List of Courses which focuses on Professional Ethics, Gender, Human Values, Environment & Sustainability and other value framework

Department : *Physical Education*

Programme Name : *B.P.ED.*

Academic Year : 2022-23

Courses which focuses on Professional Ethics, Gender, Human Values, Environment & Sustainability and other value framework:

Sr. No.	Course Code	Name of the Course
		SEMESTER-I
01.	PEBATT1	History, Principles and foundation of Physical Education
02.	PEBATT2	Anatomy and Physiology
03.	PEBATT3	Health Education and Environmental Studies
04.	PEBATP1/ PEBATP2	Officiating &Coaching / Olympic Movement
05.	PEBALT1	Track & Field (Running Events)
06.	PEBALT2	Basketball
07.	PEBALT3	Kabaddi
08.	PEBALT4	Mass Demonstration Activities: Dumbbells / Wands / Hoop/Umbrella/Flag hoisting

Sr. No.	Course Code	Name of the Course
		SEMESTER-II
01.	PEBBTT1	Yoga Education
02.	PEBBTT2	Educational Technology and Methods of Teaching in Physical Education
03.	PEBBTT3	Organization and Administration in Physical Education
04.	PEBBTP1 / PEBBTP2	Sports Nutrition and Weight Management/ Contemporary issues in Physical Education, fitness and wellness
05.	PEBBLT1	Track and Field (Jumping Events)
06.	PEBBLT2	Yoga
07.	PEBBLT3	Badminton
08.	PEBBLT4	Teaching Practices (05 lessons in class room teaching and 05 lessons in Outdoor activities/Gym.)

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Sr. No.	Course Code	Name of the Course
		SEMESTER-III
01.	PEBCTT1	Sports Training
02.	PEBCTT2	Computer Applications in Physical Education
03.	PEBCTT3	Sports Psychology and Sociology
04.	PEBCTP1/ PEBCTP2	Sports Medicine, Physiotherapy and Rehabilitation/ Curriculum Design
05.	PEBCLT1	Track and Field (Throwing Events)
06.	PEBCLT2	Football
07.	PEBCLT3	Volleyball
08.	PEBCLT4	Teaching Practice (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)

Sr. No.	Course Code	Name of the Course
		SEMESTER-IV
01.	PEBDTT1	Measurement and Evaluation in Physical Education
02.	PEBDTT2	Kinesiology and Biomechanics
03.	PEBDTT3	Research and Statistics in Physical Education
04.	PEBDTP1/ PEBDTP2	Sports Management / Theory of sports and Game
05.	PEBDLT1	Kho-Kho
06.	PEBDLT2	Cricket
07.	PEBDLT3	Sports specialization: Coaching lessons Plans (T&F) (Practical 5 lessons)
08.	PEBDLT4	Games specialization: Coaching lessons Plans (Theory 5 lessons)

Department : *Physical Education*

Programme Name : *M.P.ED.*

Academic Year : 2023-24

Courses which focuses on Professional Ethics, Gender, Human Values, Environment & Sustainability and other value framework:

Sr. No.	Course Code	Name of the Course
		SEMESTER-I
01.	PEMATT1	Journalism & Mass Communication
02.	PEMATT2	Educational Technology in Physical Education
03.	PEMATT3	Research Processes in Physical Education & Sports Sciences
04.	PEMATP1 / PEMATP2	Information & Communication Technology (ICT) in Physical Education OR Sports Technology
05.	PEMALT1	Track and Field- I (Running & Jumping)
06.	PEMALT2	Practical Sports Sciences
07.	PEMALT3	Layouts, Preparation, Markings & Maintenance of Play Fields
08.	PEMALT4	Coaching Lesson of Track and Field

Sr. No.	Course Code	Name of the Course
		SEMESTER-II
01.	PEMBTT1	Applied Statistics in Physical Education & Sports Sciences
02.	PEMBTT2	Health Education & Sports Nutrition
03.	PEMBTT3	Yogic Sciences
04.	PEMBTP1 / PEMBTP2	Sports Management and Curriculum Design in Physical Education OR Sports Journalism and Mass Media
05.	PEMBLT1	Track & Field-I (Throwing Events)
06.	PEMBLT2	Class Room Teaching
07.	PEMBLT3	Yoga
08.	PEMBLT4	Officiating Lesson of Track & Field

Sr. No.	Course Code	Name of the Course
		SEMESTER-III
01.	PEMCTT1	Test, Measurement & Evaluation in Physical Education
02.	PEMCTT2	Scientific Principles of Sports Training
03.	PEMCTT3	Athletic Care & Rehabilitation
04.	PEMCTP1 / PEMCTP2	Physical Fitness & Wellness OR Dissertation
05.	PEMCLT1	Game Specialisation (Theory)
06.	PEMCLT2	Teaching Lesson of Game Specialisation
07.	PEMCLT3	Aerobics & Zumba
08.	PEMCLT4	Micro-Teaching

Sr. No.	Course Code	Name of the Course
		SEMESTER-IV
01.	PEMDTT1	Physiology of Exercises
02.	PEMDTT2	Sports Biomechanics & Kinesiology
03.	PEMDTT3	Sports Psychology
04.	PEMDTP1/ PEMDTP2	Sports Medicine OR Sports engineering
05.	PEMDLT1	Game Specialisation (Practical)
06.	PEMDLT2	Coaching Lesson of Game Specialisation
07.	PEMDLT3	Officiating Lesson of Game Specialisation
08.	PEMDLT4	Strength & Conditioning Practicals

Department : *Physical Education*

Programme Name : *Ph.D.*

Academic Year : 2022-23

Courses which focuses on Professional Ethics, Gender, Human Values, Environment & Sustainability and other value framework:

Sr. No.	Course Code	Name of the Course
01.	PEDATC1	Research Process in Physical Education
02.	PEDATC2	Human Performance in Physical Education
03.	PEDATC3	Statistics and Computer Application in Physical Education

Department : *Physical Education*

Programme Name *SCHEME OF SIX WEEK CERTIFICATE COURSE IN*

Academic Year : 2022-23

Courses which focuses on Professional Ethics, Gender, Human Values, Environment & Sustainability and other value framework:

Sr. No.	Course Code	Name of the Course
01.	CPY101	Yogic Science Paper-1
02.	CPY102	Practical Theory Paper- II
03.	CPY103	Performance Evaluation
04.	CPY104	Teaching Skill

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

NCTE

(2022-23) & (2023-24)

DEPARTMENT OF PHYSICAL EDUCATION
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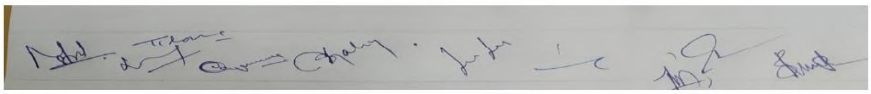
MODEL SYLLABUS STRUCTURE
FOR TWO YEARS B. P. Ed. PROGRAMME
(FOUR SEMESTERS)(CBCS)



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SCHEME OF EXAMINATION B.P.ED. PROGRAMME

SEMESTER – I

Paper	Subject	Total Hours	Credit	Internal	External	Total
	THEORY (400)					
PEBATT1	History, Principles and foundation of Physical Education	4	4	30	70	100
PEBATT2	Anatomy and Physiology	4	4	30	70	100
PEBATT3	Health Education and Environmental Studies	4	4	30	70	100
PEBATP1/ PEBATP2	Officiating &Coaching / Olympic Movement	4	4	30	70	100
	PRACTICAL (400)					
PEBALT1	Track & Field (Running Events)	6	4	30	70	100
PEBALT2	Basketball	6	4	30	70	100
PEBALT3	Kabaddi	6	4	30	70	100
PEBALT4	Mass Demonstration Activities: Dumbbells / Wands / Hoop/Umbrella/Flag hoisting	6	4	30	70	100
	TOTAL	40	32	240	560	800

SEMESTER –II

Paper	Subject	Total Hours	Credit	Internal	External	Total
	THEORY (400)					
PEBBTT1	Yoga Education	4	4	30	70	100
PEBBTT2	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
PEBBTT3	Organization and Administration in Physical Education	4	4	30	70	100
PEBBTP1 / PEBBTP2	Sports Nutrition and Weight Management/ Contemporary issues in Physical Education, fitness and wellness	4	4	30	70	100
	PRACTICAL (300)					
PEBBLT1	Track and Field (Jumping Events)	6	4	30	70	100
PEBBLT2	Yoga	6	4	30	70	100
PEBBLT3	Badminton	6	4	30	70	100
TEACHING PRACTICE (100)						
PEBBLT4	Teaching Practices (05 lessons in class room teaching and 05 lessons in Outdoor activities/Gym.)	6	4	30	70	100
	TOTAL	40	32	240	560	800

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SEMESTER –III

Paper	Subject	Total Hours	Credit	Internal	External	Total
	THEORY (400)					
PEBCTT1	Sports Training	4	4	30	70	100
PEBCTT2	Computer Applications in Physical Education	4	4	30	70	100
PEBCTT3	Sports Psychology and Sociology	4	4	30	70	100
PEBCTP1/ PEBCTP2	Sports Medicine, Physiotherapy and Rehabilitation/ Curriculum Design	4	4	30	70	100
PRACTICAL (300)						
PEBCLT1	Track and Field (Throwing Events)	6	4	30	70	100
PEBCLT2	Football	6	4	30	70	100
PEBCLT3	Volleyball	6	4	30	70	100
TEACHING PRACTICE (100)						
PEBCLT4	Teaching Practice (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)	6	4	30	70	100
	TOTAL	40	32	240	560	800
Note: B. P. Ed. –III Semester students will undergo the internship programme of 45 days from 15th June to 31st July						

SEMESTER –IV

Paper	Subject	Total Hours	Credit	Internal	External	Total
	THEORY (400)					
PEBDTT1	Measurement and Evaluation in Physical Education	4	4	30	70	100
PEBDTT2	Kinesiology and Biomechanics	4	4	30	70	100
PEBDTT3	Research and Statistics in Physical Education	4	4	30	70	100
PEBDTP1/ PEBDTP2	Sports Management / Theory of sports and Game	4	4	30	70	100
PRACTICAL (200)						
PEBDLT1	Kho-Kho	6	4	30	70	100
PEBDLT2	Cricket	6	4	30	70	100
TEACHING PRACTICE (200)						
PEBDLT3	Sports specialization: Coaching lessons Plans (T&F) (Practical 5 lessons)	6	4	30	70	100
PEBDLT4	Games specialization: Coaching lessons Plans (Theory 5 lessons)	6	4	30	70	100
	TOTAL	40	32	240	560	800
		160	128	960	2240	3200

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

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DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION B.P.ED. PROGRAMME

SEMESTER – I

PEBATT1 - **HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION**

Course Objective: This course will enable students to understand the meaning, nature, need and scope of physical education and sports. Study about the scientific principles from various allied subjects in the field of physical education and sports. Describe the national Program of physical education and sports and youth welfare Programmes in the field of physical education and sports; and analyze the historical review of physical education and sports activities of Indian heritage.

Course Outcomes: After completing this course, the students will be able to-

1. Understand the wholesome development of the human being through various theories of physical Education
2. Articulate the scientific relationship of physical Education with other related science.
3. Critically analyze the values of related national programs with sports bodies.
4. Estimate Impact of Olympic movement and international understanding through physical Education and sports.
5. Design the physical education program in comparison with different growth and development.

Unit –I Introduction

Meaning, Definition and Scope of Physical Education.
Aims and Objective of Physical Education.
Importance of Physical Education in present era.
Misconceptions about Physical Education.
Relationship of Physical Education with General Education.
Physical Education as an Art and Science.

Unit-II Historical Development of Physical Education in India

Indus Valley Civilization Period. (3250 BC – 2500 BC).
Vedic Period (2500 BC – 600 BC).
Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD).
Medieval Period (1000 AD – 1757 AD).
British Period (Before 1947).
Physical Education in India (After 1947).
Contribution of IOA.

Unit- III Foundation of Physical Education

Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture.
Modern Olympic Games.
Para Olympic Games.

Unit-IV Principles of Physical Education

Biological - Growth and development.
Age and gender characteristics–
Body Types.
Anthropometric differences.
Psychological -Learning types, learning curve.
Laws and principles of learning.
Attitude, interest, cognition, emotions and sentiments.
Sociological - Society and culture.
Social acceptance and recognition.
Leadership-Social integration and cohesiveness.

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SEMESTER – I
PEBATT2- ANATOMY AND PHYSIOLOGY

Course Objective: The objective of this course is to introduce the students about the Anatomy and Physiology; its importance in the field of physical education and sports. To understand how the structure and function of the body are related to each other. The students will understand the structure and function of various systems of the human body.

Course outcomes: Specific skills and competencies expected of students who complete this course include the following:

1. It is expected that the students will be able to know the importance of Anatomy and physiology in the area of physical education and sport.
2. It is expected that students able to understand about cell, tissue, skeletal system and various types of joints found in the human body.
3. Use correct terminology to discuss the components and functions of blood, as well as the formation and anatomy of blood cells.
4. Identify and explain the structure and functions of each body system.
5. At the end of the semester it is expected that the students will be able to use correct terminology to discuss the anatomical terms.
6. It is expected that the students will be able to understand the anatomy and physiology of Circulatory, Respiratory, Digestive, Excretory, Endocrine and Nervous system for the smooth functioning of human body.
7. It is expected that the students will be able to understand about the structure, composition, properties and functions of skeletal muscles.
8. It is expected that students will be able to understand about importance of physical fitness, warming up, conditioning, fatigue and diet.

UNIT-I

Brief Introduction of Anatomy and physiology in the field of Physical Education.
Importance of Anatomy and Physiology
Introduction of Cell and Tissue.
The arrangement of the skeleton – Function of the skeleton – Ribs and Vertebral column and the extremities.
Joints of the body and their types
Gender differences in the skeleton.
Types of muscles.

UNIT-II

Circulatory system: Constituents of blood and their function –Blood groups, clotting of blood, the structure of the heart, circulation of blood, cardiac cycle, blood pressure, Lymphatic circulation, Cardiac output.
The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.
The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism,
The Excretory system: Structure and functions of the kidneys and the skin.
The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.

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Nervous systems: Parts of the brain, Function of the Autonomic nervous system and Central nervous system. Reflex Action,
Sense organs: A brief account of the structure and functions of the Eye and Ear.

UNIT-III

Definition of physiology and its importance in the field of physical education and sports.
Structure, Composition, Properties and functions of skeletal muscles.
Nerve control of muscular activity: Neuromuscular junction &Transmission of nerve impulse across it.
Fuel for muscular activity
Basic energy requirement for physical activity
Role of oxygen- Oxygen debt, second wind, vital capacity.

UNIT-IV

Effect of exercise and training on cardiovascular system.
Effect of exercise and training on respiratory system.
Effect of exercise and training on muscular system
Physiological concept of physical fitness, warming up, conditioning and fatigue.
Basic concept of balanced diet – Diet before, during and after competition.

References:

Gupta, A. P. (2010). *Anatomy and physiology.* Agra: SumitPrakashan.
Gupta, M. and Gupta, M. C. (1980).*Body and anatomical science.*Delhi: Swaran Printing Press.
Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
Karpovich, P. V. (n.d.). *Philosophy of muscular activity.*London: W.B. Saunders Co.
Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
Moorthy, A. M. (2014). *Anatomy physiology and health education.*Karaikudi: Madalayam Publications.
Morehouse, L. E. & Miller, J. (1967).*Physiology of exercise.* St. Louis: The C.V. Mosby Co.
Pearce, E. C. (1962). *Anatomy and physiology for nurses.*London: Faber & Faber Ltd.
Sharma, R. D. (1979). *Health and physical education,* Gupta Prakashan.
Singh, S. (1979).*Anatomy of physiology and health education.*Ropar: Jeet Publications.

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SYLLABUS OF EXAMINATION B.P.ED. PROGRAMME
SEMESTER – I
PEBATT3- HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Course Objective: The objective of this course is to make teachers capable of imparting basic knowledge about introduce the students about the health and its dimensions, scope, parameters and health problems etc.

Course Outcomes: After completing this course, the students will be able to-

1. The student will be able to identify and synthesize the factors that influence health.
2. The student will be able to recognize the health related problems/challenges in current time and able to apply the preventive measures.
3. The student will be able to understand Personal and Environmental Hygiene for schools
4. The student will be able to understand natural resources and related environmental issues.

Unit – I Health Education

Concept, Dimensions, Spectrum and Determinants of Health
Definition of Health, Health Education, Health Instruction, Health Supervision
Aim, objective and Principles of Health Education
Health Service and guidance 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 Environmental Science

Definition, Scope, Need and Importance of environmental studies.
Concept of environmental education, Historical background of environmental education,
Celebration of various days in relation with environment.
Plastic recycling & probation of plastic bag / cover.
Role of school in environmental conservation and sustainable development.

Unit – IV Natural Resources and related environmental issues:

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

References:

Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
Frank, H. &Walter, H., (1976).*Turners school health education*. Saint Louis: The C.V. Mosby Company.
Nemir, A. (n.d.). The school health education. New York:Harber and Brothers.

Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co

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SYLLABUS OF EXAMINATION B.P.ED. PROGRAMME
SEMESTER – I

PEBATP1 - **OFFICIATING AND COACHING (Elective)**

Course Objective:

To make teachers capable of imparting basic knowledge about rules, officiating and coaching of games and sports. Also develop skills and competencies to organize school and University level games and sports.

Course Outcomes:

1. The students would be oriented with the rules regulations of the indigenous games.
2. The students would be able to understand the role of a coach as a mentor..
3. The students would be able to organize the concerned sports event and officiate in it.
4. The students would be oriented with the qualities and duties of officials.

Unit- I: Introduction of Officiating and coaching

Concept of officiating and coaching
Importance and principles of officiating
Relation of official and coach with management, players and spectators
Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

Duties of coach in general, pre, during and post game.
Philosophy of coaching
Responsibilities of a coach on and off the field
Psychology of competition and coaching

Unit- III: Duties of Official

Duties of official in general, pre, during and post-game.
Philosophy of officiating
Mechanics of officiating – position, singles and movement etc.
Ethics of officiating

Unit- IV: Qualities and Qualifications of Coach and Official

Qualities and qualification of coach and official
General rules of games and sports
Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
Integrity and values of sports

Reference Books:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd.
Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.
Singer, R. N. (1972). *Coaching, athletic & psychology*.New York: M.C. GrawHil

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SEMESTER – I
PEBATP2 - OLYMPIC MOVEMENT (ELECTIVE)

Course Objective:

To make teachers capable of imparting basic knowledge about philosophy of Olympic movements. Also provide knowledge about ethics, different Olympic Games etc. so that the student teacher can cater best knowledge to his or her students in their future endeavours.

Course Outcomes:

1. The students would be oriented with the rules regulations of the indigenous game and Gymnastics.
2. The students would be able to lay out and mark the dimensions of the court.
3. The students would be able to organize the concerned sports event and officiate in it.
4. The students would be oriented in the art of coaching the sports team.

Unit – I Origin of Olympic Movement

Philosophy of Olympic movement
The early history of the Olympic movement
The significant stages in the development of the modern Olympic movement
Educational and cultural values of Olympic movement

Unit – II Modern Olympic Games

Significance of Olympic Ideals, Olympic Rings, Olympic Flag
Olympic Protocol for member countries
Olympic Code of Ethics
Olympism in action
Sports for All

Unit – III Different Olympic Games

Para Olympic Games
Summer Olympics
Winter Olympics
Youth Olympic Games

Unit – IV Committees of Olympic Games

International Olympic Committee - Structure and Functions
National Olympic committees and their role in Olympic movement
Olympic commission and their functions
Olympic medal winners of India

Reference:

- Osborne, M. P. (2004). Magic tree house fact tracker: ancient Greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.
- Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner

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SEMESTER -II

PEBBTT1- YOGA EDUCATION

Course Objectives: This course will enable students to provide theoretical and practical Knowledge, concept about Introduction of yoga. The students will provide theoretical, practical Knowledge and concept about foundation of yoga. The students will provide theoretical and practical Knowledge, concept about Asanas yoga.

Course Outcomes: After completing this course, the students will be able to-

1. Learn about yoga sutra, meaning and concept of yoga.
2. Learn about ashtang yoga.
3. Learn about asnas, pranayam and kriyas

Unit – I: Introduction

Meaning and Definition of Yoga
Aims and Objectives of Yoga
Yoga in Early Upanishads
The Yoga Sutra: General Consideration
Need and Importance of Yoga in Physical Education and Sports

Unit - II: Foundation of Yoga

The Astanga Yoga: Yama, Niyama, Asana, Pranayam, Pratyahara, Dharana, Dhyana and Samadhi
Yoga in the Bhagavad-Gita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit - III Asanas

Effect of Asanas and Pranayam on various system of the body
Classification of Asanas with special reference to physical education and sports
Influences of relaxive, meditative posture on various system of the body
Types of Bandhas and mudras
Type of kriyas

Unit – IV Yoga Education

Basic, applied and action research in Yoga
Difference between yogic practices and physical exercises
Yoga education centres in India and abroad
Competitions in Yogasanas

References:

Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala:Kaixydahmoe.
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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गुरु घासीदास विश्वविद्यालय
बिलासपुर (छ.ग.)

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

PEBBTT2 - EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

Course Objectives:-After completing the course the students will be able to explain the meaning, nature and scope of ET and its importance in Physical Educational, explain different modalities of teaching and designing instructional system. The students will apply Educational Technology in formal, non-formal, informal including open and distance education system, define and explain models of teaching and its application. The students will be able to develop instructional systems and design instructional strategies by different teaching methods.

COURSE OUTCOMES:- The Learning Outcomes of this subject are:–

1. To understand the role of Educational Technology in modern Physical educational practices.
2. To be acquainted with the approaches and components of Educational Technology.
3. To understand the stages, levels and maxims of teaching.
4. To keep abreast with different innovations in Educational Technology and try them out for improving teaching learning.
5. To deliver the lessons of physical education skillfully and successfully.
6. To understand the importance and types of teaching methods and techniques with its devices to teach various aspects of Physical Education skillfully.
7. To equip with the skills of advanced Teaching Aids for conduct of physical education program effectively.
8. To be proficient in construction of Lesson Plans for various Physical Education activities.
9. To gain the knowledge of classifying the types of presentation-techniques and technical preparations required for physical education lessons.
10. To understand the principles of class management and factors affecting class management.

Unit – I Introduction
Education and Education Technology- Meaning and Definitions
Types of Education- Formal, Informal and Non- Formal education.
Educative Process
Importance of Devices and Methods of Teaching.

Unit – II Teaching Technique
Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
Teaching Procedure – Whole method, whole – part – whole method, part – whole Method.
Presentation Technique – Personal and technical preparation
Command- Meaning, Types and its uses in different situations.

Unit – III Teaching Aids
Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc
Team Teaching – Meaning, Principles and advantage of team teaching.
Difference between Teaching Methods and Teaching Aid.

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Unit – IV Lesson Planning and Teaching Innovations
Lesson Planning – Meaning, Type and principles of lesson plan.
General and specific lesson plan.
Micro Teaching – Meaning, Types and steps of micro teaching.
Smart Class Room Teaching-Meaning, Guidelines and Benefits.

Reference:
Singh, M.K.(2015).Skill of Teaching in Physical Education. Germany: LAMBERT Academic Publishing.
Bhardwaj, A. (2003). *New media of educational planning*. NewDelhi:Sarup of Sons.
Bhatia,& Bhatia,(1959). *The principles and methods of teaching*.New Delhi: Doaba House.
Kochar, S.K. (1982). *Methods and techniques of teaching*.New Delhi: Sterling Publishers Pvt. Ltd.
Sampath, K.,Pannirselvam, A. &Santhanam, S. (1981). *Introduction to educational technology*.New Delhi: Sterling Publishers Pvt. Ltd.
Walia, J.S. (1999). *Principles and methods of education*.Jullandhar:Paul Publishers

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SEMESTER -II

PEBBTT3 - ORGANZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Course Objective: This course will enable students to understand the organization and administrations. To understand knowledge of basics of Office Management, Record, Register & Budget, Facilities, & Time-Table Management. Focuses on Competition Organization and planning

Course Outcomes: After completing this course, the students will be able to-

1. Understand and to imply the Organization and administration in sports.
2. Get equipped with the knowledge Office Management, Record, Register & Budget, Facilities, & Time-Table Management.
3. Guide for organize and planning tournaments.

Unit – I Organization and administration

Meaning and importance of Organization and Administration in physical education
Qualification and Responsibilities of Physical Education teacher and pupil leader
Planning and their basic principles,
Program planning: Meaning, Importance, Principles of program planning in physical education.
Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit- II Office Management, Record, Register & Budget

Office Management: Meaning, definition, functions and kinds of office management
Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
Budget: Meaning, Importance of Budget making,
Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III Facilities, & Time-Table Management

Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
Equipment: Need, importance, purchase, care and maintenance.
Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit-IV Competition Organization

Importance of Tournament,
Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
Organization structure of Athletic Meet
Sports Event Intramurals & Extramural Tournament planning

References:

Broyles, F. J. &Rober, H. D. (1979).*Administration of sports, Athletic programme: AManagerial Approach.* New York: Prentice hall Inc.
Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme.*St.Lolis: The C.V. Hosby Co.
Kozman, H.C. Cassidly, R. & Jackson, C. (1960).*Methods in Physical Education.*London:W.B. Saunders Co.
Pandy, L.K. (1977). *Methods in Physical Education.*Delhe: Metropolitan Book Depo.
Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education.*Amaravati:Shakti Publication.
Thomas, J. P.(1967). *Organization & administration of Physical Education.*Madras:Gyanodayal Press.
Tirunarayanan, C. &Hariharan, S. (1969). *Methods in Physical Education.*Karaikudi: SouthIndia Press.

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SEMESTER -II

PEBBTP1- SPORTS NUTRITION AND WEIGHT MANAGEMENT (ELECTIVE)

Course Objectives: - Students will demonstrate knowledge of energy balance in weight management; effects of diet and exercise on body composition and health; nutritional factors in the female athlete triad, eating disorders; misconceptions of inappropriate weight loss methods; calories per nutrient (food) and nutritional ergogenic aids.

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

1. Understand the fundamentals of weight loss (calories, protein, carbs, fat & more)
2. Create a diet plan that is perfect for your needs and lifestyle
3. Learn when, what and how much you should eat for optimal fat loss
4. Develop healthy eating habits
5. Avoid weight loss scams and useless supplements
6. Stay motivated for long term results.
7. Describe the importance of daily nutrition in exercise performance.
8. Explain what to eat before, during, and after exercise training or competition

Unit – I Introduction to Sports Nutrition

Meaning and Definition of Sports Nutrition
Basic Nutrition guidelines
Role of nutrition in sports
Factors to be considered for developing nutrition plan

Unit – II Nutrients: Ingestion to energy metabolism

Carbohydrates, Protein, Fat – Meaning, classification and its function
Role of carbohydrates, Fat and protein during exercise
Vitamins, Minerals, Water – Meaning, classification and its function
Role of hydration during exercise, water balance, Nutrition – daily caloric requirement and expenditure.

Unit – III Nutrition and Weight Management

Meaning of weight management, Concept of weight management in modern era, Factor affecting weight management and values of weight management
Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction.
Dieting versus exercise for weight control, Common Myths about Weight Loss.
Obesity – Definition, meaning and types of obesity.
Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit – IV Steps of planning of Weight Management

Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight.
Balanced diet for Indian School Children, 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.

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PEBBTP2 - CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS ANDWELLNESS (ELECTIVE)

Course Objectives:-The objective of this course is to provide a clear understanding of contemporary issues in physical education fitness and wellness knowledge to the students. This course will also provide the knowledge to students about of various contemporary and current issues related to fitness, wellness and lifestyle.

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 hypo kinetic diseases and their prevention and management.
4. Understand different principles of exercise program.
5. Provide guidelines for health and safety measures in daily life.
6. Understand first aid and emergency care

Unit – I Concept of Physical Education and Fitness

Definition, Aims and Objectives of Physical Education, Fitness.
Importance and Scope of fitness.
Physical Education and its Relevance in Inter Disciplinary Context.
Concept of Fitness and Wellness in sedentary population.

Unit – II Fitness, Wellness and Lifestyle

Fitness – Types of Fitness and Components of Fitness
Understanding of Wellness.
Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management.
Fitness and Health benefits.

Unit – III Principles of Exercise Program

Means of Fitness development – aerobic and anaerobic exercises.
Exercises and Heart rate Zones for various aerobic exercise intensities.
Concept of free weight Vs Machine, Sets and Repetition etc.
Concept of designing different fitness training program for different age group.

Unit – IV Safety Education and Fitness Promotion

Health and Safety in Daily Life.
First Aid and Emergency Care.
Prevention of Hypo-kinetic Disease for healthy and safety life.
Pregnancy and exercise.

References:

Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.
Giam, C.K &The, K.C. (1994). *Sport medicine exercise and fitness.* Singapore: P.G. Medical Book.
Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.
Rani, R. (2018). Physical Fitness and Wellness: Friends Publications, Delhi. ¬Rath, S.S. (2019). Physical Fitness and Wellness: Sports publications, New Delhi. ¬ Sharkey, B.J.(1990).Physiology of fitness: Human Kinetics Book. ¬ Singh, T.N. (2017). Contemporary Issues in Physical Education, Fitness and Wellness: Friends Publications, Delhi. ¬ Singh, T.N. (2017). Fitness and life style Management: Friends Publications, Delhi. ¬ Uppal, A.K. and Dhankhar, A. (2019). Wellness and Fitness: Friends Publications, Delhi

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SEMESTER – III

PEBCTT1 - SPORTS TRAINING

Course Objective: This course will enable students to know 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 periodized sports training practices for efficient sports performance.

Course Outcomes: After completing this course, the students will be able to-

1. Understand scientific sports training means and methods patterns.
2. Understand importance of training load, adaptation, and recovery to improve sports. Performance Enhance understanding about tailor-made diagnostic means and methods to develop motor components.
3. Encourage effective sports training formulation and regulation with correct feedback.

Unit – I Introduction to Sports Training
Meaning and Definition of Sports Training
Aim and Objective of Sports Training
Principles of Sports Training
System of Sports Training – Basic Performance, Good Performance and High Performance Training

Unit – II Training Components
Strength – Mean and Methods of Strength Development
Speed – Mean and Methods of Speed Development
Endurance - Mean and Methods of Endurance Development
Coordination – Mean and Methods of coordination Development
Flexibility – Mean and Methods of Flexibility Development

Unit – III Training Process
Training Load- Definition and Types of Training Load
Adaptation-Meaning and Process of Adaptation
Technical Training – Meaning and Methods of Technique Training
Tactical Training – Meaning and Methods of Tactical Training

Unit – IV Training programming and planning
Periodization – Meaning and types of Periodization
Aim and Content of Periods – Preparatory, Competition, Transitional etc.
Planning – Training session
Talent Identification and Development

Reference:

Dick, W. F. (1980).*Sports training principles*. London: Lepus Books.
Harre, D.(1982).*Principles of sports training*.Berlin: Sporulated.
Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2ndEdn.
Matvyew, L.P. (1981).*Fundamental of sports training*.Moscow: Progress Publishers.
Singh, H. (1984).*Sports training, general theory and methods*.Patials: NSNIS.
Uppal, A.K., (1999).*Sports Training*.New Delhi: Friends Publication.

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SEMESTER – III

BEBCTT2 - COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Course Outcomes: This course will enable students to understand the concept of computer Application.

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

1. Understand and to imply the basics of computer.
2. Get equipped with the knowledge of various application software.

Unit – I: Introduction to Computer
Meaning, need and importance of information and communication technology (ICT).
Application of Computers in Physical Education
Components of computer, input and output device
Application software used in Physical Education and sports

Unit – II: MS Word
Introduction to MS Word
Creating, saving and opening a document
Formatting Editing features Drawing table, page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit – III: MS Excel
Introduction to MS Excel
Creating, saving and opening spreadsheet
Creating formulas
Format and editing features adjusting columns width and row height understanding charts.

Unit – IV: MS Power Point
Introduction to MS Power Point
Creating, saving and opening a ppt. file
Format and editing features slide show, design, inserting slide number picture, graph, table
Preparation of Power point presentations

Referances:
Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
Marilyn, M.& Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: Prentice Hall.
Milke, M.(2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.
Sinha, P. K. &Sinha, P. (n.d.).*Computer fundamentals*.4th edition, BPB Publication.

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PEBCTT3 - SPORTS PSYCHOLOGY AND SOCIOLOGY

Course Objective: This course will enable students to understand the concept, basics theory and methodology of sports psychology and sociology as well. The knowledge of basics of Sports Psychology theory will establish the foundation from which Mental Training and Mental Readiness can be developed among Athletes. It also focuses on applied aspect of mental health or psychopathology which also provides scientific approach that guides the athletes to give good performance.

Course Outcomes: After successfully completing this course the student will be able to:-

1. Sports psychology teach skills and techniques to athletes that enhance their motor skills and learning processes, help them cope better with competitive pressure and anxiety, fine-tune the level of awareness that they need for optimal performance and to not lose focus amidst distractions and in a competitive environment.
2. Understand and to imply the concepts of sports psychology and sociology in various sports and games.
3. Get equipped with the knowledge of various psychological skills in improvement of performance.

Unit -I: Introduction

Meaning, Importance and scope of Educational and Sports Psychology
General Characteristics of Various Stages of growth and development
Types and nature of individual differences; Factors responsible –Heredity and environment
Psycho-sociological aspects of Human behaviour in relation to physical education and sports

Unit-II: Sports Psychology

Nature of learning, theories of learning, Laws of learning,
Plateau in Learning; & transfer of training
Meaning and definition of personality, characteristics of personality,
Dimension of personality, Personality and Sports performance
Motivation: types, theories and dynamics.
Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.

Unit-III: Relation between Social Science and Physical Education

Orthodoxy, customs, Tradition and Physical Education.
Festivals and Physical Education.
Socialization through Physical Education.
Social Group life, Social conglomeration and Social group, Primary group and Remote group.

Unit-4 Culture: Meaning and Importance

Features of culture, Importance of culture.
Effects of culture on people life style.
Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method.

References:

Ball, D. W. & Loy, J. W. (1975).Sport and social order; Contribution to the sociology of sport.London: Addison Wesley Publishing Co., Inc.
Blair, J.& Simpson, R.(1962). Educational psychology, New York:McMillan Co.
Cratty, B. J.(1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi:Metropolitan Book Co.

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SEMESTER – III

PEBCTP1 - SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)

Course Objective: This course will enable students to understand the basic concept of sports medicine, physiotherapy, therapeutic exercises, massage and its manipulations, sports injuries and their rehabilitation. To understand each topic at a fairly understandable level to the students at this stage. Each concept has been explained through examples and application oriented problems.

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

1. Describe the importance of sports medicine, physiotherapy and rehabilitation.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Understand the effect and use of various therapies.
4. Recognize the type of therapeutic exercise for better movements.
5. Care the athlete in a very effective manner

Unit-I: - Sports Medicine:

Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
Prevention of injuries in sports - Common sports injuries - Laceration, Blisters,Contusion, Strain, Sprain, Fracture, Dislocation and Cramps.
First Aid
Bandages - Types of Bandages - trapping and supports.

Unit-II: Physiotherapy & Modalities

Definition - Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy - infrared rays -Ultraviolet rays - Short Wave Diathermy - Ultrasonic Rays.

Unit-III: Hydrotherapy: Modalities

Introduction and demonstration of treatments of Cryo therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation, Physiological Effect of Massage.

Unit-IV: Therapeutic Exercise:

Definition and Scope – Principles of Therapeutic Exercise - Classification, Effects and uses of Therapeutic exercise - passive Movements (Relaxed, Forced and passive - stretching) - active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise - Shoulder, Elbow - Wrist and Finger Joints - Hips, Knee, ankle and Foot joints - Trunk. Head and Neck exercises.

References:

Christine, M. D., (1999). *Physiology of sports and exercise*.USA: Human Kinetics.
Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
David, R. M. (2005).*Drugs in sports,* (4th Ed). Routledge Taylor and Francis Group.
Hunter, M. D. (1979). A *dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger.
Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi:Lucky Enterprises.
Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. Philadelphia:W.B. Saunders Co.
Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub.
Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

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SEMESTER – III

PEBCTP2 - CURRICULUM DESIGN (Elective)

Course Objective: This course will enable students to know the concept of curriculum; students will be able to understand the mechanics of curriculum planning.

Course Outcomes: After completing this course, the students will be able to-

1. Understand and to implement the curriculum.
2. To enhance the knowledge of basic guideline for curriculum.
3. To understand the mechanics of curriculum planning

UNIT-I Modern concept of the curriculum

Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development.
Factors affecting curriculum - Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours.
National and Professional policies, Research finding

UNIT-II Basic Guide line for curriculum construction; contest (selection and expansion).

Focalization
Socialization
Individualization
Sequence and operation
Steps in curriculum construction.

UNIT-III Curriculum-Old and new concepts, Mechanics of curriculum planning.
Basic principles of curriculum construction.
Curriculum Design, Meaning, Importance and factors affecting curriculum design.
Principles of Curriculum design according to the needs of the students and state and national level policies.
Role of Teachers

UNIT-IV Under-graduate preparation of professional preparation.
Areas of Health education, Physical education and Recreation.
Curriculum design-Experience of Education, Field and Laboratory.
Teaching practice.
Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Reference:

Barrow, H. M. (1983). Man and movement: principles of physical education. Philadelphia: Lea and Febiger.
Bucher, C. A. (1986). Foundation of physical education: St. Louis: The C. V. Mosby & Company. Cassidy, R. (1986). Curriculum development in physical education. New York: Harper & Company. Cowell, C.C. & Hazelton, H.W. (1965). Curriculum designs in physical education. Englewood Cliffs: N.J. prentice Hall Inc.
Larson, L.A. (n.d.). Curriculum foundation in physical education. Englewood Cliffs:N.J. Prentice Hall Inc.

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SEMESTER – IV

PEBDTT1 - MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Course Objectives: Objectives of the course is to enable the students to understand the meaning, nature, need and scope of the testing procedure to find the performance of the sports persons.
Course Outcomes: After completing this course, the 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 12Minute'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 to Test & Measurement & Evaluation

Meaning and definition of Test, Measurement & Evaluation in Physical Education
Need & Importance of Test & Measurement & Evaluation in Physical Education
Principles of Evaluation

Unit- II Criteria; Classification and Administration of test

Criteria of good Test
Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
Type and classification of Test
Administration of test, advance preparation – Duties during testing – Duties after testing.

Unit- III Physical Fitness Tests

AAHPER youth fitness test
National physical Fitness Test
Indiana Motor Fitness Test
JCR test

Unit- IV Sports Skill Tests

Lockhart and McPherson badminton test
Johnson basketball test
McDonald soccer test
Brady volleyball test

References:

Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark.
Barron, H. M., & McGhee, R. (1997).*A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
Kansal, D.K. (1996).*Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.

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SEMESTER – IV

PEBDTT2 - KINESIOLOGY AND BIOMECHANICS

Course Objective: The objectives of this course are to expose the students to analyse human movement anatomically and mechanically, and provide guidance in the application of mechanical principles and its implications in Physical Education and sports etc.

Course outcomes: Specific skills and competencies expected of students who complete this course include the following:

1. In this unit at 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. It is expected that the students will be able to understand about the structure, composition, properties and functions of skeletal muscles.
3. It is expected that the students will be able to use correct terminology to discuss the anatomical terms of location structure of the human body.
4. It is expected that the students will be able to able to demonstrate and apply basic mechanical and physics principles to human movements.
5. It is expected that the students will be able to gain the ability to describe the fundamental movements in relation with mechanics and justify the efficiency of it.
6. It is expected that the students will be able to identify the relationship between anatomical structure, physiological function, and mechanical principles in relation to the performance of basic and complex motor skills.
7. 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 to Kinesiology and Sports Biomechanics

Definition of Kinesiology and Sports Biomechanics
Importance of Kinesiology and Sports Biomechanics in Physical Education
Fundamental movements
Axes and Planes
Centre of gravity and line of gravity
Equilibrium and its factors
Work, Power and Energy

UNIT- II Kinesiological basis of muscular-skeletal system and neuro-muscular concept

Cartilage, ligament, tendon and bone
Joints and its classification
Axial and appendicular skeleton
Muscles and its types
Skeletal muscle, muscular contraction and angle of pull
Major muscles of upper extremity and its action
Major muscles of lower extremity and its action
All or none law
Reciprocal innervations or inhibition

UNIT-III Application of mechanical principles

Motion, its types and its application in sports activities
Newton's laws of motion and its application in sports activities

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Force, its types and its application in sports activities
Lever and its types and its application to human body
Linear Kinematics: Distance and Displacement, Speed and Velocity, Acceleration
Vectors and Scalars
Angular Kinematics: Angular Distance and Displacement, Angular Speed and Velocity, Angular Acceleration
Liner Kinetics: Inertia, Mass, Momentum, Friction
Angular Kinetics: Moment of Inertia, Couple, Stability
Projectile and Factors affecting projectile

UNIT-IV Application of kinesiology in daily life skill

Sitting and Standing,
Walking
Running
Ascending and descending from stairs
Catching
Throwing
Stooping

REFERENCES

Broer, M.R. Efficiency of Human Movement (Philadelphia: W.B. Saunders Co., 1966)

Cooper, John M. and Glassgow, R.B. Kinesiology (St. Louis: C.V. Mosby Co., 1963)

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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)

Uppal, A.K. Lawrence Mamta MP Kinesiology (Friends Publication India 2004)

Wells K.P. Kinesiology (Philadelphia: W.B. Saunders Co. 1966)

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SYLLABUS OF EXAMINATION B.P.ED. PROGRAMME
SEMESTER – IV

PEBDTT3 - RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

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

Course Outcomes: At the end of the course, it is expected that the students will be able to:

1. To understand research process,
2. Students will also be able to analyse the basic models of statistical tools.

Unit-I Introduction to Research

Definition of Research
Need and importance of Research in Physical Education and Sports.
Scope of Research in Physical Education & Sports.
Classification of Research

Unit-II Survey of Related Literature

Need for surveying related literature.
Importance for surveying related literature.
Literature Sources, Library Reading
Research Proposal- Meaning, Need and Importance
Preparation of Research proposal / project.

Unit-III Basics of Statistical Analysis

Statistics: Meaning, Definition, Nature and Importance
Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution,
Construction of Tables
Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve.
Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit- IV Statistical Models in Physical Education and Sports

Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition,
Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
Measures of Variability: Meaning, importance, computing from group and ungroup data.
Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

Best, J.W. (1963).*Research in education*. U.S.A.: Prentice Hall.
Bompa, T. O. &Haff, G. G. (2009).*Periodization: theory and methodology of training, 5th ed.* Champaign, IL: Human Kinetics.
Brown, L. E., &Ferrigno, V. A. (2005). Training for speed, agility and quickness, 2nd ed. Champaign, IL: Human Kinetics. 2 years B.P.Ed Curriculum | **43**
Brown, L.E. & Miller, J., (2005).*How the training work*. In: Training Speed, Agility, and Quickness. Brown, L.E. &Ferrigno, V.A &Ferrigno, V.A., eds. Champaign, IL: Human Kinetics.
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Oyster, C. K., Hanten, W. P., &Llorens, L. A. (1987).*Introduction to research: A guide for the health science professional.* Landon: J.B. Lippincott Company.

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SEMESTER – IV

PEBDTP1 - SPORTS MANAGEMENT (ELECTIVE)

Course Objectives: This course will enable students to understand the concept of sports management, essential skills of sports management in physical education and sports. To understand each topic at a fairly understandable level to the students at this stage. Each concept has been explained through examples and application oriented problems.

Course Outcomes: After completing this course, the students will be able to-

1. Understand the concept of management in physical education and sports.
2. Describe the various functions of management and hence enhance the employability skills.
3. Analyze the concept of administration and supervision.
4. Explain the importance and maintenance of facilities, equipment and records.
5. Prepare the financial budget for physical education & sports.

Unit-I

Nature and Concept of Sports Management.
The purpose and scope of Sports Management.
Essential skills of Sports Management.
Qualities and competencies required for the Sports Manager.
Principle of sports management

Unit-II

Meaning and Definition of leadership
Leadership style and method. Elements of leadership.
Forms of Leadership- Autocratic, Laissez-faire, Democratic, Benevolent Dictator
Qualities of administrative leader.
Preparation of administrative leader.
Leadership and Organizational performance

Unit-III

Sports Management in Schools, colleges and Universities.
Factors affecting planning
Planning a school or college sports programme.
Directing of school or college sports programme.
Controlling a school, college and university sports programme.
Developing performance standard
Establishing a reporting system
Evaluation
The reward/punishment system

Unit-IV

Financial management in Physical Education & sports in schools, Colleges and Universities.
Budget– Importance, Criteria of good budget, Steps of Budget making, Principles of budgeting.

REFERENCES:

Ashton, D. (1968).*Administration of physical education for women*. New York: The Ronal Press Cl.
Bucher, C.A. *Administration of physical education and athletic programme.*7th Edition, St. Louis: The C.V. Mosby Co.
Daughtrey, G. & Woods, J.B. (1976).*Physical education and intramural programmes, organisation and administration.* Philadelphia U.S.A. : W.B. Sounders Cp.

Earl, F. Z,& Gary, W. B. (1963).*Management competency development in sports and physicaleducation*. Philadelphia: W. Lea and Febiger.

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SEMESTER – IV

PEBDTP2 - THEORY OF SPORTS AND GAMES (ELECTIVE)

Course Objectives: The objectives of this course are to expose the students to the history of sports and games, to make familiar them with physical fitness components.

Course Outcomes: At the end of the course, it is expected that the students will be able to:
1. To understand the history and theory of sports and games.
2. Students will also be able to analyse the scientific principles of coaching.
3. Students will also be able to understand about the ground preparation, dimensions and marking
4. Students will also be able to understand about the Standard equipment and their specifications.
5. Students will know about the ethics of sports and sportsmanship.

UNIT-I INTRODUCTION
General Introduction of specialized games and sports–
Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga.
Each game or sports to be dealt under the following heads
History and development of the Game and Sports
Ground preparation, dimensions and marking
Standard equipment and their specifications
Ethics of sports and sportsmanship
UNIT-II Scientific Principles of coaching: **(particular sports and game specific)**
Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance And Newton's Law of motions.
Force – Friction, Centripetal and Centrifugal force, Principles of force.
Equilibrium and its types
Lever and its types
Sports Training – Aims, Principles and characteristics.
Training load – Components, Principles of load, Over Load (causes and symptoms).

UNIT-III Physical fitness components: (particular sports and game specific)
Speed and its types, Strength and its types, Endurance and its types, Flexibility and its types Coordinative ability and its types, Training methods: - Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)

UNIT-IV Conditioning exercises and warming up.
Concept of Conditioning and warming up.
Role of weight training in games and sports.
Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition).
Recreational and Lead up games
Strategy – Offence and defense, Principles of offence and defense.
References:
Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
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SYLLABUS OF PRACTICAL EXAMINATION B. P. ED. PROGAMME

Part – B
Practical Courses
Semester – I

PEBALT1

Track and Field:

Types of Races- Short distance, medium distance, long distance
Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
Finishing Techniques: Run Through, Forward lunging, Shoulder Shrug
Track Marking, Rules and Officiating
Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques. Types of Hurdles race
Relays: Fundamental Skills, various patterns of Baton Exchange Understanding of Relay Zones

PEBALT2

Basket ball: Fundamental Skills
Player stance and ball handling
Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.
Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble. Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hookshot, Free throw. Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization. Individual Defensive-Guarding the man with the ball and without the ball. Pivoting. Rules and their interpretations and duties of the officials.

PEBALT3

Kabaddi: Fundamental Skills
oSkills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
oSkills of Holding the Raider-Various formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
oAdditional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
oGround Marking, Rules and Officiating

PEBALT4

Mass Demonstration

Dumbells/ Wands/ Hoop/ Umbrella/ Tipri: Fundamentals skills
Apparatus/ Light apparatus Grip, Attention with apparatus/ Light apparatus, Stand – at – ease with apparatus/ ligfht apparatus, Exercise with verbal command,drum, whistle and music – Two count, Four count, Eight,count and Sixteen count, Standing Exercise Jumping Exercise, Moving Exercise,Combination of above all.

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Semester – II

PEBBLT1

Track and Field
Athletics: Jumping Events
High Jump (Straddle Roll) -Approach Run, Take off, Clearance over the bar.
Measurement, Rules and Officiating
Equipment's, placement of equipment's

PEBBLT2
Yoga:
Surya Namaskara,
Pranayam
Corrective Asanas
Kriyas
Asanas
· Sitting
· Standing
· Laying Prone Position,
· Laying Spine Position

PEBBLT3

Badminton: Fundamental Skills
Racket parts, Racket grips, Shuttle Grips.
The basic stances.
The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and Underarm
Drills and lead up games
Types of games-Singles, doubles, including mixed doubles.
Rules and their interpretations and duties of officials.

PEBBLT4

Teaching practices:
10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.Ed course.

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Semester – III

PEBCLT1

Track and field's (Throwing Events)
Discus Throw, Javelin, Hemmer throw, shot-put
Basic Skills and techniques of the Throwing events
Ground Marking / Sector Marking
Interpretation of Rules and Officiating.
Grip
Stance
Release
Reserve/ (Follow through action)
Rules and their interpretations and duties of officials

PEBCLT2

Football: Fundamental Skills
Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
Trapping-trapping rolling the ball, trapping bouncing ball with sole
Dribbling-With instep, inside and outer instep of the foot.
Heading-From standing, running and jumping.
Throw in
Feinting-With the lower limb and upper part of the body.
Tackling-Simple tackling, Slide tackling.
Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

PEBCLT3

Volleyball: Fundamental Skills
Players Stance-Receiving the ball and passing to the team mates,
The Volley (Over head pass),
The Dig (Under hand pass).
Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
Rules and their interpretations and duties of officials.

PEBCLT4

Teaching practices:
10 teaching lesson plans for Racket Sport/ Team Games/ Indigenous Sports out of which 5 lessons internal and 5 lessons external at school.

Internship program: It was resolved in the Board of Studies Meeting (BOS) that as per NCTE norms every student of B.P.Ed. –III Semester is supposed to go through the internship programme of 45 days from 15th June to 31st July. It is compulsory for all the students to go through the internship program.

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Semester – IV

PEBDLT1
Kho-Kho:
General skills of the game-Running, chasing, Dodging, Faking etc.
Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the Inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in Giving Kho, Rectification of Foul.
Skills in Running-Zigzag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
Ground Marking
Rules and their interpretations and duties of officials.

PEBDLT2
Cricket: Fundamental Skills
Batting-Forward and backward defensive stroke
Bowling-Simple bowling techniques
Fielding-Defensive and offensive fielding
Catching-High catching and Slip catching
Stopping and throwing techniques
Wicket keeping techniques

PEBDLT3
Sports Specialization: Track and field
(4 internal lessons and 1 final external lesson on the students of as a sports specialization of any discipline mentioned above.)

PEBDLT4
Games Specialization: Athletics, Kabaddi, Kho- kho, Cricket, Football, Volleyball, Basketball, Badminton, Yoga, Hockey, Handball

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CURRICULUM FRAMEWORKTWO-YEAR M.P.ED. PROGRAMME

NCTE

(2022-23) & (2023-24)

DEPARTMENT OF PHYSICAL EDUCATION
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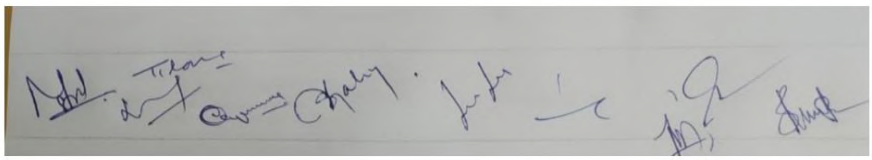
MODEL SYLLABUS STRUCTURE
FOR TWO YEARS M. P. Ed. PROGRAMME
(FOUR SEMESTERS)(CBCS)



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DEPARTMENT OF PHYSICAL EDUCATION
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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**

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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.

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester-I
Theory Courses
PEMATT1 - RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

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

UNIT III –Developing the Research Problem
Identifying the Research Problem -Locating the Research Problem,
Criteria in Selecting the Research Problem
Meaning, Types and Formulation of Research Hypothesis
Limitations and Delimitations
Needs of Significance of the Study
Survey of Related literature (Need, Purpose and its types)
Sampling and its types- Probability and Non- Probability Sampling Techniques
UNIT IV – Ethical Issues in Research and Scholarship

Areas of Scientific Dishonesty
Ethical issues regarding copyright
Working with faculty
Protecting Human Participants
UNIT V – Research Proposal and Report
Basic writing Guidelines
Thesis and Dissertation format
Method of Writing Research proposal
Mechanics of writing Research Report
Method of writing abstract and full paper
Making Oral and Poster Presentations

REFERENCE :
Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, LondonlRoutledge Press
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi
Moses, A. K. (1995) Thesis Writing Format, Chennai; PoompugarPathippagam
Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
Subramanian, R, Thirumalai Kumar S &Arumugam C (2010) Research Methods in Health,Physical Education and Sports, New Delhi; Friends Publication
Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, NewDelhi.

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गुरु घासीदास विश्वविद्यालय
बिलासपुर (छ.ग.)

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M. P. ED. PROGRAMME
Semester-I
PEMATT2 - PHYSIOLOGY OF EXERCISES

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.
Propioception and kinesthesis. 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.

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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.

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester-I
PEMATT3 - Yogic Sciences

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, Aasna, Pranayam, Prathyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing – Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Diet – Age– Sunbathing.

Unit II – Aasanas 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 –Dhati – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit IV – Mudras
Meaning, Techniques and Benefits of Gyan Mudra, Shoonya Mudra, Apaan Mudra, Prana Mudra, Vayu Mudra,Pritibhi Mudra, Varun Mudra, Surya Mudra,Ling Mudra: Meaning, Techiques and Benefits of Meditation.

Unit V – Yoga and Sports
Yoga Supplemental Exercise – Role of Yoga in Psychological Preparation of Athlete: Mental Welbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.
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 YogacPractices.Lonavata: KanchanPrkashan.
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) PatanjalYogasutraBhashya (Marathi Edition) Amravati: Hanuman VyayamPrasarakMandal
Kenghe.C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai.
Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
Moorthy A.M. &Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
Swami SatyananadaSarasvati. (1989), Asana Pranayama Mudra Bandha.Munger: Bihar School of Yoga.
Swami SatyanandaSaraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester-I

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

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

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester-I
PEMATP2 - SPORTS TECHNOLOGY (Elective)

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, closedcelland 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.Artificialturf.Modern technology in theconstruction 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: JaicoPublisher.

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

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester- II
Theory Courses

PEMBTT1 - APPLIED STATICTICS IN PHYSICAL EDUCATION AND SPORTS

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 form 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.

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SYLLABUS OF EXAMINATION M.P. ED. COURSE
Semester -II

PEMBTT2 - SPORTS BIOMECHANICS AND KINESIOLOGY

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 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
Methods of determining center of gravity in human body

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)

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester- II

PEMBTT3 - ATHLETIC CARE AND REHABILITATION

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.l. (1965) Corrective Physical education, London: W.B. Saunders & Co.

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

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester- II
PEMBTP1 - SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (Elective)

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 becomes 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,

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Semester- II

PEMBTP2 - SPORTS JOURNALISM AND MASS MEDIA (Elective)

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,.
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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

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

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

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

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 injures.

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

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester- III
PEMCTT3 - HEALTH EDUCATION AND SPORTS NURTITION

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.

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester- III
PEMCTP1 - PHYSICAL FITNESS AND WELLNESS (Elective)

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.

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GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester- III
PEMCTP2 - SPORTS ENGINEERING (Elective)

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, refurnish, 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

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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**

DEPARTMENT OF PHYSICAL EDUCATION
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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester- IV

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

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
Visual Classroom

REFERENCES:

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Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
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ITL Education Solution Ltd. Introduction to information Technology, Research and Development
Pradeep K. Sinha&Priti; Sinha, Foundations computing BPB Publications -2006.
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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester-IV

PEMDTT2 - SPORTS PSYCHOLOGY

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 ideasin 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 toanalyse 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:

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New Delhi: National Council of Educational Research and Training Publication.

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Ed.

John D Lauther (2000) Psychology of Coaching.NerJersy: Prenticce Hall Inc.

John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

MiroslawVauks& 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.

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DEPARTMENT OF PHYSICAL EDUCATION
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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester IV

PEMDTT3 - JOURNALISM AND MASS COMMUNICATION IN SPORTS

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.

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester IV

PEMDTP1 - EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION

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.

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- Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi :Doaba House), 1959. Communication and Education, D. N. Dasgupta, Pointer Publishers
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- Essentials of Educational Technology, MadanLal, Anmol Publications
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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester IV
PEMDTP2 - DISSERTATION

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.

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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester I
Practicum Course
PEMALT1 - TRACK AND FIELD-I
(RUNNING EVENTS)

Field Marking for all jumping events in a project form with performance testing

Running

- Fundamental skills –Short and Middle distance.
- Use of Starting blocks- stance on the blocks.
- Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.
- Advanced Skills Various techniques of sprint start: Bullet start, standing start
- Active game practice

Semester I
Practicum Course
PEMALT2 - PRACTICAL SPORTS SCIENCES

(Two practical for each subject)

Practical of Sports Psychology

- Competitive Behaviour
- Motivation Inventory
- Personality Test
- Emotional Intelligence
- Anxiety
- Sportsman Spirit

Physiology of Exercise

- Assessment of Cardio respiratory fitness- Harvard Step test, Coopers 12 min run walk test
- Assessment of Physiological Parameters- Heart Rate, Respiratory Rate and Blood Pressure
- Calculation of Target Heart Rate
- Assessment of Muscular Strength / Endurance- Back and Leg Dynamometer, Hand- Grip Dynamometer
- Assessment of Flexibility- Sit &Reach Flexibility Test

Sports Biomechanics and Kinesiology

- Location of Centre of Gravity (Joint point method-Segmentation, Suspension)
- Photography
- Videography
- Goniometer

Semester I
Practicum Course

PEMALT3 - YOGA

Yoga, Asanas prescribed by Maharshi'Patanjali'(Sitting, Standing and Lying),
Kriyas:-ShudhiKriyas, jalneti, sutraneti,dugdhaneti, kunjal, Nauli, Bhastika, shatkriya, Pranayams:-Anulom-vilom, Kapalbhati,
Meditation

Semester I
Practicum

PEMALT4 - MASS DEMONSTRATION ACTIVITIES

MASS DEMONSTRATION ACTIVITIES- lezium, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc.(*Students are expected to learn and organize mass drill in school situation*)

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all
- Rhythmic exercises and cheer leader concept

FLAG HOISTING, MARCH PAST, CEREMONIES LIKE OPENING, CLOSING, VICTORY,(DURING INTRA MURALS COMPETITIONS) OF DIFFERENT SPORTS AND GAMES/ LEAD UP GAMES/ MINOR GAMES/ RELAY GAMES

National Flag: Meaning, concept and significance of National Flag, Symbolism of Tri-colour and Wheel. Code of hoisting or lowering of Flag, Dimensions of the Flag & tri-colour proportions. Honour of the Flag and its use. Penalty of misusing or dishonouring the Flag. Opening and Closing Ceremonies: Schedule and formality of Opening Ceremony- Unfurling of Flag, Flame igniting, Oath, March-Past of players/teams, Salutation, Declaration of Opening of the Meet. Brief address by the guests, announcement of beginning of competition Victory & Prize distribution Ceremony-Planning of schedule for victory ceremony. Closing Ceremony: Assembly of sports-persons. March-Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of Prizes/ Certificates, Vote of thanks, Ceremonial Flag-lowering, Flame extinguishing, Declaration of Closing of the Meet. Practical of the organization of Sports / Athletic Meet during Intramural Programme should be arranged as a project by the students under the supervision of the faculty. Organization of Sports Festival, Play Day, Social Party games, etc. should be encouraged.

Semester II
Practicum Course

PEMBLT1- TRACKS AND FIELD- II (JUMPING EVENTS)

Field Marking for all jumping events in a project form with performance testing

- Long Jump
- High Jump
- Triple Jump
- Pole Vault:- Grip, Carrying, Plantation, Bending, body position in Air, Clearance the bar and landing

Various techniques of all jumps
Fundamental techniques of Take –off, body position in air and landing

Semester II
Practicum Course

PEMBLT2 - GAME SPECIALIZATION

The Candidate has choice to select any one game available in the department.

.History and Development of the Game

- Introduction of the Game
- World History
- Indian History

Major tournaments of the game (Inception and development)

- National
- International

Layout, Construction and Maintenance of the Court/ Playfield

Fundamental skills and their development

Semester II
Practicum Course

PEMBLT3 - TEACHING LESSONS OF GAME SPECIALIZATION

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by the students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester II
Practicum Course

PEMBLT4 - CLASS ROOM TEACHING (LESSONS ON SPORTS SCIENCES)

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching lessons on specific sports sciences. In view of this, the students shall be provided with selected specific teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.
Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester III
Practicum Course

PEMCLT1 - TRACK AND FIELD- III (THROWING EVENTS)

Field Marking for all throwing events in a project form with performance testing
- Javelin
- Shot Put
- Discuss
- Hammer

Basic techniques of grip, stance, execution and follow through
Various techniques of each event

Semester III
Practicum Course

PEMCLT2 - GAME SPECIALIZATION

Association / Federation
- International
- National
- State
- District

Rules/ Laws of the game and their Interpretations
Officials and their duties
Advanced Skills of the game and their development

Semester III
Practicum Course
PEMCLT3 - COACHING LESSONS OF TRACK AND FIELD

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class, they are going to handle at school and college level.
Each student teacher is expected to take at least five lessons during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons,

Semester III
Practicum Course

PEMCLT4 - COACHING LESSONS OF GAME SPECIALIZATIONS

The students of M.P.Ed – III Semester need to be develop proficiency in taking coaching lesson in selected game discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester IV
Practicum Course

PEMDLT1 - TRACK AND FIELD-IV SPECIALIZATION

Decathlon, heptathlon, steeple chase, relay, hurdles, Marathon and Cross country race
Fundamental techniques of all events
Officiating & organisation of track and field events

Semester IV
Practicum Course

PEMDLT2 - GAME SPECIALIZATION

Organisation of tournaments and its protocol
Selection procedure of teams
Various tests to measure skill proficiency
Tactics: Individual and collective, Offensive and Defensive, System / Formation if any.
Development of Specific physical components of the game

Semester IV
Practicum Course

PEMDLT3 - OFFICIATING LESSONS OF TRACK

The students of M.P.Ed – IV Semester need to develop proficiency in taking officiating lesson on selected above discipline. In view of this, the students shall be provided with advance mechanism of officiating in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester IV
Practicum Course

PEMDLT4 - OFFICIATING LESSONS OF GAME SPECIALIZATION

The students of M.P.Ed – IV Semester need to be develop proficiency in taking officiating lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of officiating in selected game specialization. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and expertswhowould discuss the merits and demerits of the concerned lesson and guide them for the future. In these officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

SCHOOL OF STUDIES OF EDUCATION
DEPARTMENT OF PHYSICAL EDUCATYION
GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (C.G.)(A CENTRAL UNIVERSITY)

SCHEME OF EXAMINATION Ph.D. Course

COURSE CODE-502				
Code	Title of Paper	Paper Number	Minimum Passing Marks	Total
PEDATC1	Research Process in Physical Education	I	40	100
PEDATC2	Human Performance in Physical Education	II	40	100
PEDATC3	Statistics and Computer Application in Physical Education	III	40	100

SCHOOL OF STUDIES OF EDUCATION
DEPARTMENT OF PHYSICAL EDUCATYION
GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (C.G.)(A CENTRAL UNIVERSITY)
DOCTORAL OF PHYSICAL EDUCATION
SCHEME OF EXAMINATION Ph.D.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 higher education system.
PO7- 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.

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (C.G.)
(A Central University established by the Central Universities Act 2009)
Pre Ph.D. Course Work Syllabus
PEDATC1 - RESEARCH PROCESS IN PHIYSICAL EDUCATION (PAPER-I)

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

Course Outcomes: At the end of the course, it is expected that the scholars will be able to conduct doctrinal and non-doctrinal research on any topic, and will also be able to analyse qualitative and quantitative data, to write research proposal and report.

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 research methods.

Unit-1

Introduction:
1. What, Why and how of Research in Physical Education & Sports.
2. Nature of research
3. Scientific method of problem solving
4. Overview of research process
5. Modern trends of Research in Physical Education & Sports
6. Unscientific Versus Scientific Methods of Problem Solving
7. Areas of Scientific Dishonesty

Unit-II

Research Problem:
1. Identifying the Research problem
2. Stating the Research Problem
3. Presenting the Research Problem
4. Hypothesis, Limitations and delimitations.
5. Justifying the significance of the study.

Unit-III

Review of Related Literature:
1. Meaning and types of Related Literature
2. Purpose of the Literature search
3. Steps in Literature search
4. Quoting related Literature

Unit-IV

Methods of Research:
1. Analytical Research
2. Descriptive Research
3. Experimental Research and research designs.
4. Qualitative Research
5. Ethical Issues in Research and Scholarship
6. Working with faculty

Unit-V

Research Proposal
1.Need of research proposal
2: Preparation of research proposal
3. Purpose of writing research proposal

Research Report:
1. Parts of the research report
2. Problems of preparation of research report
3. Characteristics of good research report
Method of writing abstract and full paper
Making Oral and Poster Presentations

Research Papers and Abstract: Differences between the-thesis-and-the research article.

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

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

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (C.G.)
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Pre Ph.D. Course Work Syllabus

PEDATC2 - HUMAN PERFORMANCE IN PHYSICAL EDUCATION (PAPER-II)

COURSE OBJECTIVES:

- The objective of this course is to serve the research needs of the PhD Pre-course work program in the areas of sports, clinical exercise physiology, sports psychology and evaluation of various fitness tests.
- The laboratories adhere to basic requirements of environmental health & psychological wellness.
- To understand the concept of motor fitness, general motor ability, motor educability test and skill test.

COURSE OUTCOME:

- It is expected that the students will be able to understand about motor fitness, general motor ability, motor educability test and skill test.
- It is expected that at the end of the course, the students will be able to understand about assessment of various vital organic functions.

Unit-I

Assessment & Evaluation of Health

1. Body mass Index.
2. Body Fat Mass.
3. Fat Percentage.
4. Anthropometric parameters.

UNIT-II

Assessment & Evaluation of Fitness

1. Motor fitness test
2. General motor ability test
3. Motor educability test
4. Measurement of organic functions

UNIT III

Tests

1. Classification of test
2. Construction of test-

a) Knowledge test
b) Fitness test
c) Skill test

UNIT IV

A. Psychological Tests

1. Personality and behavioural test
2. Social adjustment test.
3. Anxiety test.
4. Motivational test.

B. Physiological Tests

1. Vital capacity.
2. Vo2 Max.
3. Lactic acid analysis.
4. Heart rate.
5. Respiratory Rate.

UNIT- V

Skill Tests

1. Basketball- Knox basketball test, Johnson basketball test
2. Badminton- Lockhart McPherson badminton test, Miller volley test
3. Soccer/ Football- McDonald soccer test,. Johnson Soccer test
4. Volleyball-Brady volleyball test, Russell Lange test

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

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

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (C.G.)
(A Central University established by the Central Universities Act 2009)
Pre Ph.D. Course Work Syllabus

PEDATC3 - STATISTICS AND COMPUTENR APPLICATION IN PHYSICAL EDUCATION (PAPER-III)

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

Note:- This paper shall consist of five units, Each scholar is required to attempt five questions in all Questions shall be asked from each unit with internal choice and a scholar has to attempt one of these. Each unit carries 20 marks.

Unit-I

Introduction to Statistics-Need and importance of statistics in physical education and sports
Definition and classification of data, frequency distribution, cumulative frequency,
Graphical representation of data: bar diagrams, pie diagrams, pictograms and line graphs (ungrouped data), histogram, frequency polygon, cumulative frequency graph, cumulative frequency percentage curve (grouped data)

Unit-II

Properties of Normal Distribution-Meaning and characteristics and properties of normal distribution, Testing of Normal Curve

Unit-III

Measures of Central Tendency and Variability
Measures of central tendency -Meaning and characteristics of mean, median and mode, Computation of mean, median and mode
Measures of Variability -Computation of range, average deviation and standard deviation,Computation of percentiles, quartiles and deciles

Unit-IV

Testing of Hypothesis:-Differences between Groups- Concept of t-test, computation of dependent and independent t-test
Analysis of Variance-Computation of one-way or simple analysis of variance, multi-group or factorial analysis.of variance and repeated measures analysis of variance.
Correlation-Concept and nature of correlation, Need and importance of partial-correlation, Computation of partial correlation.
Introduction to Microsoft Office Introduction to MS Word: creating, saving and opening a document, drawing table, page setup, spelling grammar check, Printing option, Adding headers and footers.
Introduction to MS Excel: creating, saving and opening a spreadsheet, formatting and editing features, creating formulas, adjusting columns width and row height, understanding charts.
Introduction to MS Power Point: creating, saving and opening a ppt file, formatting and editing feature, slide show, design, inserting slide number, picture, graph. Non-parametric techniques- Chi square and rank order correlation.

Unit-V

Introduction to SPSS Need and importance of SPSS in physical education and sports, Creating and saving a SPSS data file ,Data entry and Analysis of: Descriptive Statistics, Student t-test , Correlation , One way and two way ANOVA, Post hoc test Scheffe's, Tukey and Least Significant Differences

(LSD).

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**

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALA, BILASPUR (C.G.)
SCHEME OF SIX WEEK CERTIFICATE COURSE IN YOGIC SCIENCE

1. General Objectives of the Course:

i. To enable the student to understand the benefits of yoga.
ii. To acquaint, student with the practical knowledge of Yogasana, Kriyas,Bandhas, Mudras and Pranayama.
iii. To enable student to prepare the Yoga programme.
iv. To enable student to become competent and committed professionals willing to perform as Yoga trainer.

2. Duration of the Course:

The duration of the course shall be of Six Weeks. Each working day, shall consist of Three Hours includingPractical and Theory.

3. Eligibility for Admission:

This course is open for all bonafide students of Guru Ghasidas University, who are physically fit.

4. Medium of Instruction and Examination:

Medium of Instruction shall be Hindi and/or English and question papers shall be set in Hindi & English.

5. Passing Marks and Attendance:

- Classes will be held from Monday to Friday.
- It is compulsory to attend 75% classes in theory and Practical both for appearing in the examination for passing the certificate course in yoga.
- Candidates are required to come with appropriate and comfortable uniform/dress as prescribed bythe department at their own expenses.
- There will be a theory and practical test at the end of the course. Students have to obtain 40% or above marks in the theory and practical examinations to pass and to obtain their certificates;
- Marks shall be indicated on the certificate.

6. The examination scheme and their respective marks will be as follows:

Nature	Code	Subject	Max. Marks
Theory	CPY101	Yogic Science Paper-1	100
Practical	CPY102	Practical Theory Paper- II	100
	CPY103	Performance Evaluation	100
	CPY104	Teaching Skill	100
Total Marks			**400**

7. Scope: After completion of Certificate Course in Yogic Science, one can work professionally as a trainer.

8. Programme Objectives:

PO1: To enable the student to well acquainted with theoretical knowledge of Yoga.
PO2: To acquaint, student with the practical knowledge of Yoga.
PO3: To make proficient Yoga expert for schools level
PO4: To cater experience Yoga expert for society. .

9. Programme Specific Objective:

PSO1: To make competent and committed professionals willing to perform as Yoga trainer/instructor for the country.

DEPARTMENT OF PHYSICAL EDUCATION

GURU GHASIDAS VISHWAVIDYALA, BILASPUR (C.G.)

SYLLABUS - SIX WEEK CERTIFICATE COURSE IN YOGIC SCIENCE

I.THEORY: YOGIC SCIENCE- CPY101

Course Objective: Tobecome certified to teach yoga at the most basic level. The course deals with both abstract and practical aspects of Yoga.To develop, promote and propagate the philosophy, science and art of Yoga.

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

1. To enable the student to understand the benefits of yoga.
2. To acquaint, student with the practical knowledge of Yogasana, Kriyas,Bandhas, Mudras and Pranayama.
3. To enable student to prepare the Yoga programme.
4. To enable student to become competent and committed professionals willing to perform as Yoga trainer.

- **INTRODUCTION OF YOGA:**
  - Meaning and Definition of Yoga
  - Aims of Yoga
  - Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Gyan Yoga and Bhakti Yoga

- **THE ASTHANGA YOGA:**
  - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana& Samadhi.

- **PRANAYAMA**
  - Meaning of Pranayama
  - Types of Pranayama
  - Phases of Pranayama:Purak (inhalation), Kumbhak (retention) Rechak (exhalation)

- **KRIYAS:**
  - Meaning of Kriyas
  - Types of Kriyas
  - Benefits of Kriyas

- **MUDRAS:**
  - Hasth Mudra: Gyan Mudra, Vaayu Mudra, Aakash Mudra, Shunya Mudra, Prithvi Mudra, Prithvi Mudra, Varun Mudra, Dhyan Mudra, Chin Mudra.

- **BANDHAS:**
  - JalandharaBandha, UddiyanaBandha and Moolabandha

Essential Readings:

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Swami SatyanandaSaraswati - Asan, Pranayama, Mudra, Bandha, Yoga publcation trust, Munger, 2006.
4. Pt. Shri Ram Sharma- PragyaAbhiyanka Yoga Vyayam, BrahmvarchasshodhSanshan, Shantikunj, Haridwar, 1998.

Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.

Course Outcomes and their mapping with Programme Outcomes:

CO	PO				PSO
	PO1	PO2	PO3	PO4	PSO1
CO1	3	2	3	3	3
CO2	3	3	3	3	3
CO3	2	3	3	3	3
CO4	3	3	3	3	2

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

II. PRACTICAL: PRACTICAL THEORY - CPY102

- **YOGIC PRAYER**
- **SURYA NAMASKARAS**
- **YOGASANA (YOGIC POSTURES)**
  - **Standing Postures:**Tadasana,Virkshasana,Pada-Hastasana, ArdhakatiChakrasana, Trikonasana, Garudasana, EkaPadaUtkatasana, Natrajasana, Konasana, Virabhadrasana.
  - **Sitting Postures:**Vajrāsana,Paschimottanasana, Bhadrasana, Ustrasana, ArdhaUstrasana, Suptavajrasana, ArdhaMatsyendrasana, Vakrasana, Marichasana, Sasankasana, AkarnaDhanurasana, Gumukhasana, JanuShirasasana, Badhakonasana, Padmasana, Raja Kapotasana, Shishuasana.
  - **Lying Postures (Prone Postures)**: Bhujangasana, Salabhasana, Dhanurasana, UrdhvaMukhaSvanasana, Makarasana, Ashtangasana.
  - **Lying Postures (Supine Postures):**Halasana, Pavanmuktasana, Savasana, Naukasana, Chakrasana, Sarvangasana, Matsyasana, Setubandhasana,UttānaPādāsana, Viparitakarani.
  - **Balancing Postures:**Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana, Sirsasana, Tadasana

- **PRANAYAMA:**
  - Anulom-Vilom Pranayama
  - Bhastrika Pranayama
  - Shitali Pranayama
  - Sitkari Pranayama
  - Suryabhedan Pranayama
  - Ujjai Pranayama
  - Bhramri Pranayama
  - Kapalabhati Pranayama

- **MUDRAS:**
  - Hasth Mudra: Gyan Mudra, Vaayu Mudra, Aakash Mudra, Shunya Mudra, Prithvi Mudra, Prithvi Mudra, Varun Mudra, Dhyan Mudra, Chin Mudra.

- **BANDHAS:**
  - JalandharaBandha, UddiyanaBandha and Moolabandha.

III. PRACTICAL: Performance Evaluation - CPY103

The student will have to perform any five Exercises from the syllabus of his/her choice.

IV. PRACTICAL: Teaching Skill - CPY104

Practice of teaching of one lesson plan on any skill (TwoAsana, one Pranayama and oneKriya/Bandha/Mudra) on lesson format with chart.

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