Delhi 1993.

01206P - APPLIED COMPUTER PROJECT

Each M. P.Ed., student should select a computer topic and prepare a computer project under the guidance of an approved supervisor from the college. The Student will be required to present the details of the project in the class and submit the completed project before the stipulated date. The student should submit five bound copies of the computer project by the end of the II Semester.

01207P / 01210P - TRACK AND FIELD (PRACTICALS)

1. 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.

2) 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

3) 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

4) 110.m. 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

5) 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 subsequent hurdles)
- * Common errors and corrections
- * Training schedule

6) 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 connections
- * Training schedule

01208P/ 01209P/ 01211P/ 01212P - 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.

01208P/ 01209P/ 01211P/ 01212P - 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) Top spin
- d) China man
- 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
- * Long Barrier
- * Attacking field

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.

01208P/ 01209P/ 01211P/ 01212P - FOOTBALL

1. Skills & Teaching procedures

a) Heading

- i) Heading in standing position
 - Forward .
 - To the side
 - Backward
- ii) Heading while running
- iii) Heading while jumping
- iv) Diving heading

- b) **Throw in**
 - i) From a standing position
 - ii) After an approach run
- c) **Tackling**
 - i) Front Block tackling
 - ii) Block tackling from side (sliding tackle)
- d) **Goal keeping technique**
 - i) Movements without the ball
 - ii) Techniques of catching the low ball
 - iii) Techniques of catching medium and high ball
 - iv) Punching the ball
 - v) Deflecting the ball
 - vi) Attacking techniques
- 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.

01208P/ 01209P/ 01211P/ 01212P - HANDBALL

- 1. Skills and Teaching Procedure
 - a) Shooting
 - (i) Jump shot long
 - (ii) Jump shot high
 - (iii) Straight Shot with blocking step
 - (iv) Straight Shot without blocking step
 - (v) Hip shot
 - (vi) Lob
 - b) Throw-in
 - (i) Throw-in from a standing position
 - (ii) 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

01208P/ 01209P/ 01211P/ 01212P - 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.

01208P/ 01209P/ 01211P/ 01212P - VOLLEYBALL

I. 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.

01213 P - INTRAMURAL PROJECT

The students should participate, officiate and organize different intramural sports/games and competitions held during the Semester. An intramural Project report should be submitted by each student at the end of the semester.

01214L - BIO-MECHANICS LAB

The students should learn the basic theoretical concepts and measurement technique in the following .

1. Analysis of movement
2. Cinematographic analysis
3. Visual and instrument analysis of fundamental motor skill (Walking, running, throwing, catching, pushing, lifting, hitting, striking, kicking, jumping)
4. Analysis of skills and techniques in Basketball, Cricket, football, hockey, volleyball, athletics, swimming and gymnastics

III SEMESTER

01301- PEDAGOGY OF SPORTS TRAINING

UNIT I - Introduction to Sports Training

Definition of terms - Pedagogy - Sports Training - Coaching - Task - Skill- Techniques -Tactics and Strategies - Aims, characteristics and principles of Sports Training.

UNIT II - History and Philosophy of Coaching

Historical development of coaching schemes in India - Philosophy of Coaching - Personal qualities and Technical qualifications required for a Coach.

UNIT III - Concepts of Sports Training

Planning and Organization of training - Loading and adaptation process - Forms of adaptation -Deadaptation , maladaptation and readaptation and law of adaptation - periodical cycle - Micro - Meso - Macro cycles - Principles of planning - Periodization and its types.

UNIT IV - Training Load

Principles and Characteristics of training load - Load adaptation process - conditions for super compensation over load - signs and symptoms of over load, remedial measures and methods of overcoming over load.

UNIT V - Periodisation

Preseason training - competitive season training - off seasons training - Micro - Macro -schedule of periodisation - pre-game meal - specific nutrition to games / sports.

UNIT VI - Motor Components

Motor Components - Balance - Flexibility - strength - Endurance - speed - Agility - co-ordination - Methods to develop various motor components - National - International competitions in the game of the choice of the student (Basketball, Cricket, Football, Hockey, Volleyball and Track & Field.)

UNIT VII - Performance Evaluation

Sports Performance evaluation - scouting and recording - Methods of evaluating the techniques.

REFERENCE :

- Bunn, J.N. Scientific, Principles of Coaching. Prentice Hall, Englewood Cliffs, New Jersey 1972.
- Jensen, C.R. and Fisher, A.G. Scientific Basis of Athletic Conditioning. Lea & Febiger, Philadelphia. 1972.
- Matveyew, IP. Fundamental of Sports Training (Translation nom Russia). MR. Publishers, Moscow 1981.
- Thomas, R. Bacchle (Ed) Essentials of Strength Training and Conditioning, Human Kinetics, 1994.
- Very Ganbertta (Ed) Track & Field Coaching Manual, Leisure Press. U.S.A.. 1981.
- Bunn, J.N. Scientific Principles of Coaching. Prentice Hall, Englewood Cliffs. New Jersey 1972.

01302 - SPORTS PSYCHOLOGY

UNIT I - INTRODUCTION TO SPORTS PSYCHOLOGY

Meaning and definition of sports psychology need, importance and scope of sports psychology - Relationship of sports psychology with other sports sciences - Development of sports psychology- Sports psychology in India, U.S.A, Germany and Russia.

UNIT II - COGNITION AND MOTOR BEHAVIOUR

Acquity of senses - Motor control and motor performance - Attention and concentration in Sport- Memory, Retention and decision making in sports - Imagery -Self Talk - Kinesthetic -Perception -Feedback and servo mechanism.

UNIT III - MOTIVATION AND EMOTION

Introduction to Motivation - Theories of motivation - types of motivation - confidence - Goal setting; Moods - definitions - Mood and performance Anaraty - Much dimensional anxiety theory - stress- Arousal - Choking phenomenon - Managing Anxiety and stress, psycho -regulative technique for relaxation and activation.

UNIT IV - INDIVIDUAL DIFFERENCE AND SPORTS PERFORMANCE

Introduction to individual differences - personality - theories of personality - Personality and sports - psychological aspects of competition - determinants of competitive behaviour - precompetition, competition and post competitive behaviour. Aggression in sport - Theoretical bases of aggression- aggression and sports performance - Gender differences in sport - Mental Control of Anger - Violence in sport.

UNIT V - APPLIED EXERCISE PSYCHOLOGY

Applied Exercise psychology - Exercise motivation. psychological benefits of exercise - -Theories and models in exercise psychology - exercise addiction and dependence - exercise interventions - Communication in sports- Counseling and Mentoring in sports - Counseling techniques -- fundamental counseling skills for the Coach - Psychology of coaching.

UNIT VI - SOCIAL PSYCHOLOGY OF SPORTS

Introduction to social psychology of sports - socialization in sports- sports for children and youth - Team cohesion and group dynamics - developing on effective team climate - effects of spectators on athletes - determination of spectators - sport leadership -Success versus effective leadership - Theory /styles of sport leadership.

UNIT VII - PSYCHOLOGICAL ASSESSMENT & TESTING

Procedures and methods of psychological assessment – Questionnaire - aptitude test - Bio feed back - reaction timer - memory test - peripheral vision - personality assessment - assessing intelligence – Motivation - Anxiety - Self esteem - Self- concept.

REFERENCE :

- Aderman RS Psychological Behaviour in Sports, Saunders Company, Philadelphia, (1914).
Byrant C.J. Psychological in Contemporary Sports 3rd ed. Englewood Cliffs, NJ. Prentice Hall, Inc., (1989).
Byrant C.J. Movement Behaviour and Motor learning. Lea & Febiger, Philadelphia, (1975).
Cox. H, Sports Psychology concept and Application Win. C.Brown Publishers (1985).
Diane G.I. Psychological Dynamics of Sports Human Kinetics Publishers, Inc., Champaign II. (1986).
Kamlesh M.I. Psychology in Physical Education and Sports 2nd Metropolitan Book Co., Pvt. Ltd., Delhi (1988)

01303 – APPLIED KINESIOLOGY

UNIT I - Introduction to Kinesiology

Meaning, nature and scope of the study of structural Kinesiology. History and scientific foundations of human movement study.

UNIT II - Axis and Planes

Axis, plane and their type - segmental movements in relation to axis and planes.

UNIT III - Skeletal System and Human Movement

Types of bone - mechanical axis - Articulations structure and classifications - Functions - Movement of skeletal units - center of gravity - Line of gravity plane of the body and axis of motion, Fundamental movements of the major segments of the body.

UNIT IV - Muscular Attachments and Actions

Muscular attachment (Proximal, Distal, upper, Lower, Medial, Lateral, Peripheral and Central attachment) - Muscle classification based on joint structure and on role in total movement - Types of muscular action and body movement - Neuro muscular basis of human movements.

UNIT V - Anatomy of Major Joints

Familiarising with the structure and function of shoulder, Hip, Elbow, Knee, Wrist and Ankle joints.

UNIT VI - Origin and Insertion of Major Muscle Groups

Origin and insertion of muscles - movements referring to physical exercise and basic skills in sports and games - pectoralis major and minor, Deltoid, Trapezius. Quadriceps Gastronemius, seratus - biceps, triceps (Anterior and Posterior)- rectus femoris, sartorius, rectus abdominous.

UNIT VII - Locomotor Skills

Human movement in relation to joints/bones and muscles, Locomotive skills, walking, running, training for locomotive skills, Body projection skills, stationary take offs, moving offs throwing patterns, pushing patterns, striking patters performance in water - Buoyancy floats, Locomotion in water.

REFERENCE :

Buon, J.N. Scientific Principles of Coaching.

Davidson, S. Kinesiology Work Book.

Hay, J. G. Biomechanics of Sports Techniques (1985) Prentice Hall, New Jersey, USA.

Ram N. P. Kinesiology

Rasch and Burke, Kinesiology and Applied Anatomy.

Thompson, Structure of Kinesiology.

01304 - RULES OF GAMES & SPORTS - PART - I (TRACK & FIELD)

Unit I - Origin and Development

Origin and Development of Federation, Associations, Sports Councils in India and world.

Unit II - Construction of Track

Types of Tracks and Types of Surfaces - Plan of Track and field with all measurements and markings

Unit III - Sprint, Middle, Long and Combined Events

Rules and interpretations and Techniques and Teaching method for the following Sprint Events – 100 mts, 200 mts, 400 mts, 110 hurdles, 100 hurdles & Relay.

Rules and interpretations, Techniques and Teaching of middle distance and long distance events - 800mts, 1500 mts, 3000 mts, 5000 mts, 10000 mts & marathon race. Rules and interpretation for combined events - Decathlon and Heptathlon

Unit IV - Throwing Events

Rules and interpretations & Techniques and Teaching method of the following Throwing events - Shot put, Discus, Javelin & Hammer.

Unit V - Jumping Events

Rules and interpretation & Techniques and Teaching method of the following Jumping Events - Long Jump, Triple Jump, High Jump and Pole vault.

Unit VI - Mechanism of Officiating

Duties of Officials - Mechanism of officiating of the Sprint, Middle, Long distance run, Jumping, Throwing, Decathlon & Heptathlon events.

Unit VII - Evaluation, Important Meets and Records

Drills and lead up activities. Evaluation of athletic performance - Terminology used in all sports events - Important athletic meets in India, Asia & World - Records of all Events in University, State, National and international level - Eminent Personalities.

ELECTIVE COURSES

01305 E - PROFESSIONAL PREPARATION FOR NET/SLET

UNIT I

Introduction and definition, aim and objectives of Physical Education and other terms - health education and recreation.

Philosophies of Education as applied to Physical Education - Idealism, Naturalism, Realism, Pragmatism, Existentialism, Humanism.

Biological basis of physical activity - benefits of exercise. growth and exercise, exercise and well-being sex and age characteristics of adolescent body types.

Psychological basis of physical Education - Play and Play theories, general principles of growth and development. Principles of motor - skill acquisition - training effects.

Sociological basis of Physical Education - socialization process - social nature of men and physical activity, sports as culture heritage of mankind - Customs - traditions and sport competition and cooperation. Physical Education in ancient Greece, Rome and Contemporary Germany, Sweden, Denmark and Russia: Olympic Movement - Historical development of Ancient and Modern Olympic Games.

Physical Education in India.

UNIT II

Physiology of Muscular activity, Neurotransmission and Movement mechanism.

Physiology of respiration.

Physiology of blood circulation

Factors influencing performance in sports.

Bioenergetics and recovery process.
Athletic injuries - their management and rehabilitation
Therapeutic modalities.
Ergogenic aids and doping.
Joints and their movements - - planes and axes.
Kinetics, Kinematics - Linear and angular, levers.
Laws of motion, principles of equilibrium and force, spin and elasticity
Posture, Postural deformities and their correction.
Muscular analysis of Motor movement
Mechanical analysis of various sports activities
Mechanical analysis of fundamental movements - (running, jumping, throwing, pulling and pushing).
Message manipulation and therapeutic exercises.

UNIT III

Learning process- theories and laws of learning
Motivation, theories and dynamics of motivation in sports
Psychological factors affecting sports performance - viz., stress anxiety, tension and aggression
Personality, its dimensions, theories, personality and performance.
Individual differences and their impact on skill learning and performance.
Group dynamics, team cohesion and leadership in sports.
Sociometrics, economics and politics in sports.
Media and sports.
Development of teacher education in Physical Education. Professional courses in Sports and Physical Education in India.
Professional Ethics.
Qualities and Qualifications of Physical Educational Personnel
Principles of curriculum planning.
Course content for academic and professional courses.
Age characteristics of pupils and selection of activities.
Construction of class and school
Physical Education time table.

UNIT IV

Health -Guiding principles of health and health education
Nutrition and dietary manipulations
Health-related fitness, obesity and its management
Environmental & occupational hazards and
First Aid Communicable diseases - their preventive and therapeutic aspect.
School health programme and personal hygiene.
Theories and principles of recreation.
Recreation programme for various categories of people
Characteristics and principles of sports training.
Training load and periodization.
Training methods and specific training programme for development of various motor qualities. Technical and Tactical preparation for sports.
Short-term and long-term training plans.
Sports talent identification - process and procedures.

Preparing for competition - (build up competitions, main competition, competition frequency, psychological preparation)

Rules of Games and Sports and their interpretations.

UNIT V

Nature, scope and type of research.

Formulation and selection of research problem.

Sampling - process and techniques.

Methods of research

Data collection – to old and techniques.

Statistical techniques of data analysis - measures of central tendency and variability, correlation, normal

Probability curve, T-test and F-test, chi-square, Z-test.

Hypothesis - formulation, types and testing.

Writing research report.

UNIT VI

Concept of test, measurement and evaluation.

Principles of measurement and evaluation.

Construction and classification of tests.

Criteria of test evaluation.

Concepts and assessment of physical fitness, motor fitness, motor ability and motor educability.

Skill test for Badminton, Basketball, Hockey, Lawn-tennis, Soccer, Volleyball.

Testing psychological variables - competitive anxiety, aggression, team cohesion, motivation, self-concept,

Anthropometric measurements and body composition.

Concept and principles of management

Organisation and functions of sports bodies

Intramurals and Extramurals.

Management of infrastructure, equipments, finance and personnel.

Methods and Techniques of teaching

Principles of planning Physical Education lessons.

Pupil-teacher interaction and relationship.

Concept of techniques of supervision

UNIT VII

Relationship or Analogy test Sporting out the Dissimilar Series completion test

Coding and Decoding test

Direction sense test

Blood relation

Problems based on Alphabet

Time sequence test

Mathematical ability test

Situation Reaction test

Verification of the truth of the statement

Best reason test

Paper cutting type questions

Assigning Artificial values to arithmetical digits and signs
Arranging according to size or age
Venn diagram and chart type test.
Miscellaneous exercise
Logical reasoning - validity test of syllogism
Divergent thinking
Comprehension.

REFERENCE :

Kutty, Suresh, Physical Education - A Ready Rockner, L.S.E. W.S. Publications, New Delhi - 2008.
Singh, Ajmer et al, Essentials of Physical Education, Ashirwad Communications, Sector 35, Chandigarh - 2000.
All rules book from various sports and games
All kinds of I.Q. Books
All Daily Newspapers.

01306 E - SPORTS SOCIOLOGY

UNIT I - Introduction to Sports Sociology

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

UNIT II - Sports and Culture

Culture - Sports and culture- Basic concepts of culture- Elements of culture. Functions of culture- Relationship of Sports with other elements of culture-social planning and physical culture- work, free time and physical culture - physical culture as a requirement of social development - Development of socialistic production and physical culture.

UNIT III - Social Institutions and Commercial Sports

Social Institutions - Economic, Political, Religious - Relationship of sports with other social institutions - Emergence and growth of commercial sports - effects of commercialization on sports, status and incomes of athletes in commercial sports.

UNIT IV - Sports, Politics and Religion

Sports and solidarity - Political consequences of International sports events - Reasons for combining sports and religion - similarities and differences between sport and religion.

UNIT V - Social Mobility and Sports

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

UNIT VI - Women and Sports in Society

Women in sports - the sports woman in our society- participation patterns among women - Gender inequation issues- women sports in future.

UNIT VII - Sports Sociology in Different Periods

Place of games and sports in difference periods - Ancient, middle and modern.

Consequences of competition - Sport competition as preparation for life - Sociometric evaluation processes.

REFERENCE :

Ball and Loy, Sports and Social Order, Wesley publishing Company.

Craty B.J. Social Dimensions of Physical Activity - Prentice Hall Inc.

Edwards - Sociology of Sports - Illinosis Dorsey Press. 1986

Jay J, Waldy Sport in Society, Issues and Controversies St. Louis Mosby College Publishing Co., 1986.

Lay, Mepherston and Kenyson, Sports and Social System, Addison Wesley Publishing Company.

Ppanna, V.R. Sports in Socialist Countries, Allied Publishers Private Ltd., Bombay 1980.

01307 P - TRACK AND FIELD - PRACTICALS

1) 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

2) 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

3) 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

4) Triple Jump

- * Introduction
- * Safety suggestions
- * Technique
 - a) The Hop
 - b) The Step
 - c) The Jump
- * Teaching steps
 - a) Lead ups
 - b) The Tripple Jump.
- * Common errors and corrections Training schedule

01308P - BASKETBALL

1. Different training methods
2. Training schedule
 - * off season
 - * in season
3. Tactics
 - * Offensive tactics
 - a) Give and go
 - b) Screening
 - c) Splitting the post
 - d) Out numbering situation
 - * Defensive tactics
 - a) Switching
 - b) Sand witch

01308P - CRICKET

1. Different training methods
2. Training schedule
 - * off season
 - * in season
3. Tactics
 - * Batting tactics
 - * Bowling tactics
 - * Fielding tactics
 - * Tactics for limited over matches
 - * Tactics for test matches

01308P - FOOTBALL

1. Different training methods
2. Training schedule
 - * off season
 - * in season
3. Tactics
 - i) Team Tactics
 - a) In attack
 - * Defending play of attackers
 - * Changing position
 - * Wing Play
 - * Play in Centre of attack
 - * Counter attack
 - b) In defence
 - * Defending the goal
 - * Winning the ball
 - * Off side tactics
 - * Team work with goal keeper
 - ii) Individual tactics
 - a) In attack
 - * Getting free
 - * Dribbling
 - * Passing
 - * Shooting
 - b) In defence
 - * Marking and tackling

01308P - HANDBALL

1. Different training methods
2. Training schedule
 - (i) Off season
 - (ii) In season
3. Tactics
 - (a) Offensive tactics
 - (i) Passing
 - (ii) Screening
 - (iii) Out numbering situation
 - (b) Defensive tactics
 - (i) Blocking
 - (ii) Man change

01308P - HOCKEY

1. Different training methods
2. Training schedule
 - * off season
 - * in season
3. Team Tactics
 - * Defensive tactics
 - * Individual defensive tactics
 - * Team defensive tactics
 - * Offensive tactics
 - * Individual offensive tactics
 - * Team offensive tactics
 - * Man to man defence.

01308P - VOLLEYBALL

1. Different training methods
2. Training schedule
 - * off season
 - * in season
3. 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 – the system - 4-2 system - The 3-3 system - The 2-4 system - selling the dummy - general observation.

01309P - INTRAMURAL PROJECT

The students should learn to participate, officiate and organize different intramural sports/games and competitions held during the semester. An intramural project report should be submitted by each student at the end of the semester.

01310L - SPORTS PSYCHOLOGY LAB

The students should learn the basic theoretical concepts and assessment technique. Psychological assessment and testing.

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

IV SEMESTER

01401- CURRICULUM DESIGN IN PHYSICAL EDUCATION

UNIT I - Meaning and Concept of Curriculum

Definition and meaning of curriculum - old and modern concepts.

UNIT II - Nature and Meaning of Curriculum Design

Definition and meaning of curriculum design- pattern of curriculum - subject based - activity based and environment based pattern - factors that affect curriculum - basic principles for planning curriculum design.

UNIT III - 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 preparing instructional materials - evaluation of curriculum.

UNIT IV - Sources of Curriculum Materials

Introduction- Materials for curriculum activities - experience - teaching method - curriculum design- curriculum content - sources of curriculum materials - text books - Journals -Dictionaries, Encyclopedias, Magazines etc.

UNIT V - Integration of Physical Education with Other Faculties

Physical Education and other faculties - Integration of physical education with philosophy, psychology, sociology, History, Physical chemistry, statistics, Anatomy, physiology, sports Medicine, Physiotherapy & Anthropology.

UNIT VI - Curriculum Research

Definition, of research- curriculum research, objectives of curriculum research, curriculum and basic research curriculum and objectives of curriculum and applied research, curriculum and action research, Historical study and curriculum. Experimental research and curriculum. Importance of curriculum research.

UNIT VII - Curriculum Appraisal or Evaluation

Definition, Meaning and concept of evaluation - characteristics of evaluation - methods of evaluation, Importance of evaluation - Traditional evaluation.

REFERENCE :

- Carlson P .Roles of Supervision and Curriculum Design in Physical Education, Prentice Hall.
Cowell, C.C. and Haxieton, H.W. The Curriculum in Health and physical Education, Prentice Hall.
Farys, C.F., and Ray.O. Administration of Physical Education, Duncan, Prentice Hall.
Humphrey, J.H. Elementary School Physical Education, Harper and Brothers, New York.
Joseph, P.M. Organization and Administration of Physical Education, T.I.P.E. Kandivili, Bombay.
Thomas, J.P. Organization of Physical Education, Gnanodaya Press, Madras

01402 - PREVENTION & MANAGEMENT OF SPORTS TRAUMA

UNIT I - An Introduction to Sports Injuries

Sports injuries - Definition acute injuries - bones, joints, ligaments; muscle, skin, nerve, over use injuries- Bone - muscle, articular cartilage, Bursa, Ligament, tendon.

UNIT II - Pain

Pain - Pain producing structures of joints, muscles, Referred Pain, Psychological expenses to injury - Tendon, Ligament, bone, muscle, gate control theory of pain, Endorphin and Enkephalin

UNIT III - Prevention of Injuries

Principles of injuries - prevention - wake up and warm down- stretching static, Ballistic, Dynamic, P.N.F., Protective equipment and shoes.

UNIT IV - Biomechanics of Injuries

Normal and abnormal- Biomechanics - Mechanics of upper limb and lower limb in throwing. swimming, runner and racket sports - Assessment and correction of abnormal biomechanics.

UNIT V - Injury Assessment

History, Symptoms and signs, obtaining accurate descriptive of symptoms, training history, Nutritional factors over training - Psychological factors.

UNIT VI - Rehabilitation of Injury

Principles of rehabilitation - Muscle conditioning flexibility - proprioceptive, sports skills, cardio vascular fitness - progressions and stages of rehabilitation - return to sports.-

UNIT VII - Sports Injuries of Specific Regions

Injuries to the head and neck, face, teeth, eye, shoulder, elbow and forearm, wrist and hand, thoracic and abdominal injuries in sports. Injuries to thoracic back, hip and Groin, Gluteus, thigh, anterior and posterior knee, ankle foot.

REFERENCE :

Johnson, W.R. Science and Medicine of Exercise & Sports, 2nd Ex., New York.

Reilly, T. Sports Fitness and Sports Injuries, Faber and Faber, London 1981.

Scott, N.Nisonson, B and Nicholas, J. Principles of Sports Medicine, Williams & Walking, Baltimore.

Still A, and Cureton, T.K. Encyclopedia of Physical Education Fitness and Sports - Training Environment.

Nutrition and Fitness Brighton Publishing Company, Saltlake City, 1980.

01403 - RULES OF GAMES AND SPORTS PART - II

(Specialization Games)

(Basketball, Cricket, Hockey, Football & Volleyball, Handball)

UNIT I - Origin and Development of the Game

Origin and Development of the game - significant events in the development to modern game in the world, Asia and India.

UNIT II - Structure and function of controlling bodies of the game in the world,- Asia and India

Organization and management of competitions - competition system including qualifying system being followed in the game in Olympics, World Cup, Asian Games, and National Championship - Criteria for the selection of University, State and National team.

UNIT III - Laws of the game and their interpretations

Rules and Regulations. -Interpretation of rules.

UNIT IV - Officiating

Mechanics of officiating - Qualities and Qualifications of an official

UNIT V - Techniques and their Development

Introduction, importance and classification of techniques,

Description of various techniques.

Basic and advanced tactics and strategies

Drills -and lead up Games

Preparation of Training Schedule

UNIT VI - Teaching Aids and Skill Tests

Teaching aids, trends in development of teaching aids, advantages and methods of using aids-means for evaluation of progress in learning and performance of techniques skill test for assessing performance.

UNIT VII - Tournaments and Records

Important tournaments and awards in India, Asia and world

Results and Records of important Tournaments, Eminent Personalities of the Games.

Note : Each student should complete the course in the game of specialization.

01404 - ADAPTED PHYSICAL EDUCATION**UNIT I - Introduction to Adapted Physical Education**

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

UNIT II - Disability and Rehabilitation

Disable - Disability - Handicap - Impaired - Multiple disability Rehabilitation - Special education - Inclusive education - Definitions.

UNIT III - Classification of Disability

Disability / differently abled classification and sub classification' in each disability - Blind - Deaf and Dumb - Orthopaedically - Mentally Retarded - Spastic - Autism - Cerebral palsy etc.,

UNIT IV - Role of Important Agencies

Role of YMCA College / CBM / Prof. S. Jaimitra Department of Disabled TN - RCI and its structure and functions and its courses in India.

UNIT V - Rules of Adapted games and Class Management

Adapted games developed by Prof. Jaimitra at the Project physical education for the blind adapted volleyball/Adapted Kabadi / Adapted Kho -kho / Adapted Tennis / Adapted Table Tennis and adapted minor games track and field teaching Methods to be adapted by the special educators in sports / Recreation and games. Kinesthetic - one on one teaching - group Teaching and circular Method Teaching.

UNIT VI - Adaptation of Motor Activities

Principles for Adaptation of Motor Activities - according to the Disability - ground marking -Equipment both personal activity - Rules.

UNIT VII - Classification Structure

International Competitions - Classification structure.

- a) Dark Olympics
- b) Silent Olympics
- c) Paraphylic Olympic
- d) Special Olympics

REFERENCE :

- Clauding and Sherill, Adopted physical education and recreation C. Publishers, IOWA.
Paul. A. Metzge, Elementary, School physical education C. Brown company publishers.
Barrow, Harold M., M., Gee, Rosemary, A. Practical Approach to Measurement in Physical Education. Philadelphia, Lea and Febiger, 1964.
Meyers, Carlton R. and Erwin, T. Measurement in Physical Education, London G. Bell and Sons Ltd, 1967.
Campbell, W.R., and Tucker, N.M. An introduction in Physical Education, London G. Bell and S' one Ltd. 1987.
Prof. S. Jaimitra, Physical Education for the Blind Grace Printer, Chennai – 1990.

01405T - THESIS

The M.P.Ed., students should select a thesis topic and complete the thesis under the guidance of an approved supervisor from the college. The students will be required to present the thesis proposal finally to his /her supervisor for approval and submit the completed thesis before the stipulated date to the college. The student should submit five bound copies of the thesis by the end of the Semester.

01406P / 01408P - TRACK AND FIELD - PRACTICALS

1. 20 K.M. Walking

- * Introduction
- * Fundamental mechanics of walking
- * Technique
 - a) leg movements
 - b) trunk carriage
 - c) arm action
 - d) hip action
- * Common errors and corrections
- * Training schedule

2. 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

3. 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

4. Marathon

- * Introduction
- * Technique
 - 1. Body position
 - 2. Stride length
 - 3. tempo
 - 4. arm action
- * Teaching steps
- * Common errors and corrections
- * Training schedule

5. Cross Country

- * Introduction
- * Technique
 - 1. Body position
 - 2. Stride length
 - 3. tempo
 - 4. arm action
- * Teaching steps
- * Common errors and corrections
- * Training schedule

6. Decathlon

- * Introduction
- * Technique
- * Teaching methodology
- * Common errors and corrections
- * Training schedule

7. **Heptathlon:**
- * Introduction
 - * Technique
 - * Teaching methodology
 - * Common errors and corrections
 - * Training schedule

01407P / 01409P - BASKETBALL

1. Team tactics
 - * Offensive
 - a) Fast break
 - b) Offensive against man to man defense
2. Strategy
3. Set Play
4. Evaluation of players
5. Selection of team
6. Mechanism of officiating

01407P / 01409P - CRICKET

1. Strategy
2. 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 F
 - * Fielding setting for off spin
 - * Fielding setting for leg spin
3. Evaluation of players
4. Selection of team
5. Mechanism of officiating

01407P / 01409P - FOOTBALL

1. Strategy
2. Set plays
 - Attack
 - i. Corner kick
 - a) Long and short distance kick
 - b) Towards the goal or away (spinning)

- ii. Free kicks (Direct & Indirect kicks)
 - a) Changing the point of attack
 - b) Lofting the ball over the Wall
 - c) Banana kick (swinging)
 - d) Direct shot
- iii. Penalty kick
- iv. Throw-in
 - a) Long distance throw
 - b) Short distance throw
- v. Defensive behaviour at
 - a) Corner kick
 - b) Free kick
 - c) Penalty kick
 - d) Throw - in
- 3. Evaluation of players
- 4. Selection of team
- 5. Mechanism of officiating

01407P / 01409P – HANDBALL

- 1. 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
- 2. Strategy
 - (a) Players position – 6.0, 5-1, 4-2, 3-2-1
 - (b) Combined defence – 5 – 0+1, 4 – 0+2
- 3. System of play
- 4. Evaluation of Players
- 5. Selection of Team
- 6. Mechanism of officiating

01407P / 01409P – HOCKEY

- 1. 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-)
- 2. Set Plays
 - A) Penalty corner
 - 1) Attacking penalty corner
 - 2) Single battery
 - 3) Double battery

- B) Long corner
 - 1) Corner from right
 - 2) Corner from left
- C) Defending long corner
- D) Penalty stroke
- E) Free hit
 - 1) in offence
 - 2) in defence
- 3. Evaluation of players
- 4. Selection of team
- 5. Mechanism of officiating

01407P / 01409P - VOLLEYBALL

1. 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 -1-1-4 formation - 1-2-1-2 formation with 3 man block - 3-3 formation - 3-1-2 formation.
2. System of defence

Inter change system - Over load system - Rebound system - flying block system - Counter defence system - self defence system - General observation.
3. Strategy
4. Set plays
5. Evaluation of players
6. Selection of team
7. Mechanism of officiating

01410P - INTRAMURAL PROJECT

The students should participate, officiate and organize different intramural sports/games and competitions held during the semester. An intramural Project report must be submitted by each student at the end of the semester.

01411L - SPORTS TRAUMA 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.



