

Chaudhary Bansi Lal University, Bhiwani

(A State University established under Haryana Act No. 25 of 2014)



Scheme of Examinations & Syllabi

for

Master of Physical Education and Sports (M.P.E.S.)

(w.e.f. 2025 onwards)

in

**Postgraduate Programmes
as per NEP 2020**

**DEPARTMENT OF PHYSICAL EDUCATION
Chaudhary Bansi Lal University, Bhiwani
HARYANA, INDIA**

Master of Physical Education and Sports (M.P.E.S.) Syllabus Approved by PGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26 onwards

Program Outcomes

PO1 – Advanced Disciplinary Knowledge

Demonstrate comprehensive understanding of physical education, sports sciences, and related disciplines including anatomy, physiology, biomechanics, sports psychology, kinesiology, pedagogy, and management, integrating traditional Indian knowledge and modern research.

PO2 – Research & Innovation Skills

Design, conduct, and critically evaluate research in physical education and sports; apply qualitative and quantitative methods, advanced statistical tools, and ethical research practices to generate evidence-based solutions.

PO3 – Professional Coaching Competence

Plan, implement, and evaluate scientifically designed coaching and training programs for various sports and games, ensuring athlete safety, progression, and peak performance.

PO4 – Technology-Enabled Practices

Utilize modern tools such as performance analysis software, wearable devices, biomechanics labs, and ICT-based teaching platforms to enhance learning, training, and evaluation in physical education.

PO5 – Curriculum Design & Pedagogical Skills

Develop and deliver inclusive, competency-based curricula and activity plans for schools, colleges, and community sports programs in alignment with NEP-2020's experiential and multidisciplinary approach.

PO6 – Health, Fitness & Wellness Promotion

Promote holistic health, lifelong fitness, and mental well-being through structured programs in physical activity, yoga, lifestyle management, and injury prevention.

PO7 – Inclusivity & Equity in Sports

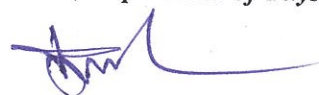
Ensure participation opportunities for all, including marginalized groups, women, and persons with disabilities, by creating inclusive, safe, and supportive sporting environments.

PO8 – Ethics, Fair Play & Professional Conduct

Uphold the principles of fair play, anti-doping regulations, sportsmanship, and professional ethics in all teaching, coaching, and administrative responsibilities.

PO9 – Leadership & Event Management

Lead and manage sports organizations, facilities, and events with competence in planning, budgeting, resource mobilization, marketing, and public relations.



PO10 – Policy & Governance Literacy

Understand and interpret local, national, and international sports policies, governance structures, and legal frameworks to contribute effectively to sports development in Haryana and India.

PO11 – Community Engagement & Sustainability

Design and implement community-based sports, fitness, and wellness programs while promoting environmentally sustainable practices and aligning with the UN Sustainable Development Goals.

PO12 – Communication & Collaboration Skills

Demonstrate effective communication, teamwork, and interpersonal skills to engage with athletes, colleagues, administrators, and diverse stakeholders in sports and education sectors.

PO13 – Lifelong Learning & Career Development

Pursue continuous professional development through advanced certifications, workshops, and skill upgrades to adapt to emerging trends and global best practices in sports and physical education.

Program Specific Outcomes**PSO1 – Scientific Application in Sports Performance**

Apply advanced physiological, biomechanical, and psychological principles to optimize athletic performance and prevent sports-related injuries.

PSO2 – Research-Driven Coaching & Education

Integrate empirical research findings into coaching practices, curriculum design, and sports pedagogy for evidence-based decision-making.

PSO3 – Event & Facility Management Expertise

Demonstrate competence in planning, organizing, and evaluating sports events, facility operations, and sports tourism projects in alignment with professional standards.

PSO4 – Community Wellness Leadership

Lead initiatives for mass participation, health awareness, and physical literacy programs at school, university, and community levels.

PSO5 – Policy Advocacy & Sports Development

Contribute to sports policy formulation, governance reforms, and grassroots sports development in Haryana and India.



Ch. Bansi Lal University, Bhiwani
Scheme of Examination for Master of Physical Education and Sports

Semester-I

Credits = 24

Marks =600

Credits = 24												Marks =600	
Paper Code	Subjects	Type of Course	Credit			Contact Hours Per Week			Examination Scheme				Total
			Theory	Practical	Total	Theory	Practical	Total	Theory		Practical		
									External Assessment	Internal Assessment	External Assessment	Internal Assessment	
25PN-MPES-101	Research Process in Physical Education	C.C	04	--	04	04	--	04	70	30	--		100
25PN-MPES-102	Principles of Sports Training	C.C	04	--	04	04	--	04	70	30	--		100
25PN-MPES-103	Kinesiology	C.C	04	--	04	04	--	04	70	30	--		100
25PN-MPES-104	Sports Nutrition	C.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-DEC105/ 25PN-MPES-DEC106	Health Education/ Yogic Science	D.E.C.	02	02	04	02	04	06	35	15	35	15	100
25PN-MPES-PC107	Practical-Athletics (Track Events & Throws) and Game (Basketball & Kabaddi)	P.C.	--	04	04	--	08	08	--		70	30	100
Total					24			30					600
C.C.- Core Course			D.E.C. – Discipline Elective Course			P.C. – Practicum Course							

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Master of Physical Education & Sports

Semester -I

Paper Code : 25PN-MPES-101

Paper: Research Process In Physical Education

Session : 2025-27

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time : 3 hrs

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Research Process In Physical Education	04	04	0	0	60 hrs

COURSE OUTCOMES

CO 1: The Students would be able to know the Meaning, Need and importance of Research in Physical Education and sports.

CO 2: The Students would be able to know and understand the concept of Research Problem, sampling process

CO 3: The Students would be able to know and understand the concept of review of related literature and variables

CO 4: The Students would be able to know the ethics in research and tool for data collection

Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Introduction: - Meaning and Definition of Research, Need and importance of Research in Physical Education and Sports, Characteristics of Research in Physical Education & Sports; Types of Research - Historical, Descriptive, Experimental, Philosophical; Research Problem, location and criteria of Selection of Problem, Formulation of a Research Problem, Meaning of Limitations and Delimitations.

Unit-II

Concept of Sampling and Hypothesis: - Meaning and Definition of Sample and Population, Types of Sampling: Probability Methods- Systematic Sampling, Cluster sampling, Stratified Sampling, Area Sampling, Multistage Sampling; Non- Probability Methods: Convenience Sample, Judgement Sampling, Quota Sampling.

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Meaning and definition of Hypothesis, significance of Hypothesis in research, Types of Hypothesis, Type 1 and Type 2 errors in Hypothesis testing.

Unit-III

Review of related literature: - Survey of Related Literature: Need for surveying related literature, Kinds of Related Literature, Literature Sources – Primary and Secondary, steps in Literature Search.

Variables: Meaning and Definition of Variables, types of variables: Dependent, Independent, Control, Extraneous, Moderator, Source of variables.

Unit-IV

Ethical Issues and tools in Research: - Ethical Issues in Research: Principles of research ethics, Areas of Scientific Dishonesty, Responsibilities of Researchers.

Tools of Research: Observation, Interviews, questionnaires, opinion or attitude scales, Criteria for the selection of research tool, Psychological Tests and Personality Inventories.

1. Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
2. Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
3. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press
4. Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
5. Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi; Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
6. Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs; Prentice Hall, Inc
7. Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
8. Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi



Master of Physical Education & Sports

Semester -I

Paper Code: 25PN-MPES-102

Paper: Principles of Sports Training

Session : 2025-27

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time: 3 hrs

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Principles of Sports Training	04	04	0	0	60 hrs

COURSE OUTCOMES

CO 1: Students would be able to know the meaning, importance, aim-objectives and principles of sports training.

CO 2: Students would be able to know about strength, speed, endurance, coordination, flexibility and training load

CO 3: Students would be able to know the technical and tactical training and their methods.

CO 4: Students would be able to know the meaning and types of periodization, its aim and content of periods.

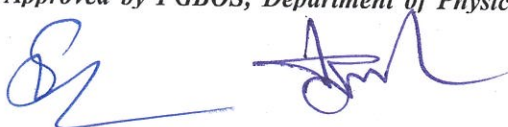
Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Introduction:- Sports training: Definition, Aim and Characteristics, Principles of Sports Training; Meaning of training Load, Load Intensity, Load Volume, Over Load: Meaning, Causes of Over Load, Symptoms of Overload and Remedial Measures of over load; Characteristics and benefits of Altitude Training

Unit-II

Components of Physical Fitness:- Strength: Meaning of muscular strength, Types of strengths, Method of improving different types of strengths, Speed: Meaning, Types of speed, methods of



improving different types of speed; Endurance: Meaning, Types of endurance, Methods to improve different types of Endurance

Unit-III

Flexibility and Coordinative ability: - Meaning of muscular Flexibility, Types of muscular flexibility, Methods to Improve the Flexibility- ballistic stretching, dynamic stretching, active stretching, passive (or relaxed) stretching, static stretching, isometric stretching & PNF stretching.

Meaning of Coordinative ability, Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method.

Special Type Training: Plyometric Training.

Unit-IV

Training Plan:- Meaning of periodisation, Phases of periodisation: Preparatory Phase, Competition Phase and Transition Phase, Types of periodisation: Meaning, Single, Double and Multiple Periodisation; Macro Cycle in Preparatory, Competition and Transition Period; Meso-Cycle in Preparatory, Competition and Transition Period; Training Plan: Short Term Plan and Long Term Plans.

Suggested Readings:

1. Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
2. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
3. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company
4. Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
5. David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
6. Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
7. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
8. Yograj Thani (2003), Sports Training, Delhi : Sports Publications



Master of Physical Education & Sports

Semester -I

Paper Code : 25PN-MPES-103

Paper : Kinesiology

Session : 2025-27

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time : 3 hrs

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Kinesiology	04	04	0	0	60 hrs

COURSE OUTCOMES

CO 1: The Students would be able to know the Meaning, Definition, and Scope & Importance of kinesiology.

CO 2: The Students would be able to know the concept and Terminology of various types of Movements around Joints.

CO 3: The Students would be able to know and understand the Structural and functional Classification of Muscles and Postural Defects Injuries

CO 4 : The Students would be able to know and understand the Characteristics and Functions of Shoulder Joint & Shoulder Girdle Muscles and Hip Joint Muscles.

Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit -1

Introduction:- Meaning, importance and scope of Kinesiology in Physical Education; Meaning of axis and planes; Types of axis and planes; Medical Terminology of Body Positions; Terminologies of different Body movements.

Unit-II

Muscles of various regions :- Functional classification of Skelton Muscles; Origin, Insertion and Actions of Muscles present on back and abdominal region- Latissimus Dorsi, Trapezius, Rhomboid Major, Rhomboid Minor and Rectus Abdominal; Origin, Insertion and Actions of Muscles of Hip region -Gluteus maximus, Glut eus medius and Gluteus minimus Muscles; Origin, Insertion and Action of Muscles present on Neck region- Sternocleidomastoid muscle.

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Unit-III

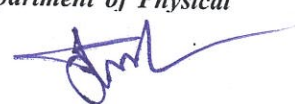
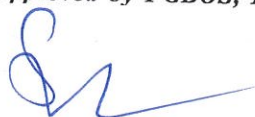
Joints of Upper Extremity:- Shoulder joint – Structure, Ligaments, Muscle reinforcement and Movements; Elbow joint - Structure, Ligaments, Muscle reinforcement and Movements; Origin, Insertion and Actions of Muscles present on upper extremity- Deltoid, Biceps, Triceps and Pectoralis Major.

Unit-IV

Joints of Lower extremity:- Hip Joint - Structure, Ligaments, Muscle reinforcement and Movements; Knee joint – Structure, Ligaments, Muscle reinforcement and Movements; Origin, Insertion and Action of Muscles present on lower extremity- Hamstrings group of Muscles, Quadriceps group of Muscles, Sartorius Muscle, Gastrocnemius Muscle .

Suggested Readings:

1. Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd. ed.) Baltimore: Williams and Wilkins.
2. Groves, R and Camaine, D. (1983). Concepts in Kinesiology. (2nd.ed) Philadelphia: Saunders College Publishing.
3. Hay, J. & Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice – Hall
4. Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion. 8th. Ed., Brown & Bench mark.
5. Rasch, P. (1989) Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.
6. Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.



Master of Physical Education & Sports

Semester -I

Paper Code: 25PN-MPES-104

Paper: Sports Nutrition

Session: 2025-27

Maximum Marks 100

Theory Examination :70

Internal Assessment :30

Max. Time: 3 hrs

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Sports Nutrition	04	04	0	0	60 hrs

COURSE OUTCOMES

CO 1: The Students would be able to know the Meaning and Definition of Sports Nutrition

CO 2: The Students would be able to know the Role of carbohydrates, Fat and protein during exercise.

CO 3: The Students would be able to know and understand the Role of hydration during exercise.

CO 4: The Students would be able to know and understand the Concept of weight management in modern era.

Note: There shall be nine questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Introduction to Sports Nutrition:- Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Role of carbohydrates, Fat and protein during exercise, Calories in different food stuffs,

Unit-II

Nutrition and Weight Management:- Concept of BMI (Body mass index), Meaning of Obesity, Causes of Obesity, Management of Obesity, Obesity and its hazard, maintaining a Healthy Lifestyle. Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

Unit-III

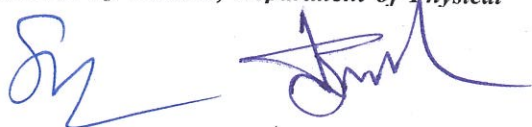
Sports Nutrition- Categorization of sports according to energy requirements, Body Weight and Energy Expenditure for different categories of sports, Pre event Meal (3-4 hrs. , 1-2 hrs and less than 1 hr), Diet plan for sports requiring 7000 k.cal., 6000 k.cal., 5200k. Cal., 4500 k.cal. and 3600 k. Cal. Role of Fluid and electrolytes balance in sports performance,

Unit-IV

Preparation of diet chart for normal male and female, children and elderly persons. Symptoms and Results of Dehydration, Fluid Replacement Guidelines: before, during and after exercise. Nutritional Aids, Effect of nutritional aids on sports performance.

Suggested Readings:

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Delbert, Oberteuffer, et. al." The School Health Education".
3. Ghosh, B.N. "Treaties of Hygiene and Public Health".
4. Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".
5. Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
6. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
7. Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.



Master of Physical Education & Sports

Semester –I
Discipline elective-I

Paper Code : 25PN-MPES-DEC105

Paper : Health Education

Maximum Marks 100

Session : 2025-27

Theory Examination :35

Internal Assessment :15

Max. Time : 2 hrs

Practical :50 Marks

External Examination :35

Internal Assessment :15

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Health Education	04	02	0	2	90 hrs

COURSE OUTCOME

CO1: The students would be able to know the meaning, importance of health education and its role in physical education.

CO2: The students would be able to know about different health problems in India and learn how to manage these problems.

Note: There shall be five questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Health Education:-Dimensions, Spectrum and Determinants of Health, Definition of Health, Health Education; Meaning, definition and Principles of Health Education. Personal hygiene: Care of skin, Nails, Eye, Teeth, Ear. Health service, School\College Health program, first- aid and emergency care: Fracture, sprain, strain, minor burn, abrasion .

Unit-II

Health Problems in India:- Effects of Alcohol, Tobacco and Smoking on Health, Meaning of Hypertension, Causes of Hypertension, Management of Hypertension, Meaning of Diabetics,

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Types of Diabetics, Causes of Diabetics, Management of Diabetics, Meaning of Stress, Causes of stress, management of Stress.

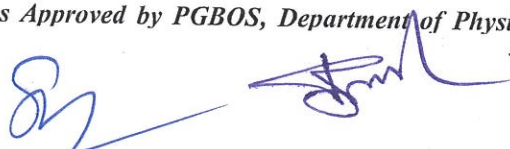
Practicum

Health Education

- i. Name and location of various bones and muscles of Human Body
- ii. First Aid for various conditions and articles of first aid box
- iii. Identification of various forms of postural deformities and their remedial exercises

Suggested Readings:

8. Bucher, Charles A. "Administration of Health and Physical Education Programme".
9. Delbert, Oberteuffer, et. al." The School Health Education".
10. Ghosh, B.N. "Treaties of Hygiene and Public Health".
11. Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".
12. Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
13. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
14. Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.



Master of Physical Education & Sports

Semester –I

Discipline elective-II

Paper Code : 25PN-MPES-DEC106

Session : 2025-27

Paper : Yogic Science

Maximum Marks 100

Theory Examination :35

Internal Assessment :15

Max. Time : 2 hrs

Practical :50 Marks

External Examination :35

Internal Assessment :15

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Yogic Science	04	02	0	02	90 hrs

COURSE OUTCOMES

CO 1: The students would be able to know the historical background of yoga and importance of yoga.

CO 2: The students would be able to know the Astanga yoga, Pranayama, its type, benefit of pranayama and types of Yoga..

Note: There shall be five questions in all. Question no. 1 consisting of seven short answer type questions covering the entire syllabus shall be compulsory. Two questions will be asked from each unit. Student will have to attempt one question from each unit. All questions shall carry equal marks.

Unit-I

Introduction of Yoga:- Meaning and Definition of Yoga, Brief introduction of Patanjali Yoga sutras with brief historical background; Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi; Yogic Practice: Place, Time, Clothes, Bathing, Diet before and after; Surya Namaskar: Methods and benefits.

Unit-II

Asanas and Pranayam:- Loosening exercise- Techniques and benefits; Asanas- Meaning of Asana, its types and principles; Pranayama-Meaning of Pranayama, its types and principles; Principles of Breathing; Nadis: Meaning, and type; Ida, Pingala, Sushumna. Chakras: Meaning and type of Chakras, Meaning of Kriyas and Bandhas

Practicum Yogic Science

LIST OF YOGIC PRACTICES

ASANA

- | | |
|--------------------------|-----------------------|
| 1. Shirsh Asana | 13. Bak Asana |
| 2. Vipratkarani | 14. Mayur Asana |
| 3. Hal Asana | 15. Ustra Asana |
| 4. Bhujang Asana | 16. Vriksh Asana |
| 5. Ardh-Shalbh Asana | 17. Padma Asana |
| 6. Vakra Asana | 18. Trikon Asana |
| 7. Ardha Matsyaendrasana | 19. Sarvang Asana |
| 8. Paschimottan Asana | 20. Manduk Asana |
| 9. Vajra Asana | 21. Pawan Muktasana |
| 10. Supta Vajra Asana | 22. Chakra Asana |
| 11. Yoga Mudra | 23. Pad-hast Asana |
| 12. Nauka Asana | 24. Katichakra Asana. |
| | 25. Surya Namaskar |

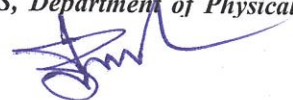
PRANAYAMA

1. Anulome-vilome
2. Ujjai
3. Bhastrika
4. Shitali
5. Suryabhedan
6. Bhramri

Note: *Students are required to do any 10 asana from above mentioned Asanas and three Pranayama*

Suggested Readings:

1. George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.



2. Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan
3. 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.
4. Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
5. Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
6. Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
7. Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
8. Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
9. Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.



Master of Physical Education & Sports

Semester –I

Paper Code : 25PN-MPES-PC107

Session : 2025-27

Practical: Athletics (Track events & Throws) & Game (Basketball and Kabaddi)

Maximum Marks 100

External Examination :70

Internal Assessment :30

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Athletics (Track events & Throws) & Game (Basketball and Kabaddi)	04	00	00	04	120 hrs

Practical: Track Events & Throws

- Teaching ability of different types of Starts
- (with & without starting blocks) and Finishing techniques
- Teaching ability of Short Put Techniques
(Standing and Parry O'brien Technique)
- Teaching ability of Discus Throw Technique
- Teaching ability of Javelin Throw Technique
- Interpretation of various rules of Throwing Events
- (Track Events, Short Put, Discus and Javelin throw)
- Marking of Short Put, Discus and Javelin throw Sector
- Marking of Track 400m and 200m.

Practical: Game (Basketball and Kabaddi)

1. Basketball

- Marking of Basketball Court
- Teaching ability of various skills of Basketball
- Interpretation of Various rules of Basket-ball
- Filling the score sheet of Basket-ball

2. Kabaddi

- Marking of kabaddi Court
- Teaching Ability of various skills of kab
- Interpretation of Various rules of kabaddi
- Filling the score sheet of Kabaddi

Note: Candidate have to take at least 5 teaching lessons on various techniques.

