

**BOARD OF STUDIES MEETING
OF
DEPARTMENT OF PHYSICAL EDUCATION
PUNJABI UNIVERSITY, PATIALA
(PUNJAB)**

25th July, 2022 AT 11:00 am

**Venue:
Head Office
Department of Physical Education
Punjabi University, Patiala
Punjab (India)**

NSA

Anwar
Manj Singh

ORDINANCE
MASTER OF PHYSICAL EDUCATION
(M.P.Ed.-TWO YEARS COURSE) (FOUR SEMESTERS)
SESSION- 2022-2023 and 2023-2024

Applicability of Regulations for the Time Being in Force

Notwithstanding the integrated nature of a course spread over more than two academic years, the regulations in force at the time a student joins a course shall hold good only for the examinations held during or at the end of each semester. Nothing in these regulations shall be deemed to debar the University from amending the regulations subsequently and the amendment regulations, if any, shall apply to the entire student whether old or new.

1. **Intake:**

There shall be a basic unit of forty students for each year.

2. **Eligibility:**

Candidates who have obtained at least (55%) **fifty five percent** marks in the B.P.Ed. Four years integrated degree/ B.P.Ed. Two years/B.Sc. degree in Physical Education, Health Education and sports / are eligible for admission.

3. **Program Objectives:**

PG-1:	To provide academic leaders to National and International Organizations.
PO 2:	To promote mass-participation in Physical Education and Sports (Games, Sports Displays etc.) through Intra-Mural and Extra-Mural programs.
PO 3:	To provide foundation of sports studies with the knowledge of various Subjects viz., Exercise Physiology, Sports Psychology, Biomechanics, Anthropometry, Kinesiology, Sports Medicine etc.
PO 4:	To encourage and produce scientific literature in the field of Physical Education and Sports.
PO 5:	To provide community services in the field of Physical Education and Sports.
PO 6:	To provide excellent research and teaching for the promotion and development of individual's health and well-being.

Program Specific Outcomes: At the end of the program, the students will be able to achieve the following Program Specific Outcomes:

PSO 1:	Identify critical elements of motor skill performance and combine motor skills into appropriate sequences for the purpose of improving skill learning.
PSO 2:	Demonstrate competent motor skill performance in a variety of physical activities
PSO 3:	Describe performance concepts and strategies related to skilful movement and physical activity (e.g., fitness principles, game tactics, and skill improvement principles).
PSO 4:	Describe and apply bioscience concepts (anatomical, physiological, and biomechanical) and psychological concepts to skilful movement, physical activity, and fitness.
PSO 5:	Understand and debate current physical activity issues and laws based on historical, philosophical, and sociological perspectives.
PSO 6:	Demonstrate knowledge of approved local, state, and national content standards, and local program goals.

4. The examination for the degree of Master of Physical Education (M.P.Ed.) shall be held in four semesters to be called Semester-I, II, III and IV. The examination for the I and III semester shall be held in the month of November/ December and for the II and IV semesters in the month of April/May or on such other dates as may be fixed by university.
5. The last dates by which admission forms and fees for Semester-I, II, III and IV examinations should reach to the Controller Examination, Punjabi University Patiala on dates as notified from time to time. No examination form will be accepted after the notified date.
6. The candidate will be required to pay examination fees as prescribed by the University from time to time.
7. The medium of examination, including writing of thesis will be English, Hindi or Punjabi.
8. The examination will consist of papers according to syllabus as prescribed by the concerned Board of Study.
9. The option of Dissertation in Semester-III can be availed only by those students who have secured at least 60% marks in theory in Semester-I and II.
10. The title of the research has to be approved by the Board of Studies in Physical Education on the recommendation of the Principal/Head of the Department. The last date for:

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- (i) Receipt of application regarding the topic of the thesis along with the synopsis shall be October 30 of the year preceding the examination.
 - (ii) When a candidate has failed in the examination but has obtained pass marks in the thesis, the marks obtained in the thesis may be carried forward at his option for the subsequent years.
 - (iii) Fee for submission of dissertation will be as prescribed by the University from time to time.
 - (iv) Receipt of dissertation in the office of the Head of the Department shall be one month before the commencement of the theory examination; in exceptional cases, the Vice Chancellor shall have the power to extend on the recommendation of the Principal/Head of the Department the last date for receipt of thesis.
11. The marks required to pass the examination shall be 40% marks in internal assessment in each paper separately in theory and practical and 40% in aggregate of internal, external, theory and practical.
 12. There will be no condition of passing papers for promotion from odd semester to even semester in an academic session. To qualify for admission to Semester-III of the course, the candidate must have **Passed 50% of total papers of two Semesters in the first year.**
 13. The examination of reappear papers of Odd Semester will be held with regular examination of the Odd Semester and reappear examination, of the Even Semester will be held with regular examination of Even Semester. In case a candidate is placed under reappear in third (odd) semester, he/she will be given chance to re-appear in the fourth semester. But if a candidate is placed under reappear in the last semester of the course, he will be provided chance to pass the reappear with the examination of the Next Semester. It is understood that a reappear or failed candidate shall be allowed to take the examination in papers not cleared by him according to the date sheets of the semester examinations in which such papers may be adjusted.
 14. Three weeks after the termination of the examination or as soon as thereafter as possible the Controller of Examination shall publish a list of candidates who have passed the examination of each semester. Each successful candidate in Semester-I, II, III and IV examinations shall receive a certificate of having passed that examination.
 15. The examination shall be open to any person who:
 - (a) Has passed B.P.Ed. Four years Integrated Program after 10+2 from this University or any other statutory University.
 - (b) Or has passed Two Years B.P.Ed. Course (B.P.Ed. Two Years) after graduation from this University or any other statutory University.
 - (b) Candidate must have passed English as one of the subjects in Graduation course.
 - (c) Satisfies the following requirements:
 - i. has been on the rolls of the University/College throughout the academic year preceding the Part-I i.e., Semester-I & II examination.
 - ii. has his name submitted to the Registrar by the Head of the Department/Principal of the College having attended not less than 75% of the total number of lectures delivered in each paper and 75% of the lectures held in Practical Work/ Activities in each paper during the academic year.
 - iii. the candidate shall be required to attend at least 75% of the total number of lectures prescribed for each paper, provided that a deficiency in the number of lectures or seminars or practical's may be condoned for special reasons, subject to ordinance framed on the subject.
 - iv. Of having obtained in the Monthly/ House Examinations held before the preceding semester at least 35% marks in the aggregate of all subjects and 20% marks in each of the subject prescribed.

In case a candidate could not appear in the Monthly/House Examination owing to unavoidable circumstances or fails to secure the marks indicated and desires to appear in the University Examination as a regular student, the Head of Department / Principal may at his discretion hold a special test for the candidate(s). Such a candidate would be required to obtain at least 35% marks in the aggregate of all subjects and 20% marks in each of the subjects prescribed.

OR

has completed the prescribed course of instruction for the examination, but has not appeared or having appeared has failed and is recommended by the Principal of the College for the admission to such examination without attending a fresh course of instruction within a period of three years from the date of completion of the course.

16. The grace marks shall be allowed according to the General Ordinance relating to "Award of Grace Marks" of the university.

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17. (a) If a candidate fails in not more than 50% of theory paper subjects and secure at least 40% marks in the aggregate of the remaining theory papers/subjects, he shall be allowed Exemption in such paper/subjects to get admission in next Semester.

A candidate who is provided exemption shall be allowed provisionally to join the next Semester and the result of the higher class (next semester) of such a candidate shall be kept in abeyance till he clears the lower examination.

Provided that a candidate placed under Re-appear shall be allowed two subsequent chances to clear the Re-appear Theory Paper failing which his result for the examination will be shown as Fail and such a candidate will be required to report the course **de-novo**.

- (b) The candidate will have to pass the M.P.Ed. Examination within the period of three years.
18. Students undergoing a Two-Year Master Course shall be awarded the Master of Physical Education Degree on the basis of their combined score of Semester –I, II, III and IV Examinations.

University Gradation norms on percentage performance bases are as under:

- | | | |
|-------|---------------------------------|--------------|
| (i) | First Division with Distinction | 75% & above |
| (ii) | First Division | 60% & above |
| (iii) | Second Division | 50% to 59.9% |
| (iv) | Third Division | Below 50% |
| (v) | Fail | Below 40% |

19. A candidate who has passed Master of Physical Education (M.P.Ed.) Examination from this university may be allowed to re-appear as a private candidate for improving his/her division/score of marks as under.

- (i) A candidate can improve two theory papers in each part (Part- I i.e., Semester I & II and Part –II i.e., Semester III & IV), where the course has five papers.
- (ii) A candidate can improve three theory papers in each part, where the course has more than five papers.

For this purpose, he/she will be given two chances within a period of two years from the date of passing the examination.

20. **Uniform:** Students of M.P.Ed.-I Semester will be required to possess the Uniform as per Department rules, before starting of the classes. The uniform will be provided by the Department on actual cost basis and the students have to bear the cost of the uniform.

21. **Medical Fitness Certificate:** Students of M.P.Ed.-I semester will be required to Submit Medical Fitness Certificate from University Medical Officer. Married girl is eligible for admission in M.P.Ed. However, if she gets pregnant during course, she will have to discontinue her studies for at least one academic year for the want of strenuous physical activity. She can join back afresh from the beginning of the next semester keeping the guidelines

pertaining to the maximum duration of the course in mind.

SEMESTER WISE DISTRIBUTION OF MARKS (CBCS)

Term	Compulsory Paper (Credits)	Optional Paper (Credits)	Sports Specialization & Activity (Credits)	Class Room Teaching (Credits)	Total Marks (Credits)
Semester-I	400 (16)	-	60 (12)	-	460 (28)
Semester-II	400 (16)	-	140 (12)	-	540 (28)
Semester-III	400 (16)	-	80 (12)	-	480 (28)
Semester-IV	300 (12)	100 (04)	140 (12)	50 (02)	590 (30)
Total	1600 (60)	100 (04)	400 (48)	50 (02)	2070 (114)

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Scheme of Examination For
M.P.Ed. Two Year Course (Semester-III & IV)
Session 2022-2023 and 2023-2024

PART – A	Theory Papers	1600 Marks
PART – B	Teaching (Skill and Prowess)	220 Marks
PART – C	Practice of Teaching and Coaching lesson	250 Marks

Total Marks – 2070

Total Credits -114

PROGRAM OBJECTIVES:

PO 1	To provide academic leaders to National and International Organizations.
PO 2	To promote mass-participation in Physical Education and Sports (Games, Sports Displays etc.) through Intra-Mural and Extra-Mural programs.
PO 3	To provide foundation of sports studies with the knowledge of various Subjects viz., Exercise Physiology, Sports Psychology, Biomechanics, Anthropometry, Kinesiology, Sports Medicine etc.
PO 4	To encourage and produce scientific literature in the field of Physical Education and Sports.
PO 5	To provide community services in the field of Physical Education and Sports.
PO 6	To provide excellent research and teaching for the promotion and development of individual's health and well-being.
PO 7	Trains and demonstrates various skills, techniques, tactics and strategies of various games and athletic events.
PO 8	Instruct rules and regulations of various games and athletic events.

PROGRAM SPECIFIC OUTCOMES: At the end of the program, the student will be able to achieve the following Program Specific Outcomes:

PSO 1	Identify critical elements of motor skill performance and combine motor skills into appropriate sequences for the purpose of improving skill learning.
PSO 2	Demonstrate competent motor skill performance in a variety of physical activities.
PSO 3	Describe performance concepts and strategies related to skilful movement and physical activity (e.g., fitness principles, game tactics, and skill improvement principles)
PSO 4	Describe and apply bioscience concepts (anatomical, physiological, and biomechanical) and psychological concepts to skilful movement, physical activity, and fitness.
PSO 5	Understand and debate current physical activity issues and laws based on historical, philosophical, and sociological perspectives.
PSO 6	Demonstrate knowledge of approved local, state, and national content standards, and local program goals.
PO 7	Students will learn various skills, techniques, tactics and strategies of various games and athletic events.
PO 8	Students will develop knowledge regarding the rules and regulations of various games and athletic events.



 Head of Institution
 May 2024

SYLLABUS OF EXAMINATION FOR
M.P.Ed. Two Year Course
(Semester-III & IV)

Session 2022-2023 and 2023-2024

M.P.Ed. (SEMESTER -III)

PART-A: THEORY

TOTAL MARKS:480
MARKS: 400

Paper Code	Paper	External	Internal	Practical/ Viva Voce	Total	Credits
MPET-109	Sports Management	80	20	-	100	04
MPET- 110	Anthropometry	80	-	20	100	04
MPET-111	Sports Psychology	80	20	- 20	100	04
MPET-112	Sports Training	80	20	-	100	04
	Total				400	

Part-B: TEACHING (Skill and Prowess)

Marks:60 (Internal)

GAME

80

Practical code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-213	Volleyball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	02
MPEP- 214	Gymnastics/ Aerobics	-do-	10	02
MPEP- 215	Handball	-do-	10	02
MPEP- 216	Leadership Training Camp	Camp for students related to leadership qualities development has to be organized by the students of M.P. ED IIIrd Semester, under the aegis of government or semi-government body and certificate for this has to be issued to the participants (at least for 3 days). **	20	-
MPEP	Match Practice	Practice of game of the choice of students	1 Hr. per day	

Note:** The leadership training camp will be organized by students by discharging various duties, as part of training. The expenses occurring for this event will be borne by students. The expenses for attending the camp have to be met by the students.

ATHLETICS

Practical code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-217	High Jump	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	02
MPEP- 218	Javelin Throw	-do-	10	02
MPEP- 219	Hurdles	-do-	10	02

Contents to be covered for games & athletics.

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and magazines of the game /track and field.
- Officiating.
 - Play area dimensions/track and field.
 - Equipment specifications
 - Rules of the game/track and Field and their interpretation.
 - Duties of the concerned officials.
- Fundamental skills /Techniques.

Note: 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)
 Each activity will be continued for 21 working days

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SYLLABUS OF EXAMINATION FOR
M.P.Ed. Two Year Course
(Semester-III & IV)
Session 2022-2023 and 2023-2024

M.P.Ed. (SEMESTER –III)

TOTAL MARKS:480

PART-A: THEORY

MARKS: 400

Paper Code	Paper	External	Internal	Practical/ Viva Voce	Total	Credits
MPET-109	Sports Management	80	20	-	100	04
MPET- 110	Anthropometry	80	-	20	100	04
MPET-111	Sports Psychology	80	20 ×	20	100	04
MPET-112	Sports Training	80	20	-	100	04
				Total	400	

Part-B: TEACHING (Skill and Prowess)

Marks:60 (Internal) 80

GAME

Practical code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-213	Volleyball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	02
MPEP- 214	Gymnastics/ Aerobics	-do-	10	02
MPEP- 215	Handball	-do-	10	02
MPEP- 216	Leadership Training Camp	Camp for students related to leadership qualities development has to be organized by the students of M.P. ED IIIrd Semester, under the aegis of government or semi-government body and certificate for this has to be issued to the participants (at least for 3 days). **	20	-
MPEP	Match Practice	Practice of game of the choice of students	1 Hr. per day	

Note:** The leadership training camp will be organized by students by discharging various duties, as part of training. The expenses occurring for this event will be borne by students. The expenses for attending the camp have to be met by the students.

ATHLETICS

Practical code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-217	High Jump	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	02
MPEP- 218	Javelin Throw	-do-	10	02
MPEP- 219	Hurdles	-do-	10	02

Contents to be covered for games & athletics.

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and magazines of the game /track and field.
- Officiating.
 - Play area dimensions/track and field.
 - Equipment specifications
 - Rules of the game/track and Field and their interpretation.
 - Duties of the concerned officials.
- Fundamental skills /Techniques.

Note: 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)
 Each activity will be continued for 21 working days

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M.P.Ed.(SEMESTER-IV)
Part-A: THEORY

TOTAL MARKS: 590
MARKS: 400

Paper Code	Subjects	External/Research Report	Internal	Practical/Viva-Voce	Total	Credits
MPET-113	Biomechanics	80	-	20	100	04
MPET-114*	Dissertation	60	-	40	100	04
MPET-115	Theory of Athletics	80	20	-	100	04
MPET-116**	Option (A) Teaching Pedagogy and Curriculum Design	80	20	-	100	04
	Option (B) Yoga	80	-	20	100	04
				Total	400	

Note*:For the subject of **Dissertation(MPET-114)**, students will submit **Two (2) Copies** of their **Research Report** through their respective **Principal to the Head, Dept. of Physical Education, Punjabi University, Patiala**. The **Viva-Voce** of the students will be conducted by the Committee at the Dept. of Physical Education, Punjabi University, Patiala.

Committee Members:

- Head, Dept. of Physical Education, Punjabi University, Patiala.
- Subject Expert (External) to be nominated by Dean Academics.
- Supervisor of the Candidate.

Note:**Students are required to choose one paper from Paper Code **MPET-116 (A) Teaching Pedagogy and Curriculum Design** and **MPET-116 (B) Yoga**.

Part-B: Teaching (Skill and Prowess)

Marks:40 (Internal)

GAME

Practical Code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-220	Softball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	02
MPEP-221	Badminton/ Tennis/ Table Tennis	-do-	10	02
MPEP	Match Practice	Practice of game of the choice of students	1 Hr per day	

ATHLETICS

Practical Code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-222	Hammer Throw	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	02
MPEP-223	Marking of Athletic Track	-do-	10	02

Contents to be covered for games & athletics.

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and magazines of the game /track and field.
- Officiating.
 - Play area dimensions/track and field.
 - Equipment specifications
 - Rules of the game/track and Field and their interpretation.
 - Duties of the concerned officials.
- Fundamental skills /Techniques.

Note: 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)

Each activity will be continued for 21 working days.

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Part-C: Coaching Lesson of Game & Athletics and Class Room Theory Lesson Marks:150

Practical Code	Coaching lesson	External	Internal	Total Marks	Credits
MPEP-224	Game	40	10	50	02
MPEP-225	Athletics	40	10	50	02
MPEP-226	Theory lesson*	40	10	50	02
	Total Marks	120	30	150	

***Note:**

- The students will be required to prepare a file pertaining to each lesson given above in support of their evaluation of lesson plan and viva-voce. Candidates are required to take 10 practice lessons for each part separately. Sessional marks will be awarded on the basis of their performance in practice lessons, 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)
- Evaluation of lesson plan will be done by one external examiner in each case.
- Practice of lessons will be done during the teaching practice organized by the college and their lessons will be supervised by the internal faculty member.
- *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*
- * Internal Evaluation of theory lesson will be based on the students attending / organizing conferences, seminars, workshop and Symposia.





M.P.Ed. (SEMESTER -III)

TOTAL MARKS:480

Part-A: THEORY

MARKS: 400

Paper Code	Paper	External	Internal	Practical	Total	Credits
MPET-109	Sports Management	80	20	-	100	04
MPET- 110	Anthropometry	80	-	20	100	04
MPET-111	Sports Psychology	80	20	-	100	04
MPET-112	Sports Training	80	20	-	100	04
				Total	400	

Paper Code -MPET-109
SPORTS MANAGEMENT

Time allowed: 3 Hours

Max Marks: 100
 (External: 80, Internal: 20)
 Credit:4

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e., the students shall attempt **one** question from each unit. (15× 4= 60 Marks).

Course Outcomes	MPET-109 SPORTS MANAGEMENT
CO 1	Students will understand Meaning, concept, theories and functions of Management in the field of Physical Education and Sports.
CO 2	Students will understand the Managerial skill, roles and their qualities.
CO 3	It will enhance the knowledge and understanding of students regarding Personnel Management, Communication Barriers and the objectives of Budget.
CO 4	Students will develop the knowledge regarding Management of facilities, Equipments and Material required in Physical Education and Sports.
CO 5	It will help students to understand the Administrative and Managerial duties of a Physical Education Teacher.

UNIT-I

- Management in Physical Education and Sports:** Concept, meaning and definition, need and scope of sports management.
- Theories of Management:** The classical Theory, the Neo- Classical Theory and Modern Theory, Types of Management: Authoritarian management, Laissez- faire management, Democratic management and Eclectic management.
- Functions of Management:** Planning, Organizing, Staffing, Directing, Coordinating, Budgeting, Controlling and Evaluating.

UNIT-II

- Management Skills:** Personal Skills, Interpersonal Skills, Conceptual Skills, Technical Skills, and Conjoined Skills.
- Managerial Roles:** Interpersonal Roles, Informational Roles, decision Making Roles.
- Qualities and Qualifications of a Manager:** Personal Qualities, Leadership Qualities; and Academic and Professional Qualities.

UNIT-III

- Personnel Management:** Introduction, Meaning, Definition, Principles of personnel management; Aspects of personnel management, Job Analysis, Description and specification.
- Communication:** Meaning, types of communication and barriers in effective Communication.
- The Budget:** Meaning, definition and objectives of the budget, principles of planning the Budget, preparation of budget.

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UNIT-IV

1. **Management of Facilities:** Introduction, Administrative and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Indoor Facilities-Gymnasium and Swimming pool.
2. **Management of Equipment and Material:** Introduction, Meanings of Equipment and Material, Need and Importance, Types, Principles of Purchase of Equipment. Important Considerations in Selecting Sports Equipment, receiving—Stocktaking and Storing Equipment, Care and Maintenance & Conservation of Equipment, and Disposal of Equipment.
3. **Managerial and Administrative Duties of a Physical Education Teacher:** Instructional, Office, Facilities, Public Relations, Personnel, Professional, Purchases, Intra-murals, Extra-murals.

REFERENCES

- Zeigler, Earle F. And Bowie, Gary W. (2008). *Management Competency Development in Sports and Physical Education*. New Delhi: Sports Educational Technologies, 101, 4787/ 23 Ansari Road.
- Dheer, S and Radhika, K. (1991). *Organization and Administration of Physical*. Delhi: Friends Publications, 6 Mukherjee Tower, Mukherjee Nagar.
- Kamlesh, M.L. (2000). *Management Concepts in Physical Education*. New Delhi: Metropolitan Books Co. Private LTD.
- Jenson, Clayne R. (1983). *Administrative Management of Physical Education and Athletic Program*. USA: Lea & Febiger, 600 Washington Square, Philadelphia.
- Roy, Sudhanshu, S. (1995). *Sports Management*. New Delhi: Friends Publications, 6, Mukherjee Tower, Mukherjee Nagar.
- Brar, R and Joshi, R. (2007). *Sports Management*. New Delhi: Kalyani Publishers.

Paper Code –MPET-110
ANTHROPOMETRY

Time allowed: 3 Hours

Max Marks: 100

(External: 80, External Practical: 20)

Credit: 4

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. ($2 \times 10 = 20$ Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e., the students shall attempt **one** question from each unit. ($15 \times 4 = 60$ Marks)

Course Outcomes	MPET-110 ANTHROPOMETRY
CO 1	Enables to develop the understanding of the Meaning, importance and applications of Ki-anthropometry and Anthropometry.
CO 2	Students will develop the knowledge about various Body Measurements and location of various land marks on the body.
CO 3	Students will develop understanding regarding Growth, Maturation and Physique.
CO 4	Students will update knowledge regarding Body Proportion, BMI and Phantom Stratagem.
CO 5	Students will increase the understanding of Body Composition and Somatotyping.

UNIT - I

1. **Kin-anthropometry:** Meaning, Importance and application of Kin-anthropometry data in sports.
2. **Anthropometry:** Meaning, Classification, Working and Utility of Anthropometric Instrument, Location of different Land Marks on the Body.
3. **Anthropometric Measurement:** Skill for Anthropometry Measurement, Tolerance Limit, Measurement of Girth.

UNIT - II

1. **Growth:** Meaning, Importance, Physical Growth, Normal Growth in adolescence, Growth and Motor Performance.
2. **Maturation:** Meaning, Importance and Scope, Measurement of Maturity and Assessment of Skeletal Maturity.
3. **Physique:** Meaning, Types and Role in Sports.

UNIT – III

1. **Body Proportion:** Meaning, Importance and Sports Specific Body Proportion and Indices.
2. **Body Mass Index:** Meaning, Method of Determination and Importance in Sports.
3. **Phantom stratagem:** Proportional, Z-Scores in Sports, O-scale System.

UNIT-IV

1. **Body composition:** Meaning, Importance, Scope in Sports.
2. **Somatotyping:** Meaning, Importance & Scope in Sports, Sheldon's & Heath and Carter Method of Somatotyping and Classification of Somatotype, Somatochart and Somatoplot.
3. **Determination of body composition:** Muscle mass, bone mass and fat mass.

Practical**Marks:20 (External)**

- | | |
|------|---------------------------|
| i. | Body measurements |
| ii. | Head |
| iii. | Face |
| iv. | Trunk |
| v. | Upper & Lower Extremities |
| vi. | BMI |
| vii. | Body Composition |

REFERENCES

- Sodhi,S.(1991).*Sports Anthropometry*:Anova Publication.
- Sodhi,S.(1984).*Physique and Selection of sportsmen*:Anova Publication
- Singh,S&Malthotra,P.(1971).*Kinanthropometry*Patiala,Punjab:Lunar Publication.
- Eston,R and Reilly,T.(1977).*Kinanthropometry*. London,England:E. & FN SPON.
- Singh,S.(1992).*Skeletal Maturity*.HumanBiology.patiala,Punjab: Publication Society, Punjabi University, Patiala.
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Paper Code –MPET-111
SPORTS PSYCHOLOGY

Time allowed: 3 Hours

Max Marks: 100
 (External: 80, External Practical: 20)
 Credit:4

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e., the students shall attempt **one** question from each unit. (15x 4= 60 Marks).

Course Outcomes	MPET-111 SPORTS PSYCHOLOGY
CO 1	Enables to develop the understanding and scope of Sports Psychology, Growth and Development, Personality and Emotion.
CO 2	Students will develop the knowledge about various concepts of Learning, Motivation, Goal setting and Stress in the field of Physical Education and Sports.
CO 3	Students will develop understanding regarding the role of Anxiety, Aggression, Attention and Concentration in the field of Physical Education and Sports.
CO 4	Students will enhance their knowledge regarding Group Dynamics, Adjustment, Intelligence and Self-Perception.
CO 5	Students will increase the understanding and importance of various Psychological Skills Training and Effective Intervention Programs.

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UNIT-I

1. **Sports Psychology:** Definition, focuses and scope of Sports Psychology; Need for psychological training of sportspersons. Historical development of psychology in the world and in India.
2. **Human Growth and Development:** Growth phenomenon; Differentiation between growth and development; Principles of growth; Different stages of development.
3. **Personality:** Definition, dimensions integrity of personality; early theories and psychology models of Personality; Factors affecting personality development, Personality dynamics in sports and performance.
4. **Emotions:** Concept, definition and characteristics of emotions: Positive and negative emotions - their impact on the individual; Regulation of emotions; Role of emotions in athlete performance.

UNIT-II

1. **Learning:** Definition and kinds of learning; Learning Theories (Associational, Cognitive and Social), Laws of learning and their import in physical activity; Factors affecting motor learning. Concept of transfer of learning; and types of transfer of learning.
2. **Motivation:** Concept, definition and kinds of motivation: Motivational theories: (Instinct, Drive, Need theories); Incentive and Achievement motivation; Reasons for participation and withdrawal from activity and sport; Sources of motivation for sport; Individual differences and motivation.
3. **Goal Setting:** Concept and importance of goal setting; Goal-orientation physical domain; Principles of goal setting; Interventions and mistakes in goal setting.
4. **Stress:** Definition, dimensions and causes of stress; Importance of emotional control and stress management; Educational stress management techniques. Defining mental health and wellbeing; Causes and impact of poor mental health; Defense mechanisms and psychological adjustment.

UNIT-III

1. **Anxiety:** Definition, types, and dimensions of anxiety; Factors precipitating anxiety: Anxiety in sports contexts; Causes of competition anxiety; Anxiety management techniques.
2. **Aggression:** Definition, types and theories of aggression. Spectator violence; Management of aggression.
3. **Attention and Concentration:** Meaning, and distinction between attention and concentration; Determinants of attention; Role of attention and concentration in sports; Attention-improving techniques.
4. **Group Dynamics:** Concepts and models of group dynamics; Group performance in sports; Leadership in sports. Concepts and Building up Cohesion in sports.

UNIT-IV

1. **Adjustment:** Definition of mental conflict, frustration and adjustment; Causes of maladjustment; Psychodynamics and adjustment; Athlete reactions to success and failure: Strategies to resolve conflicts and seeking adjustment.
2. **Intelligence:** Definition and changing concepts of intelligence: Determinants of intelligence; Emotional intelligence; Intelligence in activity and sport.
3. **Self-perceptions:** Definition of and distinctions among self-concept, self-efficacy and self-esteem; Self-esteem in athletes. Development of self-efficacy and self-confidence through activity and sports.
4. **Psychological Skills Training and Effective Intervention Programs:** Imagery Training, Biofeedback, Progressive muscular relaxation therapy, Breathing exercise, Yoganidra, Transcendental meditation and autogenic training.

Practical**Marks:20 (External)**

- ✓ GSR
- ✓ EMG
- ✓ ECG
- ✓ Depth Perception
- ✓ Steadiness
- ✓ Collection of Data through Various Questionnaires.

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REFERENCES

- Cox, Richard, H. (1994). *Sport Psychology: Concepts and Applications*: Madison, Wisconsin; Brown and Benchmark.
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- Gill, D & Williams,L.(2008). *Psychological Dynamics of Sport and Exercise*(3rd Edition) :Champaign, IL; Human Kinetics.
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Paper Code –MPET-112
SPORTS TRAINING

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)
Credit:4

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e., the students shall attempt **one** question from each unit. (15x 4= 60 Marks).

Course Outcomes	MPET-112 SPORTS TRAINING
CO 1	Students will develop and enhance the knowledge regarding the Sports Training, Training Load, and Recovery.
CO 2	Students will understand the importance of various Methods of training used in Sports.
CO 3	It will update the understanding regarding various Motor Fitness Components and their importance in sports.
CO 4	Students will understand the important concepts regarding technical training, tactical training and periodization.
CO 5	Students will enhance their knowledge regarding Training Plans, Schedules and importance of Talent identification in Sports.

UNIT-I

- Sports Training:** Meaning, Aims, Characteristics, Need and Principles.
- Training Load:** Meaning, Characteristics, Principles, Symptoms, Causes and tackling of overload. **Recovery:** Recovery Phases, Means of Recovery and Factors Affecting Recovery.
- Methods of Training:** Importance, Principles, Types of training - Weight training, Circuit training, Interval training, Fartlek training, Cross-Country, Isokinetic Training and Plyometric training. **Training Means and Methods:** Types, Classification of Physical Exercise, Basic Methods of Conditioning.

UNIT-II

- Flexibility:** Meaning, Importance, Types, Factors determining them, Methods of training and precautions.
Coordinative abilities: Meaning, importance, types, factors determining Coordinative abilities, methods of training and precautions.
- Strength:** Types, Factors Determining Strength, Importance, Methods of training and Precautions.
Endurance: Meaning, Types, Factors Determining Endurance, Importance, Methods of training and Precautions.
- Speed:** Meaning, Factors Determining Speed, importance, Methods of training and precautions.
Agility: Meaning, Factors Determining Agility, importance, Methods of training and precautions.

UNIT-III

- 1 **Technical Training:** Meaning, Skill, Style, Motor co-ordination, Aims, Phases, Implications and Methods. **Tactical Training:** Meaning, Aims, Tactical Action, Training for tactics, Principles.
- 2 **Periodization:** Meaning, Types, Aims and Contents of different periods.
Top form and Periodization: Relationship of top form and periodization.
- 3 **Planning:** Importance, types, Steps in formulation of plan, training sessions.

UNIT IV

- 1 **Long Term Training:** Meaning, Aims and Characteristics, Nature and Training Schedules of Games & Athletics.
- 2 **Training Schedules:** Preparation of Training Schedule in reference to Age, Gender and sports.
- 3 **Sports Talent Identification:** Meaning, Process and Procedures.

REFERENCES

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Reso1
Mang B. 2

M.P.Ed.(Semester-IV)

Total Marks: 590

Part-A: THEORY

Marks: 400

Paper Code	Subjects	External	Internal	Practical	Total	Credits
MPET-113	Biomechanics	80	-	20	100	04
MPET-114*	Dissertation	Research Report=60	-	Viva-Voce=40	100	04
MPET-115	Theory of Athletics	80	20	-	100	04
MPET-116**	Option (A) Teaching Pedagogy and Curriculum Design	80	20	-	100	04
	Option (B) Yoga	80	-	20	100	04
				Total	400	

Note*:For the subject of **Dissertation(MPET-114)**, students will submit **Two (2) Copies** of their **Research Report** through their respective **Principal to the Head, Dept. of Physical Education, Punjabi University, Patiala**. The **Viva-Voce** of the students will be conducted by the **Committee** at the Dept. of Physical Education, Punjabi University, Patiala.

Committee Members:

- Head, Dept. of Physical Education, Punjabi University, Patiala.
- Subject Expert (External)** to be nominated by **Dean Academics**.
- Supervisor** of the Candidate.

Note:**Students are required to choose one paper from Paper Code **MPET-116 (A) Teaching Pedagogy and Curriculum Design** and **MPET-116 (B)Yoga**.

Paper Code –MPET-113
BIOMECHANICS

Time allowed: 3 Hours

Max Marks: 100
(External: 80, External Practical: 20)
Credit-4

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. ($2 \times 10 = 20$ Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e., the students shall attempt **one** question from each unit. ($15 \times 4 = 60$ Marks).

Course Outcomes	MPET-113 BIOMECHANICS
CO 1	Students will understand and enhance their knowledge regarding Biomechanics, and its Scope in Physical Education and Sports.
CO 2	It will provide the students to understand the importance and the differences between Kinetics and Kinematics.
CO 3	Students will know the importance of Biomechanical Analysis in various Sports.
CO 4	Students will understand the role of Fluid Mechanics, leverage, spin and Friction in Sports.
CO 5	Students will develop the understanding regarding the concepts of Projectile, Equilibrium, Motion, and Elasticity in various games.

UNIT-I

- Biomechanics:** Meaning, Scope and importance in Physical Education and Sports.
- Kinetics: (Linear Kinetics):** Inertia, Mass, Force, Weight, Momentum and Impulse.
- Kinetics: (Angular Kinetics):** Eccentric force, couple, moment of force, torque, moment of inertia and angular momentum.

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Anshu

UNIT-II

1. **Kinematics: (Linear Kinematics):** Distance, displacement, Speed, Velocity and Acceleration.
2. **Kinematics: (Angular Kinematics):** Angular distance & angular displacement, Angular speed, angular velocity and angular acceleration, Angular motion Vectors.
3. **Biomechanical Analysis:** Running, Walking, High Hurdling, Swimming (Free Style), Shot Put, Discus Throw, Broad Jump and High Jump.

UNIT-III

1. **Fluid Mechanics:** Location of buoyant force, specific gravity, drag force, gyroscopic action, Magnus effect, Surface drag, Form drag, wave drag, Lift force, gyroscopic action.
2. **Lever, Spin and Friction:** Meaning, Types, Characteristics, factor determining them and their uses in sports.
3. **Projectile:** Meaning, Horizontal and vertical components, Influence of Air Resistance, factors influencing Trajectory (Projection angle, Projection speed, Projection Height, Projection Conditions).

UNIT-IV

1. **Equilibrium:** Meaning, Types, Principles, factor determining equilibrium and their application in sports. Different Tools and Techniques used for Biomechanical analysis of sports movement.
2. **Motion:** Meaning, Characteristics, Types and Laws of motion & their application in sports.
3. **Latest Trends in Biomechanics:** Impact and Elasticity, Latest trends, tools and technology used in Biomechanics.

Practical**Marks: 20 (External)**

- i. Determination of Centre of Gravity by Reaction Board Method.
- ii. Determination of Centre of Gravity by Joint- point –method.
- iii. Determination of Centre of Gravity of Main- point method.
- iv. Determination of combined center of Gravity (joint-point method).
- v. Development of linear, vertical and horizontal velocity with time graph through cinematographically/video system.
- vi. Analysis of linear, vertical and horizontal speed with time graph through cinematographically/video system.
- vii. Investigation of linear, vertical and horizontal distance with time graph through cinematographically/video system.
- viii. Examination of linear, vertical and horizontal acceleration with time graph through cinematographically/video system.
- ix. Demonstration of principle of action and reaction.
- x. Biomechanical analysis of given skills/technique:
- xi. Spiking in volleyball (body angles, speed, velocity, Acceleration)
- xii. Hitting in hockey (body angles, speed, velocity, Acceleration)
- xiii. Shooting in Basketball (Body angles, time of ascent, time of descent, Time of flight, speed, Velocity and Acceleration)
- xiv. Analysis of body movements through stroboscopic effect.

REFERENCES

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- Sharma, S.K. (2014). *Biochemistry & Biophysics for nurses*. Victoria Street, London: Jaypee Brothers Medical Publishers.
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- Hall, S. J. (1995). *Basic Biomechanics*, New York: McGraw Hill.
- Peter, M. & Ginnis, M. (2005). *Biomechanics of Sports and Exercise*. Human Kinetics, Champaign, USA.
- James, G. & Hay (1978). *The Biomechanics of Sports Techniques* (2nd ed.). Englewood Cliffs, N. J. Prentics Hall.
- J W. Bunn, J.W. (1972). *Scientific Principles of Coaching* (2nd ed.) Englewood Cliffs N. J. Prentics Hall.
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**Paper Code –MPET-114
DISSERTATION**

Max. Marks:100

Marks: 60 for Research Report	Marks:40 for Viva Voce	04 Credits
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Note: * For the subject of **Dissertation(MPET-115)**, students will submit **Two (2) Copies** of their **Research Report** through their respective **Principal to the Head, Dept. of Physical Education, Punjabi University, Patiala**. The **Viva-Voce** of the students will be conducted in the Dept. of Physical Education, Punjabi University, Patiala.

Course Outcome	MPET-114 DISSERTATION
CO 1	Students' knowledge regarding Body of Research is enhanced.
CO 2	Understanding the review of literature.
CO 3	Student will understand the methodology and procedure for selection of subjects, variables, collection of data, its reliability and statistical computation.
CO 4	Students will develop the understanding regarding the analysis and interpretation of data, discussion of findings and discussion of hypothesis.
CO 5	Knowledge of the way to write summary, conclusion and recommendations will be enhanced.
CO 6	Students will develop the knowledge regarding the procedure to write references/ bibliography and Appendix.

1. CHAPTER-I:INTRODUCTION

Introduction of the Problem

Statement of the Problem

Objectives of the Study

Hypothesis

Delimitations of the Study

Limitation of the Study

Significance of the Study

Definition and Explanation of Terms

2. CHAPTER-II: REVIEW OF THE RELATED LITERATURE.

3. CHAPTER-III: METHODOLOGY AND PROCEDURE:

Selection of Subjects

Selection of Variables

Collection of Data

Reliability of Data

Statistical Computation.

4. CHAPTER- IV:

Analysis of data

Discussion of Findings

Discussion of Hypothesis

5. CHAPTER-V:

Summary

Conclusion

Recommendations

➤ Bibliography

➤ Appendix

MSQ1
Amber
May 2011

Paper Code –MPET-115
THEORY OF ATHLETICS

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)
Credits:4

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e., the students shall attempt **one** question from each unit. (15× 4= 60 Marks).

Course Outcome	MPET-115 THEORY OF ATHLETICS
CO 1	Students will understand the differences between track events (sprint, middle and long races), team events, walk races and obstacle events.
CO 2	Students will have clarity regarding various Jumping and Throwing events.
CO 3	Students will enhance and understand the various techniques of track and field events.
CO 4	Students will develop the Understanding and knowledge regarding various of rules and regulations of track and field events.
CO 5	Students will be able to mark Standard track and will develop the knowledge regarding the working of Governing Athletic Bodies and their roles.

UNIT-I

- Sprint, Middle- and Long-Distance Trot:** Rule & regulations, seeding, draws, tie breaker, officials, equipment's, organization, competitions and records.
- Team Events and Walk Race:** Rule & regulations, officials, measurements, equipments, organization, competitions and records.
- Obstacle Events:** Rule & regulations, measurements, equipments, organization, competitions, records, Officials and event distances of High & low Hurdles and steeplechase.
- Technical Rules:** International officials, officials of the competition (Management, competition & additional officials).

UNIT-II

- Horizontal and Vertical Jump:** Measurements, rule & regulations, entries, tie breaker, officials, equipments, organization, competitions and records.
- Throwing events:** Measurements, rule & regulations, officials, equipments, organization, competitions and records.
- Combine events:** Measurements, rule & regulations, officials, equipments, organization, competitions and records.
- General Competition Rules of Track & Field Event:** Entries, clothing, shoes, Athletic bibs, disqualification, protests & appeals and mixed competition & scoring.

UNIT-III

- Techniques of Track Event: Starting Techniques** (Standing Start, Crouch Start and its variations). **Finishing Techniques** (Run Through, Shoulder Shrug, Forward Lunge). **Technique of Relay Race** (Upward & Downward sweep, Push pass) **Hurdles:** (High & Low hurdles) Stride pattern from start to first hurdle, between hurdles & last hurdle to finish, hurdle clearance, take off, landing. Various phases of sprint & hurdle races.
- Techniques of Horizontal jumps: Long Jump:** - (Sail, Hang & Hitch kick Technique), approach run, take off, flight & landing. **Triple Jump:** - (Russian, Polish & Mixed technique), approach Run, take off, flight & landing.
- Techniques of Vertical jumps: High Jump :-** (Scissor cut & Fosbury flop technique). Approach run, take-off, bar clearance and landing.
- Techniques of Throws: Shot Put:** - (Glide and Disco put Technique), grip, stance, glide, release and reverse. **Discus Throw:** - grip, stance, swing, release and reverse. **Hammer Throw:** - Grip, preliminary swings, turns, release and recovery. **Javelin Throw:** - Grip, carry, approach, five Stride Rhythm, withdrawal stride, cross step / impulse stride, release & follow through.

NJC
Signature
Date

UNIT-IV

1. **Marking of track & field arena:** Introduction of standard track & its measurements, types of tracks, marking & measurements of track & field events.
2. **Road Races:** Rule & regulations, entries, tie breaker, officials, event distances.
3. **Cross Country Races:** Rule & regulations, entries, tie breaker, officials, event distances.
4. **Athletics Bodies:** Formation, member countries & Honors of International Olympic committee (I.O.C), International Association of Athletic Federation (I.A.A.F) and Athletic Federation of India (A.F.I).

REFERENCES

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Paper Code-MPET-116

TEACHING PEDAGOGY AND CURRICULUM DESIGN
(OPTION-A)

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)
Credit: 4

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e., the students shall attempt **one** question from each unit. (15×4= 60 Marks).

Course Outcomes	MPET-116 TEACHING PEDAGOGY AND CURRICULUM DESIGN (OPTION-A)
CO 1	Students will understand the Meaning, Components of professional preparation, Historical perspectives and teaching as career.
CO 2	Students will understand the scope of In-Service Education, role of Evaluation and Concepts of Curriculum.
CO 3	It will enhance the knowledge and understanding regarding Curriculum design, factors affecting and basic guidelines required for curriculum.
CO 4	Students will develop the knowledge regarding curriculum development and its evaluation.
CO 5	It will help students to update their knowledge regarding various Curriculum Aids.

UNIT - I

1. **Foundation of Professional Preparation:** Meaning, Components of Professional Preparation, Recent governmental policies for promoting physical education and sports in India and factors affecting educational policies and program. Role of public and private sectors in the promotion of Physical Education and Sports in the Country.
2. **Historical Perspective:** Historical review of Professional Preparation in India, Professional courses being offered in professional preparation colleges in India.

Professional Preparation in Physical Education in USA, Russia and UK and Beginning of Professional Preparation in the world.

3. **Teacher and Teaching:** Teaching as a Career, Basic Qualities of a successful teacher, Preparation of the specialized Physical Education Teacher, Types of Teaching Jobs and Types of non-teaching jobs.

UNIT – II

1. **In-Service Education:** Nature and Scope, Role of teacher education institutions in In-Service Education, Role of Profession in In-Service Education and Course and Formal education experience.
2. **Evaluation:** Trends in evaluating professional preparation, evaluating the program of professional preparation, Relation of evaluation to administration & Personal program.
3. **Curriculum-** Old and new concepts, Mechanics of curriculum planning.

UNIT - III

1. **Curriculum Design:** Meaning, Importance, selection and classification of subject matter with reference to age, gender and differently abled pupils, integrated program for boys and girls and factors affecting curriculum design and the role of teacher in curriculum development.
2. **Factors Affecting Curriculum** - Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities -Time suitability of hours.
3. **Basic Guide Line:** curriculum construction; contest (selection and expansion).
 - Focalization
 - Socialization
 - Individualization
 - Sequence and operation
 - Steps in curriculum construction.

UNIT - IV

1. **Curriculum Development:** Concepts, Basic principles of curriculum construction, Subject matter for Different Levels of Education (Primary, Secondary and Higher Education).
2. **Curriculum Evaluation:** Concepts and Purpose, Procedure and Appraisal.
3. **Curriculum Aids:** Time table, Credit system for various courses- theory and practical, impact of technology in physical education and sports.

REFERENCES

- Murthy, J.K. (2005). *Curriculum Construction in Physical Education and Sports*. Ansari Road, Daryaganj, New Delhi: Commonwealth Publishers.
- Kamlesh, M.L. (2008). *Scientific Art of Teaching Physical Education* (2nd ed.). New Delhi: Metropolitan Book Co. Pvt. Ltd.
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Dr. Anshu Singh

Paper Code –MPET-116
YOGA
(OPTION-B)

Time allowed: 3 Hours

Max Marks: 100
 (External: 80, External Practical: 20)
 Credit:4

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. ($2 \times 10 = 20$ Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e., the students shall attempt **one** question from each unit. ($15 \times 4 = 60$ Marks).

Course Outcomes	MPET-116 YOGA (OPTION-B)
CO 1	Enables to enhance the Meaning and Concept of Yoga.
CO 2	Students will know various texts of Yoga, Yoga as Activity and Relaxation technique.
CO 3	Students will develop understanding of various Shat Kriyas, Asanas, and Pranayama.
CO 4	Students will update knowledge regarding Bandhas and Mudras
CO 5	Students will increase the understanding of Yoga as Meditation and Treatment.

UNIT-I

- Yoga:** Introduction, Historical background and Origin of Yoga, Meaning and Concept of Yoga and its relationship with Physical Education and Sports.
- Yoga in Present Global Scenario:** Yoga as a Science; and recent advances in Yoga.
- Contribution of Modern Yogis:** Ramakrishana Parmahansa, Swami Vivekananda, Swami Sivananda and Swami Satyananda.

UNIT-II

- Main Yogic Texts:** HathayogaPradeepika, Gheranda Samhita and Yoga Sutra.
- Yoga as Activity and Relaxation Techniques:** i) Yam, ii) Niyama, iii) Asanas, iv) Pranayama, v) Pratyahar vi) Dharna, vii) Dhayan and viii) Samadhi.
- Competitions in Yoga:** National Federation Games, Senior National, Junior National, All India Inter-University, Khelo-India University games.

UNIT-III

- Shat Kriyas of Yoga:** Neti, Dhauti, Basti, Nauli, Kapalbhathi and Trataka.
- Asanas:** Asanas- Meaning, Principles, Classification of Asanas and Effects of Asanas on various systems of the Body- Circulatory, Respiratory, Digestive, Excretory, Muscular and Skeletal system.
- Pranayama:** Meaning, types and its importance.

UNIT-IV

- Bandhs and Mudras:** Aim, objectives and benefits. Physiological aspects of various Bandhs and Mudras.
- Meditation:** Meaning, definition, types and techniques of Meditation.
- Yoga and Treatment:** Therapeutic and Corrective Values of Yoga Practices special reference to disease like: Diabetes, Asthma, Constipation, Obesity, Cervical, Gastric and Acidity.

PRACTICAL	EXTERNAL: 20 MARKS
ASANAS	(10 Marks)
➤ Meditative	
➤ Cultural	
➤ Relaxative	
PRANAYAMA	(10 Marks)

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