



List of Revised Courses

Department : Department of Physical Education, Yoga and Science

Programme Name : M.P.Ed.

Academic Year : 202324

List of Revised Courses

Sr. No.	Course Code	Name of the Course
1.	PEBAVAT1	VAC- Yoga and Mental Health
2.	PEBAVAT2	VAC- Physical Fitness and Wellness
3.	PEMCLTIII	Aerobics & Zumba
4.	PEMCLTIV	Micro-Teaching
5.	PEMDLTIV	Strength & Conditioning Practicals



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गुरु घासीदास विश्वविद्यालय
बिलासपुर (छ.ग.)

Prof. Sanjit Sardar

Signature & Seal of HoD



Minutes of Meetings (MoM) of Board of Studies (BoS)

Academic Year : 2023-24

School : Education

Department : Department of Physical Education, Yoga and Sports Science

Date and Time : 17/11/2023 and 10:00a.m.

Venue : Department of Physical Education, Yoga and Sports Science

The scheduled meeting of member of Board of Studies (BoS) of Department of Department of Physical Education, Yoga and Sports Science, School of Studies of Education, Guru Ghasidas Vishwavidyalaya, Bilaspur was held to design and discuss the two new value added courses namely 1. Yoga and Mental Health, 2. Physical Fitness and Wellness; scheme and syllabi.

The following members were present in the meeting:

- | | | |
|------------------------------|---|------------------------------------|
| 1. Prof.C.S. Vazalwar | - | Dean SOS Education (Member) |
| 2. Prof.Sanjit Sardar | - | HOD, Physical Education (Chairman) |
| 3. Prof.Vishan Singh Rathore | - | Member- BOS |
| 4. Prof.Ratnesh Singh | - | Member-BOS |
| 5. Dr.M.S. Dhapola | - | Member-BOS |
| 6. Prof.C.D. Agashe | - | External Member (Online) |

Invited members present:

- | | | |
|----------------------|-------------------------|-------------------------|
| 1. Dr. B.R. Rawte | 2. Dr.Shalini Menon | 3. Dr.Tilak Raj Meena |
| 4. Dr.Kunvar Singh | 5. Dr. Vijay Chaurasiya | 6. Mr. Omprakash Gangey |
| 7. Dr.Pankaja Pandey | | |

Following points were discussed during the meeting

AGENDA:

1. To change the name of the department "Department of Physical Education" to "DEPARTMENT OF PHYSICAL EDUCATION YOGA AND SPORTS SCIENCE".
2. To shuffle and add new practical syllabus namely: "Aerobics & Zumba", "Micro-Teaching" in practical part of M.P.ED. III semester and "Strength & Conditioning" in practical part of M.P.ED.-IV semester.
3. To start two (02) value added course namely "YOGA AND MENTAL HEALTH" & "PHYSICAL FITNESS AND WELLNESS" with 02 credits each.

RESOLUTION No.:

1. The BOS received the application regarding start of new allied courses therefore the proposed name will add more weightage to the Department and the BOS recommended the proposal for change in the name of the department for approval.



2. The BOS received the newly added practical syllabus of Aerobics & Zumba, Micro-Teaching, Strength & Conditioning for M.P Ed. Programme and recommended for approval.
3. It was resolved that the University students will be admitted in the newly proposed value added courses having 02 credits each. The BOS received the syllabus of value added courses namely "YOGA AND MENTAL HEALTH" & "PHYSICAL FITNESS AND WELLNESS" and recommended for approval.

The committee discussed and approved the scheme and syllabi.

Prof. Sanjit Sardar

Signature & Seal of HoD



गुरु घासीदास विश्वविद्यालय
GURU GHASIDAS VISHWAVIDYALAYA

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क्रमांक: 592/अ.मं./पाठ्यक्रम/2024

बिलासपुर, दिनांक 5 JAN 2024

आ. DPE/592
20/02/24

प्रति,

विभागाध्यक्ष,
शारीरिक शिक्षा विभाग,
गुरु घासीदास विश्वविद्यालय,
बिलासपुर (छ.ग.)

विषय :- अनुमोदित पाठ्यक्रम का प्रेषण विषयक ।

संदर्भ :- अध्ययन मण्डल की बैठक दिनांक 17.11.2023 के कार्यवृत्त ।

महोदय,

उपरोक्त विषयान्तर्गत लेख है कि विश्वविद्यालय के विद्यापरिषद की स्थायी समिति के द्वारा बैठक दिनांक 07.01.2024 में विषय क्रमांक 03 के अधीन शारीरिक शिक्षा विभाग के एम.पी.एड., एवं Value added पाठ्यक्रम का अनुमोदन किया गया है।

अनुमोदित पाठ्यक्रम इस पत्र के साथ संलग्न कर आवश्यक कार्यवाही हेतु प्रेषित है।

सुलभ संदर्भ हेतु विद्यापरिषद के स्थायी समिति के निर्णय की छाया प्रति भी संलग्न है।

प्रतिलिपि:-

1. परीक्षा नियंत्रक, गुरु घासीदास विश्वविद्यालय बिलासपुर को सूचनाार्थ प्रेषित ।
2. उप/सहायक कुलसचिव परीक्षा गोपनीय की ओर आवश्यक कार्यवाही हेतु प्रेषित ।
3. कार्यालय प्रति ।

सहायक कुलसचिव (अका.)

सहायक कुलसचिव (अका.)

Office

20/2/24

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CURRICULUM FRAMEWORK TWO-YEAR M.P.ED. PROGRAMME



(2024-26 Academic Session)

**DEPARTMENT OF PHYSICAL EDUCATION, YOGA AND
SPORTS SCIENCE
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)**



**MODEL SYLLABUS STRUCTURE
FOR TWO YEARS M. P. Ed. PROGRAMME
(FOUR SEMESTERS) (CBCS)**

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Scheme and Syllabus

SCHEME OF EXAMINATION M.P.ED. PROGRAMME M.P.ED. SEMESTER – I

**DEPARTMENT OF PHYSICAL EDUCATION, YOGA AND SPORTS
SCIENCE
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SCHEME OF EXAMINATION M.P.ED. PROGRAMME
M.P.ED. SEMESTER – I**

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMATTI	Journalism & Mass Communication	3	3	30	70	100
PEMATTII	Educational Technology in Physical Education	3	3	30	70	100
PEMATTTIII	Research Processes in Physical Education & Sports Sciences	3	3	30	70	100
PEMATPI / PEMATPII	Information & Communication Technology (ICT) in Physical Education OR Sports Technology	3	3	30	70	100
PRACTICAL (400)						
PEMALTII	Track and Field- I (Running & Jumping)	6	3	30	70	100
PEMALTIII	Practical Sports Sciences	6	3	30	70	100
PEMALTIV	Layouts, Preparation, Markings & Maintenance of Play Fields	6	3	30	70	100
PEMALTIV	Coaching Lesson of Track and Field	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)						
PEMBTTI	Applied Statistics in Physical Education & Sports Sciences	3	3	30	70	100
PEMBTTII	Health Education & Sports Nutrition	3	3	30	70	100
PEMBTTIII	Yogic Sciences	3	3	30	70	100
PEMBTPI / PEMBTPII	Sports Management and Curriculum Design in Physical Education OR Sports Journalism and Mass Media	3	3	30	70	100
PRACTICAL (400)						
PEMBLTI	Track & Field-I (Throwing Events)	6	3	30	70	100
PEMBLTII	Class Room Teaching	6	3	30	70	100
PEMBLTIII	Yoga	6	3	30	70	100
PEMBLTIV	Officiating Lesson of Track & Field	6	3	30	70	100
TOTAL		36	24	240	560	800

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M.P.ED. SEMESTER – III

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
PEMCTTI	Test, Measurement & Evaluation in Physical Education	3	3	30	70	100
PEMCTTII	Scientific Principles of Sports Training	3	3	30	70	100
PEMCTTIII	Athletic Care & Rehabilitation	3	3	30	70	100
PEMCTPI / PEMCTPII	Physical Fitness & Wellness OR Dissertation	3	3	30	70	100
PRACTICAL (400)						
PEMCLTI	Game Specialisation (Theory)	6	3	30	70	100
PEMCLTII	Teaching Lesson of Game Specialisation	6	3	30	70	100
PEMCLTIII	Aerobics & Zumba	6	3	30	70	100
PEMCLTIV	Micro-Teaching	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)						
PEMDTTI	Physiology of Exercises	3	3	30	70	100
PEMDTTII	Sports Biomechanics & Kinesiology	3	3	30	70	100
PEMDTTIII	Sports Psychology	3	3	30	70	100
PEMDTPI/ PEMDTPII	Sports Medicine OR Sports engineering	3	3	30	70	100
PRACTICAL (400)						
PEMDLTI	Game Specialisation (Practical)	6	3	30	70	100
PEMDLTII	Coaching Lesson of Game Specialisation	6	3	30	70	100
PEMDLTIII	Officiating Lesson of Game Specialisation	6	3	30	70	100
PEMDLTIV	Strength & Conditioning Practicals	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.



Syllabus of Newly Added Practical Subjects M.P.Ed. Semester III (Practicum Course)

Semester III Practicum Course PEMCLTHI - ZUMBA & AEROBICS

- Warm up & Cool down for aerobics & Zumba.
- Different steps in aerobics & Zumba. Physical fitness components measurement, Preparation of mass display for Aerobics & Zumba. Instructional Methods: Discussion & Demonstration.
- Methods of assessment: By the performance of dance steps from different Latin cultures, aerobics, and Zumba & by class participation, mass display and attendance.

Semester III Practicum Course PEMCLTIV - MICRO TEACHING

Micro teaching - Need, procedure, cycle of operation and uses.

Microteaching - Microteaching cycle- Relevant skills in Micro teaching- Skill of Reinforcement, Skill of Introduction, Skill of Explaining, Skill of Stimulus Variation, Skill of probing questioning, Skill of demonstration and Skill of using Blackboard.

Each student-student practices minimum five skills in small groups under the close supervision of faculty members of the department in simulated condition. All the skills are practiced and evaluated for each student through the semester

Semester IV Practicum Course

PEMDLTIV - STRENGTH AND CONDITIONING

- Fundamentals of Coaching in Strength and Conditioning
- Energy System and Physiology
- Athlete Assessment & Evaluation
- Periodization + Long Term Athlete Development
- Plan, Prepare and Deliver Strength and Conditioning for Sport
- Program Designing for Resistance, Plyometric, Speed and Agility Training
- Anaerobic & Aerobic Endurance Training
- Building A Foundational Set of Exercises
- Designing Individual Strength and Conditioning Sessions
- Designing A Proper Strength Training Warm-Up
- Injury Prevention
- Overtraining, Recovery Enhancement Techniques
- Pre and Post Training Nutrition



DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF VALUE ADDED COURSE
PHYSICAL FITNESS AND WELLNESS (VAC) 02 Credits
Marks:100 marks

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 about the importance of physical activity, exercise and sports.

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

- Understand importance of fitness and wellness in modern era.
- Get advantage with the knowledge of various health benefits through fitness and wellness.
- Understand different principles of physical activity and exercise program.

Unit I

- Meaning, definition and importance of Physical Fitness.
- Components of Physical fitness.
- Factors affecting Physical fitness.
- Warming up and cooling down

Unit II

- Meaning, definition and importance of Wellness.
- Components of wellness.
- Obesity: meaning, definition.
- Causes and management of obesity.

Unit III

Practical:

- Fitness drills for lower limbs.
- Fitness drills for upper limbs.
- Fitness drills for core muscles.
- Callisthenics exercises.

Unit IV

Practical:

- JCR Test
- Shuttle run test
- Sit and reach test
- Speed test
- Cooper-12 minute run test

ASSESSMENT –Practical and theory: 50 marks each.

Reference:

- David K. Miller & T. Earl Allen, *Fitness, A life time commitment*, Surjeet Publication Delhi 1989.
- 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, Karyn Hartiger & Katherine A. Smith, *Fitness Fun*, Human Kinetics Publishers 2002.
- Lawrence, Debbie, *Exercise to Music*, A & C Black Publishers Ltd. 37, Sothe Square, London 1999
- Robert Malt. *90 day fitness plan*, D.K. publishing, Inc. 95, Madison Avenue, New York 2001.

गुरु घासीदास विश्वविद्यालय
(केन्द्रीय विश्वविद्यालय अधिनियम 2009 क्र. 25 के अंतर्गत स्थापित केन्द्रीय विश्वविद्यालय)
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Guru Ghasidas Vishwavidyalaya
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DEPARTMENT OF PHYSICAL EDUCATION
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SYLLABUS OF VALUE ADDED COURSE
YOGA AND MENTAL HEALTH (VAC)- 02 Credits
Marks:100 marks

Course Objectives:

- To develop the understanding about Concept of Yoga, its classification, and various forms of performing Yoga.
- To learn Yogic practices and therapeutic benefits.
- To Understand about the relation of Yoga with mental health.
- To learn and practice the asanas and pranayam in Yoga practices.

Course Learning Outcomes: After completion of the course the student will be able to-

- Define and describe the introduction and concept of Yoga and its classification.
- Explain the concept yogic practices, its therapeutic benefits, and its application in daily life.
- Relation of Yoga practice with mental health.

Unit 1

- Meaning and Definition of Health and Mental Health.
- Dimensions of Health.
- Concept of Yoga.
- Yoga Sutra of Patanjali or Eight limbs of Yoga: Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhayana, Samadhi.

Unit 2

- Asanas: Types, Techniques and benefits.
- Surya Namaskar: Methods and benefits.
- Pranayama: Types, Methods, and benefits.
- Yoga in its therapeutic benefits and its application in daily life.

Unit 3

- Practical: Asanas**
- Sitting Asanas
 - Standing Asanas
 - Prone Position Asanas
 - Supine Position Asanas

Unit 4

- Practical: Pranayama:**
- Anulom-Vilom
 - Chandrabhedan
 - Suryabhedan
 - Bhastrika, Ujjaini, Bhamari

ASSESSMENT –Practical and theory: 50 marks each.

References:

- Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala:Kaicydahmoe.
- Rajjan, S. M. (1985). *Yoga strentheningofrelexation for sports man*. NewDelhi:AlliedPublishers.
- Shankar, G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers.
- Shekar, K. C. (2003). *Yoga for health*. Delhi: KhelSahitya Kendra.


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