DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2017-2018)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
 Semester-IVth

TITLE: (PEM-4001) - Information & Communication Technology (ICT) in Physical Education

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-4001
Duration: 2:00 Hours

Unit I
Communication & Classroom Interaction
1.1. Concept, Elements, Process & Types of Communication
1.2. Communication Barriers & Facilitators of Effective Communication
1.3. Communicative Skills of English - Listening, Speaking, Reading & Writing
1.4. Scope and Concept of ICT in Physical Education

Unit II
Fundamentals of Computers
2.1. Characteristics, Types & Applications of Computers Hardware of Computer
2.2. Input, Output & Storage Devices Software of Computer
2.3. Computer Memory: and Viruses & its Management
2.4. Legal & Ethical Issues of Web Browsing & Search Engines

Unit III
MS Office Applications
3.1. MS Word: Main Features & its Uses in Physical Education
3.2. MS Excel: Main Features & its Applications in Physical Education
3.3. MS Power Point: Preparation of Slides with Multimedia Effects
3.4. MS Publisher: Newsletter & Brochure

Unit IV
Integration of ICT in Teaching Learning Process
4.1. Approaches to Integrating ICT in Teaching Learning Process
4.2. Project Based Learning; Co-Operative and Collaborative Learning
4.3. Concept, Trends, & Applications of Web Based & e-Learning
4.4. Virtual and Smart Classrooms

REFERENCES:

iii. The Internet Book, by Douglas E. Comer, Purdue University, West Lafayette (2005)
v. Introduction to Information Technology, by ITL Education Solution Ltd. Research and Development Wing (2006)

vii. Power Point for Windows, by Rebecca Bridges, Altman Peach Pit Press, 1999
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2017-2018)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Semester-IV

TITLE: (PEM-4002) - Sports Psychology

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-4002
Duration: 2:00 Hours

UNIT I
Introduction
1.1 Meaning, Definition, Need and Importance of Sports Psychology.
1.2 History and Present Status of Sports Psychology in India.
1.3 Motor Learning: Basic Considerations in Motor Learning
1.4 Personality: Meaning, Definition, Structure. Effects of Personality on Sports Performance.

UNIT II
Motivation
2.1 Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation.
2.2 Anxiety: Meaning and Definition, Nature, Causes, Competitive Anxiety and Sports Performance.
2.3 Stress: Meaning and Definition, Causes. Stress and Sports Performance.
2.4 Aggression: Meaning and Definition, Aggression and Sports Performance.

UNIT III
Goal Setting
3.1 Meaning and Definition, Process of Goal Setting in Physical Education and Sports.
3.2 Relaxation: Meaning and Definition, types and methods of psychological relaxation.
3.3 Self-Concept: Meaning and Definition, Methods of Measurement.
3.4 Psychological Tests:
   3.3.1 Types of Psychological Test: Instrument based tests: Reaction timer
   3.3.2 Questionnaire Based: Sports Achievement Motivation, Sports Competition Anxiety.

UNIT IV
Sports Sociology
4.1 Meaning and Definition – Sports and Socialization of Individual Sports as Social Institution.
4.2 National Integration through Sports.
4.3 Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance.
4.4 Group Cohesion: Definition and Meaning, Group Size, Group Interaction, Group Dynamics.

REFERENCES:

Updated on 06.03.2017
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2017-2018) 
MASTER OF PHYSICAL EDUCATION (M.P.ED.)  
Semester-IVth 

TITLE: (PEM-4003) - Dissertation

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEM-4003

1. A candidate shall have dissertation for M.P.Ed. – IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).

2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.

3. The candidate has to face the Viva-Voce conducted by DRC.
MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Semester-IV

TITLE: (PEM-4012) - Education Technology in Physical Education and Sports

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-4012
Duration: 2:00 Hours

Unit I

Nature and Scope
1.1 Concept of Educational technology.
1.2 Forms of education
1.3 Nal technology: teaching technology, instructional technology, and behavior technology.
1.4 Transactional usage of educational technology: integrated, complementary, supplementary, standalone (independent).
1.5 Programmed Learning.

Unit II

Systems Approach to Physical Education and Communication
2.1 Systems Approach to Education and it’s Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies.
2.2 Effectiveness of Communication in instructional system: Communication Modes, Barriers and Process of Communication.
2.3 Audio-visual media – meaning, importance and various forms.
2.4 Strengths and Limitations, criteria for selection of instructional units.

Unit III

Instructional Design
3.1 Education and Training: Face-to-Face, Distance and other alternative modes.
3.2 Instructional Design: Concept, Views, Process and Stages of Development of Instructional Design.
3.3 Overview of Models of Instructional Design – ADDIE Model; Instructional Design for Competency Based Teaching: Models for Development of Self Learning Material.
3.4 Review of Researches on Instructional Design.

Unit IV

New Horizons of Educational Technology in Physical Education
4.1 Information and Communication Technologies in Teaching Learning.
4.3 Recent innovations in the area of ET (interactive video – Hypertext, video-texts, optical fiber technology – laser disc, computer conferencing, etc.
4.4 Recent trends of Research in Educational Technology and its future with reference to education.

Reference:
TITLE: (PEM-4071) - Track and Field  Introduction of Decathlon event + Gymnastics  
(Practical Skill)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-4071

**Unit-I**

Decathlon Events:

1.1 100 metres, 400 metres
1.2 Long Jump, High jump
1.3 Shot put
1.4 110 m Hurdles
1.5 Discuss throw, Javelin throw
1.6 Pole vault, 1500 m

**Unit-II**

Scoring/ Point System:

2.1 Formula for combined events scoring system
2.2 Points system in Decathlon events (Men)
2.3 Points system in Decathlon events (Women)

**Unit-III**

For Boys: (Floor Exercise)

3.1 Hand Stand Over Partner
3.2 Frog Balance and Drive Roll

For Girls: (Floor Exercise)

3.1 Roll and Split
3.2 Bridge

**Unit-IV**

For Boys:

4.1 Single Shoulder Stand (Parallel Bar)
4.2 Between Vault (Vaulting Table)

For Girls: (Balance Beam)

4.1 Toe Walk and Scissor Jump
4.2 Balance Challenge and Front Roll on Beam
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2017-2018)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-IVth

TITLE: (PEM-4073) - Games Specialization: (Skating & Volleyball)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-4073

Skating:

Unit – I

1. Step Ratham on skates
2. Walking on Skates
3. Roll on Skates
4. Half Camel (Hand straight, right on the Rink and left on the air)

Unit – II

1. Half Camel (Hand straight, left on the Rink and Right on the air)
2. T-Brake (Right Leg/Left Leg)
3. Sit Forward (Both legs on Rink)
4. Sit Forward with Hinging Legs (Right Leg / Left Leg)

Volleyball: (Advance Skills)

UNIT- III

1. Pass-
   (i) Back Pass.
   (ii) Back Roll Volley.
   (iii) Back Roll Dig.
   (iv) Jump and Pass.
   (v) Side Roll and Dig.
2. Service-
   (i) Side Arm Floater.
   (ii) Over head Floater.
   (iii) Floating Service.
   (iv) Jump and Serve.

UNIT- IV

1. Spike-
   (i) Spiking cross court.
   (ii) Spiking down the line.
2. Block-
   (i) Double Block.
   (ii) Triple Block.
3. Dive-
   (i) Dive combined with dig (Two handed).
   (ii) Dive combined with dig (One handed).
4. Strategy in Game. -
5. Rules and their interpretations and duties of officials.-
References:
5. Cox RH, “Teaching Volleyball” (Surjeet ;Publication)
TITLE: (PEM-4074) - Games Specialization: (Skating & Football)

Skating:

Unit – I
1.1 Step Ratham on skates
1.2 Walking on Skates
1.3 Roll on Skates
1.4 Half Camel (Hand straight, right on the Rink and left on the air)

Unit – II
2.1 Half Camel (Hand straight, left on the Rink and Right on the air)
2.2 T-Brake (Right Leg/Left Leg)
2.3 Sit Forward (Both legs on Rink)
2.4 Sit Forward with Hinging Legs (Right Leg / Left Leg)

Football:

Unit- III

Push-Pass
3.1 Inside of the foot.
3.2 Inside Instep of the foot.
3.3 Drills

Unit – IV

Kicking
4.1 Inside Instep Kick
4.2 Instep Kick
4.3 Outside Instep Kick

Books Recommended for Study

3) Widdows, R. The Handbook of Football Techniques and Tactics.
TITLE: (PEM-4080) - Officiating Lessons of Track and Field/ Gymnastic

UNIT: I

Lesson Planning in Track and Field
1.1 Lesson Planning
1.2 Importance of Lesson Plan
1.3 Fundamentals of Lesson Plan
1.4 Type of Lesson Plan
1.5 Drafting Lesson Plan

UNIT: II

Officiating in Track and Field
2.1 Officiating in Throwing Events
2.2 Officiating in Running Events
2.3 Officiating in Jumping Events

UNIT: III

Gymnastic:

Introduction:
3.1 List of equipments and specification for boys and girls.
3.2 General rules of Gymnastic.
3.3 Points in Gymnastic.

UNIT: IV

Lesson Plan on Parallel Bar (Boys):
4.1 L- Position
4.2 Rotation
4.3 Shoulder Stand

Lesson Plan on Balance Beam (Girls):
4.1 Jump 3/4
4.2 Straight Jump & Split Jump
4.3 Cat leap
TITLE: (PEM-4082) - Officiating Lessons of Game specialization:
(Skating & Volleyball)

Objective:

- To develop scientific understanding about the art of officiating in physical education
- To provide hands-on experience and develop the skills related to officiating in physical education

**Skating:**

**Unit-I**
1.1 Meaning, Definition and concept of officiating lesson plan
1.2 Model of Different officiating lesson plan
1.3 Basic Component of officiating and lesson plan format for officiating lesson
1.4 Element of lesson plan.

**Unit – II**
2.1 Basic aspect of officiating lesson plan
2.2 Construction and conducting officiating lesson plan – Skating (05 Lesson plan (Internal) and 05 Lesson Plan (external))
   a) Conduct of Skating Skills Tests
   b) Draws for Preliminary Circles
   c) Stops and Falls
   d) Interference
   e) Reskates

**Volleyball:**

**Unit — III**
Introduction:
3.1 Format of Lesson Plan.
3.2 Forming the Objectives for Lesson Plan.
3.3 Preparation for the Lesson (Personal & Technical).
3.4 Communication of the Official/Referees.
3.5 Organization and Conducting of a Match.

**Unit — IV**
Teaching Rules & its Interpretation
4.1 Setting up the Court
4.2 State of Play
4.3 Service
4.4 Attack Hit
4.5 Blocking
Books Recommended For Study

4) http://www.skatinginbc.com/sites/default/files/page/resources/skate_canada_evaluated_skating_skills_test_standards.pdf
TITLE: (PEM-4083) - Officiating Lessons of Game specialization : (Skating & Football)

Objective:

- To developed scientific understanding about the art of officiating in physical education
- To provide the hand on experience and developed the skill related to officiating in physical education

Skating:

Unite-I
1.1 Meaning Definition and concept of officiating lesson plan
1.2 Model of Different officiating lesson plan
1.3 Basic Component of officiating and lesson plan format for officiating lesson
1.4 Element of lesson plan.

Unite –II

2.1 Basic aspect of officiating lesson plan
2.2 Construction and conducting officiating lesson plan – Skating (05 Lesson plan (Internal) and 05 Lesson Plan (external)
   a). Conduct of Skating Skills Tests
   b) Draws for Preliminary Circles
   c) Stops and Falls
   d) Interference
   e) Reskates

Football:

Unit -III

Introduction
1.1 Format of Lesson Plan.
1.2 Forming the Objectives of the Lesson Plan.
1.3 Preparation for the Lesson (Personal & Technical).

Unit -IV

Teaching Rules & its Interpretation
2.1 Law 1-6
2.2 Law 7-12
2.3 Law 13-17
3.3 Law 16-17
3.4 Officiating during Match as main Referees/Umpire/Assistant Referees/Table Official.
Books Recommended For Study

3) Widdows, R. The Handbook of Football Techniques and Tactics.
6) http://www.skatinginbc.com/sites/default/files/page/resources/skate_canada_evaluated_skating_skills__test_-_standards.pdf