

SCHOOL OF STUDIES OF EDUCATION
DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (C.G.)(A CENTRAL UNIVERSITY)
SCHEME OF EXAMINATION M.P.ED. PROGRAMME

M.P.ED. SEMESTER – I

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMATT1	Research Process in Physical Education & Sports Sciences	3	3	30	70	100
PEMATT2	Physiology of Exercises	3	3	30	70	100
PEMATT3	Yogic Sciences	3	3	30	70	100
PEMATP1 / PEMATP2	Tests, Measurement and Evaluation in Physical Education / Sports Technology	3	3	30	70	100
PRACTICAL (400)						
PEMALT1	Track and Field- I	6	3	30	70	100
PEMALT2	Practical Sports Sciences	6	3	30	70	100
PEMALT3	Yoga	6	3	30	70	100
PEMALT4	Mass demonstration Activities	6	3	30	70	100
	TOTAL	36	24	240	560	800

M.P.ED. SEMESTER – II

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMBTT1	Applied Statistics in Physical Education & Sports	3	3	30	70	100
PEMBTT2	Sports Biomechanics & Kinesiology	3	3	30	70	100
PEMBTT3	Athletic Care and Rehabilitation	3	3	30	70	100
PEMBTP1 / PEMBTP2	Sports Management and Curriculum Design in Physical Education / Sports Journalism and Mass Media	3	3	30	70	100
PRACTICAL (400)						
PEMBLT1	Track and Field -II	6	3	30	70	100
PEMBLT2	Game Specialization	6	3	30	70	100
PEMBLT3	Teaching Lessons of Game Specialization	6	3	30	70	100
PEMBLT4	Class room Teaching	6	3	30	70	100
	TOTAL	36	24	240	560	800

M.P.ED. SEMESTER – III

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMCTT1	Scientific Principles of Sports Training	3	3	30	70	100
PEMCTT2	Sports Medicine	3	3	30	70	100
PEMCTT3	Health Education and Sports Nutrition	3	3	30	70	100
PEMCTP1 / PEMCTP2	Physical Fitness and Wellness / Sports Engineering	3	3	30	70	100
PRACTICAL (400)						
PEMCLT1	Track and Field-III	6	3	30	70	100
PEMCLT2	Games Specialization	6	3	30	70	100
PEMCLT3	Coaching Lessons of Track& Field	6	3	30	70	100
PEMCLT4	Coaching Lessons of Game Specialization	6	3	30	70	100
	TOTAL	36	24	240	560	800

M.P.ED. SEMESTER – IV

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMDTT1	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100
PEMDTT2	Sports Psychology	3	3	30	70	100
PEMDTT3	Journalism and Mass Communication	3	3	30	70	100
PEMDTP1/ PEMDTP2	Educational Technology in Physical Education / Dissertation	3	3	30	70	100
PRACTICAL (400)						
PEMDLT1	Track and Field-IV Specialization	6	3	30	70	100
PEMDLT2	Games Specialization	6	3	30	70	100
PEMDLT3	Officiating Lessons of Track and Field	6	3	30	70	100
PEMDLT4	Officiating Lessons of Game Specializations	6	3	30	70	100
	TOTAL	36	24	240	560	800
		144	96	960	224	3200

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

L:LECTURE, T:TUTORIAL, P:PRACTICAL, IA: INTERNAL ASSESSMENT, ESE:END SEMESTER EXAMINATION

*INTERNAL ASSESSMENT- Two Class Test of 15 Marks each will be conducted

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MASTER OF PHYSICAL EDUCATION
SCHEME OF EXAMINATION M.P.ED.PROGRAMME

Programme Outcomes: Graduates will be able to:

- PO1-** To make dynamic leaders in the field of Physical Education.
- PO2-** To apply the knowledge of Physical Education in other Field.
- PO3-** To engage in independent lifelong learning in context to professional and research ethics, health and wellness.
- PO4-** To initiate own start-ups in the field of sports, health and fitness.
- PO5-** To develop professional ethical principles in teaching learning process.
- PO6-** To make young physical education teacher in school level.
- PO7-** To make young physical education teacher in higher education system.
- PO8-** To make Assistant Director/Sports officer/SAS officer/
trainer/Volunteers/sports entrepreneurship.

Programme Specific Outcomes:

- PSO1:** To prepare young physical education professional for college and university level.

SEMESTER – I

PEMATT1 - Research Process in Physical Education & Sports Sciences

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMATT1	Research Process in Physical Education & Sports Sciences	3	3	30	70	100

Course Objectives: The objectives of this course are to expose the students to the range of research methods, to make familiar them with research steps and publication ethics, and provide guidance in the essentials of research report writing by using.

Course Outcomes: It is expected that the students will be able to conduct thesis work on any topic, and will also be able to analyse qualitative and quantitative data, to write research proposal and report. At the end of the course, the students will be able to:

1. To define research and describe the needs, nature and classify of research process and research methods.
2. To understand the research context within the area of physical Education and sports.
3. To understand the processes and requirements for conducting successful research in physical education and sports.
4. Understand and apply basic research methods.
5. Students use print and electronic library resources effectively and appropriately.
6. To understand the process of sampling, the uses of questionnaires as data-gathering instruments, how a survey is carried out in terms of process and method, the uses of surveys and to be able to capture their own data.
7. Understand and apply basic research methods including research design, data analysis, and interpretation.
8. Students develop testable hypotheses, differentiate research design, evaluate aptness of research conclusions, and generalize them appropriately.
9. Students design and conduct quantitative or qualitative research studies in laboratory or field settings.
10. Students use research data to formulate or evaluate new research questions, using reason and persuasion in a logical argument.
11. To know how to apply the basic aspects of the research process in order to plan and execute a research proposal and research report.
12. To be able to present, review and publish scientific articles.

UNIT I – Introduction of Educational Research

Meaning and Definition of Research

Nature and Characteristics of Research

Needs of Research in Physical Education

Unscientific Versus Scientific Methods of Problem Solving

Classification of Research – Basic and Applied

UNIT II – Methods of Research

Types of Research (Meaning, Definition and Purposes)

Analytical Research - Historical Research, Philosophical Research

Descriptive Research -Survey Research , Tools of Survey Research (Questionnaire Method and Interview Method) ,Questionnaire Construction and Development, Case Study, Developmental Research, Normative Survey & Factors affecting it.

Experimental Research and Designs

Qualitative Research

CO11	2	3	3	3	3	3	3	3	3
CO12	3	3	3	3	3	3	3	3	3

Weightage: **1-Sightly; 2-Moderately; 3-Strongly**

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SEMESTER – I**

PEMATT2 - PHYSIOLOGY OF EXERCISES

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMATT2	Physiology of Exercises	3	3	30	70	100

Course Objectives: The objective of this course is that the student gets a clear understanding of physiological concepts & principles of various systems functioning in the body. Also, the student will gain the proficiency in performing laboratory techniques and subsequent analysis of data commonly used in Human Performance Laboratory. This course will also provide the students knowledge of and show ability to carry out the research process in a collaborative environment.

Course Outcomes: At the end of the course, students will be able to:

1. Explain the structure and function of skeletal muscle & nervous system and is influenced by exercise training. Discuss the function of the nervous system in neural control of human movement.
2. Discuss the structure of the respiratory system and it responds to exercise of different intensities.
3. Understand how the cardio respiratory system functions and is influenced by exercise training.
4. Explain the structure and function of respiratory system. And its effect of exercise on respiratory system.
5. Understanding the 3 energy systems and how our body converts food to energy.
6. Describe some of the chronic physiological changes in response to climatic conditions and sports performance.

NOTE: - This paper shall consist of five units. Each student is required to attempt five questions. Questions shall be asked from each unit. Each unit carries 20 marks.

UNIT I – Skeletal Muscles and Neuro-muscular concepts.

Macro & Micro structure of the skeletal muscle.
Chemical composition of skeletal muscle.
Sliding Filament Theory of Muscular contraction.
Effect of exercises and training on the muscular system.
Transmission of nerve impulses across neuron.
Transmission of impulse across synapse.
Neuro-muscular junction and transmission of nerve impulse across it.
Proprioception and kinesthesia. Muscle Tone, Posture and Equilibrium

UNIT II – Cardiovascular System and Exercise.

Conduction System of the Heart - Cardiac Cycle, Stroke Volume, Cardiac Output. Cardiovascular System: Effect of exercise and training on the Cardio vascular system.Regulation of blood flow during rest and exercise.

UNIT III – Respiratory System and Exercise.

Mechanics of Breathing –Minute ventilation, Ventilation at Rest and During Exercise.
Exchange of gases in lungs and tissues. Anaerobic Threshold, Oxygen Debt.
Effect of exercises and training on the respiratory system.

UNIT IV - Metabolism and Energy Transfer

Metabolism – ATP-PC or Phosphagen System, Anaerobic Metabolism, Aerobic Metabolism.

Aerobic and Anaerobic Systems during Rest and Exercise.
 EPOC, Lactacid and Alactacid component.
 Short duration high intensity exercises and Long duration exercises.

UNIT V - Climatic conditions and sports performance, ageing.

Variation in Temperature – Concept of thermoregulation in relation to sports performance in hot climate, Cool Climate, high altitude.
 Physiological aspects of ageing. Delayed ageing.
 Women and sports.

Note: Laboratory Practical's in Physiology be designed and arranged internally.

REFERENCES:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- BeotraAlka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. 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, W. Bowers.(1989). Sports Physiology. WMC: Brown Publishers.
- SandhyaTiwari. (1999). Exercise Physiology. Sports Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	2	3	2	2	1	1	3	3	3
CO2	1	3	3	3	1	1	3	2	2
CO3	1	3	3	3	1	1	3	2	3
CO4	1	2	3	3	1	1	3	2	2
CO5	3	3	2	3	1	2	3	3	3
CO6	3	1	1	1	1	2	3	3	3

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

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SEMESTER – I**

PEMATT3 - Yogic Sciences

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMATT3	Yogic Sciences	3	3	30	70	100

Course Objectives: The objective of this course is that the student gets a clear understanding of Yoga, concept of Yogic Practices and Role of Yoga in Psychological Preparation of athlete.

Course Outcomes: On completion of the course the student shall understand the following concepts:

1. Yoga and its technique
2. Method of teaching Pranayam and Kriyas
3. Procedure of doing Mudras and Meditation
4. Relationship of yoga and physical activities

Unit I – Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Asana, Pranayam, Pratyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing – Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Diet – Age – Sunbathing.

Unit II – Asanas and Pranayam

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskara: Methods and benefits. Pranayam: 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 – Kapalabhati- 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 Gyan Mudra, Shoonya Mudra, Apana Mudra, Prana Mudra, Vayu Mudra, Prithibi Mudra, Varun Mudra, Surya Mudra, Ling Mudra: Meaning, Techniques and Benefits of Meditation.

Unit V – Yoga and Sports

Yoga Supplemental Exercise – Role of Yoga in Psychological Preparation of Athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

Note: Practicals may be designed and arranged internally.

REFERENCE:

- George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass 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.
Kuvayyananada 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 Kuvayyananda, (1998), Asanas. Lonavala: Kaivalyadhama.
Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	3	3	3	3	3	3	3	3
CO2	3	3	3	3	3	3	3	3	3
CO3	3	3	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	3	3	3

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

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SEMESTER – I**

PEMATP1- TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMATP1	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100

Course Objectives: Objective of the course enable students to understand the meaning, nature, need and scope of the testing procedure to find the performance of the sports persons.

Course Outcomes: At the end of the course, students will be able to:

1. Identify the values of test and measurement with application backup.
2. Practice Criteria of test with the norms of validity, reliability and objectivity.
3. Plan Physical fitness measurements for developing speed, endurance, strength and Flexibility.
4. Argue some of the standardized test was learned such as Kraus welder test, Cooper 12 Minute's test which may enable them to administer test.
5. Design the physical education test programme in comparison with different sports and games.

UNIT I – Introduction

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

UNIT II – Motor Fitness Tests

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

UNIT III – Physical Fitness Tests

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), Roger's physical fitness Index. Cardio vascular test, Harvard step test, 12 minutes run / walk test,

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

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, Wingate Anaerobic Test, **Anthropometric Measurements:** Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh.

UNIT V – Skill Tests

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

Note: *Practical of indoors and out-door tests be designed and arranged internally.*

REFERENCES:

Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA:ACSM Publications
Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc

Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc

Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications

Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research

Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics

Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	2	3	3	2	2
CO2	3	3	3	3	3	2	2	3	3
CO3	2	2	3	3	2	3	3	2	2
CO4	3	3	3	3	3	2	2	3	3
CO5	2	3	3	2	3	3	2	2	3

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

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SEMESTER – I**

PEMATP2 - SPORTS TECHNOLOGY (Elective)

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMATP2	Sports Technology	3	3	30	70	100

Course Objectives: Objective of the course enable students to understand the meaning, nature, need and purpose of the sports technology, science of sports materials.

Course Outcomes: On completion of the course the student shall understand the following concepts:

1. Meaning, definition, purpose, advantages and applications Sports Technology.
2. Knowledge of various surfaces of playfields
3. Knowledge of latest equipment's in the sports field.
4. Knowledge of various types of sports playfield.

Unit I – Sports Technology

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

Unit II – Science of Sports Materials

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

Unit III – Surfaces of Playfields

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

Unit IV – Modern equipment

Playing Equipments: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipments: Throwing and Jumping Events. Protective equipments: Types, Materials and Advantages. Sports equipment with nano technology, Advantages.

Unit V – Training Gadgets

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

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

REFERENCE:

- Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
- Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
- John Mongilo, (2001), "Nano Technology 101" New York: Green wood publishing group.
- Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.

Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982

Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	2	2	3	4	3
CO2	2	3	2	3	3	3	2	3	2
CO3	3	3	2	3	2	2	3	2	3
CO4	3	3	2	2	2	2	3	3	3

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

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SEMESTER –II**

PEMBTT1 - APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMBTT1	Applied Statistics in Physical Education & Sports	3	3	30	70	100

Course Objectives: The objectives of this course are to expose the students to the brief range of statistical knowledge, to make familiar them with basics of statistical analysis, and provide guidance in the essentials of statistical models by using.

Course Outcomes: - On completion of the course the student shall understand the following concepts:

1. Need for statistics in physical education and research
2. Measures of Central Tendency and dispersion and their uses
3. Meaning and importance of graphical representation of data
4. Knowledge of Inferential and Comparative Statistics
5. Application of various statistical techniques

UNIT I – Introduction

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

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

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

UNIT III – Measures of Dispersions and Scales

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

UNIT IV – Probability Distributions and Graphs

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

UNIT V – Inferential and Comparative Statistics

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

REFERENCE

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
- Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
- 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
- Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
- Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
- Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, SenthilkumarPublications.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	3	3	3	3	3	3	3	3
CO2	3	3	3	3	3	3	3	3	3
CO3	3	3	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	3	3	3
CO5	3	3	3	3	3	3	3	3	3

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

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SEMESTER –II**

PEMBTT2 - SPORTS BIOMECHANICS AND KINESIOLOGY

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMBTT2	Sports Biomechanics & Kinesiology	3	3	30	70	100

Course Objectives: To provide the basic concept of Kinesiology, Sports Biomechanics, muscle mechanics and understanding of orthopedic sports biomechanics. Develop the understanding of application of kinematics, kinetics in human locomotion. Development of knowledge in analyzing the fundamental human movements using different methods of investigation technique.

Course Outcomes: Specific skills and competencies expected from the students who complete this course include the following:

1. By the end of the semester, it is expected that the students will be able to know the importance of Kinesiology and Biomechanics in the area of physical education and sport.
2. The students will be able to understand about the anatomical terms, structure, composition, properties and functions of skeletal muscles.
3. It is expected that the students will be able to demonstrate and apply basic mechanical laws of physics principles to human movements.
4. It is expected that the students will be able to identify the relationship between anatomical structure and mechanical principles in relation to the performance of basic and complex motor tasks.
5. It is expected that the students will be able to critically examine the performance of physical activity skills and to evaluate the performance against the principles of efficient movement.

UNIT I-Introduction

Meaning of applied Kinesiology and Sports Biomechanics

Scope of applied Kinesiology and Sports Biomechanics

Axes and Planes

Role of Centre of gravity and line of gravity in sports

Vectors and Scalars

UNIT II -Muscle Mechanics

Major Muscles around Shoulder: Origin, insertion and actions

Major Muscles around Elbow: Origin, insertion and actions

Major Muscles around Trunk: Origin, insertion and actions

Major Muscles around Hip: Origin, insertion and actions

Major Muscles around Knee and Ankle: Origin, insertion and actions

UNIT III-Force, Projectile and Lever

Force: Sources, Types, Force applied at angle, Spin, Pressure, Friction, Fluid Friction and Buoyancy

Freely falling bodies: Projectile and factors affecting projectile

Stability: Factors affecting stability,

Work, Power and Energy: Kinetic and potential energy

Lever: Types of lever and its application

UNIT IV-Biomechanical analysis of fundamental movements

Walking

Running

Jumping

Pulling

Pushing

UNIT V-Movement analysis and methods of investigation

Kinesiological, Mechanical and Biomechanical Analysis

Qualitative, Quantitative and Predictive Analysis

Filming fundamental and photo instrumentation

Photography and Videography

REFERENCES

- Hay, James G. The Biomechanics of Sports Techniques (Englewood Cliffs N.J. Prentice Hall, Inc. 1970)
- Hay, James G. The Anatomical and Mechanical Basis of Human Motion (Englewood Cliffs N.J. Prentice Hall, Inc. 1982)
- Bunn, John W. Scientific Principles of Coaching (Engle Wood cliffs: N.J. Prentice Hall Inc. 1972)
- Rasch and Burke Kinesiology and Applied Anatomy (Philadelphia: Lea and Fibger, 1967)
- Scott, M.G. Analysis of Human Motion (New York, 2005)
- Thompson, Flyod Manual of Structural Kinesiology (McGraw Hill, Singapore, 2004)
- Carr Gerry, Mechanics of Sports, (Human Kinetics 1997)
- Wells K.P. Kinesiology (Philadelphia: W.B. Saunders Co. 1966)

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	2	2	3	3	3
CO2	3	3	2	3	2	2	2	3	3
CO3	2	3	3	3	3	2	3	3	3
CO4	3	3	3	2	3	3	2	2	3
CO5	3	2	2	3	2	2	3	3	2

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

**DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER –II**

PEMBTT3 - ATHLETIC CARE AND REHABILITATION

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMBTT3	Athletic Care and Rehabilitation	3	3	30	70	100

Course Objectives: The objectives of this course are to expose the students to the range of athletic care and rehabilitation, to make familiar them with sports injuries and their management and provide guidance in the postural deformities, massage and rehabilitation exercises.

Course Outcomes: At the end of the course, the student shall understand the concepts:

1. Definition and objectives of corrective physical Education
2. Resisted exercise for Rehabilitation and history of Massage Various techniques of massage
3. Method of treatment for various types of injuries

Unit I – Corrective Physical Education

Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good posture, Drawbacks and causes of bad posture.

Posture test – Examination of the spine.

Unit II – Posture

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, Scoliosis, round shoulders flat back, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

Unit III – Rehabilitation Exercises

Principles of Rehabilitation, Passive & Active, Assisted & Resisted exercise for Rehabilitation, Stretching Exercises.

Unit IV – Massage

Brief history of massage – Massage as an aid for relaxation.

Physical, Physiological and Psychological effects of massage. Classification of Massage – Indication /Contra indication of Massage

Practical on massage techniques

Unit V – Sports Injuries Care, Treatment and Support

Principles pertaining to the prevention of Sports injuries

Care and treatment of exposed and unexposed injuries in sports.

Principles of application of cold and heat, infrared rays – Ultrasonic, Therapy – Short wave diathermy therapy.

Principles and techniques of Strapping and Bandages.

Note: Each student shall submit Physiotherapy record of attending the Clinic / health centre / gymnasium and observing the cases of athletic injuries and their treatment procedure. (To be assessed internally)

REFERENCES:

- Dohenty. J. Meno.Wetb, Moder D** (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
McOoyand Young (1954) Tests and Measurement, New York: Appleton Century.
Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.
Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.

Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	3	3	3	3	2	3	3	2
CO2	3	3	3	2	2	3	3	2	3
CO3	3	3	3	3	3	2	3	3	2

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

**DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER –II**

**PEMBTP1 - SPORTS MANAGEMENT AND CURRICULUM DESIGN IN
PHYSICAL EDUCATION (Elective)**

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMBTP1	Sports Management and Curriculum Design in Physical Education	3	3	30	70	100

Course Objectives: Objectives of the course enable students to understand the management principles and guidelines. Understand principles of public relation. Understand how to utilize Curriculum Source.

Course Outcomes: of the course, students will be able to:

1. Measure class management and presentation techniques application of organization management.
2. Generalize all physical activities for professional enhancement they will become leader of Field.
3. Evaluate various types of tournament to focus professionalism.
4. Understand the benefit and drawbacks of personnel management and their policies.
5. Prepare standard and nonstandard sports meet in colleges.

UNIT I – Introduction to Sports Management

Meaning and Definition of Management

Theories of Management

Meaning and Definition of Sports Management

Importance Sports Management

Basic Principles and Procedures of Sports Management

Functions of Sports Management.

UNIT II – Personnel Management

Personnel Management:

Objectives of Personnel Management,

Personnel Policies, Role of Personnel Manager in an organization, Personnel

Recruitment and selection

Management Guidelines for School, Colleges Sports Programs,

Management Problems in Sports event programme, Community Based Physical Education

And Sports program

UNIT III – Equipments and Public Relation

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. Public Relations in Sports: Planning the Public Relation Program –

Principles of Public Relation – Public Relations in School and Communities – Public

Relation and the Media

UNIT IV – Curriculum

Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students

Centred, Activity centred, Community centred, Forward looking principle, Principles of

Integration, Theories of curriculum development, Conservative (Preservation of Culture),

Relevance, flexibility, quality, contextually and plurality

UNIT V – Curriculum Sources

Factors that affecting curriculum: Sources of Curriculum materials – text books –

Journals – Dictionaries, Encyclopaedias, 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

Reference:

Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.

Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.

Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.

Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.

Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.

Chakraborty&Samiran.(1998). Sports Management. New Delhi: Sports Publication.

Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.

Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	2	2	3	3	3
CO2	3	3	3	3	3	3	3	3	3
CO3	2	3	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	3	2	3
CO5	3	3	3	3	3	3	3	3	3

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

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**DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER –II**

PEMBTP2 - SPORTS JOURNALISM AND MASS MEDIA (Elective)

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMBTP2	Sports Journalism and Mass Media	3	3	30	70	100

Course Objectives: The objectives of this course are to expose the students about the journalism, ethics of journalism, sports bulletin, mass media and report writing on Sports.

Course Outcomes: On completion of the course the student shall understand the following concepts:

1. Concept of journalism and procedure of reporting sports events
2. Role of Mass media, in sports and Radio/TV commentary
3. Procedure of reporting games and organizing press meet
4. Evaluation of news and visiting method to media offices

UNIT I Introduction

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

UNIT II Sports Bulletin

Concept of Sports Bulletin: Journalism and sports education – Structure of sports 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

Mass Media in Journalism: Radio and T.V. Commentary – Running commentary on the radio, Role of Advertisement in Journalism. Sports Photography: Equipment- Editing – Publishing.

UNIT IV Report Writing on Sports

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.

UNIT –V Journalism

Sports Journalism – General news reporting and sports reporting. Methods of Sports reporting. Interview with and elite Player and Coach.

Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working.

Collection of Album of newspaper cuttings of sports news.

REFERENCE:

Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications

Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: SurjeetPublication

Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication

Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.

Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication

MohitChakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,.

Padmanabhan. A &Perumal A (2009), Science and Art of Living, Madurai: PakavathiPublication

Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.

Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period.Sterlingpublication

Pvt. Ltd.

Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	3	3	3	3	2	3	3	2
CO2	3	3	3	2	2	3	3	2	3
CO3	3	3	3	3	3	2	3	3	2
CO4	3	3	3	3	3	2	3	3	2

Weightage: **1-Sightly; 2-Moderately; 3-Strongly**

**DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER – III**

PEMCTT1 - SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMCTT1	Scientific Principles of Sports Training	3	3	30	70	100

COURSE OBJECTIVES: This course will enable students to promote concepts of scientific sports training approach. To describe evident facts about training load, adaptation and recovery. To provide diagnosis to improve motor components. To inculcate planned sports training practices for efficient sports performance.

COURSE OUTCOMES: Specific skills and competencies expected from the students who complete this course include the following:

1. Understand scientific sports training means and methods patterns.
2. Understand importance and application of training load, adaptation, and recovery to improve sports performance.
3. Enhance the understanding about means and methods to develop motor components.
4. Encourage effective sports training formulation and regulation with correct feedback.
5. Focus on Long Term Athlete Development (LTAD).

UNIT I-Introduction

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

UNIT II-Components of Physical Fitness

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

UNIT III-Flexibility

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

UNIT IV-Training Plan

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

UNIT V-Doping

Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations :over the- counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs).

Reporting test results – Education

REFERENCES:

BeotraAlka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.

Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall.

Cart, E. Klafs&Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company

Daniel, D. Arnheim (1991) Principles of Athletic Traning, St. Luis, Mosby Year Book

David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
 Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics
 Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
 Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia
 Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
 YograjThani (2003), Sports Training, Delhi : Sports Publications.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	2	2	3	3	3
CO2	2	3	2	3	3	3	2	3	2
CO3	3	3	2	3	2	2	3	3	2
CO4	2	2	3	2	3	3	2	3	3
CO5	3	3	2	3	2	3	3	2	3

Weightage: **1-Sightly; 2-Moderately; 3-Strongly**

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER – III
PEMCTT2 - SPORTS MEDICINE

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMCTT2	Sports Medicine	3	3	30	70	100

Course Objectives: The objectives of this course are to expose the students to the range of sports medicine, to make familiar them with sports injuries and their treatment, and provide guidance in the essentials of therapeutic exercises, massage and rehabilitation processes.

Course Outcomes: At the end of the course, it is expected that the students will be able to know about sports medicine, sports injuries and its treatment and its scope in the profession of Physical Education and Sports.

1. To define sports medicine and describe the needs, nature.
2. To understand the sports medicine within the area of physical Education and sports.
3. To understand the processes of sports injuries treatment.
4. Understand and apply basic classifications of massage techniques.

UNIT I – Introduction

Sports Medicine -Meaning, definition, Scope

Sports Medicine – Need, importance/Role.

Therapeutic exercises -Definition and Principles, Strengthening exercise, Gym ball exercise, Injuries: acute, sub-acute, and chronic.

PRICE --Advantages and Disadvantages, Aquatic therapy.

UNIT II – Spine Injuries and Exercise

Head, Neck and Spine injuries: Causes and prevention

Flexion, Compression, Hyperextension, Rotation injuries.

Free hand exercises, stretching and strengthening exercise for head neck, spine.

Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

UNIT III – Upper Extremity Injuries and Exercise

Upper Limb and Thorax Injuries:

Shoulder: Sprain, Strain, Dislocation, and Strapping.

Elbow: Sprain, Strain, Strapping.

Wrist and Fingers: Sprain Strain, Strapping.

Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand.

Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

UNIT IV – Lower Extremity Injuries and Exercise

Lower Limb and Abdomen Injuries:

Hip: Adductor strain, Dislocation, Strapping.

Knee: Sprain, Strain, Strapping.

Ankle: Sprain, Strain, Strapping.

Abdomen: Abdominal wall Contusion, Abdominal muscle strain.

Stretching and strengthening exercise for Hip, knee, ankle and Foot.

Supporting and aiding techniques and equipment for Lower limb and Abdomen injuries.

UNIT V – Basic Rehabilitation

Principles of Rehabilitation.

Strapping/Tapping: Definition, Precautions Contraindications.

Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Isotonic, Isokinetic, isometric stretching- Advantages, dangers of stretching.

Practicals: Practical stapping/tapping/ visit to Physiotherapy Centre/ Gym/health center to observe treatment / rehabilitation procedure of sports injuries.

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 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: KhelShitya Kendra

The Encyclopedia of Sports Medicine. (1998).

The Olympic Book of Sports Medicine,Australia: Tittel Blackwell Scientific publications.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	3	3	3	3	2	3	3	2
CO2	3	3	3	2	2	3	3	2	3
CO3	3	3	3	3	3	2	3	3	2
CO4	3	3	3	3	3	2	3	3	2

Weightage: **1-Sightly; 2-Moderately; 3-Strongly**

**DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER – III**

PEMCTT3 - HEALTH EDUCATION AND SPORTS NUTRITION

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMCTT3	Health Education and Sports Nutrition	3	3	30	70	100

Course Objectives: Objective of the course enable students to understand the meaning of health and relationships among the various aspects of health; analyze the principles and characteristics of health education; Understand the importance of the hygiene and practices related to maintenance and promotions of Health; Prepare obligatory measures to prevent the contemporary health problems which are related to the Community; and understand the importance of safety education for preventing accidents and its general principles.

Course Outcomes: Outcome of the course, students will be able to:

1. Illustrate the Perception of Health Education, and its hazards. To interpret the Individual, family, community and national health.
2. Understand the importance of Hygiene in food and environment and estimate food poisoning and allergies.
3. Survey the health conditions in rural, metropolitan and urban areas and sketch the Role of W.H.O.
4. Recommend the first aid procedure involved and order the advantages in first aid.
5. Role of safety education and its Principles and Procedures for life situation and validate it.

Unit - I Health Education

Health- Meaning, Definition, Concept, Dimensions, Spectrum and Determinants
Health Education- Meaning, Definition, Aim, objectives and Principles
Health Instruction, Health Supervision
Health Service and guiding instruction in personal hygiene

Unit - II Health Problems in India

Communicable and Non Communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools Objective of school health service, Role of health education in schools. Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit- III – Hygiene and Health

Meaning of Hygiene, Type of Hygiene, and dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, and Management of Stress.

Unit – IV- Introduction to Sports Nutrition

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

Unit – V Nutrition and Weight Management

Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

REFERENCES:

Bucher, Charles A. "Administration of Health and Physical Education Programme".
 Delbert, Oberteuffer, ET. Al." The School Health Education".
 Ghosh, B.N. "Treaties of Hygiene and Public Health".
 Hanlon, John J. "Principles of Public Health Administration"
 2003. Turner, C.E. "The School Health and Health Education".
 Moss and et. At."Health Education" (National Education Association of U.T.A.)
 Nemir A. 'The School Health Education" (Harber and Brothers, New York).Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
 Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
 Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	2	2	3	3	3
CO2	2	3	3	2	3	3	2	2	3
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CO4	2	3	2	3	3	3	3	3	2
CO5	3	3	3	2	2	3	2	3	3

Weightage: **1-Sightly; 2-Moderately; 3-Strongly**

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER – III
PEMCTP1 - PHYSICAL FITNESS AND WELLNESS (Elective)

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMCTP1	Physical Fitness and Wellness	3	3	30	70	100

Course Objectives: The objective of this course is to provide a clear understanding of fitness and wellness knowledge to the students. This course will also provide the knowledge to students about of various aspects of nutrition, aerobic and anaerobic exercises.

Course Outcomes: At the end of the course, students will be able to-

1. Understand importance of fitness and wellness in modern era.
2. Get advantage with the knowledge of various health benefits through fitness and wellness.
3. Understand nutrition, aerobic and anaerobic exercises.
4. Understand different principles of exercise program.

Unit I – Introduction

Meaning and definition of Physical Fitness and Physical Fitness Concepts and its components.

Physiological principles involved in physical fitness.

Leisure time physical activity and identify opportunities in the community to participate in this activity.

Current trends in fitness and conditioning.

Understanding of Wellness and its dimensions.

Relationship between physical activity and lifelong wellness.

Unit II – Nutrition

Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources.

Weight Management-proper practices to maintain, lose and gain.

Eating Disorders, Proper hydration, Female Athlete Triad.

Unit III – Aerobic Exercise

Cardio respiratory Endurance Training - 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.

Cardio respiratory Endurance Training for different age groups.

Unit IV – Anaerobic Exercise

Resistance Training for Muscular Strength and Endurance; principles of resistance training,

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.

Weight training concepts for women.

Unit V – Flexibility Exercise

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 and Yoga.

Reference:

David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
 Difcore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
 Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.
 Warner W.K. Oeger&Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
 Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
 Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
 Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
 Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
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CO1	3	3	3	3	3	3	3	3	3
CO2	3	3	3	3	3	2	3	3	3
CO3	3	3	3	3	3	3	3	3	3
CO4	3	3	3	3	3	2	3	3	3

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

**DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER – III**

PEMCTP2 - SPORTS ENGINEERING (Elective)

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMCTP2	Sports Engineering	3	3	30	70	100

Course Objectives: The objectives of this course are to expose the students to the range of sports engineering, mechanics of movements, sports dynamics, and facility life cycle costing.

Course Outcomes: At the end of the course the student should understand

1. Meaning, purpose, advantages and applications of Sports engineering and technology.
2. The current application of sports dynamics for better performance in sports.
3. Monitoring and training technology and materials technology to enhance sport performance.
4. The current and future impact of technology on building and maintenance

Unit - I Introduction to sports engineering and Technology

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

Unit - II Mechanics of engineering materials

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

Unit- III Sports Dynamics

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

Unit- IV Building and Maintenance:

Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc.

Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding.

Maintenance staff, financial consideration.

Building process:- design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurbish, demolish.

Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.

Unit – V Facility life cycle costing

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

Reference

Franz K. F. et. al., Editor, **Rout ledge Handbook of Sports Technology and Engineering** (Routledge, 2013)

Steve Hake, Editor, **The Engineering of Sport** (CRC Press, 1996)

Franz K. F. et. al., Editor **The Impact of Technology on Sports II** (CRC Press, 2007)

Helge N., **Sports Aerodynamics** (Springer Science & Business Media, 2009)

Youlin Hong, Editor **Routledge Handbook of Ergonomics in Sport and Exercise** (Routledge, 2013)

Jenkins M., Editor **Materials in Sports Equipment, Volume I** (Elsevier, 2003)

Colin White, **Projectile Dynamics in Sport: Principles and Applications**

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3
CO3	3	2	3	3	3	3	2	3	3
CO4	2	3	3	2	3	3	2	3	3

Weightage: **1-Sightly; 2-Moderately; 3-Strongly**

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SEMESTER – IV

**PEMDTT1 - INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN
 PHYSICAL EDUCATION**

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMDTT1	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100

Course Objectives: The objective of this course is to provide knowledge about information technology and communication technology. The students will know about computer, ICT Integration in Teaching Learning Process.

Course Outcomes: At the end of the course the student should be able to:

1. State the meaning of information technology and communication technology.
2. Concept, Elements, Process & Types of Communication.
3. Concept & Importance of ICT.
4. Fundamentals of Computers and MS Office Applications
5. ICT in Teaching Learning Process Project Based Learning.
6. Justify the need & Significance of ICT in Education.
7. E-Learning & Web Based Learning

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication
 Communication Barriers & Facilitators of communication
 Communicative skills of English - Listening, Speaking, Reading & Writing
 Concept & Importance of ICT Need of ICT in Education
 Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration
 Challenges in Integrating ICT in Physical Education

Unit II – Fundamentals of Computers

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

Unit III – MS Office Applications

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

Unit IV – ICT Integration in Teaching Learning Process

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

Unit V – E-Learning & Web Based Learning

E-Learning
 Web Based Learning

REFERENCES:

B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006
 Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
 Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
 Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
 ITL Education Solution Ltd. Introduction to information Technology, Research and Development
 Pradeep K. Sinha&Priti; Sinha, Foundations computing BPB Publications -2006.
 Rebecca Bridges Altman Peach pit Press, Power point for window, 1999

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	2	2	3	3	3
CO2	3	3	3	3	3	3	3	3	3
CO3	2	3	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	3	2	3
CO5	3	3	3	3	3	3	3	3	3
CO6	3	3	3	3	3	3	3	3	3
CO7	3	3	3	3	3	3	3	3	3

Weightage: **1-Sightly; 2-Moderately; 3-Strongly**

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SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER – IV**

PEMDTT2 - SPORTS PSYCHOLOGY

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMDTT2	Sports Psychology	3	3	30	70	100

Course Objectives: The objective of this subject is to learn the theories, concepts, and intervention techniques of sport psychology. Topics covered will include motivation theory applied to sport, team dynamics, psychological skills training, the psychology of sport injury, and burnout in sports.

Course Outcomes: At the end of the course the student should be able to:

1. Explain group mechanisms and group psychology in a sports context.
2. Reflect upon motivational psychology as applied to sports activities.
3. Formulate relevant constructs of exercise psychology
4. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
5. To apply core sociological theories to specific social problems in order to analyse social problems

UNIT I - Introduction

Meaning, Definition, History, Need and Importance of Sports Psychology

Motor Learning: Basic Considerations in Motor Learning

Principles of Motor skill learning

Motor Perception: Factors Affecting Perception

Cognitive process: thinking, memory and learning

Personality: dimension, theories of personality, measurement of personality.

Effects of Personality on Sports Performance

UNIT II - Motivation

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement

Motivation. Motivation techniques, Impact on sports performance

Factors influencing motivation

Psychological factors affecting sports performance: Emotions, Anxiety aggression, stress, self-confidence, concentration.

UNIT III – Goal Setting

Meaning and Definition, Mental practice and Goal Setting, Process of Goal Setting in Physical Education and Sports

Relaxation: methods of psychological relaxation

Psychological skill training for activation and relaxation

Psychological Tests: Types of Psychological Test.

UNIT IV Sports Sociology

Meaning and Definition – Sports and Socialization of Individual Sports as Social Institution

Methods of investigation in sports psychology

Various methods used in sports psychology

Psychological characteristics of Pre, Post and during competition

Long and short term psychological preparation for performance/ competition

Spectators and sports performance

UNIT V – Group Cohesion

Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group In–traction, Group Dynamics.

Current Problems in Sports: Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

Practicals: At least five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)

REFERENCES:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests,
New Delhi: National Council of Educational Research and Training Publication.
- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test,
New Delhi: National Council of Educational Research and Training Publication.
- Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh
Ed.
- John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticce Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Mirosław Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publisher

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	2	2	3	2	3
CO2	2	2	2	2	2	3	2	3	2
CO3	2	3	2	3	2	3	2	3	3
CO4	3	2	2	3	3	2	2	3	2
CO5	3	3	3	3	3	2	3	3	2

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

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SYLLABUS OF EXAMINATION M.P.ED.PROGRAMME
SEMESTER – IV**

PEMDTT3 - JOURNALISM AND MASS COMMUNICATION IN SPORTS

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMDTT3	Journalism and Mass Communication	3	3	30	70	100

Course Objectives: The objectives of this course to enable the student to pursue a career in sports journalism, with the basic essential tools required to enter that field Report, interview, write bulletins compile and writing features in this field.

Course Outcomes: At the end of the course the student should be able to:

1. Know about the leading national and International sports news agencies.
2. How to seek accreditation to sporting events and to report on such events.
3. Demonstrate analytic skills in relation to reporting sporting events

Produce a number of assignments that demonstrate their own style and perception of Events.

UNIT I- INTRODUCTION

Concept, Meaning and Definition of Journalism.

Scope, Principles and Ethics of Journalism.

Concept, Meaning, and Definition of Sports Journalism

Concept, Meaning and scope of mass communication.

Role of sports journalism and mass communication in promoting sports.

UNIT II- SPORTS BULLETIN

Sports events and its reporting

Leading national and International sports news agencies

Concept and structure of Sports Bulletin

Type of Bulletin- Role of Journalism in the field of Physical Education.

General news reporting and sports reporting

UNIT III-MASSCOMMUNICATION AND SOCIAL MEDIA

Mass Communication electronic media

i. Radio and T.V. commentary

ii. Social media , facebook, twitter, whats app etc

Merits and Demerits of electronic media

Merits and Demerits of social media

UNIT IV- MASS CUMMUNICATION PRINT MEDIA

Mass Communication Print Media

i. News Paper,

ii. sports magazine

iii. Sports journals and Periodicals

Merits and Demerits of print media

Sports Photography :Equipment's- Editing- publishing

Sports journalism- General news reporting and sports reporting. Methods of sports reporting.

Interview with and Elite players and Coach.

UNIT-V REPORT WRITING ON SPORTS

Brief review of Olympic games, Asian games, Common wealth games, world cup, National games and Indian traditional games. Preparing reports on Annual sports meet for publication in newspaper.

Practical assignments to observe the matches and prepare report and news of the same; visit to newspaper office and T.V. centre to know various departments and their working.
Collection of Album of newspaper cutting of sports news.

REFERENMCE:-

Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications
Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: SurjeetPublication
Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
MohitChakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.,
Padmanabhan. A &Perumal A (2009), Science and Art of Living, Madurai: PakavathiPublication
Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period.Sterlingpublication Pvt. Ltd.
Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	3	3	2	3	3	3	3	3
CO2	3	3	2	3	3	3	2	2	3
CO3	3	3	2	3	3	2	3	3	2

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

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SEMESTER – IV

PEMDTP1 - EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMDTP1	Educational Technology in Physical Education	3	3	30	70	100

Course Objectives: The objective of this course is to provide knowledge about education technology and communication technology. The students will know about Instructional Strategies and Media for Instruction.

Course Outcomes: At the end of the course the student should be able to:

1. State the meaning of Education Technology and Communication types.
2. Concept, Elements, Process & Types of Communication.
3. Goal Setting, Task Analysis, Content Analysis
4. Audio Visual Media in Physical Education
5. New Horizons of Educational Technology

Unit I Nature and Scope

Educational technology-concept, Nature and Scope.

Forms of educational technology: teaching technology, instructional technology, and behaviour 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 Physical Education and Communication

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

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 in Physical Education

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 CCTV 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 New Horizons of Educational Technology

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.

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.

REFERENCE:

- AmitaBhardwaj, New Media of Educational Planning”.Sarup of Sons, New Delhi-2003
- Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi :Doaba House), 1959. Communication and Education, D. N. Dasgupta, Pointer Publishers
- Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi
- Essentials of Educational Technology, MadanLal, Anmol Publications
- K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
- Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982
- Kozman, Cassidy and kJackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	2	3	3	2	2	3	3	3
CO2	3	3	3	3	3	3	3	3	3
CO3	2	3	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	3	2	3
CO5	3	3	3	3	3	3	3	3	3

Weightage: 1-Sightly; 2-Moderately; 3-Strongly

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SEMESTER – IV**

PEMDTP2 - DISSERTATION

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMDTP2	Dissertation	3	3	30	70	100

Course Objectives: The objectives of this course are to expose the students to the range of research methods, to make familiar them with research steps and publication ethics, and provide guidance in the essentials of research report writing by using.

Course Outcomes: At the end of the course, the students will be able conduct thesis work on any topic, and will also be able to analyse qualitative and quantitative data, to write research proposal and report.

Instructions:

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

Course Outcomes and their mapping with Programme Outcomes:

CO	PO								PSO
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1
CO1	3	3	3	3	3	3	3	3	3

Weightage: 1-Sightly; 2-Moderately; 3-Strongly