TITLE: Track and Field-II: (Jumping Events + Hurdles)+Gymnastics

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:
3) Ken O Bosen, Track and Field Fundamental Techniques, Patiala: MS Publications.
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2018-2019)  
MASTER OF PHYSICAL EDUCATION (M.P.ED.)  
Semester-II

TITLE: Specialization in Games: Volleyball & Badminton

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEM-2073

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:
5) Ranganaathan P.P. “Volleyball” (Friends Publications Delhi) 2000.
7) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lone Halborn London EC4P 4AB.
TITLE: Specialization in Games: Basketball & Badminton

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:
2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe Lane Halborn London EC4P 4AB.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2018-2019)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

TITLE: Specialization in Games: Cricket & Volleyball

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

Cricket:

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

Unit-I

Duties of the Officials
2.1 Duties and Positioning of Umpires
2.2 Duties of Referees
2.3 Duties of Scorers

Unit-II

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.

Books Recommended & References:
9) Ranganaathan P.P. “Volleyball” (Friends Publications Delhi) 2000.
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2018-2019)  
MASTER OF PHYSICAL EDUCATION (M.P.ED.)  
Semester-II

TITLE: Teaching Lesson of Indigenous Activities and Sports

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEM-2079

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 (Dumbells/ 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
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2018-2019)  
MASTER OF PHYSICAL EDUCATION (M.P.ED.)  
Semester-II  

TITLE: Class Room Teaching on Theory of different Games & Sports

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEM-2080

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 Basketball
4.2 Constructing and conducting a lesson from Volleyball
4.3 Constructing and conducting a lesson from Badminton
4.4 Constructing and conducting a lesson from Cricket
4.5 Constructing and conducting a lesson from Table-Tennis
4.6 Constructing and conducting a lesson from Track & Field events

Suggested Readings:

27/03/2017