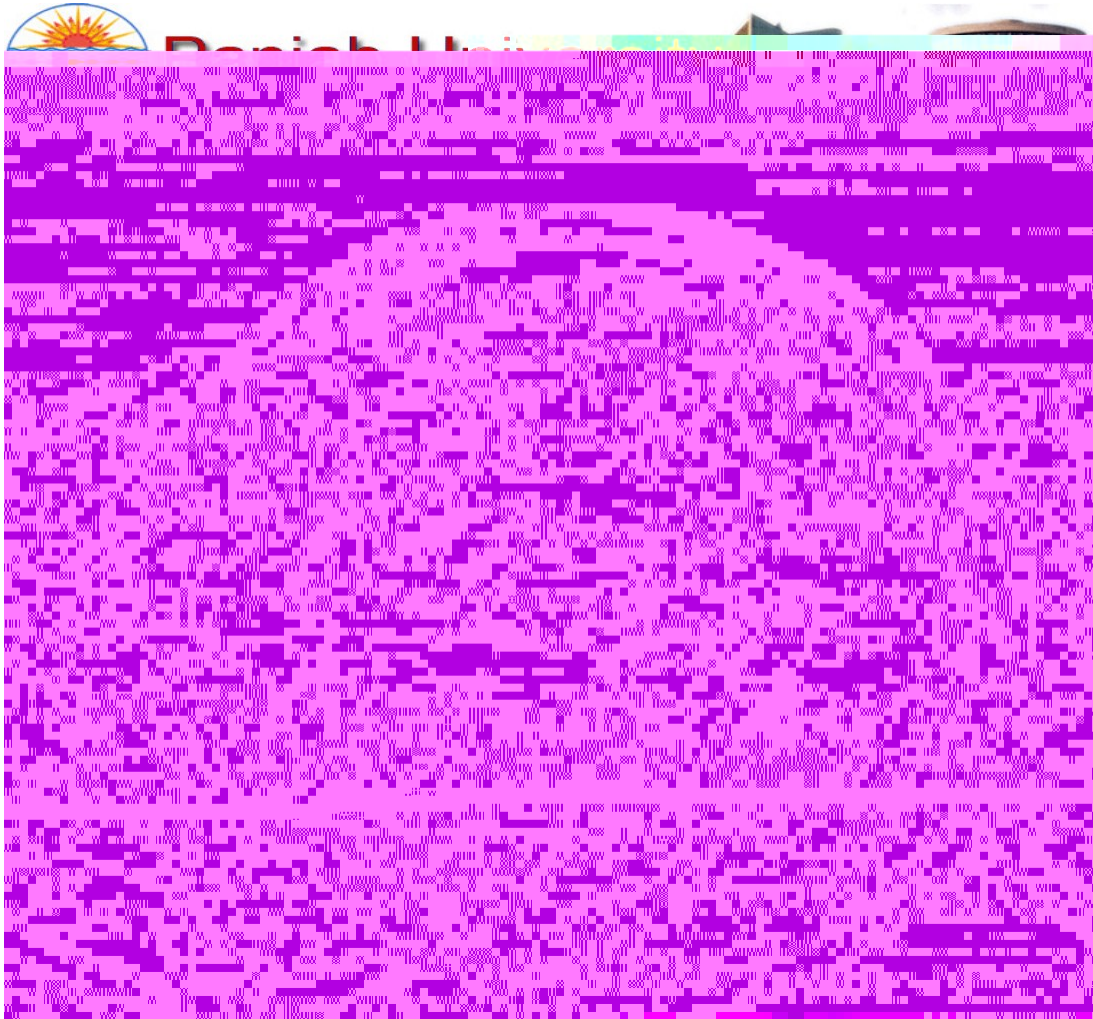


DEPARTMENT OF PHYSICAL EDUCATION

FACULTY OF EDUCATION
(PANJAB UNIVERSITY CHANDIGARH)



SYLLABUS FOR MASTER OF PHYSICAL EDUCATION (M.P.Ed) (SEMESTER I & IV) SESSION: 2021 2022

PREAMBLE:



OBJECTIVES:







SEMESTER I
PART : I: THEORY PAPERS

P(\$*%)	C&9%##* C&d*	T",+* &/ ,!* P(\$*%#	T&,(+ H&9%#	C%*d",	l1,*%1(+ M(%7#	E;,*%1(+ M(%7#	T&,(+ M(%7#
C&%* C&9%##*							
!.	MP@@')9)	?esearch Process in Physical Education and Sports Sciences	57	/	,9	79)99
!!.	MP@@')9,	Test\$ Measurement and E#aluation in Physical Education	57	/	,9	79)99
	MP@@'	Theory 3ame'!					





PART III: PRACTICE OF TEACHING

" # \$!

MPPT 101: Teaching of Physical Education (C &) 100 Marks

- Sprints
- Shot Put
- Long Jump
- Relay Races

E- (9, 1 P+ (1

S. N&.	C&1,*1,#	M(%7#
1.	Teaching Lesson	9 Mar-s
2.	Marking of Track- Events	9 Mar-s
3.	4 officiating and Specifications	9 Mar-s
4.	Note book-	9 Mar-s

MPPT 101: Games: Basketball, Football, Gymnastics 100 Marks

Student Shall choose 4ne among the Following Games for Semester! E!!

BASKETBALL	FOOTBALL	GYMNASTICS
Stance and Position Passing Dribbling Shooting Bounding and Landing	Dribbling Kicking Trapping Throwing Passing Heading	Floor Exercise ; stand from Swing (ME G) Vaulting Table Straddle Vault (ME G) Pommel ;orse Scissors (M) Roman Rings ; Inverted ; ang Position (M) Bounding and Landing Parallel Bars ; start from upper arms support (M) ; horizontal Bars ; start (H!P) for Men Balancing Beam Forward Roll (G) ; start (H!P) for women

Evaluation Plan

S. N&.	C&1,*1,#	M(%7#
1.	Teaching Lesson	9 Mar-s
2.	Field Court (Floor Marking)	9 Mar-s
3.	4 officiating and Specifications	9 Mar-s
4.	Note book-	9 Mar-s

P(\$% I (MPCC 101)



REFERENCES

1. G. G. Research in Education, Prentice Hall Inc., 1987.
2. Lar-e ; . %a#id. Research Processes in Physical Education, Recreation & Health, Prentice Hall Inc., 1971.
3. Hamlesh M.B. Methodology of Research in Physical Education and Sports, Metropolitan Publication, New Delhi, 1975.
4. Moorthy : .M. Research Methods in Physical Education, Sports and Exercise Sciences, Friends Publications, New Delhi, 1999.
5. Thomas =erry ? . and 2elson =ac- H. Research Methods, Physical : cti#ity. ; uman Hinetics, @hampaign, 1985.
6. Geimer\$ =on\$ Research Techni ues in ; uman Engineering. Prentice ; all, New =ersy.) 1987.

P(\$*% II (MPCC 102)
TEST4 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Total Mar s ! "##
Theory Mar s ! \$#
%essional Mar s ! &#

X 'ine (0estions will be set.) uestion number one will be compulsory of &# mar s with ten short





P(\$*% III (MPCC 106)
THEORY GAME-I (Basketball)

Total Marks : ###
Theory Marks : \$#
%essional Marks : &#

'ine (uestions will be set.) uestion number one will be compulsory of &# marks with ten short types of answers coverin* the entire syllabus. +our (uestions are to be attempted selectin* one from each unit and each (uestion will carry ", marks.

UNIT I: HISTORICAL DEVELOPMENT

- ; istorical de#elopment of the concerned game in India\$: sia and world le#el
- Main tournament organi0ed at national and international le#els
- ?ecords(Statistics of the game at Gorl\$ 4lympics\$: sia\$ 2ational.
- : ward in the game and list of at least ten players who got these awards

UNIT II: OFFICIATING

- Play area dimensions and mar-ing.
- E uipment Specifications
- ?ules of the 3ame and their interpretation

UNIT III: TECHNIAUES (S<ILL)

- @lassification of S-ills
- Se uential e(planation of s-ills
- Darious faults in s-ills\$ their causes and corrections\$ types of e(ercises to de#elop and consolidate fundamental s-ills of the game

UNIT IV: TACTICS AND STRATEGY

- !ndi#idual\$ group and team tactics
- 4 ffensi#e and defensi#e tactics
- System of Play their tactical training
- Selection of team (Selection Procedure)
- : nalysis of Performance in competition

REFERENCES

1. 3eyer %ic- JFull @ourt @ontrol <as-et*allK Par-er Pu*lishing @ompany\$!nc. 2ew Yor- ()866)
2. : llen : .P. J ; and*oo- of <ase*all %rillsK Prentice' ; all\$!nc. 2ew Yor- ()818).
3. Mc3uire Fran- J%efensi#e *as-et*allK Prentice' ; all\$!nc.\$ 2ew Yor- ()818).
4. / . ; eeley\$ G. . . J<as-et*allFs Ten 3reatest %efensesK\$ Par-er Pu*lishing @o.\$!nc\$ 2ew Yor-
5. Hani-a H. J<as-et*all @oaching ManualK Sports Pu*lication (, 99))
6. Daidhya\$?aresh JS-ills E Tactics <as-et*all\$ (, 996) Sports Pu*lication\$ 3 '5\$, .C. , .rn\$ 3 '5!ises to .C. lme ap @M



P(\$*% III (MPCC 106)
THEORY GAME I (F&&,2(++

Total Mar s	!	"##
Theory Mar s	!	\$#
%essional Mar s	!	&#

'ine (uestions will be set.) uestion number one will be compulsory of &# mar s with ten short types of answers coverin* the entire syllabus. +our (uestions are to be attempted selectin* one from each unit and each (uestion will carry ", mar s.

UNIT I: HISTORICAL DEVELOPMENT

- ; istorical de#elopment of the concerned game in India\$: sia and world le#el
- Main tournament organi0ed at national and international le#els
- ?ecords!Statistics of the game at Gorld\$ 4lympics\$: sia\$ 2ational.
- : ward in the game and list of at least ten players who got these awards

UNIT II: OFFICIATING

- Play area dimensions and mar- ing.
- E uipment Specifications
- ?ules of the 3ame and their interpretation

UNIT III: TECHNIAUES (S<ILL)

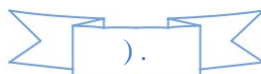
- @lassification of S-ills
- Se uential e(planation of s-ills
- Darious faults in s-ills\$ their causes and corrections\$ types of e(ercises to de#elop and consolidate fundamental s-ills of the game

UNIT IV: TACTICS AND STRATEGY

- Indi#idual\$ group and team tactics
- 4 ffensi#e and defensi#e tactics
- System of Play their tactical training
- Selection of team (Selection Procedure)
- : nalysis of Performance in competition

REFERENCES

1.) . ?ees\$?oy J@oaching Soccer SuccessfullyK ;uman Hinetics G indsor ()886)
2. .. @a#endish Marshall JThe SportsmanFs Gorld of SoccerK Marshal @a#endish\$ Bondon ()861)
3. .. Gorthington Eric JTeaching Soccer S-illK\$ Bepus <oo-s ()86,).
4. /. ; ill' Good %enis J<o**y @harltonFs <oo- of European Foot*allK Sou#enir Press Btd.\$ Bondon. ()869)
5. 1. Taylor ; ugh JThe Scottish Foot*all <oo- 2o)8K Stanley Paul\$ Bondon.()86.).
6. 5. Bawson P. JSoccerK 2ational Gestminster <an- Sport @oaching Series \$ Training and Education : ssociates Btd\$ Bondon ()886)
7. 6. ?eilly T. E Gilliams Mar- : . JScience E SoccerK ?outledge\$ Bondon (,99.)





P(\$*% IV (MPEC 101)
EDUCATIONAL TECHNOLOGY AND PEDAGOGIC TECHNIAUES IN PHYSICAL
EDUCATION AND SPORTS

Total Mar s ! "##
Theory Mar s ! \$#
%essional Mar s ! &#

'ine (uestions will be set.) uestion number one will be compulsory of &# mar s with ten short



REFERENCES

1. K. S. et al. Teaching Methodology and Educational Technology in Physical Education
Haryana Publisher, New Delhi, 1997.
2. ;oo#er\$ Henneth ;. The Professional Teacher's ; and*oo-\$ <oston\$: llyn and <acon\$)86, .
3. Hri-\$ %a#id. Physical Education and @urriculum Study\$ Hent\$ @room ; elm\$)877.
- 4.





PART II: PRACTICAL COURSE (SKILL AND PRO = ESS)

!

MPPC 201: T% (.7 (1d F"*+d

>?) (%7#

- ;urdles
- ; igh =ump
- %iscus Throw
- Middle %istance ?aces

MPPC 202: G () *: B (#7*,2(++F&&,2(++G8) 1(#, ".#

>? M (%7#

Student shall choose one among the following games for semester! E!!

BAS<ETBALL	FOOTBALL	GYMNASTICS
Stance and Position Passing %ri**ling Shooting ?e*ounding and <o(ing out	%ri**ling Hic-ing Trapping Throw'in Passing ; eading	Floor E(ercise > ; andstand from Swing (ME G) Daulting Ta*le> Straddle Dault (ME G) Pommel ; orse> Scissors (M) ?oman ?ings> !n#erted ; ang Position (M) ?e*ounding and <o(ing out Parallel <ars> " pstart from upper arms support (M) ; ori0ontal <ar> " pstart (H!P) for Men <alancing <eam> Forward ?oll (G) " ne#en <ars> " pstart (H!P) for women

MPPC 206: S0")) "1': (F%** S,8:* 2?) *,%*)

?0 M (%7#







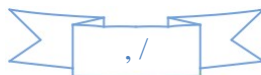
- Cinematography
- Single plate methods
- Dideo
- Photoelectronic technique
- Kinetic Methods > Dynamometry

PRACTICAL

- Development of a Velocity time graph from a cinematographically and a video system and photo specially recorded sprint and Vertical jump and analysis movement.
- Determination of centre of Gravity by Reaction board Method.
- Determination of centre of Gravity by Point point – method.
- Determination of centre of Gravity of Main point method.
- Determination of combined center of Gravity (Point point method).
- Demonstration of the Principle conservation of Angular momentum.
- Demonstration of Principle of action and reaction.
- Biomechanical analysis of a given technique. (Qualitative)

REFERENCES

1. Burstein, J.; E. Gright, T. M. Fundamental of Orthopaedic Biomechanics (Altmore) Gilliams & Gil-Ins, 1987.
2. Selinger, J. and Thomas, M. Ed. Medicine & Sport Science > Current Research & Sports Biomechanics Bondon > Harger, 1976.
3. Rowley, J. and Milner, M. (1977). Scientific Cases of Human Movement. (2nd Ed.) (Altmore) Gilliams and Gil-Ins.
4. Grimshaw, Paul, Bees, Brian, Flower, Neil, & E. (Eds). Sports and Exercise Biomechanics. Taylor & Francis.
5. Ross, J. and Amaine, J. (1977). Concepts in Physiology. (2nd Ed.). Philadelphia > Saunders College Publishing.
6. Ray, E. Reid, E. (1977). The Anatomical and Mechanical Cases of Human Motion. Englewood Cliffs > Prentice Hall.
7. Ray, E. (1967). The Biomechanics of Sport Techniques. (2nd Ed.). Englewood Cliffs > Prentice Hall.



P(\$*% VIII (MPEC 201)
MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

Total Mar s ! "##
Theory Mar s ! \$#
%essional Mar s ! &#

'ine (uestions will be set.) uestion number one will be compulsory of &# mar s with ten short types of answers coverin* the entire syllabus. +our (uestions are to be attempted selectin* one from each unit and each (uestion will carry ", mar s.

UNIT : I: MANAGEMENT AND ROLES OF MANAGER

- Management Meaning, definition, scope, principles, functions of management, Planning, 4 rgani0ing, Staffing, %irecting, @ontrolling, @oordinating, E#aluating and inno#ating
- S-ills of management, Personal s-ills; uman s-ills, @onceptual s-ills, Technical s-ills and @on+oined s-ills
- Styles of management
- ?oles of manager, Interpersonal roles, Informational roles, %ecisional roles

UNIT : II: PROGRAMME PLANNING, PUBLIC RELATIONS AND FINANCIAL MANAGEMENT

- Planning, %efinition, planning, Steps in programme planning, Principles of programme planning, E#aluation of physical education programme
- Pu*lic relations, Meaning, %efinitions, Principles, Planning and organi0ing pu*lic relations programme
- Financial managements, *aemTtioncism, Planni@g, function, management, MeaninE#alu9@10













PART III PRACTICE OF TEACHING AND COACHING

MPPT 601: Teaching of Badminton (C & S) 100 Marks

- Badminton Throw
- Triple Jump
- Steeplechase
- Combined Events

E- (9, 1 P+1)

S. N.	C&S, #	M
1.	Teaching Badminton	9 Mar-s
2.	Marking of Track- Events	9 Mar-s
3.	Refereeing and Specifications	9 Mar-s
4.	Note book-	9 Mar-s

MPPT 601: Games: Basketball, Football, Gymnastics (C & S) 100 Marks

Student shall continue the opted game for Semester II!

BASKETBALL	FOOTBALL	GYMNASTICS
Defence Offence Fast breaks Smarts (Footing) Systems of Play	Feinting Tackling Shooting Dribbling Goal Keeping Systems of Play	Floor Exercise (ac- Flip (MEG) Vaulting Table; and some E Yamashita (MEG) Pommel Horse; and some Beg Circle (M) Roman Rings Press; and stand (M) Parallel Bars Stut (M) Horizontal Bar Forward Swing Circle (Men) Balancing beam ac- Flip (G) Uneven Bars Swing Circle (women)

E- (9, 1 P+1)

S. N.	C&S, #	M
1.	Teaching Badminton	9 Mar-s
2.	Field Court (Floor Marking)	9 Mar-s
3.	Refereeing and Specifications	9 Mar-s
4.	Note book-	9 Mar-s



PAPER 15 (MPCC 601)
EXERCISE PHYSIOLOGY

Total Marks	!	###
Theory Marks	!	##
Practical Marks	!	##

Write questions will be set. Question number one will be compulsory of 10 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 20 marks.

UNIT : I: INTRODUCTION TO EXERCISE PHYSIOLOGY

- Definition of Physiology and Exercise Physiology
- Importance and Role of Exercise Physiology in the field of Physical Education and Sports
- Structure and Function
- Different types of muscles (Voluntary, Involuntary and Cardiac)
- Theories of muscular contraction
 - Sliding filament Theory
 - Molecular mechanism of muscular contraction
 - Chemical composition of skeletal muscle
 - Muscle fiber type (Red and White muscle)

UNIT :II: BIOENERGETICS, NEURO MUSCULAR JUNCTION AND CO ORDINATION OF MUSCULAR ACTIVITY

- Fuel for muscular work (ATP)
- Energy of muscular contraction
- Various changes during muscular contraction
- Heat production and thermodynamics of muscle contraction
- Aerobic and Anaerobic muscular activity

UNIT III: NEURONS AND MOTOR UNIT

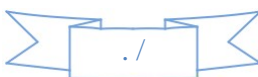
- Neurons and Motor Unit
- Transmission of nerve impulse
- Resting membrane potential
- Neuro-muscular junction and transmission of nerve impulse across it
- Proprioception and Pain - posture and equilibrium

UNIT III: PHYSIOLOGICAL CHANGES DUE TO EXERCISE, EFFECT OF CONDITIONING AND TRAINING

- Immediate effect of exercise on various systems of body
- Cardio-respiratory, muscular and thermo-regulatory systems
- Heart and circulatory systems
- Respiratory System
- Brief discussion on other system during rest, submaximal and maximal work
- Oxygen debt, forced expiratory volume, breathing capacity, recovery rate, blood supply to skeletal muscle and regulation of blood flow during exercise (Microcirculation)

UNIT IV: ENERGY COST OF VARIOUS SPORTS ACTIVITIES, WORK AND ENVIRONMENT

- Definition of Energy cost.
- Energy cost of various sports activities assessing them.



= 7 (1d E1 - 1) * 1,

- Oxygen capacity under different environment condition (; ot ; humid cold E high altitude)

Physical Fitness and Physical training warming up conditioning and fatigue.

- Physiological aspects of development of strength endurance speed agility and coordination

PRACTICAL:

1. Assessment of resting physiological parameters' ; heart rate respiratory rate and blood pressure.
2. Assessment of flexibility (Bartlett and Field test)
3. Assessment of cardio respiratory fitness' ; standard step test Cooper's , min run walk.
4. Assessment of skill related fitness components
5. Assessing heart rate response to selected exercise (maximal and submaximal).
6. Assessment the steady state of oxygen consumption
7. Assessment anaerobic power. (Sargent jump).
8. Use of the Readiness to Exercise Questionnaire (P: ? I)

REFERENCES

1. Adams M. Gene Exercise Physiology Laboratory Manual (G & M Co 3rd ed ; ill @companies Inc) 887).
2. Strand P.4. and Rodahl Harre. Textbook of work Physiology (Tyo Mc 3rd ed. ; ill Ogo-usha Btd.) 868).
3. Courne's Bioeffery ; . The Structure and Function of Muscles (Bondon : cademic Press) ') 86.
4. Hatch B. Dictor Hatch !. Fran- and Mcardle %. Gilliam's Exercise Physiology (Gilliams E Gil-ins : Ga#erty @company\$) 885).
5. Mathew. %.H. and Foster E.B. Physiological Basis of Physical Education and Athletics (Philadelphia G.<. Saunders @company\$) 865).
6. Pories : . Pories and Pories 4. Scott. \$ Fundamental Principles of Exercise Physiology (Mc 3rd ed ; ill @companies\$ Inc., 999).
7. Tiwari Sendhya Exercise Physiology (Sports publication : sho- Dihar %elhi)) 888.
8. Gilmore ; . Mac- and Atstill B. Pa#id's Physiology of Sports and Exercise ; uman Kinetics , 99/).

Paper 5 (MPCC 602)
SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Total Marks	!	###
Theory Marks	!	\$#
Practical Marks	!	&#

The questions will be set. Question number one will be compulsory of 10 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 5 marks.

UNIT I SPORTS TRAINING

- Importance and definition of sports training
- Aim and objectives of sports training
- Characteristics of sports training
- Principles of sports Training

- Concept of load and adaptation
- Relationship of load and recovery: physiotherapeutic and psychological means of recovery
- Variables of Training: Volume, Intensity, Frequency, Specificity
- Training Zones: Target heart rate for different ages and various levels of activity.
- Interval, Continuous, Circuit training, Fartle, Weight, Plyometric and Cross training methods

- Types of strength: Factors affecting strength performance
- Methods of strength training: training maximum strength, explosive strength and Strength Endurance

- Definition: Types and significance of endurance
- Factors affecting endurance
- Training Parameters for Aerobic and Anaerobic Endurance
- Methods to develop endurance

- Definition: Forms of speed
- Factors determining speed
- Load parameters to develop speed
- Methods to develop speed
- Definition: Flexibility Training
- Definition: Types of flexibility and Factors affecting flexibility
- Methods used to develop flexibility

- Definition: Classification of coordinative abilities
- Factors affecting coordination and Methods to develop coordination

UNIT III TECHNICAL AND TACTICAL PREPARATION

- Definition and meaning of technique: skill and style
- Technique training: Its implication in various phases, methods employed for Technique training, causes of technical fault and their correction
- Definition and meaning of tactics: aim of tactics according to sport

- Training for tactics
- Principles of tactical preparation

UNIT IV PERIODIBATION TRAINING

Plannin*

-



P(\$*% 51 (MPCC 606)

BADMINTON

Total Mar s ! "##
Theory Mar s ! \$#
%essional Mar s ! &#

'ine (uestions will be set.) uestion number one will be compulsory of &# mar s with ten short types of answers coverin* the entire syllabus. +our (uestions are to be attempted selectin* one from each unit and each (uestion will carry ", mar s.

UNIT I HISTORICAL DEVELOPMENT

- ; istorical de#elopment of the concerned game in India\$: sia and world le#el
- Main tournament organi0ed at national and international le#els
-





P(5 II (MPEC 601)
SPORTS PSYCHOLOGY

Total Marks	!	"##
Theory Marks	!	\$#
Practical Marks	!	&#

Line questions will be set. Question number one will be compulsory of 10 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 20 marks.

UNIT I: SPORT PSYCHOLOGY AND SENSORY PERCEPTUAL PROCESS

- Meaning and scope of sport psychology
- Importance of sport psychology
- Divisions of sport psychology
- Sensory Perceptual Process
- Meaning, mechanism and stages of sensory perceptual process
- Classification of senses and sensory perceptual process
- Factors in perception
- Implication of sensory perceptual process in exercise and sport

UNIT II: PSYCHOLOGICAL SKILLS, PERSONALITY AND ANXIETY IN SPORT

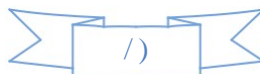
- Attention, concentration, confidence, imagery and their influence on sports performance
- Concept and definition of personality
- Modern perspectives, traits, humanistic, social cognitive and biological theories
- Dynamics of personality in activity and sport
- Anxiety: concept, definition and types of anxiety, anxiety and arousal, Effects of anxiety on physical performance

UNIT III: MOTIVATION, MOTOR DEVELOPMENT AND LEARNING

- Concept, definition and types of motivation
- Theories of motivation (drive, need and instinct theories)
- Motivation in activity and sports
- Understanding motor development and motor learning
- Motor development and learning in infants and children
- Factors affecting motor development and motor learning
- Flow in sports

UNIT IV: SOCIO CULTURAL FACTORS AFFECTING PERFORMANCE AND PSYCHOLOGICAL PREPARATION

- Social ethics and sport
- Attitude towards activity and sport
- Team (group) cohesion
- Types of spectators' crowd, fans
- Facilitation and de-facilitation effects of spectators on performance
- Psychological preparation for competition



PRACTICALS

To administer the following tests and process and interpret their data.

1. Eysenc- personality questionnaire (EPI).
2. Sport competition anxiety test
3. Depth perception test
4. Reaction time

REFERENCES

1. Cairnes and Simpson Educational Psychology McMillan Co. New York 1955.
2. Gattis et al. Psychology and Physical Activity. Eaglewood Cliffs. Prentice Hall 1957.
3. Crow and Crow Educational Psychology. Eurasia Publishing House 2nd Edition 1968.
4. Hamlesh M.B. Psychology in Physical Education and Sport. Metropolitan Co. 2nd Edition 1987.
5. Mathur S.S. Educational Psychology. Dinod Pusta- Mandir : 1985.



P(\$*% 5 II (MPEC 602)
SPORTS SOCIOLOGY

Total Mar s ! "##
Theory Mar s ! \$#
%essional Mar s ! &#

'ine (uestions will be set.) uestion number one will be compulsory of &# mar s with ten short



REFERENCES

1. Husan D. and Sachdeva : n Introduction to Sociology Hita*, 99..
2. The Study of Society ' Understanding Sociology ' 13 2 4 " \$, 996.
3. Ghatalis Sociology 2% > Prentice ; all \$)886.
4. Sports Sociology 2ew %elhi> HSH\$, 991.
5. Hanwal =eet\$ S.\$ Sport Sociology\$ 2% > Friends Pu*.\$, 999.
6. Mitchell\$ 3.% Ed.\$ %ictionary of Sociology\$ ".H > ?outledge\$)888.
7. Sharma\$?. 2\$ " r*an Sociology\$ 2% > Sur+eet Pu*.\$)88..
8. Singh\$ <hupinder\$ Sports Sociology\$ 2ew %elhi > Friends\$, 99/.
9. Turner\$ <.\$ @am*ridge %ictionary of Sociology\$ ".H.\$ @am*ridge\$ ". 2. Press.\$, 995.





PART II: PRACTICAL COURSE (SKILL AND PRO = ESS)

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MPPC 001: T% (.7 (1d F"*:d ; ammer Throw Pole Dault ?ace Gal-ing Bong %istance ?aces >?) (%7#

MPPC 002: Badminton, Table Tennis & Volleyball >? M(%7#

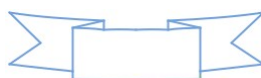
Student shall choose one among the following games for semester'!!! E!D

BADMINTON	HOCKEY	VOLLEYBALL
; olding of rac-et ; olding of shuttle Ser#ice (*asic)	%ri**ling ; itting Stopping	Dolley pass %ig pass Spi-e (straight spice)



PART III PRACTICE OF TEACHING

MPPT C01: T%(.7 A1d F"*+d (C&) \$9+#&%8) " # \$! 100 M(%7#
; ammer Throw



P(\$*% 5III (MPCC C01)
SPORTS MEDICINE

Total Marks ! "##
Theory Marks ! \$#
%essional Marks ! &#

'ine (uestions will be set.) uestion number one will be compulsory of &# mar s with ten short types of answers coverin* the entire syllabus. +our (uestions are to be attempted selectin* one from each unit and each (uestion will carry ", mar s.

UNIT I INTRODUCTION

- Meaning and definition of related terminologies O : thlete\$ fitness\$ wellness\$ performance O @are
 - O ?eha*ilitation O
 - Sports
 - O Medicine
 - O Sports Medicine
- : im\$ o*+ecti#es and scope of : @ ?CSM
- Principles of care and reha*ilitation
- ?ole of physical educators in athletic care and ?eha*ilitation
- E(ercise as a pre#enti#e measure for disease

UNIT II SPORTS INJURIES

- !ntroduction> meaning\$ definition
- Darious classification of Sports !n+uries
- @auses\$ reasons of sports in+uries
- Pre#ention of sports in+uries
- Treatment and management of sports in+uries

UNIT III AGE AND GEM



PRACTICALS

1. Demonstration for assisting the following sports related problems:
 - Shin splint
 - Tennis elbow and related problems
 - Back pain
 - Joint injury evaluation and
 - Assessment of muscle shortening of thigh and leg
2. Stretching and strengthening exercises for low back pain/spondylitis
3. Practical demonstration and use of the modalities used to different purpose of physiotherapy

REFERENCES

1. Bain, Achana Sports Medicine New Delhi HSH, 1999.
2. Hannah B.E. Ayprash @.S. Exercise Physiology & Sports Medicine Buc-y 1989.
3. Hannah B.B. Exercise Physiology & Sports Medicine Buc-y Enterprises 1989.
4. Homi P.D. Encyclopaedia of Sports Medicine & Well 1988.
5. Pande P.H. Sports Medicine 2nd P. Heli Sahitya Henda 1987.
6. Pandey P.H. Outline of Sports Medicine P. Crothers 1976.
7. Prentice G.E. Therapeutic Modalities in Sports Medicine Times Mirror 1989. Prentice Encyclopaedia of Sports Medicine & Well 1988.
8. Roy and Rind Sports Medicine New Jersey Prentice Hall 1987.
9. Shephard and Strand Encyclopaedia of Sports Medicine & Well 1988.
10. Shephard R.E. Strand P.4. Encyclopedia of Sports Medicine & Well Sc. Pu. 1988.

P(\$**% 5IV (MPCC C02)

PROFESSIONAL PREPARATION AND CURRICULUM DESIGNS IN PHYSICAL EDUCATION

Total Mar s	!	"##
Theory Mar s	!	\$#
%essional Mar s	!	&#

'ine (uestions will be set.) uestion number one will be compulsory of &# mar s with ten short types of answers coverin* the entire syllabus. +our (uestions are to be attempted selectin* one from each unit and each (uestion will carry ", mar s.

UNIT I : HISTORICAL PERSPECTIVE

- Professional Preparation in India
 - 4 Pre !ndependence perspecti#e
 - 0 Post !ndependence perspecti#e
- @omparati#e analysis of professional preparation program in ".S.\$ Europe and @hina

UNIT II: PROFESSIONAL PREPARATION POLICY PERSPECTIVE

- ?ole and responsi*ilities of @entre and State in the implementation of policies on education and physical education.
- @ompulsions and constrains affecting planning and implementation of educational policies and programs.
- , " & ,
- @oncept and meaning of Profession\$ Professional and Professionalism.
- Physical education as a profession.

UNIT III: CAREER AVENUES & JOB OPPORTUNITIES IN PHYSICAL EDUCATION & SPORTS

- @areer a#enues after under graduation and post graduation and research degrees.
- E(ploring and #enturing into new a#enues> challenges and opportunities in physical education
- !nter'relationship among #arious careers in physical education and sports
- Planning for a career> self'assessment\$ moti#ational dynamics\$ decision ma-ing\$ counselling and guidance

UNIT IV: PROFESSIONAL PREPARATION PROGRAMMES

- Foundation> need\$ o*+ecti#es and characteristic of professional preparation programmes
- @ourses a#aila*le in physical education and sports.
- Be#el of study > undergraduate preparation\$ graduate study\$ post'graduate study\$ ad#ance professional study
- Ba*oratory e(perience\$ teaching practice\$ field wor-\$
- non 'curricular preparation
- ?ole of physical education teacher and institutes in professional preparation programmes

REFERENCES

-). : dams Gilliam @. Foundation of Physical Education E(ercise and Sports Sciences\$ Ph es" Q m l Dtion





PRACTICAL

1. Fitness tests related to cardio-respiratory endurance, muscular strength and body composition
2. Blood pressure, maximal capacity, pulse rate
3. Yogic practices (: sanas, Pranayama and Meditation)
4. Fitness & wellness assessment of local community

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1. Nelson, J. Stretch Yourself for Health & Fitness, 1999.
2. Bondon, E. Food for Fitness, 1988.
3. G.H. and S.: Principles and Basics for Physical Fitness, Englewood Morton, 1988.
4. Maudslayi and Foster: Physiology: Assessment of Human Performance, 1988.

