

CURRICULUM FRAMEWORK
04 SEMETER (TWO-YEAR) M.P.Ed. PROGRAMME



DEPARTMENT OF PHYSICAL EDUCATION,
UNIVERSITY OF LUCKNOW

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DEPARTMENT OF PHYSICAL EDUCATION
UNIVERSITY OF LUCKNOW
CBCS Syllabus for M.P.Ed. Programme

Course No.	Name of the Course	Credit	Remark
Semester I			
MPCC 101	RESEARCH PROCESS IN PHYSICAL EDUCATION	04	CORE COURSE
MPCC 102	PHYSIOLOGY OF EXERCISE	04	CORE COURSE
MPCC 103	SPORTS BIOMECHANICS & KINESIOLOGY	04	CORE COURSE
MPCC 104	*GAME SPECIALIZATION- PROFICIENCY IN SKILL	04	CORE COURSE
MPCC 105	TRACK & FIELD – RUNNING EVENTS AND ITS TECHNIQUES (PERFORMANCE IN ANY ONE)	04	CORE COURSE
MPVC 101	YOGIC SCIENCES	04	VALUE ADDED COURSE (CREDITED)
SEMESTER TOTAL		24	
Semester II			
MPCC 201	SPORTS MEDICINE	04	CORE COURSE
MPCC 202	SCIENTIFIC PRINCIPLES OF SPORTS TRAINING	04	CORE COURSE
MPCC 203	PHYSICAL FITNESS & WELLNESS	04	CORE COURSE
MPCC 204	TRACK & FIELD – JUMPING EVENTS & ITS TECHNIQUES (PERFORMANCE IN ANY ONE)	04	CORE COURSE
MPCC 205	GAMES SPECIALIZATION- GENERAL LESSON PLAN / FUNDAMENTAL SKILLS	04	CORE COURSE
MPCC 206	CLASS ROOM TEACHING (THEORY BASED TOPICS)	04	CORE COURSE
MPVNC 201	VALUE AND ENVIRONMENTAL EDUCATION	00	VALUE ADDED COURSE(NON CREDITED)
SEMESTER TOTAL		24	

Note- *Specialization in any one game shall be selected by the students is carried on to all the three semester/ Entire course.

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COURSE NO.	SEMESTER III	CREDIT	REMARK
MPCC 301	APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS	04	CORE COURSE/MOOCs
MPCC-302	TRACK & FIELD THROWING EVENTS (PERFORMANCE IN ANY ONE)	04	CORE COURSE
MPEL-301	GAME SPECIALIZATION-SPORTS TRAINING FOR DEVELOPMENT OF COMPONENTS OF PHYSICAL FITNESS	04	ELECTIVE
MPEL 302 (A)	INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION	04	ELECTIVE
MPEL 302 (B)	EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS		
MPIN 301	INTERNSHIP	04	INTERNSHIP
MPIER 301	SPORTS PSYCHOLOGY	04	INTER-DEPARTMENTAL COURSE
SEMESTER TOTAL		24	
SEMESTER IV			
MPCC 401	TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	04	CORE COURSE
MPEL 401	SPORTS SPECIALIZATION- COACHING LESSON PLAN – EXTERNAL (IN SCHOOL/COLLEGE)	04	ELECTIVE
MPEL 402 A	SPORTS MANAGEMENT AND CURRICULUM DESIGN	04	ELECTIVE
MPEL-402 B	SPORTS JOURNALISM AND MASS MEDIA		
MPMT 401	DISSERTATION	08	MASTER THESIS
MPIRA-402	GAME SPECIALIZATION – COACHING LESSON PLAN ON TACTICS	04	INTRA-DEPARTMENTAL COURSE
SEMESTER TOTAL		24	
GRAND TOTAL		96	

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Programme Outcome

- To integrate the study of childhood, Social context of Physical Education, Subject Knowledge, Pedagogical Knowledge, aim of Physical Education and Communication Skills.
- It provides compulsory and optional theory as well as practical course and compulsory school internship in various academic bodies.

Programme Specific Outcomes

- It is professional programme for preparing Physical Education Programme for Senior Secondary Level as well as Assistant Professor/ Directors/Sports Officer in colleges/Universities.
- Upon pursuing this program, Individual is able to work as a TGT/PGT teacher in Senior Secondary School, as an Assistant Professor, Qualified to pursue NET-JRF Examination and Ph.D. program of various Universities, Able to open Health Club, Gymnasium, Trainer, Fitness Center, Yoga Specialist, Physiotherapist, Sports Journalist, Sports Event Manager etc.

Course Outcome

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

It is Two year (04 Semester) Professional Degree Course after B.P.Ed. having aim to prepare Teacher at Senior Secondary level school/colleges, Degree colleges and Universities. It trains individual to pursue Research and Doctoral Program after M.Phil/Ph.D. It is a mandatory qualification for being a teacher in higher education as a professional course.

Inter & Intra-Disciplinary Approach

The Aforesaid course has scope for various subjects of other discipline as the curriculum has inclusive approach for other discipline's men to work here; moreover this course directly dealing Human in a direct manner, so for conducting the interdisciplinary research to access true data, this course have vast used other subject's students.

The inter and intra-disciplinary subjects like Exercise Physiology/Statistics/ Sports Biomechanics/ICT/ Sports Engineering etc. can have universal use in this course.

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Semester I

Theory Courses

MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION

COURSE CONTENT

UNIT-I Introduction

- Meaning and Definition of Research
- Need, Nature and Scope of research in Physical Education.
Classification of Research
- Location of Research Problem, Criteria for selection of a problem
Review of Literature
- Qualities of a researcher.

UNIT-II Methods of Research

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

UNIT-III Experimental Research

- Experimental Research-Meaning, Nature and Importance
Meaning of Variable, Types of Variables.
- Experimental Design- Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT IV- Sampling

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

UNITV- Research Proposal and Report

- Chapterization of Thesis / Dissertation,
- Front Materials, Body of Thesis, Back materials.
- Method of Writing Research proposal, Thesis / Dissertation Method of writing Research Report,
- Method of writing abstract,
- Understanding Footnote and Bibliography.
- Method of writing a paper for presenting in a conference and to publish in journals

References:

- S. L. Gupta & Hitesh Gupta (2011), Research Methodology (Text and Cases with SPSS applications), International Book House Pvt. Ltd. Ansari Road, New Delhi.
- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
- Clarke David. H & Clarke II, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.

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- Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London! Routledge Press
- Jerry R Thomas & Jack K. Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
- Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi
- Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar, Pathippagam.
- Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
- Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication.
- Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

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Semester I

Theory Courses

MPCC-102 PHYSIOLOGY OF EXERCISE

COURSE CONTENT

Unit-I

- Definition of Physiology and Exercise Physiology
- Need and importance of Exercise Physiology in the field of Physical Education and sports.
- Scope of Exercise Physiology

Unit-II

- Energy production, structure and function of ATP.
- Meaning and concept of Aerobic and Anaerobic Energy Metabolism.
- Chemical composition of skeletal muscle, Microscopic structure of skeletal muscles, muscle fiber types
- Sliding filament theory of Muscle contraction.

Unit-III

- Neuron, Motor unit, Synapse, Bio-electric potentials Neuro-muscular junction and transmission of nerve impulse across it.

Unit-IV

- Work capacity under different environmental conditions (Hot, Humid, Cold and High Altitude).
- Effect of exercise/training on various systems of body: Cardio-respiratory, muscular and thermo-regulatory systems
- Oxygen Debt, Second Wind.

Unit-V

- Basic concept of a balanced diet, appropriate diet before, during and after athletic performance.
- Ergogenic aids and Doping in sports
- Definition of obesity, measurement of body fat by various methods, Body weight control.
- Measurement of Heart rate: Radial pulse, Basal and post exercise.
Measurement of Target heart rate
- Measuring Body Mass Index
- Assessment of body composition using skin fold measurement
- Assessment of Anthropometric measurements (skin fold, girth, width etc.)

References:

- Benson, R., & Connolly, D. (2011). Heart rate Training. USA: Human Kinetics.
- Bhatia Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Bowers, R. W., Foss, M. M., & Fox, E. (1998). Physiological basis of Exercise and Sports(6th ed.). USA: McGraw-Hill Publisher.
- Burke, E. R. (1998). Precision Heart rate Training. USA: Human Kinetics
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- Cheung, S. S. (2010). Advanced Environmental Exercise Physiology. USA: Human Kinetics.

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- David, L Costill. (2004). Physiology of Sports and Exercise. USA: Human Kinetics.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard
- Plowman, A. S., & Smith, L. D. (2017). Exercise Physiology(5th ed.). USA: Wolters Kluwer.
- Plowman, A. S., & Smith, L. D. (2017). Exercise Physiology for Health, Fitness and Performance(5th ed.). USA: Wolters Kluwer.
- Porcari, J., Bryant, C., & Comana, F. (2015). Exercise Physiology. USA: F A Davis.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Tanner, R. K., & Gore, C. J. (2013). Physiological Tests for Elite Athletes(2nd). USA: Human Kinetics.
- William, D. Mc Aradle. (1996). Exercise P hysiology. Energy, Nutrit io n and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
- Wingerd, B. (2014). The Human Body: Concepts of Anatomy and Physiology(3rd ed.). USA: Lippincott Williams & Wilkins.

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Semester I

Theory Courses

MPCC-103 SPORTS BIOMECHANICS AND KINESIOLOGY

COURSE CONTENT

UNIT-I

- Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetic, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars, Center of Gravity

UNIT- II

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

UNIT- III

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

UNIT-IV

- Freely falling bodies -Projectiles -Equation of projectiles, Concept of stability, Equilibrium and balance, Principle of Equilibrium, Influencing equilibrium - Guiding principles for stability -static and dynamic stability, Meaning of work, power, energy, kinetic energy and potential energy. Leverage -classes of lever - practical application, Mechanical Advantage of Lever. Water resistance - Air resistance -Aerodynamics.

UNIT-V

- **Analysis of Movement:** Types of analysis: Kinesiological, Biomechanical and Mechanical. **Cinematographic. Methods of analysis** — Qualitative (Pre Requisite Information Basic Step, Observation Method, Identification of Faults, Instructions), Quantitative (Creation of Model, Video Recording with accuracy, Experimental Videography Procedure (Two dimensional recording procedure), Vertex Digitization, Draw Trajectory of Vertex, Stick Figure), Predictive

Practicum:

- Calculation of Center of Gravity by Segmentation Method
- Surface Marking of origin and insertion of Major muscles of the body
- Identification of Joint of Upper and Lower Extremity by Palpation Method
- Use of Reflective markers, Location of Joint for placing markers
- Biomechanical analysis of a Sports technique Quantitative
- Electromyography Procedure for Static Movement
- Calculation of Force using Force platform

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Note: - (The practical will be done on availability of instrument in the Lab)

References:

- Deshpande S.H.(2002). Manav Kriya Vigyan — Kinesiology (Hindi Edition) Anirvati: Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication in 2005.
- Steven Roy..& Richard Irvin. (1983) Sports Medicine, New Prentice hall.
- Thomas. (2001). Manual of structural Kinesiology, New York: Mc Graw Hill. ppal A.K. Lawrence MantaMP Kinesiology(Friends Publication India
- Rai Ramesh, Biomechanics – Mechanical Aspects of human motion (Mohali Punjab :Agrim Publication, 2003)
- Robertson, D. Gordon E. et. Al. Research Methods in Biomechanics. (Champaign etc: Human kinetics publishers, 2004)
- Arthur E. Chapman, PhD, DLC & Simon Fraser "Biomechanical Analysis of fundamental human moments.

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- <https://archive.org/details/texts?query=Sports+biomechanics&sin=>
- <https://www.britannica.com/science/biomechanics-science>
- <https://us.humankinetics.com/blogs/excerpt/body-mechanics-matching-movement-to-muscles-and-bones>
- <https://courses.lumenlearning.com/ap1/chapter/types-of-body-movements/>

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Semester I

Theory Courses

MPVC-101 Yogic Sciences

Unit I –

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

Unit II –

- Asanas and Pranayam
- Loosening exercise: Techniques and benefits.
- Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits.
- Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits,
- Chakras: Major Chakras- Benefits of clearing and balancing Chakras.

Unit III –

- Kriyas Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dharti – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit IV –

- Mudras Meaning, Techniques and Benefits of Hasta Mudras, Asanyukta hastam, Samyukta hastam, Mana Mudra, Kaya Mudra, Danda Mudra, Adhara Mudra.
- Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.

Unit V –

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

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REFERENCE:

George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd. Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book. Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers. Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai. Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau. Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House. Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama. Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga. Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust. Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication. Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication. Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadhama.

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Semester II
Theory Courses
MPCC-201 SPORTS MEDICINE
COURSE CONTENT

UNIT-I

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

UNIT-II

- Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications.
- Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Show reversal technique exercises.
- Isotonic, Isokinetic, isometric stretching, Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

UNIT-III

- Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies,
- Flexion, Compression, Hyperextension, Rotation injuries.
- Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine
- Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

UNIT-IV Upper Extremity Injuries and Exercise

- Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture.
- Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and
- Strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

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UNIT-V Lower Extremity Injuries and Exercise

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

Practicum:

- The student will practice various corrective exercises for rehabilitation.
- The student will practice on various physiotherapeutic equipments in the laboratory.
- Lab. Practicals and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, Visit to TV Centre etc. should be planned internally.

References:

- Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
- James. A.Gould & George J.Davies. (1985) Physical Therapy. Toronto: C.V.
- Mosby Company.
- Morris B.Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication
- Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra
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- Haupt, H. A. (2001). Upper extremity injuries associated with strength training. Clinics in sports medicine, 20(3), 481-490.
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- <https://www.sciencedirect.com/science/article/pii/S2255497115302809>
- https://www.medicinenet.com/sprained_ankle/article.htm
- https://www.health.harvard.edu/a_to_z/shoulder-sprain-a-to-z

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Semester II

Theory Courses

MPCC-202 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

COURSE CONTENT

Unit-I

- **Sports Training:** Definition – Aim and Objectives, Characteristics, Principles of Sports Training, Training Means and its types
- **Load:** Definition, Features of Training Load, Principles of Load, Judgment of Load, Adoption Process and Condition of Adoption, Super Compensation, Over-load – Causes and Symptoms, Tackling of Overload

Unit-II

- **Strength:** Forms and Characteristics of Strength, Factors Determining Strength, Means, Methods and Principles of Strength training, Strength training for Women and Children.
- **Speed:** Forms and Characteristics of Speed, Factors Determining Speed, Means, Methods and Principles of Speed training.
- **Endurance:** Forms and Characteristics of Endurance, Factors Determining Endurance, Means, Methods and Principles of Endurance training.
- **Flexibility:** Forms and Characteristics of Flexibility, Factors Determining Flexibility, Means, Methods and Principles of Flexibility training.
- **Coordinative Abilities:** Characteristics, Classification and Importance of Coordinative abilities, Training Means and Methods.

Unit III

- **Technique:** Definition of Technique, Skill and Style, Aim of Technique, Rational Technique, Characteristics of Technique, Motor learning and different Phases of skill acquisition, Interference and transfer in motor learning, Methods of technique training, causes and correction of faults.
- **Tactics:** Definition of tactics and strategy, Basic Tactical concepts – Offensive, Defensive and High Performance, Methods of Tactical Training, Control of tactical knowledge.

Unit IV:-

- **Planning:** Meaning, Importance and Principles of Planning, Systems of Planning, Types of Training Plans, Top Form, Periodisation and its types, Contents for various periods of training and formulation of training plan, Training Session and its structure. Preparation of training plan.

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- **Competition Planning and Preparation:** Importance of competitions, Competition frequency, Types of Competitions, Main and Build-up Competitions, Direct Preparation for an important competition, Psychological preparation of sportsman for competition, preparation of competition plan.

Unit V:

- **Regulation of Training:** Contents of evaluation program, Teas and Control – Sports and Motor (Strength, Speed, Endurance, Flexibility & Coordination) tests, Performance and development documents.
- **Doping:** Definition, Classes and Methods of Doping, Side effects of drugs, IOC List of drugs, Dope testing programs and procedures, Blood Doping

Practicum:

- Practice of different types of Exercises (for all motor components) Resistance Exercises Formulation and control of training plan (with the help of different documents) Handling of Teams Sample collection procedure for Dope Testing

References:

- Beotra Alka, Drug Education Handbook on Drug Abuse in Sports (Delhi: Sports Authority of India, 2000)
- Bompa T. O. & Buzzichelli C. A. Periodization: Theory and Methodology of Training. Sixth Edition. Human Kinetics Publication, USA.
- Bunn, J.W: Scientific Principles of Coaching.
- Cart, E. Klafs & Daniel, D. Arnheim, Modern Principles of Athletic Training, (St.Louis C.V. Mosphy Company, 1999)
- Cratty, J. Bryant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
- David, R. Mottram, Drugs in Sports, (School of Pharmacy, Liverpool: John Moore University, 1996)
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- Harre, Dietrich, Principles of Sports Training (Berlin: Sporulated, 1982).
- Jensen, R. Clayne, and Fisher A. G. Scientific Basis of Athletic conditioning (Philadelphia: Lea and Fibiger 1979), 2nd Edn.
- Laursen P. & Buchheit M. Science and Applications of High-Intensity Interval Training. Human Kinetics Publications, USA
- Matvycw, L.P. Fundamental of sports Training (Moscow: Progress Publishers, 1981).
- Morechouse and Rash: Scientific Basis of Athletic-Training.
- Schmidt R. A. & Lee T. D. Motor Learning and Performance (from Principles of Adaptation) Sixth Edition, Human Kinetics Publication, USA.
- Singh, H. Sports Training, General Theory and methods (Patiala: NSNIS, 1984)
- Mohd. Tariq- Indispensable of Sports Training – Poddar Publication Varanasi.

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Semester II

Theory Courses

MPCC-203 PHYSICAL FITNESS AND WELLNES

COURSE CONTENT

Unit-I

- Meaning and Definition of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

Unit-II

- Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs

Unit-III

- Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool-down, and stretching, monitoring heart rates during activity. Assessment of cardio-respiratory fitness and set goals to maintain or improve fitness levels. Cardio-respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

Unit IV

- Resistance Training for Muscular Strength and Endurance; principles of resistance training. Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness, and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. Medicine balls, fit balls) Advanced techniques of weight training

Unit V

- Flexibility Training. Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

Practicum:

- Construction of Indian food choices menu (based categories - local food choices, social food choices, economic food choices, and cultural food choices)
- Structure of warm-up, cool and limbering down Aerobic and resistance exercise techniques and safety measures Core training and relaxation techniques (stretching and breathing)

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Semester II

Theory Course

MPVNC-201 VALUE AND ENVIRONMENTAL EDUCATION

UNIT I -

- Introduction to Value Education. Values: Meaning, Definition.
- Concepts of Values.
- Value Education: Need, Importance and Objectives. Moral Values: Need and Theories of Values.
- Classification of Values: Basic Values of Religion, Classification of Values.

UNIT II

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

Unit- III

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

Unit - IV

- Rural Sanitation and Urban Health Rural Health Problems,
- Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation,
- Urban Health Problems, Process of Urban Health, Services of Urban Area, Suggested Education Activity,
- Services on Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

Unit - V

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

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Semester III
Theory Courses

MPCC-301 APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

COURSE CONTENT

UNIT I

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

UNIT-II

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

UNIT-III

- Meaning, Purpose, Calculation of Range, Quartile deviation, Mean Deviation, Standard Deviation,
- Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, t scale etc.

UNIT-IV

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

UNIT V

- Tests of significance; Sample t. Test, Independent t. Test, Dependent t. Test,
- Chi – Square test, level of confidence and interpretation of data.
- Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method.
- Concept of ANOVA and ANCOVA.

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Semester III

Theory Courses

MPEL-301(A) INFORMATION & COMMUNICATION TECHNOLOGY (ICT)

IN PHYSICAL EDUCATION

COURSE CONTENT

Unit-I

- Concept, Elements, Process & Types of Communication
- Concept, Meaning and Characteristics of ICT in Physical Education Need and Importance of ICT in Physical Education
- Scope of ICT in Physical Education: Teaching Learning Process, Publication, Evaluation, dissemination, Research and Administration
- Opportunities and Challenges in Integrating ICT in Physical Education
- Transformation of Education due to ICT based Teaching Learning Process in context to Curriculum, Role of Teacher, Role of Student, Methods of Teaching, Classroom Environment (Infrastructure and Resources) and Assessment

Unit-II

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

Unit-III

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

Unit-IV

- Approaches to Integrate ICT in Teaching Learning Process Project Based Learning
- Co-Operative Learning Collaborative Learning
- ICT and Constructivism: A Pedagogical Dimension

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Unit-V

- E-Learning, Mobile Learning, Online Learning Web Based Learning
- Visual Classroom, Smart Classroom Flipped Classroom

Practicum

- Hands on experience in setting up a desktop PC and working with various input devices, output devices, storage devices, and display devices
- Practicing Various Microsoft Office applications
- Locating internet resources-navigating, searching, selecting, saving and evaluating Enrolling and completing some MOOC courses of interest
- Practicing various statistical software's

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Semester III

Theory Courses

MPEL-301(B) EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS

COURSE CONTENT

Unit-I

- Educational technology -concept, Nature and Scope.
- Forms of educational technology: teaching technology, instructional technology, and behavior technology
- Transactional usage of educational technology: integrated, complementary, supplementary stand-alone (independent);
- programmed learning stage; media application stage and computer application stage.

Unit-II

- Systems Approach to Education and its Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies;
- Instructional Strategies and Media for Instruction.
- Effectiveness of Communication in instructional system;
- Communication - Modes, Barriers and Process of Communication

Unit-III

- Instructional Design: Concept, Views.
- Process and stages of Development of Instructional Design. Overview of Models of Instructional Design;
- Instructional Design for Competency Based Teaching;
- Models for Development of Self Learning Material.

Unit-IV

- Audio-visual media - meaning, importance and various forms Audio/Radio:
- Broadcast and audio recordings - strengths and Limitations, criteria for selection of instructional units, script writing, pre-production, post-production process and practices,
- Audio Conferencing and Interactive Radio Conference.
- Video/Educational Television: Telecast and Video recordings Strengths and limitations, Use of Television and CC'IV in instruction and Training, Video Conferencing, SITE experiment, countrywide classroom project and Satellite based instructions.
- Use of animation films for the development of children's imagination.

Unit-V

- Recent innovations in the area of ET interactive video - Hypertext, video-texts, optical fiber technology - laser disk, computer conferencing, etc.
- Procedure and organization of Teleconferencing/Interactive video-experiences of institutions, schools and universities.

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- Recent experiments in the third world countries and pointers for, India with reference to Physical education.
- Recent trends of Research in Educational Technology and its future with reference to education.

Practicum:

- Create and implement Innovative lessons
- Analyzing progression of lesson plans and assessment of performance of students

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Semester III

Theory Courses

MPIER-301 Sports Psychology

COURSE CONTENT

UNIT I –

- Introduction Meaning, Definition & History of Sports Psychology
- Need and Importance of Sports Psychology.
- Relationship of Sports Psychology with other Sports Sciences
- Present Status of Sports Psychology in India.

UNIT II –

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

UNIT III –

- Learning: Meaning, Definition & Principles of learning.
- Basic processes of Classical Conditioning in learning (extinction, generalization, spontaneous recovery), Operant Conditioning (reinforcement)
- Thinking: Process, Elements and problem solving (Inside, Trial and Error).
- Types of Thinking: Inductive and Deductive Reasoning.

UNIT IV –

- Motor Learning: Basic Considerations in Motor Learning – Motor Perception – Factors Affecting Perception – Perceptual Mechanism.
- Personality: Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance.
- Cognitive Process: Meaning and Characteristics of Cognitive process in sports.
- Sensation, Thinking, Imagination, Memory.

UNIT V –

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

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Semester IV

Theory Courses

MPCC-401 TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL
EDUCATION

COURSE CONTENT

Unit-I

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

Unit II –

- Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's physical fitness Index. Cardiovascular test; Harvard step test, 12 minutes run/walk test, Multi-stage fitness test (Beep test)

Unit-III

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

Unit-IV

- Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Vertical Jump Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skinfolde: Triceps, Subscapular, Suprailiac.

Unit-V

- Specific Sports Skill Test : Badminton: Miller Wall Volley Test . Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

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Practicum:

- Practical Exposure to Any Two Physical Fitness Test Two Motor Fitness Test
- Aerobic & Anaerobic Test
- Anthropometric Measurements Sports Skill Test

References:

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Semester IV

Theory Courses

MPEL-401 (A) SPORTS MANAGEMENT AND CURRICULUM DESIGN IN

PHYSICAL EDUCATION (Elective)

COURSE CONTENT

UNIT I

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

UNIT-II

- Importance of Programme development and the role of management, Factors influencing programme development. Steps in programme development,
- Major Professional Steps for Event management, Competitive Sports
- Programs, Benefits, Management Guidelines for School, Colleges Sports
- Programs, Management Problems in instruction programme, Community Based Physical Education and Sports program.

UNIT- III

- Management guidelines and principles for Facility Planning and Design, Administration, Operations, Marketing, Budgeting, Legally approach, and final Processing.
- Purchase and Care of Supplies of Equipment, Guidelines for selection of Equipments and Supplies, Purchase of equipments and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing,
- Issuing, care and maintenance of supplies and equipments. Relation Program
- Public Relations in Sports :Planning the Public
- Facility Management – Principles of Public Relation –Public Relations in
- Sports marketing- Steps in strategic marketing management, various career paths under sports marketing –Sports agent, Sports Marketing Project manager, Sports Good sales Representative.

UNIT-IV

- Meaning and Definition of Curriculum. The role of teacher in curriculum development . Principles of Curriculum Construction: Students centered, Activity cent ered, Community centered, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality.
- Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework, Principles of curriculum Planning. Physical Education Curriculum Models- The Developmental Model, The Movement Education model, The Fitness Model, the Academic Discipline Model, The Personal-Social development Model, The Sports Education Model, The Adventure Education Model, The Multi-Activity Model, The Game for Understanding Model, and The Eclectic Model.

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UNIT-V

- Factors that affecting curriculum: Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences – Curriculum research, Objectives of Curriculum research – Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation and follow-up. Classification of Activities in Physical Education.

References:

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Semester IV

Theory Courses

MPEL-401 (B) SPORTS JOURNALISM AND MASS MEDIA

COURSE CONTENT

UNIT-I

- Meaning and Definition of Journalism, Ethics of Journalism – Canons of journalism-Sports Ethics and Sportsmanship – Reporting Sports Events. National and International Sports News Agencies.

UNIT-II

- Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin-Compiling a bulletin –Types of bulletin–Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education–Sports organization and sports journalism–General news reporting and sports reporting.

UNIT-III

- Mass Media in Journalism: Radio and T.V. Commentary–Running commentary on the radio – Sports expert's comments. Role of Advertisement in Journalism . Sports Photography: Equipment-Editing–Publishing.

UNIT-IV

- Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

UNIT-V

- Sports organization and Sports Journalism– General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach.

Practicum:

- Preparation of Album of news paper cuttings of sports news
- Assignments to observe the live matches and prepare headlines, report, photo graphs and news of the same
- Review article of tournament/championship and prepare report and news of the same with detailed sources
- Visit to News Paper office and TV Centre to know various departments and their working

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- <http://www.nraismc.com/wp-content/uploads/2017/03/104-REPORTING-EDITING.pdf>
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Semester IV

MPMT-401 Dissertation

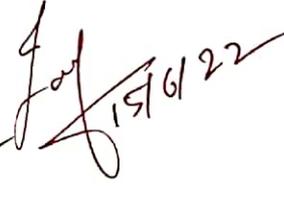
Course Content

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


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