

**DEPARTMENT OF PHYSICAL EDUCATION**  
**SYLLABUS (SESSION: 2016-2017)**  
**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Applied Statistics in Physical Education and Sports (PEM-2001)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2001**  
**Duration: 2:00 Hours**

**Unit-I**

**Introduction**

- 1.1 Meaning and Definition of Statistics.
- 1.2 Function, need and importance of Statistics.
- 1.3 Types of Statistics.
  - 1.3.1 Descriptive statistics
  - 1.3.2 Inferential statistics
- 1.4 Population and Sample
- 1.5 Attribute and Variables; Discrete, Continuous and class interval.

**Unit-II**

**Statistical data analysis, Variables and organization of the data**

- 2.1 Meaning and definition of data
- 2.2 Organization of the data
- 2.3 Describing data by tables and graphs
  - 2.3.1 Qualitative variable
  - 2.3.2 Quantitative variable
- 2.4 Meaning, Purpose, Calculation and advantages of Measures of central tendency
  - 2.4.1 Mean
  - 2.4.2 Median
  - 2.4.3 Mode

**Unit-III**

**Measures of Dispersions and Scales**

- 3.1 Meaning, Purpose, Calculation and advances of Range, Quartile Deviation, Mean Deviation, Standard Deviation
- 3.2 Meaning, Purpose, Calculation and advantages of Percentile-scale, Z Scale and T-scale
- 3.3 Normal Curve:
  - 3.3.1 Meaning of probability
  - 3.3.2 Principles of normal curve
  - 3.3.3 Properties of normal curve.
- 3.4 Skewness and Kurtosis

**Unit-IV**

**Inferential and Comparative Statistics**

- 4.1 Tests of significance; Independent “t” test, Dependent “t” test
- 4.2 ANOVA and ANCOVA.
- 4.3 Meaning of correlation
  - 4.3.1 Linear Correlation
  - 4.3.2 Correlation coefficient
  - 4.3.3 Partial correlation
- 4.4 Non Parametric Statistics- Chi Square

*Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.*

**References:**

- 1) Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc.
- 2) Clark D.H. (1999) Research Problem in Physical Education 2<sup>nd</sup> edition, Eaglewood Cliffs, Prentice Hall, Inc.
- 3) Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
- 4) Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi.
- 5) Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.
- 6) Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
- 7) Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

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**SYLLABUS (SESSION: 2016-2017)**  
**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Sports Biomechanics and Kinesiology (PEM-2002)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2002**  
**Duration: 2:00 Hours**

**Objectives:** To Develop the Understanding of Biomechanics and its Application and to Provide Overview of Learning about the Mechanical Concepts and Its Application.

**Unit – I**

**Introduction**

- 1.1 Meaning, Definitions, Role, Scope of Sports Biomechanics in Physical Education.
- 1.2 Meaning and Definition of Motion, Types of Motion.
- 1.3 Meaning of Kinematics, Kinetics, Statics, Dynamics, Scalar and Vector quantities, Axis and Planes,
- 1.4 Axis and Plane of the body, Centre of Gravity and Line of Gravity of the Body.

**Unit – II**

**Muscle Action and Force:**

- 2.1 Meaning, Definitions, Role, Scope of Kinesiology in Physical Education.
- 2.2 Origin, Insertion and Action of Muscles-Pectoralis Major and Minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, Serratus, Sartorius, Rectus Femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.
- 2.3 Meaning and Definition of Force, Types of Force, Properties of Force, Principles Related to the Law of Inertia, Law of Acceleration and Law of Counter Force, Centripetal Force, Centrifugal Force.
- 2.4 Meaning and Definition of Friction, Types of Friction, Application of Friction, Spin.

**Unit – III**

**Projectile and Lever:**

- 3.1 Freely Falling Bodies- Projectile, Equation of Projectiles,
- 3.2 Stability, Factors Influencing Equilibrium, Guiding Principles for Stability - Static and Dynamic Stability.
- 3.3 Leverage - Classes of Lever, Practical Application.
- 3.4 Meaning of Work, Pressure, Power, Energy, Kinetic Energy and Potential Energy.
- 3.5 Water Resistance ( Floating Force, Buoyant Force & Specific gravity), Air Resistance .

**Unit – IV**

**Movement Analysis:**

- 4.1 Analysis of Movement,
- 4.2 Types of Analysis- Kinesiological, Biomechanical, Cinematographic.
- 4.3 Methods of Analysis - Qualitative, Quantitative, Predictive

*Note: Laboratory practicals should be designed and arranged for students internally.*

**References:**

1. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.
2. Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
3. Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill.
4. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
5. Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
6. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.
7. S.Dhananjay (1998). Biomechanics and Kinesiology of human motion (Khel Sahitya Kendra, New Delhi).

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**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Athletic Care and Rehabilitation (PEM-2003)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2003**  
**Duration: 2:00 Hours**

**Objectives:** To Provide Understanding that Includes the Prevention, Treatment and Rehabilitation of Athletic Injuries and Knowledge of Athletic Therapy Education.

**Unit – I**

**Corrective Physical Education:**

- 1.1 Definition and Objectives of Corrective Physical Education.
- 1.2 Posture and Body Mechanics, Standards of Standing Posture.
- 1.3 Value of Good Posture, Drawbacks and Causes of Bad Posture.
- 1.4 Posture Test – Examination of the Spine.

**Unit – II**

**Posture and Rehabilitation Exercises:**

- 2.1 Normal Curve of the Spine and its Utility.
- 2.2 Deviations in Posture- Kyphosis, Lordosis, Flat Back, Scoliosis, Round Shoulders, Knock Knee, Bow Leg, Flat Foot.
- 2.3 Causes for Deviations and Treatment Including Exercises.
- 2.4 Passive, Active, Assisted, Resisted Exercise for Rehabilitation.

**Unit – III**

**Massage:**

- 3.1 Brief History of Massage, Massage as an Aid for Relaxation , Points to be Considered in giving Massage
- 3.2 Physiological , Chemical, Psychological Effects of Massage, Indication /Contra Indication of Massage
- 3.3 Classification of the Manipulation used Massage and their Specific Uses in the Human Body.
- 3.4 Stroking Manipulation, Effleurage, Pressure Manipulation, Percussion Manipulation, Cupping, Poking, Shaking Manipulation, Deep Massage.

**Unit – IV**

**Sports Injuries Care, Treatment and Support:**

- 4.1 Principles Pertaining to the Prevention of Sports Injuries.
- 4.2 Care and Treatment of Exposed and Unexposed Injuries in Sports.
- 4.3 Principles of apply Cold and Heat, Infrared Rays, Ultrasonic Therapy, Short-wave Diathermy Therapy.
- 4.4 Principles and Techniques of Strapping and Bandages.

*Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure.(To be assessed internally)*

**References:**

- 1) Doherty. J. Meno. Web, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
- 2) Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
- 3) Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.
- 4) Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.
- 5) Rathbone, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.
- 6) Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

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**SYLLABUS (SESSION: 2016-2017)**  
**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Sports Management and Curriculum Design in Physical Education (PEM-2012)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2012**  
**Duration: 2:00 Hours**

**Objectives: At the end of this course, the student will be able to-**

- 1. Identify and explain the elements that determines Sport, Sport Industry and Sport Management**
- 2. Classify and compare the different leadership styles**
- 3. Recognize and compare the Marketing, Communication and Financial skills, unique to sport industry**
- 4. Interpret consumer behaviour in sport**
- 5. Display entrepreneurial disposition in the domain of sport business**

**Unit 1- Sport Industry and Sport Management**

- 1.1 Introduction of sport as a product (from business perspective) and sport industry
- 1.2 Definition, Nature and Scope of sport management ( Professional Sport, Intercollegiate Athletics, Interscholastic Athletics, Youth and Community Sport, Sport Tourism, Sport Marketing Agencies)
- 1.3 Identification of the unique aspect of sport management
- 1.4 Introduction to sport management competencies

**Unit II- Sport Organization and Leadership**

- 2.1 Structure and Design of sport organization
- 2.2 Influences on the structure of the sport organization
- 2.3 Management- Management functions, Identification of managerial roles
- 2.4 Unique characteristics of human resource management in sport

**Unit III- Leadership, Sport Consumer and Sport Entrepreneurship**

- 3.1 Strategic sport communication model
- 3.2 Revenues and expenses sources for sport organization
- 3.3 Development of sport marketing plan
- 3.4 Facility and Event management in sport

**Unit IV- Sport Market, Finance, Communication, Facility and Event Management**

- 4.1 Sport Consumer- Understanding an individual
- 4.2 Consumer decision making in sport
- 4.3 Leadership Models
- 4.4 Sport Entrepreneurship

**Suggested Readings:**



Bill. K. (2009) *Sport Management*. Learning Matters Ltd., Exeter, United Kingdom.

Hernandez, R.A. (2002) *Managing Sport organizations*. Human Kinetics, Champaign, United States.

Hoye, R. & et.al. (2006) *Sport Management Principles and Applications*. Elsevier, Oxford, United Kingdom.

Pedersen, P. M. & et.al. (2011) *Contemporary Sport Management*. 4<sup>th</sup> Edition. Human Kinetics, Champaign, United States.

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**Semester-II<sup>nd</sup>**

**TITLE: Track and Field-II: (Jumping events + Hurdles):(PEM-2071)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2071**  
**Duration: 2:00 Hours**

**Unit – I**

**Introduction to Jumping Events**

- 1.1 Classification of Jumping Events in Track & Field
- 1.2 Basic equipment required & their Measurement for Jumping Events
- 1.3 Marking Area of Jumping Events and its Measurements
- 1.4 Rules, Officials Required & Officiating and Scoring in Jumping Events

**Unit – II**

**Basic Skills Jumping Events (High Jump), (Long Jump) & (Triple Jump)**

- 2.1 **High Jump:** Candidates are assessed on the following techniques and heights:
  - a) **Phases:** Approach Run, Take-off, Flight (bar clearance) and, Landing
  - b) **Style:** Scissors, Straddle, Fosbury flop or Any other conventional styles
- 2.2 **Long Jump:** Candidates are assessed on the following techniques and distances:
  - a) **Phases:** Approach Run, Take-off, flight, Landing.
  - b) **Style:** Hang, Sail, Hitch-Kick or Any other conventional styles
- 2.3 **Triple Jump:** Candidates are assessed on the following techniques and distances:
  - a) **Phases:** Approach Run, Sequence (Hop/Step/Jump), Flight, Landing
  - b) **Style:** Hop, Step, Jump
- 2.4 **Hurdling:** Specification of the hurdle height depends on the event distance, gender and age.
  - a) **Phases:** The Start and Approach, Hurdle Clearance, Leg Action & Arm Action, Running Between Hurdles
  - b) **Style:** The Take Off – (Attacking the Hurdle), Transition – (Over the Hurdle), Touchdown – (Back to Running)

**Gymnastics:**

**Unit – III**

**Parallel Bar Exercises (for men)**

- 3.1 L-Position
- 3.2 Turn/ Rotation
- 3.3 Shoulder Stand

**Beam Balance Exercises (for women)**

- 3.4 Step full Tern
- 3.5 Cat Leap, Split Leap
- 3.6 Shoulder Stand

**Unit – IV**

**Scissors Swing on Pommel Horse (for men)**

- 4.1 Pendulum front support Swings
- 4.2 Front support pendulum swings with hand lift off.
- 4.3 Swings and cuts forward and backward

**Beam Balance Exercises (for women)**

- 4.4 Jump 3/4
- 4.5 Straight Jump, Tuck Jump, Split Jump
- 4.6 Front Tuck Dismount

**References:**

- 1) Doherty, J., Track and Field, Engle wood Cliffs: Prentice Hall Inc.
- 2) Dyoon and Geoffray, G.H., (1962) The Mechanics of Athletics London: University of London Press Ltd.
- 3) Ken O Bosen, Track and Field Fundamental Techniques, Patiala: MS Publications.
- 4) Handbook, AAFI, New Delhi.
- 5) Rogres, L. Joseph., Track & Field Coaching Manual, USA: Herman Kinetics.
- 6) Johnson L. Barry and Jack K. Nelson, (1982) Practical Measurements for Evaluation in Physical Education, Delhi: Surjeet Publications, 1982.
- 7) Narayanan N.C. (1993) A Hand Book of Weight lifting, Tiruneveli, TWDWC Association.

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**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Specialization in Games: Volleyball & Badminton(PEM-2073)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2073**  
**Duration: 2:00 Hours**

**Objectives:** To provide a practical approach to understanding and application of rules.

**Volleyball**

**Unit – I**

**Historical Development and Modern Trends in Volleyball**

- 1.1 Introduction of the game and historical development with special reference to India.
- 1.2 Important tournaments held at National and International levels and distinguished personalities related to the game.
- 1.3 Player's stance-Receiving the ball & passing to the team mates.
- 1.4 The Volley (Over head pass)
- 1.5 The Dig (Under head pass)

**Fundamental Skills : Service**

- 1.6 Under Arm Service.
- 1.7 Side Arm Service.
- 1.8 Tennis Service.
- 1.9 Round Arm Service.

**Unit – II**

**Fundamental Skills : Spike and Pass**

- 2.1 Straight Arm Spike.
- 2.2 Round Arm Spike.
- 2.3 Block- Single Block.
- 2.4 Pass-Back Pass.
- 2.5 Back Roll Volley.
- 2.6 Back Roll Dig.
- 2.7 Jump and Pass.

**Advanced Skills :**

- 2.8 Double Block.
- 2.9 Triple Block.
- 2.10 Dive combined with dig (Two handed).
- 2.11 Dive combined with dig (One handed).
- 2.12 Strategy in Game.
- 2.13 Rules and their interpretations and duties of officials.

**Badminton**

**Unit – III**

**Rule and Interpretation:**

- 3.1 Laws 1 - 7
- 3.2 Laws 8 - 13
- 3.3 Laws 14 - 19

**Unit-IV**

**Officiating:**

- 4.1 Communication Via Signals, Verbal.
- 4.2 Warning
- 4.3 Penalisation

**References & Books Recommended:**

- 1) Anthony, Don. "Success in Volleyball", London: John Murraray Publishers Ltd. 1978.
- 2) Leveag, Robert E. "How to Improve your Volleyball" Chicago: The Athletic Institute, 1968.
- 3) Sandhu, G.S. "Volleyball, Basic & Advanced". The Sports. People, Chandigarh.
- 4) William J.N. "Coaching Volleyball Successfully", (Human Kinetics, 1990)
- 5) Ranganathan P.P. "Volleyball" (Friends Publications Delhi) 2000.
- 6) Pat, Daves. (1988) Badminton a complete practical guide. David and Charles, Inc. North Pomfret, Vermont 05053 U.S.A.
- 7) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lone Halborn London EC4P 4AB.
- 8) Narang, P. (2004) Play and Learn Badminton, Khel Sahitya Kendra, H.No. 4264/3, Ansari Road, Daryaganj, New Delhi-110002.

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**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Specialization in Games: Basketball & Badminton (PEM-2074)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2074**  
**Duration: 2:00 Hours**

**Objectives:**

- 1) To orient the students in the fundamental skills of Basketball.
- 2) To provide a practical approach to understanding and application of rules.

**Basketball**

**Unit-I**

**Historical Development of Basketball**

- 1.1 History of Basketball
- 1.2 Ball specification
- 1.3 Court dimension and marking
- 1.4 Board markings, ring, net and pole.
- 1.5 General rules of the game

**Fundamental of Basketball**

- 1.6 Dribble
- 1.7 Passing
- 1.8 Shooting
- 1.9 Rebounding
- 1.10 Faking

**Unit-II**

- 2.1 German drill and suicide drill
- 2.2 Lay-up shot
- 2.3 Zone-defence
- 2.4 Man to man technique
- 2.5 Attacking skills

**Badminton**

**Unit-III**

**Rule and Interpretation:**

- 3.1 Laws 1 - 7
- 3.2 Laws 8 - 13
- 3.3 Laws 14 - 19

**Unit-IV**

**Officiating:**

- 4.1 Communication Via Signals, Verbal.
- 4.2 Warning
- 4.3 Penalisation

**Books Recommended:**

- 1) Pat, Daves. (1988) Badminton a complete practical guide. David and Charles, Inc. North Pomfret, Vermont 05053 U.S.A.
- 2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lone Halborn London EC4P 4AB.
- 3) Narang, P. (2004) Play and Learn Badminton, Khel Sahitya Kendra, H.No. 4264/3, Ansari Road, Daryaganj, New Delhi-110002.

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**SYLLABUS (SESSION: 2016-2017)**  
**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Specialization in Games: Basketball & Cricket (PEM-2075)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2075**  
**Duration: 2:00 Hours**

**Objectives:**

- 1) To orient the students in the fundamental skills of Basketball.
- 2) To provide practical approach to understand and application of basic skills and rules

**Basketball:**

**Unit-I**

**Historical Development of Basketball**

- 1.1 History of Basketball
- 1.2 Ball specification
- 1.3 Court dimension and marking
- 1.4 Board markings, ring, net and pole.
- 1.5 General rules of the game

**Fundamental of Basketball**

- 1.6 Dribble
- 1.7 Passing
- 1.8 Shooting
- 1.9 Rebounding
- 1.10 Faking

**Unit-II**

- 2.1 German drill and suicide drill
- 2.2 Lay-up shot
- 2.3 Zone-defence
- 2.4 Man to man technique
- 2.5 Attacking skills

**Cricket:**

**Unit-III**

**Basic Skills**

- 3.1 Basic Skills of Batting
- 3.2 Basic Skills of Fielding
- 3.3 Basic Skills of Bowling

**Unit-IV**

**Duties of the Officials**

- 4.1 Duties and Positioning of Umpires
- 4.2 Duties of Referees
- 4.3 Duties of Scorers

**Cooperation among Officials**

- 4.4 Pre-Match Discussion
- 4.5 Inspection of Players' Dress and Equipments
- 4.6 Ground Inspection

**Books Recommended:**

- 1) Warner Pelham: Book of Cricket: Unuin Brothers Ltd. Great Britain, 1990
- 2) Bob Woolmer: Art and Science of Cricket: SuperNova Publishers, New Delhi, India, 2010
- 3) Ralph Dellor: Cricket: Human Kinetics Publishers, USA, 2014
- 4) [Ken Davis](#), & [Neil Buszard](#): Cricket 99.94 Tips to Improve Your Game: Human Kinetics Publishers, USA, 2014



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**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Specialization in Games: Badminton & Cricket (PEM-2076)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2076**  
**Duration: 2:00 Hours**

**Objectives:**

- 1) To provide a practical approach to understanding and application of rules.
- 2) To provide practical approach to understand and application of basic skills and rules

**Badminton:**

**Unit-I**

**Rule and Interpretation:**

- 1.1 Laws 1 - 7
- 1.2 Laws 8 - 13
- 1.3 Laws 14 - 19

**Unit-II**

**Officiating:**

- 2.1 Communication Via Signals, Verbal.
- 2.2 Warning
- 2.3 Penalisation

**Cricket:**

**Unit-III**

**Basic Skills**

- 3.1 Basic Skills of Batting
- 3.2 Basic Skills of Fielding
- 3.3 Basic Skills of Bowling

**Unit-IV**

**Duties of the Officials**

- 4.1 Duties and Positioning of Umpires
- 4.2 Duties of Referees
- 4.3 Duties of Scorers

**Cooperation among Officials**

- 4.4 Pre-Match Discussion
- 4.5 Inspection of Players' Dress and Equipments
- 4.6 Ground Inspection

**Books Recommended:**

- 1) Pat, Daves. (1988) Badminton a complete practical guide. David and Charles, Inc. North Pomfret, Vermont 05053 U.S.A.
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- 3) Narang, P. (2004) Play and Learn Badminton, Khel Sahitya Kendra, H.No. 4264/3, Ansari Road, Daryaganj, New Delhi-110002.
- 1) Warner Pelham: Book of Cricket: Unuin Brothers Ltd. Great Britain, 1990
- 2) Bob Woolmer: Art and Science of Cricket: SuperNova Publishers, New Delhi, India, 2010
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**Semester-II<sup>nd</sup>**

**TITLE: Specialization in Games: Cricket & Volleyball (PEM-2077)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2077**  
**Duration: 2:00 Hours**

**Objective:** To provide practical approach to understand and application of basic skills and rules

**Cricket:**

**Unit-I**

**Basic Skills**

- 1.1 Basic Skills of Batting
- 1.2 Basic Skills of Fielding
- 1.3 Basic Skills of Bowling

**Unit-II**

**Duties of the Officials**

- 2.1 Duties and Positioning of Umpires
- 2.2 Duties of Referees
- 2.3 Duties of Scorers

**Cooperation among Officials**

- 2.4 Pre-Match Discussion
- 2.5 Inspection of Players' Dress and Equipments
- 2.6 Ground Inspection

**Volleyball:**

**Unit – III**

**Historical Development and Modern Trends in Volleyball**

- 3.1 Introduction of the game and historical development with special reference to India.
- 3.2 Important tournaments held at National and International levels and distinguished personalities related to the game.
- 3.3 Player's stance-Receiving the ball & passing to the team mates.
- 3.4 The Volley (Over head pass)
- 3.5 The Dig (Under head pass)

**Fundamental Skills : Service**

- 3.6 Under Arm Service.
- 3.7 Side Arm Service.
- 3.8 Tennis Service.
- 3.9 Round Arm Service.

**Unit – IV**

**Fundamental Skills : Spike and Pass**

- 4.1 Straight Arm Spike.
- 4.2 Round Arm Spike.
- 4.3 Block- Single Block.
- 4.4 Pass-Back Pass.
- 4.5 Back Roll Volley.
- 4.6 Back Roll Dig.
- 4.7 Jump and Pass.

**Advanced Skills :**

- 4.8 Double Block.
- 4.9 Triple Block.
- 4.10 Dive combined with dig (Two handed).
- 4.11 Dive combined with dig (One handed).
- 4.12 Strategy in Game.
- 4.13 Rules and their interpretations and duties of officials.

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- 2) Bob Woolmer: Art and Science of Cricket: SuperNova Publishers, New Delhi, India, 2010
- 3) Ralph Dellor: Cricket: Human Kinetics Publishers, USA, 2014
- 4) [Ken Davis](#), & [Neil Buszard](#): Cricket 99.94 Tips to Improve Your Game: Human Kinetics Publishers, USA, 2014
- 5) Anthony, Don. "Success in Volleyball", London: John Murrar Publishers Ltd. 1978.
- 6) Leveag, Robert E. "How to Improve your Volleyball" Chicago: The Athletic Institute, 1968.
- 7) Sandhu, G.S. "Volleyball, Basic & Advanced". The Sports. People, Chandigarh.
- 8) William J.N. "Coaching Volleyball Successfully", (Human Kinetics, 1990)
- 9) Ranganaathan P.P. "Volleyball" (Friends Publications Delhi) 2000.

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**SYLLABUS (SESSION: 2016-2017)**  
**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Teaching Lesson of Indigenous Activities and Sports (PEM-2079)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2079**  
**Duration: 2:00 Hours**

**Unit – I**

**Introduction**

- 1.1 Format of lesson Plan in Indigenous Activity and Sports.
- 1.2 Forming the objective of Lesson Plan.
- 1.3 Designing general and specific objectives of lesson plan.
- 1.4 Preparation – Personal & Technical,

**Unit – II**

**Preparation for Teaching Practices**

- 2.1 Managerial Issues: Time, Personal cooperation, Classroom Management, etc.
- 2.2 Practicing and Understanding the role of teaching methods in Indigenous Activity and Sports.
- 2.3 Practicing and Understanding the role of teaching techniques in Indigenous Activity and Sports.
- 2.4 Practicing and Understanding Control & Command, Assembly, Re-assembly & Roll Call.

**Unit – III**

**Teaching Practice- I**

- 3.1 Construction and conducting a lesson from Drill & Marching
- 3.2 Construction and conducting a lesson from Calisthenics Exercise (Standing/Jumping/Moving)
- 3.3 Construction and conducting a lesson from Calisthenics Exercise with equipment (Dumbbells/ Wands/ Hoop/ Umbrella/Lathi/Lezuim)
- 3.4 Construction and conducting a Mass Demonstration.

**Unit – IV**

**Teaching Practice- II**

- 4.1 Construction and conducting a lesson from Kho-Kho.
- 4.2 Construction and conducting a lesson from Kabaddi.
- 4.3 Construction and conducting a lesson from Bharatiyam exercises.

The student has to submit 20 lesson plans of Indigenous Activity and Sports.

**Books Recommended**

- 1) Mangal, S.K. (2009). Essentials of Education Technology. New Delhi: Prentice-Hall Of India Pvt.
- 2) Haynes, A. (2010). The complete Guide to lesson Planning and Preparation. London: International Publishing Group.
- 3) Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House.
- 4) Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd.

**DEPARTMENT OF PHYSICAL EDUCATION**  
**SYLLABUS (SESSION: 2016-2017)**  
**MASTER OF PHYSICAL EDUCATION (M.P.ED.)**  
**Semester-II<sup>nd</sup>**

**TITLE: Class Room Teaching on Theory of different Games & Sports (PEM-2080)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 10**  
**Mid Term Exam:30**  
**Exam. Marks: 60**  
**Paper Code: PEM-2080**  
**Duration: 2:00 Hours**

**Objectives:**

- 1) To develop the scientific understanding about the art of teaching in physical education
- 2) To provide the hands on experience and develop skills related to lesson planning

**Unit – I**

- 1.1 Rationale for planning a lesson
- 1.2 Models of lesson planning
- 1.3 Basic components of a lesson plan and lesson plan format for physical education
- 1.4 Elements of a lesson plan- context, Learning Objective/outcome(s), Standards, Assessment(s), Materials, Target or New Vocabulary (if applicable), Methods, Reflection/Lesson Extension

**Unit – II**

- 2.1 Development of lesson plan, Implementation of the lesson plan, Evaluation of the lesson plan
- 2.2 Strategies for effective lesson planning
- 2.3 Basic aspects of class room management
- 2.4 Establishment of a good class atmosphere

**Unit – III**

- 3.1 Introduction to Blooms taxonomy
- 3.2 Role of Blooms taxonomy in lesson planning
- 3.3 Application of Blooms taxonomy for achieving knowledge based, skill based, and affective goals
- 3.4 Introduction to instructional objectives, and it types

**Unit – IV**

- 4.1 Constructing and conducting a lesson from Bio-Mechanics
- 4.2 Constructing and conducting a lesson from Exercise Physiology
- 4.3 Constructing and conducting a lesson from Sports Medicine
- 4.4 Constructing and conducting a lesson from Sports Management

**Suggested Readings:**

- 1) Mangal, S.K. (200) *Essentials of Educational Technology*. Prentice-Hall of India Pvt. Limited, New Delhi.
- 2) Haynes, A. (2010) *The Complete Guide to Lesson Planning and Preparation*. Continuum International Publishing Group, London.
- 3) Jalongo, M. R.; Rieg, S.A. and Helterbran, V.R. (2007) *Planning for Learning Collaborative Approaches to Lesson Design and Review*. Teachers College Press, Columbia University, New York.