DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
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
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.
1.4 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 Psychological Tests:
   3.3.1 Types of Psychological Test:
   3.3.3 Questionnaire: 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:
TITLE: (PEM-4003) - Dissertation

Credits: 04  
Max. Marks: 100  
Sessional Marks: 10  
Mid Term Exam: 30  
Exam. Marks: 60  
Paper Code: PEM-4003  
Duration: 2:00 Hours

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.
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:
8. Essentials of Educational Technology, Madan Lal, Anmol Publications
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: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-IV\textsuperscript{th}

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

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

\textbf{Skating:}

\textbf{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)

\textbf{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)

\textbf{Volleyball: (Advance Skills)}

\textbf{UNIT- III}

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

\textbf{UNIT- IV}

1. Spike-  
\hspace{1em} (i) Spiking cross court.  
\hspace{1em} (ii) Spiking down the line.  
2. Block-  
\hspace{1em} (i) Double Block.  
\hspace{1em} (ii) Triple Block.  
3. Dive-  
\hspace{1em} (i) Dive combined with dig (Two handed).  
\hspace{1em} (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.
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