

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


Chairperson
Department of Physical Education
CBLU, Bhiwani

Program Learning Outcomes

PLO 1 Demonstrate advanced and in-depth knowledge of physical education, sports sciences, exercise physiology, biomechanics, sports psychology, sports sociology, and contemporary developments in sports, fitness, and health with a critical understanding of emerging trends in physical education and sports sciences.

PLO 2 Demonstrate advanced knowledge and understanding of principles, methods, and techniques of physical education and sports training, including physical fitness, motor learning, coaching, sports pedagogy, sports management, and officiating, applicable to education, coaching, performance enhancement, and wellness promotion.

PLO 3 Apply the acquired theoretical knowledge and practical skills to real-life situations related to physical fitness, sports performance, injury prevention, rehabilitation, health promotion, and lifestyle management, and adapt physical education and sports practices to new and unfamiliar contexts.

PLO 4 Demonstrate the ability to integrate conceptual, analytical, physiological, biomechanical, psychological, and pedagogical skills to identify, analyze, and address physical, psychological, and performance-related issues in sports and physical activity through appropriate training and intervention strategies.

PLO 5 Apply advanced knowledge of research methodology, statistics, measurement, evaluation, and evidence-based practices to conduct scientific research, assessments, and case studies for solving complex and unpredictable problems in physical education, sports sciences, and allied health fields.

PLO 6 Demonstrate the ability to communicate effectively and systematically the outcomes of physical education and sports practices and research through teaching, coaching, reports, presentations, publications, and community-based physical activity and sports development programmes.

PLO 7 Engage in self-directed, life-long learning to enhance professional competence in physical education, coaching, sports training, sports administration, research, and fitness industries while adhering to ethical values, professional conduct, and national and international standards in sports and physical education.

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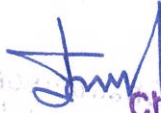
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Mapping Courses with Program Learning Outcomes

Course	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7
Research Process in Physical Education	●	●	●	●	✓	✓	✓
Principles of Sports Training	✓	✓	✓	✓	●	✓	●
Kinesiology	✓	✓	✓	✓	●	●	●
Sports Nutrition	✓	✓	✓	✓	●	●	✓
Health Education	✓	✓	✓	✓	●	●	✓
Yogic Science	✓	✓	✓	✓	●	●	✓
Practical-Athletics (Track Events & Throws) and Game (Basketball & Kabaddi)	●	✓	✓	●	●	✓	✓
Research Process and Statistics in Physical Education	●	●	●	●	✓	✓	✓
Sports Biomechanics	✓	✓	✓	✓	●	●	●
Anatomy & Physiology	✓	✓	✓	✓	●	●	●
Foundation and Professional Preparation in Physical Education	✓	✓	✓	●	●	✓	✓
Education technology	✓	✓	✓	●	●	✓	✓
Computer application in Physical Education	●	✓	✓	●	✓	✓	✓
Practical-Athletics (Track & Jump events) and Game (Volleyball, Wrestling & Boxing)	●	✓	✓	●	●	✓	✓
Test, Measurement and Evaluation in Physical Education	✓	✓	✓	✓	●	✓	✓
Exercise Physiology	✓	✓	✓	✓	●	✓	✓
Athletic Care and Rehabilitation	✓	✓	✓	✓	●	●	●
Sports Management	✓	✓	✓	✓	●	●	●
Sports Sociology	✓	✓	✓	✓	●	✓	✓

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Sports Journalism	✓	✓	✓	✓	●	●	●
Physical Fitness & Wellness	✓	✓	✓	✓	●	✓	✓
Practical Game- (Hockey, Cricket, Badminton & Handball)	●	✓	✓	●	●	✓	✓
Sports Psychology	✓	✓	✓	✓	●	●	
Sports Medicine	✓	✓	✓	✓	●	●	●
Sports Technology	✓	✓	✓	✓	●	●	●
Sports Engineering	✓	✓	✓	✓	●	●	●
Adapted Physical Education	✓	✓	✓	✓	●	✓	✓
Strength & Conditioning	✓	✓	✓	●	●	✓	✓
Sports Physiotherapy	✓	✓	✓	✓	●	●	●
Naturopathy	●	✓	✓	●	●	✓	✓
Practical-Game (Baseball, Lawn Tennis, Football & Kho-kho)	●	✓	✓	●	●	✓	✓
Dissertation/ Project work	●	●	●	●	✓	✓	✓

✓ = Strong Mapping ● = Moderate Mapping

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

Marks = 600

Credits = 24

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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Scheme of Examination for Master of Physical Education and Sports

Semester-II

Credits = 26

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-201	Research Process and Statistics in Physical Education	C.C	04	--	04	04	--	04	70	30	--		100
25PN-MPES-202	Sports Biomechanics	C.C	04	--	04	04	--	04	70	30	--		100
25PN-MPES-203	Anatomy & Physiology	C.C	04	--	04	04	--	04	70	30	--		100
25PN-MPES-204	Foundation and Professional Preparation in Physical Education	C.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-DEC205/ 25PN-MPES-DEC206	Education technology/Computer application in Physical Education	D.E.C.	02	02	04	02	04	06	35	15	35	15	100
25PN-MPES-PC207	Practical-Athletics (Track & Jump events) and Game (Volleyball, Wrestling & Boxing)	P.C.	--	04	04	--	08	08	--		70	30	100
25PN-MPES-VAC208	Yoga, Health & Nutrition	V.A.C.	02		02	02		02	35	15			50
Total					26			32					650

C.C.- Core Course

D.E.C. – Discipline Elective Course

P.C. – Practicum Course

V.A.C.= Value Added Course

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Scheme of Examination for Master of Physical Education and Sports
(Option -I NHEQF Level 6.5)

Semester-III

Credits = 26

Marks =650

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-301	Test, Measurement and Evaluation in Physical Education	C.C	03	01	04	03	02	05	50	20	20	10	100
25PN-MPES-302	Exercise Physiology	C.C	03	01	04	03	02	05	50	20	20	10	100
25PN-MPES-303	Athletic Care and Rehabilitation	C.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-DEC304/ 25PN-MPES-DEC305	Sports Management/ Sports Sociology	D.E.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-DEC306/ 25PN-MPES-DEC307	Sports Journalism/ Physical Fitness & Wellness	D.E.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-PC308	Practical (Hockey, Badminton & Handball)	P.C.	--	04	04	--	08	08	--		70	30	100
25PN-MPES-EEC309	Officiating & Coaching (Choose any one Game)	E.E.C.	01	01	02	01	02	03	20	10	15	05	50
Total					26			33					650

C.C.- Core Course

D.E.C. – Discipline Elective Course

P.C. – Practicum Course

E.E.C.-Employment and Entrepreneurship

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Scheme of Examination for Master of Physical Education and Sports
(Option -I NHEQF Level 6.5)

Semester-IV

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-401	Sports Psychology	C.C	03	01	04	03	02	05	50	20	20	10	100
25PN-MPES-402	Sports Medicine	C.C	03	01	04	03	02	05	50	20	20	10	100
25PN-MPES-DEC403/ 25PN-MPES-DEC404	Sports Technology/Sports Engineering	D.E.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-DEC405/ 25MPES406	Adapted Physical Education/ Strength & Conditioning	D.E.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-DEC407/ 25PN-MPES-DEC408	Sports Physiotherapy/Naturopathy	D.E.C.	03	01	04	03	02	05	50	20	20	10	100
25MPES409	Practical-Game (Baseball, Lawn Tennis, Football & Kho-kho)	P.C.	--	04	04	--	08	08	--		70	30	100
Total					24			31					600

C.C.- Core Course **D.E.C. – Discipline Elective Course** **P.C. – Practicum Course**

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Scheme of Examination for Master of Physical Education and Sports

(Option -II when a student opt for dissertation/ Project work/ Internship/ Research Work/ Field work etc)

Semester-III

Marks =650

Credits = 26

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-301	Test, Measurement and Evaluation in Physical Education	C.C	03	01	04	03	02	05	50	20	20	10	100
25PN-MPES-302	Exercise Physiology	C.C	03	01	04	03	02	05	50	20	20	10	100
25PN-MPES-303	Athletic Care and Rehabilitation	C.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-DEC304/ 25PN-MPES-DEC305	Sports Management/ Sports Sociology	D.E.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-DEC306/ 25PN-MPES-DEC307	Sports Journalism/ Physical Fitness & Wellness	D.E.C.	04	--	04	04	--	04	70	30	--		100
25PN-MPES-PC308	Practical (Hockey, Badminton & Handball)	P.C.	--	04	04	--	08	08	--		70	30	100
25PN-MPES-EEC309	Officiating & Coaching (Choose any one Game)	E.E.C.	01	01	02	01	02	03	20	10	15	05	50

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Total		26	33			650
C.C.- Core Course	D.E.C. – Discipline Elective Course	P.C. – Practicum Course		E.E.C.-Employment and Entrepreneurship		

Ch. Bansi Lal University, Bhiwani
 Scheme of Examination for Master of Physical Education and Sports
 (Option -II when a student opt for dissertation/ Project work/ Internship/ Research Work/ Field work etc)

Credits = 24

Semester-IV

Semester-IV			Credits – 24			Examination Scheme							Total	
Paper Code	Subjects	Type of Course	Credit		Contact Hours Per Week			Theory			Practical			
			Theory	Practical	Total	Theory	Practical	Total	External Assessment	Internal Assessment	External Assessment	Internal Assessment		
25PN-MPES-DEC403/ 25PN-MPES-DEC404	Sports Technology/Sports Engineering	D.E.C.	04	--	04	04	--	04	70	30	--		100	
25PN-MPES-DEC405/ 25PN-MPES-DEC406	Adapted Physical Education/ Strength & Conditioning	D.E.C.	04	--	04	04	--	04	70	30	--		100	
25PN-MPES-PC409	Practical-Game (Baseball, Lawn Tennis, Football & Kho-kho)	P.C.	--	04	04	--	08	08	--		70	30	100	
	Dissertation/ Project work		12 credit and the teaching hours /workload of 1 hour per week will be counted for teacher supervising 2 students and teacher can supervise maximum 16 students.											300
Total					24								600	

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

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 LEARNING OUTCOMES

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

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

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

CLO 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

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Master of Physical Education & Sports

Semester -I

Paper Code: 25PN-MPES-102

Paper: Principles of Sports Training

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 LEARNING OUTCOMES

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

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

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

CLO 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

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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

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 LEARNING OUTCOMES

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

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

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

CLO 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, Gluteus 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

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 LEARNING OUTCOMES

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

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

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

CLO 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

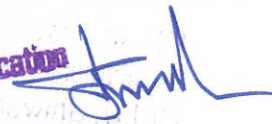
Nutrition and Weight Management:- Concept of BMI (Body mass index), Meaning of Obesity, Causes of Obesity, Management of Obesity, Obesity and its hazard, maintaining a Healthy Lifestyle. Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

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,

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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
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 LEARNING OUTCOMES

CLO1: The students would be able to know the meaning, importance of health education and its role in physical education.

CLO2: 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 (1x7=7marks) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14marks for each question). Student will have to attempt one question from each unit.

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

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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

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 LEARNING OUTCOMES

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

CLO 2: The students would be able to know the Astang yoga, Pranayam, its type, benefit of pranayam and types of Yoga..

Note: There shall be five questions in all. Question no. 1 consisting of seven short answer type questions (1x7=7marks) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14marks for each question). Student will have to attempt one question from each unit.

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, Prathyahara, 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

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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. Ardha-Shalbh Asana | 17. Padma Asana |
| 6. Vakra Asana | 18. Trikon Asana |
| 7. Ardha Matasyaendrasana | 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

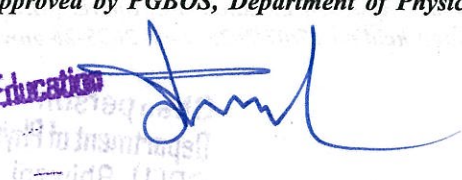
Note: *Students are required to do any 10 asana from above mentioned Asanas and three Pranayama*

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.

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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.

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Master of Physical Education & Sports

Semester –I

Paper Code : 25PN-MPES-PC107

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

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

Practical: Game (Basketball and Kabaddi)

1. Basketball

- (i) Marking of Basketball Court
- (ii) Teaching ability of various skills of Basketball
- (iii) Interpretation of Various rules of Basket-ball
- (iv) Filling the score sheet of Basket-ball

2. Kabaddi

- (i) Marking of kabaddi Court
- (ii) Teaching Ability of various skills of kabaddi
- (iii) Interpretation of Various rules of kabaddi
- (iv) Filling the score sheet of Kabaddi

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

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Master of Physical Education & Sports

Semester -II

Paper Code: 25PN-MPES-201

Paper: Research Process and Statistics in Physical Education

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 and Statistics in Physical Education	04	04	00	00	60 hrs

COURSE LEARNING OUTCOMES

CLO 1: The Students would be able to know the Meaning and importance of Experimental Research.

CLO 2: The Students would be able to know the Research Synopsis & Research Report

CLO 3: The Students would be able to know the Meaning, Definition, Nature and Importance of Statistics.

CLO 4: The Students would be able to know about the Statistical Models in Physical Education and Sports.

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.

UNI T-I

Experimental Research – Meaning, Nature and Importance, Experimental Design - Single Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design.

Research Proposal and Report: Meaning of Research Proposal, steps of preparing Research proposal/synopsis, Format of a synopsis, Meaning of Research Report, Chapterization of Thesis/ Dissertation, Format of a dissertation.

Unit-II

Meaning of Statistics, Need and importance of statistics in Physical Education, Methods of organizing Data through Frequency Distribution, Meaning of the Measures of Central Tendency, i.e. Mean, Median and Mode.

Meaning of Measures of variability: Range, Quartile Deviation, Average Deviation and Standard Deviation, Meaning and computation of Percentile and Quartile.

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Unit-III

Introduction to Normal Probability Curve and Correlation- Meaning of Normal Probability Curve, Properties of Normal Curve, Meaning and types of Skewness and kurtosis, Sigma Scores, Z- Scores, Hull Scores, Calculation of probability for various combinations of Heads and Tails, Meaning and Types of Linear Correlation, Computation of Correlation Coefficient with Product Movement Method and Rank Difference Method.

Unit-IV

Graphical representation of data and testing of Hypothesis- Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram, Introduction to R Programming, Meaning of two – tailed and one tailed test of significance, computing significance of difference between two means with t – Test (independent samples), One way ANOVA Test.

Suggested Readings:

Best J.W. Research in Education, Prentice Hall Inc.: Delhi-1982

Clarke, H.David., Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.1985.

Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics Champaign, 1996.

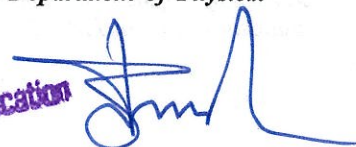
Weimer, Jon, Research Techniques in Human Engineering. Prentice Hall: New Jersey.1994.

C.V.Good : Methods of Research , Appleton Century Crofts Inc., New York,1954.

W.R.Mouly : Educational Research Introduction, David Making CO. Inc. New York, 1975.

J.W.Best : Research in Education, Prentice Hall, 1980.

D.H. Clarke: Research Processes in Physical Education, Recreation and Health , Prentice Hall, 1970



Master of Physical Education & Sports

Semester -II

Paper Code: 25PN-MPES-202

Paper: Sports Biomechanics

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 Biomechanics	04	04	00	00	60 hrs

COURSE LEARNING OUTCOMES

CLO 1: The Students would be able to know the Meaning, definition, functions and importance of biomechanics in Physical Education and Sports.

CLO 2: The Students would be able to know and understand the Fundamental Mechanical Concept of: Force, Pressure, Mass, Weight, Volume and Density.

CLO 3: The Students would be able to know the Newton laws of motion, Force, levers and their application in sports.

CLO 4: The Students would be able to know and understand the concept of Spin, Rebound and Swing and their application in Physical Education & Sports.

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

Meaning, definition & importance of biomechanics in physical education, Basic concepts of kinematics and kinetics. Definition of terms Distance and displacement, speed, velocity, acceleration, momentum, pressure, mass and weight, Mechanical concepts- concept of motion & its types, Structure of motor action

Unit-II

Newton's Law of motion and their application in sports, Lever- its types and advantages, Human body lever, force: Definition and effects of forces, principle of force, internal and external forces, centripetal and centrifugal forces, friction forces and drag and lift forces. Biomechanical instruments used in physical education and sports.

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Unit-III

Meaning of centre of gravity and line of gravity, meaning of equilibrium, types of equilibrium, principles of equilibrium and stability, meaning of projectile, characteristics of projectile, range of projectile, height and time of projectile, buoyant force and principle of floatation.

Unit-IV

Meaning of spin, type of spin and effect of spin, Magnus effects, meaning of work, power and energy, Mechanical analysis of gait cycle, walking and running, Mechanical analysis of long jump Mechanical analysis of shot put.

Suggested Readings:

1. Gowitzke, B.A. and Milner, M. Scientific Bases of Human Movement, (3rd. Ed.) Baltimore: Williams and Wilkins, (1988)
2. Grimshaw, Paul., Lees, Adrian., Flower, Nel. & Burden, Adrian, Sports and Exercise Biomechanics, Taylor & Francis.
3. Groves, R and Camaine, D. Concepts in Kinesiology. (2nd Ed.) Philadelphia: Saunders College Publishing, (1983).
4. Hall, S.J., Basic Biomechanics, London, Mosby, 1991.
5. Hay, J. & Reid, J. The Anatomical and Mechanical Bases of Human Motion. Englewood Cliffs: Prentice-Hall, (1982)
6. Luttegens, Kathryn., Deutsch, Hega., Hamilton, Nancy. Kinesiology-Scientific Basis of Human Motion, 8 th Ed, Brown & Bench mark.
7. Nordin, M. & frankel, V. Basic Biomechanics of the musculoskeletal System, Philadelphia: Lea & Febiger, (1990).
8. Northrip, J. Logan, G. & Mckinney, W. Analysis of sport Motion. (3rd Ed.) Dubuque: William C. brown, (1983).
9. Thompson, C. Manual of structural Kinesiology. (10th Ed.). St. Louis: Times Mirror/ Mosby college Publishing, (1985)



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Semester -II

Paper Code: 25PN-MPES-203

Paper: Anatomy & Physiology

Maximum Mark: 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	
Anatomy & Physiology	04	04	00	00	60 hrs

COURSE LEARNING OUTCOMES

CLO 1: The students would be able to know the skeletal system, cell, tissue, organ, ligament, cartilage, Spinal column, Pelvic Girdle, The extremities, Joints and their movements.

CLO 2: The students would be able to know the muscular system & digestive system and effects of exercise on both systems.

CLO 3: The students would be able to know Fatigue, staleness, muscle cramp.

CLO 4: The students would be able to know about excretory system and effects of exercise on it.

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

Meaning and definition of Anatomy and Physiology, Role of Anatomy and Physiology in physical education & sports

Structure, types and Function of the Cell and Tissues, Skeleton system, Classification of bones and Types of Joints

Unit-II

Introduction of Muscular system, Types of muscles in human body, Types of Muscle Contraction and Short and long term Effect of Exercise on Muscular system.

Introduction of Digestive system, Role of Digestive system in human body, Structure of Digestive organs, Mechanism of Digestion, Effect of Exercise on Digestive system

Unit-III

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition of Skeletal Muscle, Sliding Filament Theory of Muscular Contraction, Composition of slow and fast twitch muscle fibers, Muscle Tone, Neuro-muscular Junction and transmission of nerve impulse across it.

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Unit-IV

structure and functions of excretory system, meaning of endocrine glands and exocrine glands, structure of the following glands - pituitary glands, thyroid, parathyroid, adrenal glands, Hypothalamus. Effect of Exercise on excretory system and Endocrine System.

Suggested Readings:

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
3. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
4. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
5. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
6. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
7. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
8. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
9. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
10. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.



Master of Physical Education & Sports

Semester -II

Paper Code: 25PN-MPES-204

Paper: Foundation and Professional Preparation in Physical Education

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	
Foundation and Professional Preparation in Physical Education	04	04	00	00	60 hrs

COURSE LEARNING OUTCOMES

CLO 1: The students would be able to know about Meaning and basis of Professional Preparation.

CLO 2: The students would be able to know about Educational Policies in Physical Education.

CLO 3: The students would be able to know about Olympic History of different Countries.

CLO 4: The students would be able to know about The Schemes of UGC for Physical Education

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

Concept of Physical Education – Meaning and Definition

Foundations of Professional Preparation, Features of Indian Democracy with regard to Contribution of Physical Education & Sports

Meaning of Profession Preparation

Basis of Professional Preparation in Physical Education and Sports Sciences.

Unit-II

Forces and Factors Affecting Educational Policies and Programmes - Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme.

Historical Review of Physical Education in Pre-Independent India and Post-Independent India.

Unit-III

Historical Review of Germany & Denmark.

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Historical Review of Professional Preparation in Greece & Rome.
Olympic movements through ages
Structure of IOC (International Olympic Committee)

Unit-IV

In-Service Professional Preparation Programmes in Physical Education Concept:
Meaning, Importance Process and its Applications.

Professional Courses, Advancement Schemes of UGC for Physical Education, Role of Government and Institutes for Professional Preparation.

Training Programmes in Physical Education & Sports Coaching.

Suggested Readings

- I. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation & Curriculum Design in Phy. Education.
- II. Bhatia, K.K. and Narang, Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publishers, 1991.
- III. Bhatia, K.K.Kadian, KS Chanda, PC and Sharma (1990) Contemporary Problem of Indian Education, Jalandhar Prakash Brothers Educational Publishers.
- IV. Graily, J.Byrant (1990) Career Potentials in Physical Activity New Jery, Prentice Hall in Englowood Cliffes USA.

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Master of Physical Education & Sports

Semester –II

Discipline Elective I

Paper Code: 25PN-MPES-DEC205

Paper: Education Technology

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	
Education Technology	04	02	00	02	90 hrs

COURSE LEARNING OUTCOMES

CLO 1: The students would be able to know about teaching techniques, personal and technical preparation in presentation technique.

CLO 2: The students would be able to know about command and it types & teaching aids and Lesson planning.

Note: There shall be five questions in all. Question no. 1 consisting of seven short answer type questions (1x7=7 Marks) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Student will have to attempt one question from each unit.

Unit I – Introduction to Educational technology and Instructional design

Educational technology: meaning, characteristics and Scope. Types of educational technology, Instructional design: Concept and Views, process and stages of development of Instructional design, Meaning of Teaching Phases of teaching: Pre – active phase, Inter – active phase and Post active phase. General principles of teaching

Unit II – Lesson Planning & Audio Visual Media Aids

Meaning of lesson Plan, Need of lesson plan, essentials of a good lesson plan. Different Types of lesson plans, Structure of a lesson plan

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Meaning of Audio-visual media Aids, Classification of Audio-visual media Aids. Characteristics of Audio-visual media Aids. Procedure and organization of Teleconferencing/ Interactive video experiences of institutions in schools and colleges. Audio Conferencing and Interactive Radio Conference -strengths and Limitations. Video/Educational Television: Telecast and Video recordings Strengths and limitations.

Practical- Application of education technology

Practical :50 Marks
External Examination :35
Internal Assessment :15

- I. MS Word: toolbar, Menu bar, Editing, Printing & Preview Document, Formatting, Mail Merge.
- II. MS Excel: Entering & Editing worksheet data, Creatable Pivot table, charts & Graphs
- III. MS Power point:, Editing, Formatting & Transaction Slides, Insert & Motion Slide Show, Create Presentation
- IV. Internet: Search Engine & Sites, URL, Browser, WWW, Email concept.
- V. Calculation of Mean, Median & Standard Deviation
- VI. t - test, ANOVA & Correlation

REFERENCE:

Amita Bhardwaj, New Media of Educational Planning". Sarup of Sons, New Delhi-2003

Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi : Doaba House), 1959.

Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71

IBH Publishing company, New Delhi

Essentials of Educational Technology, Madan Lal, Anmol Publications

K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.

Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982

Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

Master of Physical Education & Sports

Semester –II

Discipline Elective II

Paper Code : 25PN-MPES-DEC206

Paper- Computer Application in Physical Education

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	
Computer Application in Physical Education	04	02	00	02	90 hrs

COURSE LEARNING OUTCOMES

CLO 1: The students would be able to understand the basics & types of computer.

CLO 2: The students would be able to aware about fundamentals of computer hardware and software.

Note: There shall be five questions in all. Question no. 1 consisting of seven short answer type questions (1x7=7 Marks) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Student will have to attempt one question from each unit.

Unit -1

Use of computer application in physical education and sports ,Mobile Communication: Fundamentals of mobile communication, 2G, 3G ,4G and 5G technology, Data communication: General block diagram of communication system, types of communication, application of data communication, digital data communication techniques, concept of network, types of network, LAN topologies, Computer protocols

Unit-II

History of Internet, Intranet, Web Browsers, Search Engines, Working with Internet, Applications of Internet, Internet Payment Systems, Concept of Mobile commerce, multimedia, Concept of Multimedia, Application of Multimedia

Practical- Computer Application in Physical Education

Practical :50 Marks

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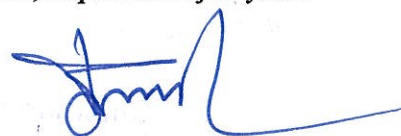


External Examination :35
Internal Assessment :15

- I. MS Word: toolbar, Menu bar, Editing, Printing & Preview Document, Formatting, Mail Merge.
- II. MS Excel: Entering & Editing worksheet data, Creatable Pivot table, charts & Graphs
- III. MS Power point:, Editing, Formatting & Transaction Slides, Insert & Motion Slide Show, Create Presentation
- IV. Internet: Search Engine & Sites, URL, Browser, WWW, Email concept.
- V. Calculation of Mean, Median & Standard Deviation
- VI. t - test, ANOVA & Correlation

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Master of Physical Education & Sports

Semester -II

Paper Code: 25PN-MPES-PC207

Practical: Athletics (Track and Jump Events) & Game (Volleyball, Wrestling & Boxing)

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 and Jump Events) & Game (Volleyball, Wrestling & Boxing)	04	00	00	04	120 hrs

Practical: Track and Jump Events

- (i) Organisation of Athletic Meet
- (ii) Marking of Long, High and Tripple Jump Pit
- (iii) Teaching ability of Long, High and Triple Jump
- (iv) Interpretation of various rules of Jumping event
- (v) Preparation of Score Sheet of Long, High and Triple Jump
- (vi) Baton exchange of Relay Race and Hurdle Rac

Note: Candidate has to take at least 5 teaching lessons of Jumps, Relay and Hurdle Events.

Practical: Game (Volleyball, Wrestling & Boxing)

1. Volleyball

- (i) Marking of Volleyball Court
- (ii) Teaching ability of various basic skills of Volleyball
- (iii) Interpretation of Various rules of Volleyball
- (iv) Filling the score sheet of Volleyball
- (v) Officiating Symbols

2. Wrestling & Boxing

- (i) Teaching ability of various basic skills of Wrestling & Boxing
- (ii) Interpretation of Various rules of Wrestling & Boxing
- (iii) Filling the score sheet of Wrestling & Boxing
- (iv) Officiating Symbols of Wrestling & Boxing

Note: Candidate has to take total 5 teaching lessons of different skills of both games.

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Master of Physical Education & Sports

Semester -II

Paper Code : 25PN-MPES-VAC208

Paper: Yoga, Health & Nutrition (Value Added Course)

Maximum Marks – 50
External Examination -35
Internal Assessment – 15
Max. Time – 2 hrs

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Yoga, Health & Nutrition	02	02	0	0	30 hrs

Note: There shall be five questions in all. Question no. I shall be compulsory, consisting of seven short answer type questions (Each short question carry 1 marks) covering the entire syllabus. Two questions will be asked from each unit. Student will have to attempt one question from each unit (14 marks).

Unit – I Health & Nutrition

- Meaning definition dimension and determinants of health
- Role of Physical activities in maintaining health
- Health problem in India, effect of alcohol, tobacco on health
- Meaning & definition of food & nutrition
- Basic nutrition guideline and role of nutrition in daily life
- Concept of balanced diet caloric values of food

Unit – II Yoga

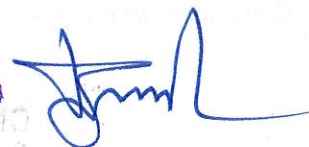
- Introduction of Yoga : Meaning & definition
- Astanga Yoga, Yama, Niyama, Aasana, Pranayama, Prathyahara, Dharama, Dhyana, and Samadhi;
- Surya Namaskar: methods and Benefits
- Meaning of Asana, its types and principles
- Meaning of Pranayama, its types and principles
- Meaning of Kriyas, its types and principles

References;

1. Buher Charles A. "Administration of Health and Physical Education Programme"
2. Delbert, Oberteuffer, et.al. "The School Helth Education"
3. Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature intended, Angus and Robertson.
4. Terras S. (1994) Stress, How Your Diet can help: The Practical Guide to positive health using Diet, Vitamins, Minerals, Herbs and Amino-Acids, Thorons.

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5. George Feuerstan, (1975), Text Book of Yoga, London: MotilalBansaridas Publishers (P) Ltd.
6. Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata; Kanchan Prakashan
7. Swami SatyanandaSaraswati, (1989), Asana Pranayama Mudra Bandha, Munger: Bihar School of Yoga, Publication Trust.

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Master of Physical Education & Sports

Semester -III (Option-I)

Paper Code : 25PN-MPES-301

Paper: Test, Measurement and Evaluation in Physical Education

Maximum Marks 100

Theory Examination :50

Internal Assessment :20

Max. Time : 3 hrs

Practical :30 Marks

External Examination :20

Internal Assessment :10

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Test, Measurement and Evaluation in Physical Education	04	03	0	01	75 hrs

COURSE LEARNING OUTCOMES

CO1- The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.

CO2- The students will be able to construct and conduct the physical fitness and sports skill test.

CO3- The students will be able to implement the criteria of test selection.

Note: There shall be seven questions in all. Question no. 1 consisting of four short answer type questions (4x2=8) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Student will have to attempt one question from each unit.

Unit-1: Introduction of Test, Measurement and Evaluation

Meaning and definition of Test, Evaluation and Measurement. Need and Importance of measurement and evaluation in Physical Education and Sports. Criteria for test selection: a) Technical Standards – i) Validity ii) Reliability iii) Objectivity and iv) Norms, b) Practical Standards for administration of Test –i) Advance Preparations ii) Duties During Testing iii) Duties after testing.

Unit-2: Motor Ability and Fitness Tests

Meaning of Motor Ability, Test of Motor Ability – a) Barrow Motor Ability test b) Scott Motor Ability Test. Test of Fitness and Endurance – a) AAHPER Youth Fitness Test b) Harvard Step Test c) Copper 12 Min run test. Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test. LSU Agility Obstacle test, Nelson - Hand Reaction test , Foot Reaction test and Speed of the movement test

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Unit-3: Skill Test

Test of specific sports skill - Badminton - French Short Serve, Scott Long Serve and French Clear Test. Basket Ball – Johnson Basketball Test, AAHPER Basketball Test, Hockey – Schmithals French Test in Field Hockey & Harbans Hockey Test. Mor-Christian General Soccer Ability Skill Test Battery, Broer – Miller Forehand and Backhand Drive test for Tennis skills. Modified Brady Volleyball Test.

Practical- Test, Measurement and Evaluation in Physical Education

Practical :30 Marks
External Examination :20
Internal Assessment :10

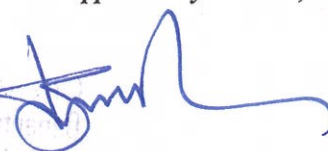
- | | |
|---|----------|
| 1. Measuring Body fat with skinfold measurement calliper | 05 Marks |
| 2. Method of measuring Circumference: Arm, Waist, Hip and Thigh | 05 Marks |
| 3. Calculating Physical Fitness Index with Harvard Step test | 05 Marks |
| 4. Analysis of posture with Iowa posture test | 05 Marks |

REFERENCES :

Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics
Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

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Master of Physical Education & Sports

Semester -III (Option-I)

Paper Code : 25PN-MPES-302

Paper: Exercise Physiology

Maximum Marks 100

Theory Examination :50

Internal Assessment :20

Max. Time : 3 hrs

Practical :30 Marks

External Examination :20

Internal Assessment :10

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Exercise Physiology	04	03	0	01	75 hrs

COURSE LEARNING OUTCOMES

CO 1-The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.

CO 2- He would be able to Relate and interpret the role of exercise on body systems and its relation to well-being, through literature reviews and physical conditioning exercises.

CO 3- Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.

Note: There shall be seven questions in all. Question no. 1 consisting of four short answer type questions (4x2=8) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Student will have to attempt one question from each unit.

Unit-I

Introduction of Exercise Physiology, Importance of Exercise Physiology in Physical Education & Sports.

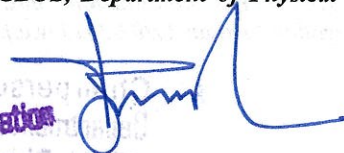
Cardiovascular System and Exercise:- Conduction system of the Heart, Blood Circulation and its classification, Cardiac Cycle – Stroke Volume, Cardiac Output, Heart rate, Effect of exercises on the Cardio-vascular system, Electrocardiogram (ECG), Method of reading ECG.

Unit-II

Respiratory System and Exercise:- Mechanism of Breathing, Respiratory Muscles, Mechanism of Exchange of Gases in the Lungs and Tissues, Ventilation at rest and during exercise, Standard Lung Volumes and Capacities, Oxygen debt, Effect of Exercise on Respiratory System. Aerobic and anaerobic metabolism: Glycolytic cycle, Oxidative Cycle, Electron transport System.

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Unit-III

Work capacity under different environmental conditions: -

Heat Balance - Temperature Regulation, Exercise in the heat, Sweating Mechanism, Thermal Injury, Acclimatization to heat and physical conditioning.

Exercise in the Cold - Physiological Responses during exercise in the cold, Factors that Influence Heat Loss in the Cold, Health Risks of Cold Exposure, Other Factors that Influence thermoregulation,

Performance at Altitude - Acclimatization to Altitude Exposure, Exercise Performance at Altitude.

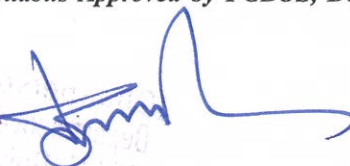
Practical- Exercise Physiology

Practical :30 Marks
External Examination :20
Internal Assessment :10

- | | |
|---|----------|
| 1. Assessment of respiratory profile | 10 Marks |
| 2. Assessment of Blood pressure, pulse rate and oxygen saturation level | 10 Marks |

Suggested Readings:

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
3. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
4. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
5. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
6. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
7. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
8. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
9. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
10. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.



Master of Physical Education & Sports

Semester -III (Option-I)

Paper Code : 25PN-MPES-303

Paper: Athletic Care and Rehabilitation

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	
Athletic Care and Rehabilitation	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO 1- Student will able to learn about healing mechanism of soft tissue and hard tissue.

CO 2- Student will able to learn about different phases of treatment.

CO 3- Student will able to learn about different physiotherapeutic modalities and their uses.

CO4- Student will able to learn about common sports injuries their treatment and rehabilitation.

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 – Mechanics of Tissue Injury and Healing

Force and its effects in injury, torque and its effect in injury, Tissue response to injury in synovial membrane, synovial fluid, soft tissue and bone. Healing of soft tissue, bone tissue healing, nerve healing, Neurological basis of pain, referred pain and radiating pain, pain pathway and pain relief mechanism.

UNIT II – Identification of injury and treatment plan

Inspection of injury site: palpation- component of palpation, Special test for identifying nature of injury.

Short term goals and long term goals in the treatment of musculoskeleton problems, Development of treatment plan: Phase one, Phase two, Phase three and Phase four.

UNIT III – Therapeutic Modalities

Proprioceptive Neuromuscular Facilitation (PNF): Meaning, benefits, pattern and technique.

Pathology of Rehabilitation in injuries with Short wave Diathermy, Micro wave Diathermy, Ultra Sound Therapy, Electric Wave Stimulation, Infra Red Rays and Ultra Violet Rays

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UNIT IV – Specific Sports Injuries

Symptoms and treatment of Muscle Soreness, Tennis/Golfer Elbow, Shin Splint, Rotators Cuff injury, spondylolysis, Hoffar's syndrome, Charley House, ITFB Syndromes, Jumper's Knee, tennis Leg, Achilles tendonitis, Abdominal wall Contusion and Abdominal muscle strain.

REFERENCES:

Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.

James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.

Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication. Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

Practical: Anthropometric Measurements

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Semester -III (Option-I)

Paper Code : 25PN-MPES-304

Paper: Sports Management

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 Management	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO 1- The student would understand the importance of management of Physical Education.

CO 2- He shall gain knowledge regarding management of Physical Education and Sports at different level.

CO 3- He will be able to organize various Physical Education program.

CO 4- He would know about Human Recourse in Sport Management.

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 Management

Meaning, Definition and need of Sports Management.

Scope and principles of Sports Management.

Career Opportunities in Sports Management.

Functional Elements of Sport Management.

Different Processes of Sport Management.

UNIT- II : Leadership &Curriculum Designs in Physical Education

Meaning of Leadership, Leader Skills and Features of Sports Leader.

Various Approaches of Leadership in Sport Management.

Meaning, Importance and factors affecting physical education curriculum.

Principles of curriculum design and criteria for curriculum contents.

UNIT- III : Planning and Public Relation in Sports Management.

Meaning, Definitions and Importance of Planning.

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Steps and Principles of Planning.

Developing Planning Premises & Categories of Plans.

Meaning and Importance of Public Relation in Sports Management.

Guidelines for Sound Public Relation and Essential of Public Relation Programme.

UNIT- IV : Human Recourse in Sport Management.

Staff Recruitment and Selection.

Guidelines for Staff Recruitment and Selection.

General Qualifications of Staff in Sport Management.

Responsibilities of Staff Members

Supervisory Working Relationship with Staff.

REFERENCE:

- Bonnie, L. (1991) The Management of Sports. St. Louis: Mosby Publishing Company
- Bucher A. Charles, (1993) Management of Physical Education And Sports. St. Louis: Mosby Publishing Company
- Chelladurai, P.(1999), Human Resources Management in Sports and Recreation. Human Kinetic.
- Lisa Pike Masteralexis, Carol A. Barr.(2005) Principles and Practice of Sport Management (Second Edition) Jones and Barlett Publishers.
- Harold Koontze, Cyril O' Donnel Management – A system and contingency Analysis of Managerial Function VI Edition.
- Koontze & O Donnel – Essentials of Management. Mc graw Hill, Kogakusha Ltd.

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Master of Physical Education & Sports

Semester -III (Option-I)

Paper Code : 25PN-MPES-305

Paper: Sports Sociology

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 Sociology	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concepts, theories, and scope of Sports Sociology.

CO2: Analyze the influence of culture, social institutions, and socialization on sports participation.

CO3: Evaluate issues of social stratification, gender, ethnicity, disability, and inclusion in sport.

CO4: Examine the impact of globalization, commercialization, media, and politics on sport.

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 Sports Sociology

Meaning, Definition and Importance of Sports Sociology in Sports

Meaning, Definition, Structure and Relationship of Sports with Culture.

Meaning, Types and Processes of social interaction through sports.

Role of Physical Education in context of social problems.

Unit-II

Values, Norms and Ethics in Sport

Socialization through Sport

Sport and Personality Development

Sport and National Integration

Unit-III

Olympic Values and Social Responsibility

Professional Sport and Commercialization

Globalization of Sport

Social Media and Digital Culture in Sport

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Unit-IV

Social Stratification in Sport

- Class
- Caste
- Gender
- Race and Ethnicity
- Disability

Women in Sports

Inclusive Sports and Adapted Physical Activity

Doping and Ethical Issues

References-

Bhusan, V. and Sachdeva, An introduction to Sociology, Delhi: Kitab,

2003. Jain, Rachna, Sport Sociology, New Delhi: KSK, 2005

Kanwaljeet, S., Sport Sociology, ND: Friends Pub. 2000.

Yadvinder Singh, Sociology in Sport, Sports Publication, 7/26 Ansari road, Darya Ganj New Delhi- 110002.

Sharma, R.N. Urban Sociology, ND: Surjeet Pub., 1993.

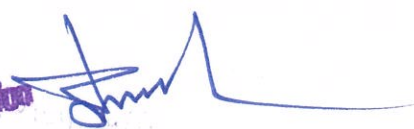
Singh, Bhupinder, Sports Sociology, New Delhi: Friends, 2004.

IGNOU, The Study of Society – Understanding Sociology, Delhi- IGNOU, 2007.

Turner, B., Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press, 2006.

Prof. A Yobu, Sociology of Sports, Friends Publications (India) 1014787/23, Ansri road, Darya Ganj, New Delhi- 110 002.

Dr. Arun Kumar Singh – Advanced General Psychology, Moti Lal Banarasi Das Bungalow Road Jawahar Nagar Delhi.



Master of Physical Education & Sports

Semester -III (Option-I)

Paper Code : 25PN-MPES-306

Paper: Sports Journalism

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 Journalism	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concepts, ethics, and scope of sports journalism.

CO2: Write sports news, match reports, feature articles, and press releases.

CO3: Explain the role and impact of Mass Media in Sports.

CO4: Analyze the role of traditional and digital media in sports promotion.

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

Meaning, Definition and Elements of Sports Journalism

Scope of Sports Journalism

Ethical Standards of Professional in Sports Journalism

Principles and Ethics of Sports Journalism

UNIT-II

Sports as a Pondera of Jobs and Courses: - Sports Schemes and Incentives

Sports Journalists and Sports Writers Commentators, Broadcaster.

Sports News Agencies & Sports Broadcasting Channels.

Role of Media in Sports Development

UNIT- III

Mass Media in Journalism and Types of Mass Media (Print media, Electronic media and Folk media)

Sports coverage in different types of media

Advantage to a sports person from sports coverage

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Role of media in making and breaking images in sport.

Impact of Commercialization and Privatization change in sport media.

UNIT-IV

Media Planning for Sports Events

Accreditation of Media Personnel

Press Conference Organization

Public Relations in Sports Organizations

Sponsorship and Media Partnerships

REFERENCE:

Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications

Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication

Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication

Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.

Kannan K (2000) Soft Skills, Madurai: Madurai: Yadava College Publication

Mohit Chakrabarti (2008): Value Education: Changing Prespective, New Delhi: Kanishka Publication.

Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.

Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period.

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Master of Physical Education & Sports

Semester -III (Option-I)

Paper Code : 25PN-MPES-307

Paper: Physical Fitness & Wellness

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	
Physical Fitness & Wellness	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concept, benefits, and uses of Physical Fitness.

CO2: Explain the components of Physical Fitness.

CO3: Explain the concept, dimensions, and determinants of wellness.

CO4: Assess personal and community wellness.

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 of Physical Fitness

Meaning and Definition of Physical Fitness

Benefits of Physical Fitness in Sports and daily life

Exercises and Heart rate Zones for intensities of aerobic and anaerobic activities

WHO guidelines and recommendations of Physical Activities for children under 5 years of age,

Children and adolescents aged 5-17 years and Adults aged 18-64 years.

Unit-II

Components of Physical Fitness:

Meaning of Health-related components of Physical fitness:

Cardiovascular Fitness, (ii) Muscular Strength, (iii) Muscular Endurance,

(iv) Body Composition (v) Flexibility.

Meaning of Skill Related Fitness Components: (i) Agility, (ii) Balance, (iii) Neuro Muscular

Adaptations and Coordinative abilities, (iv) Speed, (v) Strength (vi) Reaction Time.

Unit-III

Meaning and Definitions of Health and Wellness

Evolution and Philosophy of Wellness

Principles of Holistic Wellness

Dimensions of Wellness:

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Unit-IV

Difference between Health, Fitness and Wellness

Wellness Across the Lifespan

Contemporary Issues in Wellness

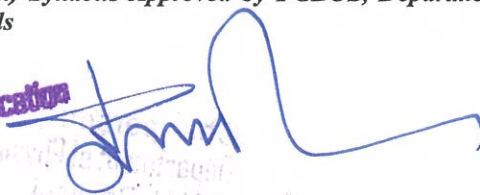
Mental Health and Psychological Well-being

REFERENCE:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.
- Warner W.K. Oeger&Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001.

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Master of Physical Education & Sports

Semester -III (Option-I)

Paper Code: 25PN-MPES-PC308

Practical: Practical Game- (Hockey, Cricket, Badminton & Handball)

Maximum Marks 100

External Examination :70

Internal Assessment :30

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Game- (Hockey, Cricket, Badminton & Handball)	04	00	00	04	120 hrs

Practical: Game (Hockey, Cricket, Badminton & Handball)

1. Hockey

Marking of Hockey ground

Teaching ability of various basic skills of Hockey

Interpretation of Various rules of Hockey

Filling the score sheet of Hockey

Officiating Symbols of Hockey

2. Cricket

Marking of Cricket ground

Teaching ability of various basic skills of Cricket

Interpretation of Various rules of Cricket

Filling the score sheet of Cricket

Officiating Symbols of Hockey

3. Badminton

Marking of Badminton Court

Teaching ability of various basic skills of Badminton

Interpretation of Various rules of Badminton

Filling the score sheet of Badminton

Officiating Symbols of Hockey

4. Handball

Marking of Handball ground

Teaching ability of various basic skills of Handball

Interpretation of Various rules of Handball

Filling the score sheet of Handball

Officiating Symbols of Handball

Note: Candidate has to take total 5 teaching lessons of different skills of all games.

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Master of Physical Education & Sports

Semester -III (Option-I)

Paper Code: 25PN-MPES-EEC309

Paper Name: Officiating & Coaching

Maximum Marks 50

External Examination :20

Internal Assessment :10

Max. Time- 1.5 hrs

Practical :20 Marks

External Examination :15

Internal Assessment :05

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Officiating & Coaching (Choose any one Game)	02	01	00	01	45 hrs

Note: There shall be three questions in all. Question no. 1 consisting of two short answer type questions (3x2=6) covering the entire syllabus shall be compulsory. Two questions will be asked from unit (14 marks for each question). Student will have to attempt one question from unit.

Unit-I

Meaning and concept of officiating and coaching

Principles of officiating and Coaching

Ethics and professional conduct

Qualities and qualifications of officials and coaches

Fixture and its Types of Fixture

Practical: Officiating & Coaching (Choose any one Game)

Practical :20 Marks

External Examination :15

Internal Assessment :05

Note- Students can select any one major game from M.P.E.S. practical syllabus.

- Planning of coaching sessions.
- Demonstration of skills.
- Teaching progression (Simple to Complex).
- Error identification and correction.
- Individual and group coaching.

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Master of Physical Education & Sports

Semester -IV (Option-I)

Paper Code : 25PN-MPES-401

Paper: Sports Psychology

Maximum Marks 100

Theory Examination :50

Internal Assessment :20

Max. Time : 3 hrs

Practical :30 Marks

External Examination :20

Internal Assessment :10

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Sports Psychology	04	03	0	01	75 hrs

COURSE LEARNING OUTCOMES

CO 1- The study would orient the student in basic concepts of psychology.

CO-2- The student would be oriented in identifying factors determining one's overall personality.

CO-3- He would understand various laws of learning and their relevance in teaching learning process.

Note: There shall be seven questions in all. Question no. 1 consisting of four short answer type questions (4x2=8) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Student will have to attempt one question from each unit.

UNIT-I: Introduction of Sports Psychology

Introduction to Sports Psychology

Multidimensional components in the field of Sports Psychology.

Learning process and Theories of Learning

Thorndike's theory (Connectionism or Trial and Error Learning)

Pavlov's Theory of Classical Conditioning

Kohler's Insight Learning

Bandura's Social Learning Theory

UNIT-II: Motivation and Stress

Meaning of Motivation, Basic Motivational concepts and Interactional model of Motivation.

Strategies for Motivating Athletes and Teams.

Theories of achievements Motivation (Atkinson's theory and Attribution theory)

Maslow's need-hierarchy theory

Instinct theory

Meaning and Definition of Stress, Anxiety, Arousal and its Causes and Effects in Sports.

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UNIT- III Personality and Its Theories

Meaning of Personality and Structure of Personality

Sigmund Freud: Psychoanalytic Theory of Personality

Types theory of Personality (Hippocrate's classification, Kretschmer's classification, Sheldon's and Jung)

Trait theory of Personality (Allport, Cattell, & Eysenck Personality)

Practical- Sports Psychology

Practical :30 Marks
External Examination :20
Internal Assessment :10

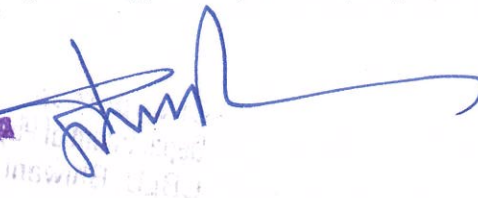
Assessment of Aggression among athletes.	05 Marks
Assessment of State and Trait Anxiety of athletes	05 Marks
Assessment of stress/burnout among athletes	05 Marks
Assessment of Achievement Motivation towards sports performance and exercise adherence	05 Marks

REFERENCE:

- Bhatia, Hans Raj, Test Book of Education Psychology, Delhi: Macmillan, 2003
- Roben. B. Frost: Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co. London.
- Dridge & Hung: Psychological foundation of Education. Harper and Row Publishers.
- Jain, D., Introduction to Psychology, New Delhi: K.S.K, 2003.
- Kamlesh, M.L. Education Sports Psychology, New Delhi, Friends Pub., 2006
- Kamlesh, M.L., Key Ideas in Sport Psychology, New Delhi, Friends Pub., 2007 Kutty, S.K. Foundations of Sports & Exercise Psychology, New Delhi: Sports, 2004
- Robert. S. Weinberg – Foundations of Sports and Exercise Psychology (Third Edition Daniel Gould
- Jack H.Liewellyn – Psychology of Coaching: Theory and Application (Surjeet Publisher New Judy A. Blucker Delhi)
- Jashwant Kaur Virk – Psychology of Training and Learning (Twenty First Century Publication Pardeep Kumar Sahu Patiala, 2008.
- Dr. Arun Kumar Singh – Advanced General Psychology, Moti Lal Banarasi Das Bungalow Road Jawahar Nagar Delhi. M.P.Ed.- IV Semester

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Master of Physical Education & Sports

Semester -IV (Option-I)

Paper Code : 25PN-MPES-402

Paper: Sports Medicine

Maximum Marks 100

Theory Examination :50

Internal Assessment :20

Max. Time : 3 hrs

Practical :30 Marks

External Examination :20

Internal Assessment :10

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Sports Medicine	04	03	0	01	75 hrs

COURSE LEARNING OUTCOMES

CO 1- The goal of a sports medicine is to help the student engage in exercise safely and effectively in order to achieve their training goals.

CO 2- To provide knowledge about the causes of injuries.

CO 3- To provide means or treatment for sports injuries and for rehabilitation of injuries.

Note: There shall be seven questions in all. Question no. 1 consisting of four short answer type questions (4x2=8) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Student will have to attempt one question from each unit.

UNIT- I: Introduction to Sports Medicine

Meaning, Definition and Importance of Sports Medicine in field of Sports.

Purposes and concept of Sports Medicine.

Different aspects of Sports Medicine.

Career opportunities in Sports Medicine.

Role of Athletic Trainer in Sports Medicine.

UNIT- II: Sports Injuries.

Sports Injuries: Meaning and their different classifications.

Sprain & Strain: Meaning, Pathological Symptoms and their treatment.

Dislocation & Fracture: Meaning, Pathological Symptoms and their treatment.

Strapping and Aiding Equipment for Sprain, Strain, Dislocation and Fracture.

UNIT-III: Physiotherapeutic Modalities.

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PRICE treatment: Its advantages and Physiological Effects.

Electro therapy: Its advantages and Physiological Effects.

Hydrotherapy: Its advantages and Physiological Effects.

Cryotherapy: Indications, Contra Indications and Precautions, its benefits and Physiological Effects.

Manual Therapy: Its benefits, Techniques and Physiological Effects.

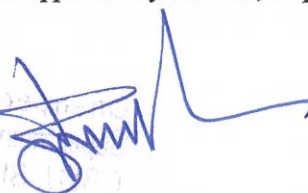
Practical- Sports Medicine

Practical :30 Marks
External Examination :20
Internal Assessment :10

On-field Assessment of Injured Athlete	05 Marks
Assessment of Pain and Swelling	05 Marks
Range of Motion (ROM) Assessment	05 Marks
Muscle Strength Testing (Manual Muscle Testing)	05 Marks

REFERENCE:

1. Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
2. James, A. Gould & George J. Davies. (1985). Physical Therapy. Toronto: C.V. Mosby Company.
3. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
4. Pande. (1988). Sports Medicine. New Delhi: Khel Shitya Kendra.
5. Encyclopedia of Sports Medicine. (1998). The Olympic Books of Sports Medicine, Australia: Tittel Blackwell Scientific Publications.
6. Mellion (1995) Office of Sports Medicine II Edition Publisher Hanley & Belfus Inc. Philadelphia.
7. Steven J Karageanes: (2005) Principles of Manual Sports Medicine Lippincott Williams and Wilkins A Wolter Kluwer Company.



Master of Physical Education & Sports

Semester -IV (Option-I)

Paper Code : 25PN-MPES-403

Paper: Sports Technology

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 Technology	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

- CO1: Explain the concepts, scope, and significance of sports technology.
CO2: Analyze modern sports materials, equipment, and playing surfaces.
CO3: Demonstrate knowledge of instrumentation and performance analysis technologies.
CO4: Apply wearable technologies, motion analysis, and digital tools in coaching.

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 Technology

- Meaning, Definition, Nature and Scope of Sports Technology
- Importance of Technology in Sports
- Principles of Instrumentation in Sports
- Technology in Physical Education and Sports Sciences
- Ethical Issues in Sports Technology

UNIT- II

Sports Infrastructure and Playing Surfaces

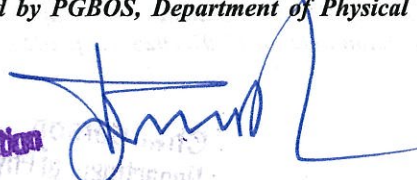
- Natural and Synthetic Playing Surfaces
- Artificial Turf Technology
- Athletic Tracks
- Wooden and Polyurethane Courts
- Sports Facility Safety Standards

UNIT-III

Performance Analysis and Wearable Technology

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- Computer Applications in Sports
- Biomechanical Analysis
- Fitness Trackers and Smart Watches
- Match Analysis Software
- Data Collection and Interpretation

UNIT-V

Emerging Technologies in Sports

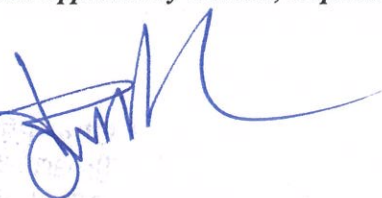
- Artificial Intelligence (AI) in Sports
- Machine Learning for Performance Analysis
- Virtual Reality (VR) and Augmented Reality (AR)
- Sports Technology Entrepreneurship
- Future Challenges and Innovations

REFERENCE:

- Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013).
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996) Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)

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Master of Physical Education & Sports

Semester -IV (Option-I)

Paper Code : 25PN-MPES-404

Paper: Sports Engineering

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 Engineering	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the principles and scope of Sports Engineering.

CO2: Analyze sports equipment and engineering materials used in sports.

CO3: Apply biomechanics and motion-analysis techniques for performance evaluation.

CO4: Evaluate sports infrastructure and facility management practices.

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 Engineering

- Meaning and Nature of Sports Engineering
- Scope and Importance of Sports Engineering
- Applications of Engineering in Sports
- Ethical Issues in Sports Technology
- Future Trends in Sports Engineering

UNIT- II

Mechanics of Engineering Materials

- Basic Concepts of Mechanics
- Forces and Motion in Sports
- Stress, Strain and Elasticity
- Metals, Polymers, Composites and Smart Materials
- Equipment Selection, Care and Maintenance

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UNIT-III

Sports Dynamics and Biomechanics

- Kinematics and Kinetics in Sports
- Projectile Motion and Angular Motion
- Motion Analysis Techniques
- Application of Biomechanics in Running, Jumping and Throwing
- Injury Prevention through Biomechanical Analysis

UNIT-IV

Emerging Technologies in Sports

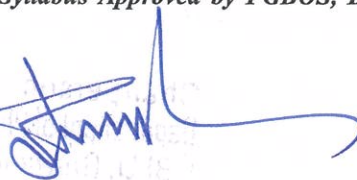
- Artificial Intelligence (AI) in Sports
- Machine Learning for Performance Analysis
- Virtual Reality (VR) and Augmented Reality (AR)
- Sports Technology Entrepreneurship
- Future Challenges and Innovations

REFERENCE:

- Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013).
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996) Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)

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Master of Physical Education & Sports

Semester -IV (Option-I)

Paper Code : 25PN-MPES-405

Paper: Adapted Physical Education

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	
Adapted Physical Education	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concepts, objectives, and principles of Adapted Physical Education.

CO2: Classify different types of disabilities and their functional characteristics.

CO3: Design adapted physical education programmes based on individual needs.

CO4: Evaluate motor performance and physical fitness of persons with disabilities.

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 Adapted Physical Education

- Meaning, Definition, Nature and Scope of Adapted Physical Education
- Objectives and Importance of Adapted Physical Education
- Need for Adapted Physical Education
- National and International Organizations for Disability Sports
- Paralympic Movement, Special Olympics and Deaflympics

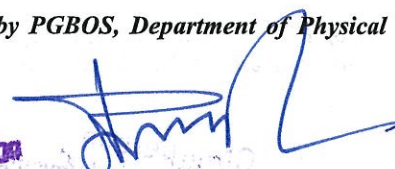
UNIT- II

Classification of Disabilities

- Concept of Disability, Impairment and Handicap
- Classification of Disabilities
 - Visual Impairment
 - Hearing Impairment
 - Orthopedic Disability
- Medical and Educational Perspectives
- Rights of Persons with Disabilities (RPwD Act, 2016)
- Inclusive Education Policies in India

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UNIT-III

Programme Planning and Instruction

- Assessment of Individuals with Disabilities
- Adapted Physical Activities
- Adapted Games and Sports
- Adaptation of Rules and Equipment
- Classroom and Playground Management

UNIT-IV

Assessment, Fitness and Rehabilitation

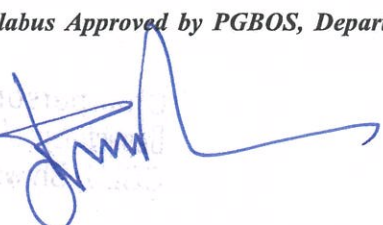
- Physical Fitness Assessment
- Test Selection for Different Disabilities
- Adapted Physical Fitness Programmes
- Yoga and Relaxation Techniques
- Rehabilitation through Physical Activity

REFERENCE:

1. Anoop Jain, "Adapted Physical Education" Sports Publication, Ashok Vihar, Delhi.
2. Arthur G. Miller & James, "Teaching Physical Activities to Impaired Youth" John Wilag & Sons Inc. Canada.
3. Arthur S. Daniels & Euilya, "Adapted Physical Education" Harpet & Row Publisher, New York.
4. Auxter, Byler, Howtting, "Adapted Physical Education and Reactions" Morbey – St. Louis Mirrauri.
5. K. Park, "Preventive Social Medicine" M/s Banarsidas Bhanot Publishers, Prem Nagar, Jabalpur.
6. Ronald W. French & Paul J., "Special Physical Education" Charles E. Merrics Publishing Co. Edinburgh, Ohio
7. Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.

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Master of Physical Education & Sports

Semester -IV (Option-I)

Paper Code : 25PN-MPES-406

Paper: Strength & Conditioning

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	
Strength & Conditioning	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the scientific foundations of strength and conditioning.

CO2: Assess athletes using standardized physical performance tests.

CO3: Design sport-specific strength and conditioning programmes.

CO4: Apply periodization and long-term athlete development principles.

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

Foundations of Strength & Conditioning

- Meaning, Definition and Scope
- Principles of Strength and Conditioning
- Physiological Adaptations to Training
- Role of Strength & Conditioning Coach
- Ethics and Professional Responsibilities

UNIT- II

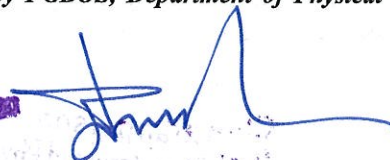
Athlete Assessment and Performance Testing

- Pre-participation Screening
- Health Risk Assessment
- Anthropometric Measurements
- Body Composition Assessment
- Muscular Endurance Tests
- Speed Assessment
- Agility Tests
- Vertical Jump and Power Tests
- Interpretation of Test Results

UNIT-III

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Programme Design and Periodization

- Principles of Programme Design
- Progressive Overload
- Periodization
 - Linear Periodization
 - Non-linear Periodization
 - Block Periodization
- Macrocycle, Mesocycle and Microcycle
- Long-Term Athlete Development (LTAD)

UNIT-IV

Strength Training and Conditioning Methods

Resistance Training

- Principles of Resistance Training
- Free Weights and Machine Training

Strength Development Methods

- Isometric Training
- Isotonic Training
- Isokinetic Training

Plyometric Training

- Principles
- Lower-body and Upper-body Plyometrics
- Safety and Progression

Speed, Agility and Quickness (SAQ) Training

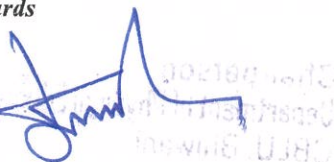
- Sprint Mechanics
- Acceleration and Deceleration
- Agility Drills

REFERENCE:

- Billeter, R, and Hoppeler, H. Muscular basis of strength. In The Encyclopaedia of Sports Medicine: Strength and Power in Sport. 2nd ed. Komi, PV, ed. Oxford: Blackwell Science, 50-72, 2003.
- Castro, MJ, Apple, DF, Staron, RS, Campos, GER, and Dudley, GA. Influence of complete spinal cord injury on skeletal muscle within six months of injury. J Appl Physiol 86:350-358, 1999.
- Castro, MJ, Kent-Braun, JA, Ng, AV, Miller, RG, and Dudley, GA. Fiber-type specific Ca²⁺ actomyosin ATPase activity in multiple sclerosis. Muscle Nerve 21:547-549, 1998.
- Dudley, GA, Czerkawski, J, Meinrod, A, Gillis, G, Baldwin, A, and Scarpone, M. Efficacy of naproxen sodium for exercise-induced dysfunction, muscle injury and soreness. Clin J Sport Med 7:3-10, 1997.
- Dudley, GA, Harris, RT, Duvoisin, MR, Hather, BM, and Buchanan, P. Effect of voluntary versus artificial activation on the relation of muscle torque to speed. J Appl Physiol 69:2215-2221, 1990.

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Master of Physical Education & Sports

Semester -IV (Option-I)

Paper Code : 25PN-MPES-407

Paper: Sports Physiotherapy

Maximum Marks 100

Theory Examination :50

Internal Assessment :20

Max. Time : 3 hrs

Practical :30 Marks

External Examination :20

Internal Assessment :10

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Sports Physiotherapy	04	03	0	01	75 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concepts and principles of sports physiotherapy.

CO2: Apply therapeutic exercises and manual therapy techniques.

CO3: Implement injury prevention and return-to-play protocols.

Note: There shall be seven questions in all. Question no. 1 consisting of four short answer type questions (4x2=8) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Student will have to attempt one question from each unit.

UNIT- I

Foundations of Sports Physiotherapy

- Meaning, Definition and Scope of Sports Physiotherapy
- Role of Sports Physiotherapist in Athlete Care
- Kinesiology in Sports Rehabilitation
- Healing Process of Soft Tissue and Bone
- Principles of Rehabilitation

UNIT- II

Therapeutic Exercise and Rehabilitation

- Principles of Therapeutic Exercise
- Passive, Active and Active-Assisted Exercises
- Stretching Techniques
- Strengthening Exercises
- Balance and Coordination Training

UNIT-III

Contemporary Sports Physiotherapy

- Return-to-Play Decision Making
- Overuse Injury Prevention

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- Sports Nutrition and Recovery
- Artificial Intelligence in Sports Rehabilitation
- Ethical and Legal Issues in Sports Physiotherapy

Practical- Sports Physiotherapy

Practical: 30 Marks
External Examination: 20
Internal Assessment: 10

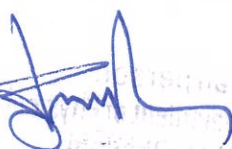
Sports Massage Techniques	05 Marks
Cryotherapy and Thermotherapy Applications	05 Marks
Stretching Techniques (Static, Dynamic and PNF)	05 Marks
Demonstration of Taping Techniques (Ankle, Knee, Shoulder, Wrist)	05 Marks

REFERENCE:

1. Milward FJ. Synopsis of Surgical Anatomy. By McGregor Alexander Lee M. Ch. (Edin), F.R.C.S. (Eng) Published by John Wright & Sons, Ltd., Bristol.
2. Standring S, Ellis H, Healy J, Johnson D, Williams A, Collins P, Wigley C. Gray's anatomy: the anatomical basis of clinical practice. 2005
3. Grant JCB, Basmajian JV, Slonecker CE, Grants - Methods of Anatomy – A clinical problem solving approach, Williams & Wilkins.
4. Snell RS. Clinical anatomy by regions. Lippincott Williams & Wilkins; 2011 Oct 28
5. Hall JE. Guyton and hall textbook of medical physiology. 13th ed. London, England: W B Saunders; 2015
6. Robbins, Stanley L. 1915-, Vinay Kumar, and Ramzi S. Cotran. Robbins and Cotran Pathologic Basis of Disease. 8th ed. Philadelphia, PA: Saunders/Elsevier, 2010.

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Master of Physical Education & Sports

Semester -IV (Option-I)

Paper Code : 25PN-MPES-407

Paper: Naturopathy

Maximum Marks 100

Theory Examination :50

Internal Assessment :20

Max. Time : 3 hrs

Practical :30 Marks

External Examination :20

Internal Assessment :10

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Naturopathy	04	03	0	01	75 hrs

COURSE LEARNING OUTCOMES

1. Gain information about fundamental principles of Naturopathy, Various forms of Health and relationship between Allopathy and Naturopathy.
2. Understand about Hydro-therapy, its benefits as rehabilitative therapy.
3. Gain information about Mud-therapy, its therapeutic use, soil and its uses in Naturopathy.

Note: There shall be seven questions in all. Question no. 1 consisting of four short answer type questions (4x2=8) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Students will have to attempt one question from each unit.

UNIT I: Introduction:

- Brief history of Naturopathy.
- Meaning & Definition of Naturopathy.
- Principles of Naturopathy.
- Basic elements of Naturopathy.
- Role of Yoga in Naturopathy

UNIT II: Methods of Therapy

Mud Therapy

- Definition of Mud Therapy
- Types of Mud
- Benefits
- Indication and Contraindication

Hydro Therapy

- Introduction to Hydrotherapy
- Physiological and Therapeutic Properties
- Hydro therapy Interventions: Hip Bath, Steam Bath, Enema,.

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Sun Therapy

- Definition
- Benefits
- Indication and Contraindication.

UNIT III: Methods of Therapy

Massage Therapy

- Definition
- Principles of Massage Therapy
- Types of Massage Therapy
- Benefits
- Indication and Contraindication

Diet Therapy

- Basic concept of diet therapy
- Precaution to be taken
- Indications and Contraindications
- Benefits

Fasting

- Fasting Therapy
- Type of Fasting
- Importance of Fasting
- Precaution and Contraindication

Practical- Naturopathy

Practical: 30 Marks
External Examination: 20
Internal Assessment: 10

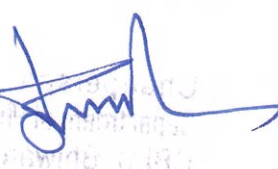
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| • Preparation of Individual Health Profile | 05 Marks |
| • BMI and Body Composition Assessment | 05 Marks |
| • Natural Diet Planning | 05 Marks |
| • Relaxation and Breathing Techniques | 05 Marks |

REFERENCE:

1. K.S. Joshi-Speaking of Yoga and Naturopathy, Orient Paperback, New Delhi, 1990.
2. H.K. Bhakru, The complete Handbook of Nature Cure, Jaico Publishing House.
3. Dr. Henry Lindhai-The practice of Nature Cure, CCRYN, New Delhi, 2012.
4. Dr. Rakesh Jindal-Prakritik Ayurvedigyan, Arogyasevaprakashan, Modinagar, U.P.
5. Dr. Rudolf-Diet and Nutrition, Himalayan Institute Press.

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Master of Physical Education & Sports

Semester -IV (Option-I)

Paper Code: 25PN-MPES-PC409

Practical: Practical Game- (Baseball, Lawn Tennis, Football & Kho-kho)

Maximum Marks 100

External Examination :70

Internal Assessment :30

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Game-(Baseball, Lawn Tennis, Football & Kho-kho)	04	00	00	04	120 hrs

Practical: Game (Baseball, Lawn Tennis, Football & Kho-kho)

1. Baseball

Marking of Baseball ground

Teaching ability of various basic skills of Baseball

Interpretation of Various rules of Baseball

Filling the score sheet of Baseball

Officiating Symbols of Baseball

2. Lawn Tennis

Marking of Lawn Tennis Court

Teaching ability of various basic skills of Lawn Tennis

Interpretation of Various rules of Lawn Tennis

Filling the score sheet of Lawn Tennis

Officiating Symbols of Lawn Tennis

3. Football

Marking of Football Ground

Teaching ability of various basic skills of Football

Interpretation of Various rules of Football

Filling the score sheet of Football

Officiating Symbols of Football

4. Kho-Kho

Marking of Kho-Kho ground

Teaching ability of various basic skills of Kho-Kho

Interpretation of Various rules of Kho-Kho

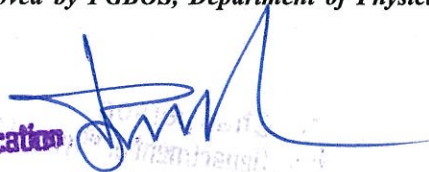
Filling the score sheet of Kho-Kho

Officiating Symbols of Kho-Kho

Note: Candidate has to take total 5 teaching lessons of different skills of all games.

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Master of Physical Education & Sports

Semester -III (Option-II)

Paper Code : 25PN-MPES-301

Paper: Test, Measurement and Evaluation in Physical Education

Maximum Marks 100

Theory Examination :50

Internal Assessment :20

Max. Time : 3 hrs

Practical :30 Marks

External Examination :20

Internal Assessment :10

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Test, Measurement and Evaluation in Physical Education	04	03	0	01	75 hrs

COURSE LEARNING OUTCOMES

CO1- The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.

CO2- The students will be able to construct and conduct the physical fitness and sports skill test.

CO3- The students will be able to implement the criteria of test selection.

Note: There shall be seven questions in all. Question no. 1 consisting of four short answer type questions (4x2=8) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Student will have to attempt one question from each unit.

Unit-1: Introduction of Test, Measurement and Evaluation

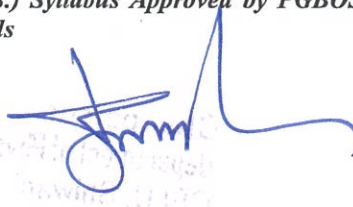
Meaning and definition of Test, Evaluation and Measurement. Need and Importance of measurement and evaluation in Physical Education and Sports. Criteria for test selection: a) Technical Standards – i) Validity ii) Reliability iii) Objectivity and iv) Norms, b) Practical Standards for administration of Test –i) Advance Preparations ii) Duties During Testing iii) Duties after testing.

Unit-2: Motor Ability and Fitness Tests

Meaning of Motor Ability, Test of Motor Ability – a) Barrow Motor Ability test b) Scott Motor Ability Test. Test of Fitness and Endurance – a) AAHPER Youth Fitness Test b) Harvard Step Test c) Copper 12 Min run test. Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test. LUS Agility Obstacle test, Nelson - Hand Reaction test , Foot Reaction test and Speed of the movement test

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Unit-3: Skill Test

Test of specific sports skill - Badminton - French Short Serve, Scott Long Serve and French Clear Test. Basket Ball – Johnson Basketball Test, AAHPER Basketball Test, Hockey – Schmithals French Test in Field Hockey & Harbans Hockey Test. Mor-Christian General Soccer Ability Skill Test Battery, Broer – Miller Forehand and Backhand Drive test for Tennis skills. Modified Brady Volleyball Test.

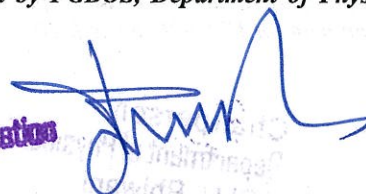
Practical- Test, Measurement and Evaluation in Physical Education

Practical :30 Marks
External Examination :20
Internal Assessment :10

- | | |
|---|----------|
| 1. Measuring Body fat with skinfold measurement calliper | 05 Marks |
| 2. Method of measuring Circumference: Arm, Waist, Hip and Thigh | 05 Marks |
| 3. Calculating Physical Fitness Index with Harvard Step test | 05 Marks |
| 4. Analysis of poster with Iowa posture test | 05 Marks |

REFERENCES :

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
- Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
- Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
- Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
- Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publisng Co. Inc Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
- Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
- Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics
- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications



Master of Physical Education & Sports

Semester -III (Option-II)

Paper Code : 25PN-MPES-302

Paper: Exercise Physiology

Maximum Marks 100

Theory Examination :50

Internal Assessment :20

Max. Time : 3 hrs

Practical :30 Marks

External Examination :20

Internal Assessment :10

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Exercise Physiology	04	03	0	01	75 hrs

COURSE LEARNING OUTCOMES

CO 1-The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.

CO 2- He would be able to Relate and interpret the role of exercise on body systems and its relation to well-being, through literature reviews and physical conditioning exercises.

CO 3- Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.

Note: There shall be seven questions in all. Question no. 1 consisting of four short answer type questions (4x2=8) covering the entire syllabus shall be compulsory. Two questions will be asked from each unit (14 marks for each question). Student will have to attempt one question from each unit.

Unit-I

Introduction of Exercise Physiology, Importance of Exercise Physiology in Physical Education & Sports.

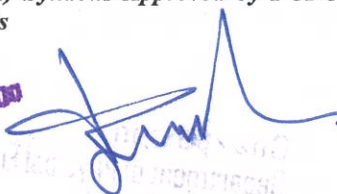
Cardiovascular System and Exercise:- Conduction system of the Heart, Blood Circulation and its classification, Cardiac Cycle – Stroke Volume, Cardiac Output, Heart rate, Effect of exercises on the Cardio-vascular system, Electrocardiogram (ECG), Method of reading ECG.

Unit-II

Respiratory System and Exercise:- Mechanism of Breathing, Respiratory Muscles, Mechanism of Exchange of Gases in the Lungs and Tissues, Ventilation at rest and during exercise, Standard Lung Volumes and Capacities, Oxygen debt, Effect of Exercise on Respiratory System. Aerobic and anaerobic metabolism: Glycolytic cycle, Oxidative Cycle, Electron transport System.

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Unit-III

Work capacity under different environmental conditions: -

Heat Balance - Temperature Regulation, Exercise in the heat, Sweating Mechanism, Thermal Injury, Acclimatization to heat and physical conditioning.

Exercise in the Cold - Physiological Responses during exercise in the cold, Factors that Influence Heat Loss in the Cold, Health Risks of Cold Exposure, Other Factors that Influence thermoregulation,

Performance at Altitude - Acclimatization to Altitude Exposure, Exercise Performance at Altitude.

Practical- Exercise Physiology

Practical :30 Marks
External Examination :20
Internal Assessment :10

- | | |
|---|----------|
| 1. Assessment of respiratory profile | 10 Marks |
| 2. Assessment of Blood pressure, pulse rate and oxygen saturation level | 10 Marks |

Suggested Readings:

11. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
12. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
13. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
14. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
15. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
16. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
17. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
18. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
19. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
20. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

Master of Physical Education & Sports

Semester -III (Option-II)

Paper Code : 25PN-MPES-303

Paper: Athletic Care and Rehabilitation

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	
Athletic Care and Rehabilitation	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

- CO 1- Student will able to learn about healing mechanism of soft tissue and hard tissue.
CO 2- Student will able to learn about different phases of treatment.
CO 3- Student will able to learn about different physiotherapeutic modalities and their uses.
CO4- Student will able to learn about common sports injuries their treatment and rehabilitation.

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 – Mechanics of Tissue Injury and Healing

Force and its effects in injury, torque and its effect in injury, Tissue response to injury in synovial membrane, synovial fluid, soft tissue and bone. Healing of soft tissue, bone tissue healing, nerve healing, Neurological basis of pain, referred pain and radiating pain, pain pathway and pain relief mechanism.

UNIT II – Identification of injury and treatment plan

Inspection of injury site: palpation- component of palpation, Special test for identifying nature of injury.

Short term goals and long term goals in the treatment of musculoskeleton problems, Development of treatment plan: Phase one, Phase two, Phase three and Phase four.

UNIT III – Therapeutic Modalities

Proprioceptive Neuromuscular Facilitation (PNF): Meaning, benefits, pattern and technique.

Pathology of Rehabilitation in injuries with Short wave Diathermy, Micro wave Diathermy, Ultra Sound Therapy, Electric Wave Stimulation, Infra Red Rays and Ultra Violet Rays

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UNIT IV – Specific Sports Injuries

Symptoms and treatment of Muscle Soreness, Tennis/Golfer Elbow, Shin Splint, Rotators Cuff injury, spondylolysis, Hoffar's syndrome, Charley House, ITFB Syndromes, Jumper's Knee, tennis Leg, Achilles tendonitis, Abdominal wall Contusion and Abdominal muscle strain.

REFERENCES:

Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.

James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.

Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication. Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

Practical: Anthropometric Measurements

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Semester -III (Option-II)

Paper Code : 25PN-MPES-304

Paper: Sports Management

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 Management	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO 1- The student would understand the importance of management of Physical Education.

CO 2- He shall gain knowledge regarding management of Physical Education and Sports at different level.

CO 3- He will be able to organize various Physical Education program.

CO 4- He would know about Human Recourse in Sport Management.

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 Management

Meaning, Definition and need of Sports Management.

Scope and principles of Sports Management.

Career Opportunities in Sports Management.

Functional Elements of Sport Management.

Different Processes of Sport Management.

UNIT- II : Leadership &Curriculum Designs in Physical Education

Meaning of Leadership, Leader Skills and Features of Sports Leader.

Various Approaches of Leadership in Sport Management.

Meaning, Importance and factors affecting physical education curriculum.

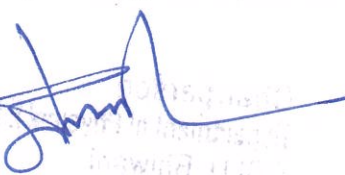
Principles of curriculum design and criteria for curriculum contents.

UNIT- III : Planning and Public Relation in Sports Management.

Meaning, Definitions and Importance of Planning.

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Steps and Principles of Planning.

Developing Planning Premises & Categories of Plans.

Meaning and Importance of Public Relation in Sports Management.

Guidelines for Sound Public Relation and Essential of Public Relation Programme.

UNIT- IV : Human Recourse in Sport Management.

Staff Recruitment and Selection.

Guidelines for Staff Recruitment and Selection.

General Qualifications of Staff in Sport Management.

Responsibilities of Staff Members

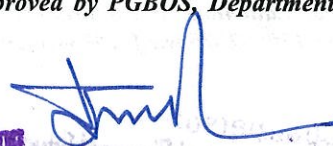
Supervisory Working Relationship with Staff.

REFERENCE:

- Bonnie, L. (1991) The Management of Sports. St. Louis: Mosby Publishing Company
- Bucher A. Charles, (1993) Management of Physical Education And Sports. St. Louis: Mosby Publishing Company
- Chelladurai, P.(1999), Human Resources Management in Sports and Recreation. Human Kinetic.
- Lisa Pike Masteralexis, Carol A. Barr.(2005) Principles and Practice of Sport Management (Second Edition) Jones and Barlett Publishers.
- Harold Koontze, Cyril O' Donnel Management – A system and contingency Analysis of Managerial Function VI Edition.
- Koontze & O Donnel – Essentials of Management. Mc graw Hill, Kogakusha Ltd.

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Master of Physical Education & Sports

Semester -III (Option-II)

Paper Code : 25PN-MPES-305

Paper: Sports Sociology

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 Sociology	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concepts, theories, and scope of Sports Sociology.

CO2: Analyze the influence of culture, social institutions, and socialization on sports participation.

CO3: Evaluate issues of social stratification, gender, ethnicity, disability, and inclusion in sport.

CO4: Examine the impact of globalization, commercialization, media, and politics on sport.

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 Sports Sociology

Meaning, Definition and Importance of Sports Sociology in Sports

Meaning, Definition, Structure and Relationship of Sports with Culture.

Meaning, Types and Processes of social interaction through sports.

Role of Physical Education in context of social problems.

Unit-II

Values, Norms and Ethics in Sport

Socialization through Sport

Sport and Personality Development

Sport and National Integration

Unit-III

Olympic Values and Social Responsibility

Professional Sport and Commercialization

Globalization of Sport

Social Media and Digital Culture in Sport

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Unit-IV

Social Stratification in Sport

- Class
- Caste
- Gender
- Race and Ethnicity
- Disability

Women in Sports

Inclusive Sports and Adapted Physical Activity

Doping and Ethical Issues

References-

- Bhusan, V. and Sachdeva, An introduction to Sociology, Delhi: Kitab, 2003.
- Jain, Rachna, Sport Sociology, New Delhi: KSK, 2005
- Kanwaljeet, S., Sport Sociology, ND: Friends Pub. 2000.
- Yadvinder Singh, Sociology in Sport, Sports Publication, 7/26 Ansari road, Darya Ganj New Delhi- 110002.
- Sharma, R.N. Urban Sociology, ND: Surjeet Pub., 1993.
- Singh, Bhupinder, Sports Sociology, New Delhi: Friends, 2004.
- IGNOU, The Study of Society – Understanding Sociology, Delhi- IGNOU, 2007.
- Turner, B., Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press, 2006.
- Prof. A Yobu, Sociology of Sports, Friends Publications (India) 1014787/23, Ansari road, Darya Ganj, New Delhi- 110 002.
- Dr. Arun Kumar Singh – Advanced General Psychology, Moti Lal Banarasi Das Bunglow Road Jawahar Nagar Delhi.

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Master of Physical Education & Sports

Semester -III (Option-II)

Paper Code : 25PN-MPES-306

Paper: Sports Journalism

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 Journalism	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concepts, ethics, and scope of sports journalism.

CO2: Write sports news, match reports, feature articles, and press releases.

CO3: Explain the role and impact of Mass Media in Sports.

CO4: Analyze the role of traditional and digital media in sports promotion.

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

Meaning, Definition and Elements of Sports Journalism

Scope of Sports Journalism

Ethical Standards of Professional in Sports Journalism

Principles and Ethics of Sports Journalism

UNIT-II

Sports as a Profession of Jobs and Courses: - Sports Schemes and Incentives

Sports Journalists and Sports Writers Commentators, Broadcaster.

Sports News Agencies & Sports Broadcasting Channels.

Role of Media in Sports Development

UNIT- III

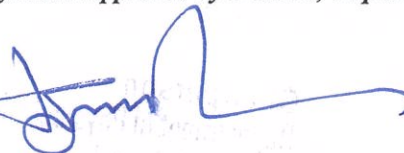
Mass Media in Journalism and Types of Mass Media (Print media, Electronic media and Folk media)

Sports coverage in different types of media

Advantage to a sports person from sports coverage

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Role of media in making and breaking images in sport.
Impact of Commercialization and Privatization change in sport media.

UNIT-IV

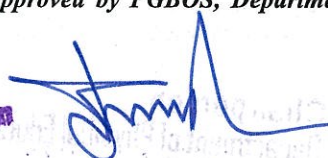
Media Planning for Sports Events
Accreditation of Media Personnel
Press Conference Organization
Public Relations in Sports Organizations
Sponsorship and Media Partnerships

REFERENCE:

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2000) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Prespective, New Delhi: Kanishka Publication.
- Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
- Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period.
Sterling publication Pvt. Ltd.

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Master of Physical Education & Sports

Semester -III (Option-II)

Paper Code : 25PN-MPES-307

Paper: Physical Fitness & Wellness

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	
Physical Fitness & Wellness	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concept, benefits, and uses of Physical Fitness.

CO2: Explain the components of Physical Fitness.

CO3: Explain the concept, dimensions, and determinants of wellness.

CO4: Assess personal and community wellness.

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 of Physical Fitness

Meaning and Definition of Physical Fitness

Benefits of Physical Fitness in Sports and daily life

Exercises and Heart rate Zones for intensities of aerobic and anaerobic activities

WHO guidelines and recommendations of Physical Activities for children under 5 years of age,

Children and adolescents aged 5-17 years and Adults aged 18-64 years.

Unit-II

Components of Physical Fitness:

Meaning of Health-related components of Physical fitness:

Cardiovascular Fitness, (ii) Muscular Strength, (iii) Muscular Endurance,

(iv) Body Composition (v) Flexibility.

Meaning of Skill Related Fitness Components: (i) Agility, (ii) Balance, (iii) Neuro Muscular Adaptations and Coordinative abilities, (iv) Speed, (v) Strength (vi) Reaction Time.

Unit-III

Meaning and Definitions of Health and Wellness

Evolution and Philosophy of Wellness

Principles of Holistic Wellness

Dimensions of Wellness:

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Unit-IV

Difference between Health, Fitness and Wellness

Wellness Across the Lifespan

Contemporary Issues in Wellness

Mental Health and Psychological Well-being

REFERENCE:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.
- Warner W.K. Oeger&Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001.

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Master of Physical Education & Sports

Semester -III (Option-II)

Paper Code: 25PN-MPES-PC308

Practical: Practical Game- (Hockey, Cricket, Badminton & Handball)

Maximum Marks 100

External Examination :70

Internal Assessment :30

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Game- (Hockey, Cricket, Badminton & Handball)	04	00	00	04	120 hrs

Practical: Game (Hockey, Cricket, Badminton & Handball)

5. Hockey

Marking of Hockey ground

Teaching ability of various basic skills of Hockey

Interpretation of Various rules of Hockey

Filling the score sheet of Hockey

Officiating Symbols of Hockey

6. Cricket

Marking of Cricket ground

Teaching ability of various basic skills of Cricket

Interpretation of Various rules of Cricket

Filling the score sheet of Cricket

Officiating Symbols of Hockey

7. Badminton

Marking of Badminton Court

Teaching ability of various basic skills of Badminton

Interpretation of Various rules of Badminton

Filling the score sheet of Badminton

Officiating Symbols of Hockey

8. Handball

Marking of Handball ground

Teaching ability of various basic skills of Handball

Interpretation of Various rules of Handball

Filling the score sheet of Handball

Officiating Symbols of Handball

Note: Candidate has to take total 5 teaching lessons of different skills of all games.

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Master of Physical Education & Sports

Semester -III (Option-II)

Paper Code: 25PN-MPES-EEC309

Paper Name: Officiating & Coaching

Maximum Marks 50
External Examination :20
Internal Assessment :10
Max. Time- 1.5 hrs
Practical :20 Marks
External Examination :15
Internal Assessment :05

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Officiating & Coaching (Choose any one Game)	02	01	00	01	45 hrs

Note: There shall be three questions in all. Question no. 1 consisting of two short answer type questions (3x2=6) covering the entire syllabus shall be compulsory. Two questions will be asked from unit (14 marks for each question). Student will have to attempt one question from unit.

Unit-I

Meaning and concept of officiating and coaching
Principles of officiating and Coaching
Ethics and professional conduct
Qualities and qualifications of officials and coaches
Fixture and its Types of Fixture

Practical: Officiating & Coaching (Choose any one Game)

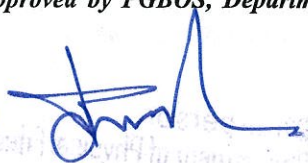
Practical :20 Marks
External Examination :15
Internal Assessment :05

Note- Students can select any one major game from M.P.E.S. practical syllabus.

- Planning of coaching sessions.
- Demonstration of skills.
- Teaching progression (Simple to Complex).
- Error identification and correction.
- Individual and group coaching.

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Master of Physical Education & Sports

Semester -IV (Option-II)

Paper Code : 25PN-MPES-403

Paper: Sports Technology

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 Technology	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concepts, scope, and significance of sports technology.

CO2: Analyze modern sports materials, equipment, and playing surfaces.

CO3: Demonstrate knowledge of instrumentation and performance analysis technologies.

CO4: Apply wearable technologies, motion analysis, and digital tools in coaching.

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 Technology

- Meaning, Definition, Nature and Scope of Sports Technology
- Importance of Technology in Sports
- Principles of Instrumentation in Sports
- Technology in Physical Education and Sports Sciences
- Ethical Issues in Sports Technology

UNIT- II

Sports Infrastructure and Playing Surfaces

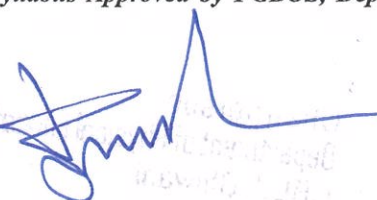
- Natural and Synthetic Playing Surfaces
- Artificial Turf Technology
- Athletic Tracks
- Wooden and Polyurethane Courts
- Sports Facility Safety Standards

UNIT-III

Performance Analysis and Wearable Technology

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- Computer Applications in Sports
- Biomechanical Analysis
- Fitness Trackers and Smart Watches
- Match Analysis Software
- Data Collection and Interpretation

UNIT-V

Emerging Technologies in Sports

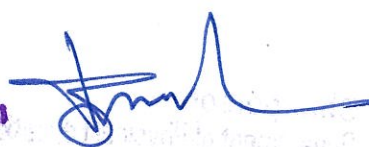
- Artificial Intelligence (AI) in Sports
- Machine Learning for Performance Analysis
- Virtual Reality (VR) and Augmented Reality (AR)
- Sports Technology Entrepreneurship
- Future Challenges and Innovations

REFERENCE:

- Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013).
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996) Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)

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Master of Physical Education & Sports

Semester -IV (Option-II)

Paper Code : 25PN-MPES-404

Paper: Sports Engineering

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 Engineering	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

- CO1: Explain the principles and scope of Sports Engineering.
CO2: Analyze sports equipment and engineering materials used in sports.
CO3: Apply biomechanics and motion-analysis techniques for performance evaluation.
CO4: Evaluate sports infrastructure and facility management practices.

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 Engineering

- Meaning and Nature of Sports Engineering
- Scope and Importance of Sports Engineering
- Applications of Engineering in Sports
- Ethical Issues in Sports Technology
- Future Trends in Sports Engineering

UNIT- II

Mechanics of Engineering Materials

- Basic Concepts of Mechanics
- Forces and Motion in Sports
- Stress, Strain and Elasticity
- Metals, Polymers, Composites and Smart Materials
- Equipment Selection, Care and Maintenance

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UNIT-III

Sports Dynamics and Biomechanics

- Kinematics and Kinetics in Sports
- Projectile Motion and Angular Motion
- Motion Analysis Techniques
- Application of Biomechanics in Running, Jumping and Throwing
- Injury Prevention through Biomechanical Analysis

UNIT-IV

Emerging Technologies in Sports

- Artificial Intelligence (AI) in Sports
- Machine Learning for Performance Analysis
- Virtual Reality (VR) and Augmented Reality (AR)
- Sports Technology Entrepreneurship
- Future Challenges and Innovations

REFERENCE:

- Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013).
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996) Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)



Master of Physical Education & Sports

Semester -IV (Option-II)

Paper Code : 25PN-MPES-405

Paper: Adapted Physical Education

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	
Adapted Physical Education	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

CO1: Explain the concepts, objectives, and principles of Adapted Physical Education.

CO2: Classify different types of disabilities and their functional characteristics.

CO3: Design adapted physical education programmes based on individual needs.

CO4: Evaluate motor performance and physical fitness of persons with disabilities.

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 Adapted Physical Education

- Meaning, Definition, Nature and Scope of Adapted Physical Education
- Objectives and Importance of Adapted Physical Education
- Need for Adapted Physical Education
- National and International Organizations for Disability Sports
- Paralympic Movement, Special Olympics and Deaflympics

UNIT- II

Classification of Disabilities

- Concept of Disability, Impairment and Handicap
- Eligibility, Non-eligibility and eligible impairment
- Classification of Disabilities
 - Visual Impairment
 - Hearing Impairment
 - Orthopedic Disability
- Medical and Educational Perspectives
- Rights of Persons with Disabilities (RPwD Act, 2016)

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- Inclusive Education Policies in India

UNIT-III

Programme Planning and Instruction

- Assessment of Individuals with Disabilities
- Adapted Physical Activities
- Adapted Games and Sports
- Adaptation of Rules and Equipment
- Classroom and Playground Management

UNIT-IV

Assessment, Fitness and Rehabilitation

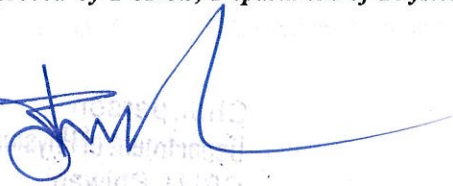
- Physical Fitness Assessment
- Test Selection for Different Disabilities
- Adapted Physical Fitness Programmes
- Yoga and Relaxation Techniques
- Rehabilitation through Physical Activity

REFERENCE:

1. Anoop Jain, "Adapted Physical Education" Sports Publication, Ashok Vihar, Delhi.
2. Arthur G. Miller & James, "Teaching Physical Activities to Impaired Youth" John Wilag & Sons Inc. Canada.
3. Arthur S. Daniels & Euilya, "Adapted Physical Education" Harpet & Row Publisher, New York.
4. Auxter, Byler, Howtting, "Adapted Physical Education and Reactions" Morbey – St. Louis Mirrauri.
5. K. Park, "Preventive Social Medicine" M/s Banarsidas Bhanot Publishers, Prem Nagar, Jabalpur.
6. Ronald W. French & Paul J., "Special Physical Education" Charles E. Merries Publishing Co. Edinburgh, Ohio
7. Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.

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Master of Physical Education & Sports

Semester -IV (Option-II)

Paper Code : 25PN-MPES-406

Paper: Strength & Conditioning

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	
Strength & Conditioning	04	04	0	0	60 hrs

COURSE LEARNING OUTCOMES

- CO1: Explain the scientific foundations of strength and conditioning.
CO2: Assess athletes using standardized physical performance tests.
CO3: Design sport-specific strength and conditioning programmes.
CO4: Apply periodization and long-term athlete development principles.

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

Foundations of Strength & Conditioning

- Meaning, Definition and Scope
- Principles of Strength and Conditioning
- Physiological Adaptations to Training
- Role of Strength & Conditioning Coach
- Ethics and Professional Responsibilities

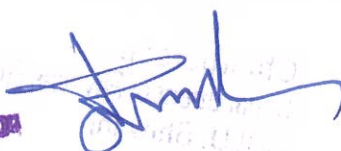
UNIT- II

Athlete Assessment and Performance Testing

- Pre-participation Screening
- Health Risk Assessment
- Anthropometric Measurements
- Body Composition Assessment
- Muscular Endurance Tests
- Speed Assessment
- Agility Tests
- Vertical Jump and Power Tests
- Interpretation of Test Results

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UNIT-III

Programme Design and Periodization

- Principles of Programme Design
- Progressive Overload
- Periodization
 - Linear Periodization
 - Non-linear Periodization
 - Block Periodization
- Macrocycle, Mesocycle and Microcycle
- Long-Term Athlete Development (LTAD)

UNIT-IV

Strength Training and Conditioning Methods

Strength Development Methods

Resistance Training

- Principles of Resistance Training
- Free Weights and Machine Training

Plyometric Training

- Principles
- Lower-body and Upper-body Plyometrics
- Safety and Progression

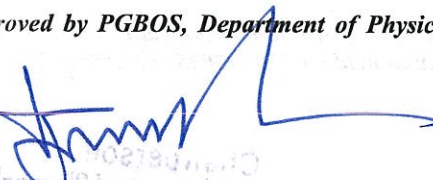
Circuit Training

REFERENCE:

- Billeter, R, and Hoppeler, H. Muscular basis of strength. In The Encyclopaedia of Sports Medicine: Strength and Power in Sport. 2nd ed. Komi, PV, ed. Oxford: Blackwell Science, 50-72, 2003.
- Castro, MJ, Apple, DF, Staron, RS, Campos, GER, and Dudley, GA. Influence of complete spinal cord injury on skeletal muscle within six months of injury. J Appl Physiol 86:350-358, 1999.
- Castro, MJ, Kent-Braun, JA, Ng, AV, Miller, RG, and Dudley, GA. Fiber-type specific Ca²⁺-actomyosin ATPase activity in multiple sclerosis. Muscle Nerve 21:547-549, 1998.
- Dudley, GA, Czerkawski, J, Meinrod, A, Gillis, G, Baldwin, A, and Scarpone, M. Efficacy of naproxen sodium for exercise-induced dysfunction, muscle injury and soreness. Clin J Sport Med 7:3-10, 1997.
- Dudley, GA, Harris, RT, Duvoisin, MR, Hather, BM, and Buchanan, P. Effect of voluntary versus artificial activation on the relation of muscle torque to speed. J Appl Physiol 69:2215-2221, 1990.

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Master of Physical Education & Sports

Semester -IV (Option-II)

Paper Code: 25PN-MPES-PC409

Practical: Practical Game- (Baseball, Lawn Tennis, Football & Kho-kho)

Maximum Marks 100
External Examination :70
Internal Assessment :30

Course Title	Credit	Credit Distribution of the Course			Contact Hours
		Lecture	Tutorial	Practical/Practicum	
Game-(Baseball, Lawn Tennis, Football & Kho-kho)	04	00	00	04	120 hrs

Practical: Game (Baseball, Lawn Tennis, Football & Kho-kho)

1. Baseball

Marking of Baseball ground
Teaching ability of various basic skills of Baseball
Interpretation of Various rules of Baseball
Filling the score sheet of Baseball
Officiating Symbols of Baseball

2. Lawn Tennis

Marking of Lawn Tennis Court
Teaching ability of various basic skills of Lawn Tennis
Interpretation of Various rules of Lawn Tennis
Filling the score sheet of Lawn Tennis
Officiating Symbols of Lawn Tennis

3. Football

Marking of Football Ground
Teaching ability of various basic skills of Football
Interpretation of Various rules of Football
Filling the score sheet of Football
Officiating Symbols of Football

4. Kho-Kho

Marking of Kho-Kho ground
Teaching ability of various basic skills of Kho-Kho
Interpretation of Various rules of Kho-Kho
Filling the score sheet of Kho-Kho
Officiating Symbols of Kho-Kho

Note: Candidate has to take total 5 teaching lessons of different skills of all games.

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Master of Physical Education & Sports

Semester -IV (Option-II)

Paper: Dissertation/Project Work

Maximum Marks 300

Course Outcome-

CO 1- To provide an understanding on conduct the research and writing a Research Report/Project work.

CO 2- To provide an understanding on basic concept of research ethical issues.

NOTE:

1. A candidate shall have **Dissertation/Project Work** for MPES IV (Option-II) semester. He/She must submit his/her synopsis/proposal and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
2. The Evaluation process of synopses/proposal will be done by DRC.
3. *Students must submit their Dissertation/Project work in the office of the Department within one week after the completion of 4th semester theory exams* and it should be approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
4. The candidate has to face the viva-voce conducted by DRC

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