



# **Bagalkot University,** (A State Public University of Govt. of Karnataka) **Jamkhandi**

The Draft

**COURSE STRUCTURE AND SYLLABUS**

**As per the Choice Based Credit System (CBCS)**

**for**

**MASTER OF PHYSICAL EDUCATION  
III and IV Semester**

**w.e.f**

**Adapted from RCU Belagavi applicable from the Academic Year 2023-24**

## M.P.Ed

### CHOICE BASED CREDIT SYSTEM COURSE STRUCTURE (SCHEME)

#### Paper /Marks wise summary of the Credits for III semester

Sl.No.	COURSE CODE	Details	Max. Marks		Total Marks	Instruction Hrs/week	Credites/ per week
			IA	Sem. End Exam			
I.		<b>Compulsory Paper/ Core</b>					
3.1	126MPE03XXXHCC10T	Sports Training Methods	20	80	100	4	4
3.2	126MPE03XXXHCC11T	Kinesiology	20	80	100	4	4
3.3	126MPE03XXXHCC12T	Sports Psychology and Sociology	20	80	100	4	4
3.4	126MPE03XXXHCC13T	Adaptive and Corrective Physical Education	20	80	100	4	4
3.5	126MPE03XXXOEC02T	OEC Community and Family Health	20	80	100	12	4
3.6		Practicals-II (Games) (any one of the following)	20	80	100	12	4
	126MPE03XXXHCC05L	Volley Ball					
	126MPE03XXXHCC06L	Kho-Kho					
	126MPE03XXXHCC07L	Hockey					
		<b>Total Marks/Credits</b>	<b>120</b>	<b>480</b>	<b>600</b>	<b>40</b>	<b>24</b>

Note: The above curriculum includes the practicals components which includes

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

**M.P.Ed**  
**Paper /Marks wise summary of the Credits for IV semester**

Sl.No.	COURSE CODE	Details	Max. Marks		Total Marks	Instruction Hrs/week	Credits / per week
			IA	Sem. End Exam			
I.		Compulsory Paper/ Core	IA	Sem. End Exam			
4.1	126MPE04XXXHCC 14T	Sports Management	20	80	100	4	4
4.2	126MPE04XXXHCC 15T	Exercise Physiology	20	80	100	4	4
4.3	126MPE04XXXHCC 16T	Health, Fitness And Wellness	20	80	100	4	4
4.4	126MPE04XXXHCC 17T	Curriculum of Physical Education	20	80	100	4	4
4.5	126MPE04XXXHCC 18T	Project work (Compulsory for IV semester students)	20	80	100	4	4
4.6	126MPE04XXXHCC 19T	Practical's Specialization (students choice any one game)	20	80	100	4	4
			120	480	600	24	24

## **III - SEMESTER**

### **1.1 SPORTS TRAINING METHODS**

#### **Unit – I Introduction**

- 1.1 Definition and meaning of training, coaching and conditioning
- 1.2 Aims and takes of sports training
- 1.3 Principles of sports training
- 1.4 Characteristics of sports training
- 1.5 Scope of sports training
- 1.6 Model of sports training process

#### **Unit –II The Training Load Training means**

- 2.1 The factors of load
- 2.2 Load and adaptation process
- 2.3 Condition for super compensation
- 2.4 Recovery
  - 2.4.1 Phases of recovery
  - 2.4.2 Factors affecting the recovery
  - 2.4.3 Means of recovery
- 2.5 Overload
  - 2.5.1 Causes of overload
  - 2.5.2 Symptoms of overload
  - 2.5.3 Remedial means and methods of overcoming the overload syndrome
- 2.6 Principal means of training
- 2.7 Additional means of training, the effects of various means of training
- 2.8 Basic methods of conditioning
  - 2.8.1 Characteristics and common variations
  - 2.8.2 Effects of Load parameters

#### **Unit – III Periodisation and Training Plan:**

- 3.1 Sports form and top form.
- 3.2 Aims and contents of periods, Preparatory, competition and transitional period
- 3.3 Periodical cycles: micro, meso and macro cycles
- 3.4 Types of periodisation and duration of the periods
- 3.5 Types of training plans; short term and long term plans
- 3.6 Competitions: Functions, types and frequency, Preparation for competition

#### **Unit –IV Training Components:**

- 4.1 Strength – forms: Factors determining strength
- 4.2 Types of muscle contraction
  - 4.2.1 Speed-Different speed abilities :Factors determining speed
  - 4.2.2 Improvement of speed abilities: Speed barrier.
- 4.3 Methods of strength improvement
  - 4.3.1 Endurance-Importance: Types : Factors determining endurance
  - 4.3.2 Improvement endurance
  - 4.3.3 Nutrition and endurance performance
  - 4.3.4 Altitude training for endurance

- 4.4 Importance of strength and its relationship with other performance factors 4.4.1  
Flexibility – importance; Types; Factors determining flexibility
- 4.4.2 Importance of Flexible: Flexibility training
- 4.5 Strength in yearly training cycle

**Unit –V Co-ordination – Abilities**

- 5.1 Nature and definition; Description of co-ordinative abilities
- 5.2 Improvement of co-ordinative abilities
- 5.3 Technique – nature of technique in sports
- 5.4 Training for technique ; Phases of technique training
- 5.5 Tactics: Tactics and training for tact
- 5.6 Identification of Talent
- 5.7 Principles of recognizing athletic talent
- 5.8 Screening and Selection with the aid of Principal performance factors.

**REFERENCE**

1. Dick, Frank W (1980) Sports training principal, London : Henry-Kimpton Publishers,
2. Harre, Dietrich, (1982) Principles of sports training. Berling Sportverlag
3. Klaf's Carl E. and Daniel, D Amheim (1969). Modern principles of athletics training Saint Louis C.V.Mosby company
4. Llewelly, Jack H and Judy A Blucker (1982) Psychology of coaching: Theory and application New Delhi: Surjeet publications
5. Matevev, L (1981) Fundamentals of sports training Moscow: Progress publishers

## 1.2 KINESIOLOGY

### Unit I Introduction

- 1.1 Meaning and scope of Kinesiology in physical education and sports
- 1.2 Descriptive terminology
- 1.3 Joint movements, planes and axes

### Unit II Skeletal System

- 2.1 Functions and types of skeleton
- 2.2 Composition and Structure of bone-type of Bones
- 2.3 Articular system: types of joints, joint structure
- 2.4 Joint stability and Range of motion.

### Unit III Muscular System

- 3.1 Muscle fiber arrangement, functional characteristics of muscle tissue
- 3.2 Length-Tension relationship in muscle Tissue leverage,
- 3.3 Types of muscle contraction
- 3.4 Role of muscle factors affecting the effectiveness of muscular system

### Unit IV Muscle Attachments

- 4.1 Muscle of the human body
  - 4.1.1 Origin Insertion, Action and Leverage of the following muscles:
    - 4.1.1.1 Sternocleidomastoid Scalene Trapezius Rhomboid Latissimus dorsi. Pectoralis major Pectoralis minor, Deltoid Biceps brachii Triceps Brachioradialis Brachialis Rectus abdominis, Obliques quadriceps Hamstring sartorius Gracilis Tensor fascia lata Iliopsoas Gluteus maximus minimum and medius Adductor magnus brachii and medius soleus Gastrocnemius Tibialis anterior.

### Unit V The Neural Bases of Movement

The nervous tissue

The central nervous system The peripheral nervous system

General characteristics of the Sensory-motor System: The sensory

Unit The sensory receptors exteroceptors proprioceptors

### References:

1. **M. Gladys, Scotl (1970).** Analysis of Human Motion (2<sup>nd</sup> Ed), Eurasia Publishing House(Pvt.) Ltd New Delhi,
2. **Kerighbaum, Ellen and Barthels, Kathrine M. (1985).** Biomechanics; A Qualitative Approach for Studying Human Movement (2<sup>nd</sup> Ed), Macmillan Publishing Company, New York
3. **Lippert, Lynn; (1996)** Clinical Kinesiology for Physical Therapist Assistants (2<sup>nd</sup> Ed), Jaypee Brothers Medical Publishers (P) Ltd., New Delhi,
4. **Hay, James G. and Reid, J. Gavin; (1982)** The Anatomical and Mechanical Bases of Human Motion, Prentice-Hall Inc., Englewood Cliffs, N. J.,.
5. **Watkins, James; (1983)** An Introduction to Mechanics of human Movement, MTP Press Ltd.,

## **1.3 Sports Psychology and Sociology**

### **Unit-I Sports Psychology**

- 1.1 Meaning, Scope and Development of Sports psychology
- 1.2 Significance to Physical Educators and Coaches
- 1.3 Meaning and Characteristics of Cognitive process
- 1.4 Meaning of Sensation, perception, thinking memory, attention and Imagination and creativities
- 1.5 Strategies to develop attention

### **Unit-II Emotions and Psychological Aspects of Competitions**

- 2.1 Meaning and Classification
- 2.2 Influence on Performance and Conflicts and frustration
- 2.3 Anxiety, Fear and Stress in Management
- 2.4 Definition of Competition and Determinants of Competitive Behavior
- 2.5 Characteristics of Pre, during and Post Competitions states.
- 2.6 Short and Long-term psychological preparation for Competition

### **Unit-III Introduction**

- 3.1 Definition and meaning of Sports Sociology.
- 3.2 Sports as a social phenomenon.
- 3.3 Sports sociology, as a separate discipline. Dh
- 3.4 Nature need and scope of sports sociology.
- 3.5 Sports and socialization of the individual.

### **Unit-IV Cultural bases of Sports, Social Attitude and Values**

- 4.1 Basic concepts of culture,
- 4.2 Elements and functions of culture.
- 4.3 Relationship of sports with other elements of culture. Ku
- 4.4 Social planning and physical culture - work, leisure and culture.
- 4.5 Physical culture as a requirement of social development. La
- 4.6 Development of socialistic production and physical culture.
- 4.7 Physical activity and the social attitudes of infants, children and adolescents. .
- 4.8 Sports as a reflection and transmitter of values.
- 4.9 Cross-cultural differences in culture.
- 4.10 Ethnic, political and democratic issues related to sports.

### **Unit -V Social institutions and Sports**

- 5.1 Economic, political, religious institutions.
- 5.2 Sports as a social institution.
- 5.3 Relationship of sports with other social institutions.
- 5.4 Emergence and growth of commercial sports-Commercialization of sports.
- 5.5 Financial status of sportsmen in modern society.

### References

1. Ball and Ley. (1967). *Sports and Social Order*. Addison Wesley Pub. Co.
2. Cratty, B. J. (1967) . *Social Dimensions of Physical Activity*. Englewood Cliffs, NJ: Prentice Hall Inc.,
3. Dharam, V. R. (1989).*Sports and Society: Readings in the Sociology of Sports*. New Delhi: Classical Publishing Co.,
4. Hylton, Kelvin, (2001.) et.al. *Sports Development: Policy, Process and Practice*. London: Routledge Falmer
5. Iso-Ahola, Seppo E. and Brad Hatfield. (1986). *Psychology of Sports: A Social Psychological Approach*. Dubque, Iowa: WMC Brown Publishers, \_-
6. Kuppuswamy, B. (1982). *An Introduction to Social Psychology*. Bombay: Media Promoters and Publishers Pvt. Ltd.,
7. Laker, Anthony (Ed.). (2002). *The Sociology of Sport and Physical Education*. London: Routledge Falmer
8. Martin, Rainer. (1975). *Social Psychology and Physical Achieving*. New York: Harpen and Row Publishers,
9. Mohanty, Girish Bala. (1977) *Social Psychology*. New Delhi: Kalyani Publishers, t.””
10. Snyder, Eldon E. and Eloner Spreitzer. (1968.) *Social aspects of Sports*. Englewood Cliffs, NJ: Prentice Hall Inc.,



## **1.4 ADAPTIVE AND CORRECTIVE PHYSICAL EDUCATION**

### **UNIT 1.1 Meaning of Adapted Physical Education.**

Brief history of adapted physical education. functions of adapted physical education. objectives of adapted programme

**1.2 Individuals with disabilities Education Act (IDEA) of USA.** History of adapted sports. Current status of Adapted physical **Education.**

### **UNIT 2.1 HUMAN RESOURCES:**

Director of physical education and Athletics, adapted physical educator or Co-ordinator, regular physical educator, Nurse, Physician. Qualifications of the adapted physical education teacher.

2.2 Attributes of the adapted physical education teacher. Role of physical education teacher in catering to the physical activity needs of the disabled. The remedial therapist.

### **Unit 3.1 NATURE OF DISABILITIES**

Low physical fitness: - Nature, Causes, Components, Tests, development of Physical Fitness. Inefficient Body mechanics:- Values, Causes, Testing, Programme to improve Body mechanics. Nutritional disturbances:- Nature, Associated Problems, Programme.

Visual impairments: - Causes, Testing, Programme.

Auditory impairments: - Causes, Programme.

3.2 Cerebral Palsy:- Nature, Characteristics, Classification of Neuromuscular disability, Planning the Programme.

3.2.1 Orthopaedic Handicaps: - Nature, Programme Planning.

3.2.2 Cardiopathic Conditions: - Nature, Programme.

3.2.3 Convalescence: - Nature, Programme.

Postural deviations: - Exercise Programme to improve posture.

### **Unit IV MOVEMENT.**

4.1.1 Active Movement

4.1.2 Voluntary Movement:- a) Free exercise-classification technique, effects

b) Assisted exercise-Technique, effects c) Assisted-Resisted exercise- Technique, effects.

4.2. Involuntary Movement:- Reflex Movement, effects.

Passive Movement:- a) Relaxed passive Movement. b) Passive manual mobilization techniques. Definitions, Principles, Effects and Uses.

**Unit V 5.1** Possible treatments with physical therapy and remedial exercises for, i) Sprains ii) Contusions iii) Luxations iv) Fractures v) Muscle pull & Tear vi) Cramps vii) Inflamed muscle viii) Periostitis xi) Strained and pulled Tendons x) Torn Tendon.

### **5.2 Passive Treatments:**

- i) Massage:- Basic Techniques- Stroking (Effleurage)- Kneading (Petrissage)- Rubbing (Friction)-Hacking, Thumping and Slapping- vibration and Shaking. Conditions for application of massage.
- ii) Uses of heat, Dry heat and moist heat
- iii) Uses of Cold
- iv) Hydrotherapy and Electrotherapy

### **5.3 Active Treatments:**

- i) Strengthening
- ii) Proprioceptive Neuromuscular facilitation (PNF)
- iii) Loosening
- iv) Stretching
- v) Exercises in water.

### **References:**

1. J.P. Winnicks (2005) *Adopted Physical Education And Sports (Ed) 4th Edition. Human Kinetic*
2. Clarke Harrison H. and Clarke David H.,(1963) *Development and Adapted Physical Education. Englewood Cliffs N.J., Prentic Hall, Inc.,*
3. Hollis F. Philadelphia. W.B. Saunders Co., 1962 *Adopted Physical Education Fait*
4. Auxter David, Pyfer Jean, Huettig Carol, Mosby. Year Book Inc., 1993. *Adapted Physical Education and Recreation.*
5. Either Doris, Meissner Luty, Ork Helmut, W.B. Saunders Company, Philadelphia, 1982.
6. Gardiner Dena M., C.B.S. Publishers and Distributors, Delhi, 1985 *physical Therapy for Sports. The Principles of Exercise Therapy.*
7. *Physical Therapy for Sports. The Principles of Exercise Therapy.*

## 1.5 OPEN ELECTIVE COURSE

### I - COMMUNITY AND FAMILY HEALTH

#### Unit I Meaning and definition

Role of WHO

#### Unit II Agencies Working for Community Health.

- 1) Government
- 2) Private Ui
- 3) Social Clubs & organization

#### Unit III Nutrition, Diet and Obesity

- 1 Children's
- 2 Adolescent
- 3 Old age
2. Principals of Nutrition; Balanced Diet
- Obesity – Causes, Problems, Prevention and Weight Reduction

#### Unit IV Common Disease & Prevention

- a. Blood Pressure
- b. Diabetic
- c. Cardiac Problem
- d. Stress
- e. Joint and Muscles skeleton

#### Unit V Healthy Habits

Healthy Life Style

#### **Reference:**

1. **Park J E& Park k (1989)** – *Text book of Preventive & Social Medicine (P & SM)*  
Banarasi Das, III rd Publication Nagapur.
2. **Nanda V K (1997)** *Health Education*, Anmol Publication Pvt Ltd New Delhi
3. **L.C.Gupta** . 6th Edn. Jaypee; Food & Nutrition, Facts & Figures
4. **George A- Bray- Saunders (2006)**; *Office.Management of Obesity*
5. **Goviudraj and Rayappa J (1972)** : *Health Education*, Madras Feen Thomas and Co.,
6. **Neelkanthan .N. (1973)** :*Hand book of Health and Hygiene, Quilon College*  
Books Hou

# **IV-SEMESTER**

## **IV-SEMESTER**

### **2.1 Sports Management**

#### **Unit-I- Introduction**

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

#### **Unit-II- Organization and Planning**

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

#### **Unit —III—Management of Facilities and Financial**

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

#### **Unit- IV- Personnel Management and**

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

## **Unit V Public Relations**

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

### Reference:

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

## 4.2 EXERCISE PHYSIOLOGY

### **Unit I: Diet and Nutrition Base for Human Performance**

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

### **Unit II: Energy for Physical Activity**

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

### **Unit III: Systems of Energy Delivery**

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

### **Unit IV: Skeletal muscle physiology**

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

### **Unit V: Endocrine System & Exercise**

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

### **References ij**

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

### 4.3 HEALTH, FITNESS AND WELLNESS

#### **Unit 1 Health and Health Education**

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

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

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

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

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

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

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

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

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

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

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

#### **REFERENCES:**

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



## **4.4 CURRICULUM OF PHYSICAL EDUCATION**

### **UNIT- I Introduction**

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

### **UNIT II: The Total curriculum:**

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

### **UNIT III Curriculum Designing**

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

### **UNIT IV Program of Adapted Physical Education**

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

## **UNIT V: Intramural and Interscholastic Program and Program of Evaluation**

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

### **Reference:**

1. Cowell CC. and H.W. Hazelton (1955). Curriculum design in physical education. 1.
2. Humphrey, James H. Alice, M. Love and Leslie, W. Irvi. Principles and Techniques of Supervision in Physical Education. (3<sup>rd</sup> Edn. WCB). 2.
- Carl.E. Willgoose (1979) Curriculum in Health and Physical Education. C.V. Mosby & Co. 3.
4. Jewett, Anne, E. and Bain, Linda. (1985) The curriculum process in physical education. ,. 4.  
Dubuque: C. Brown Publishers, 5.
- Malla Reddy and Ravi Shanker.(1987) Curriculum development and educational technology. 6.
6. Tanner, Daniel and Laural, M. Tanner 1980. Curriculum development: Theory into practice. New York: Me. Millon Co.
7. Willgoose, Carl E.(1970) The curriculum design in physical education.

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

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

**Scheme of Examination For Athletic**

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

**M.P.Ed COURSE**  
**SYLLABUS OF YOGIC PRACTICES**

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

**Scheme of Examination for Yoga**

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

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

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

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

## Scheme of Examination for Games

### Specialization and Games

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