

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

**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:**

- i. Fundamentals of Computers by Reema Thareja, Oxford University Press (2014)
- ii. Teach Yourself Office 2016, Fourth Edition, IDG Books India (Pvt) Ltd (2016)
- iii. The Internet Book, by Douglas E. Comer, Purdue University, West Lafayette (2005)
- iv. Microsoft Office Word 2010 & 2016 by Timothy J. O-Leary & Linda J. O-Leary (2016)
- v. Introduction to Information Technology, by ITL Education Solution Ltd. Research and Development Wing (2006)
- vi. Specifications of Hard Facts on Smart Classroom Design (English) (Paperback) by Niemeyer, Rowman & Littlefield Publishing Group Inc (2003)
- vii. Power Point for Windows, by Rebecca Bridges, Altman Peach Pit Press, 1999

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

**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  
– Motor Perception – Factors Affecting Perception – Perceptual Mechanism.
- 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:
  - 3.3.2 Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger dexterity board – Depth perception box –Kinesthesiometer board.
  - 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:**

1. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)
2. Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
3. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)
4. Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
5. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
6. Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
7. John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc.
8. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
9. Mirosław Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
10. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
11. Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
12. Robert N. Singer. (1989) The Psychology Domain Movement Behavior. Philadelphia: Lea and Febiger.
13. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
14. Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

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

**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 IV<sup>th</sup> Semester Examination.
3. The candidate has to face the Viva-Voce conducted by DRC.

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

**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.
- 4.2 Word Processors and Word Processing, Spreadsheets, Databases, Presentations, Digital Media, Graphics, Photographs, Animation, Audio and Video in the digital context.
- 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:**

1. Adam, D. M. (1985). Computers and Teacher Training : A Practical Guide, The Haworth Pren. Inc., N. Y.
2. Das, R.C. (1993): Educational Technology – A Basic Text, Sterling Publishers Pvt. Ltd. Evaut, M. The International Encyclopedia of Educational Technology.
3. Kumar, K.L. (2008): Educational Technology, New Age International Pvt. Ltd. Publishers, New Delhi (2nd Ed).
4. Chauhan S S: A Text Book of Programmed Instruction. (2nd Ed). Sterling Publishers Pvt Ltd., New Delhi / Bangalore.
5. Amita Bhardwaj (2003). New Media of Educational Planning. New Delhi: Sarup of Sons.
6. Bhatia and Bhatia. (1959). The Principles and Methods of Teaching . New Delhi : Doaba House.
7. Communication and Education, D. N. Dasgupta, Pointer Publishers Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi
8. Essentials of Educational Technology, Madan Lal, Anmol Publications
9. K. Sampath, A. Pannirselvam and S. Santhanam. (1981). Introduction to Educational Technology. New Delhi: Sterling Publishers Pvt. Ltd.
10. Kochar, S.K. (1982). Methods and Techniques of Teaching . New Delhi: Sterling Publishers Pvt. Ltd.
11. Kozman, Cassidy and kJackson. (1952). Methods in Physical Education. W.B. Saunders Company, Philadelphia and London

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

**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<sup>th</sup>**

**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:**

1. William J.N. "Coaching Volleyball Successfully", (Human Kinetics, 1990)
2. Ranganaathan P.P. "Volleyball" (Friends Publications Delhi) 2000.
3. Saggar S.K. "Play Better Volleyball" (Delhi: Lokesh Thani Sports Publication) 1994.
4. Marv Dumphy & Rod Wilde, "Volleyball Today". (Thomson Asia Pt. Ltd. Singapor) 2001.
5. Cox RH, "Teaching Volleyball" (Surjeet ;Publication)

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

**TITLE: (PEM-4074) - Games Specialization: (Skating & Football)**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 40**  
**Exam. Marks: 60**  
**Paper Code: PEM-4074**

**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**

- 1) Kumar, N. (2003) Play and Learn Football, Khel Sahity Kendra, New Delhi.
- 2) William, T. (1988). Teaching Soccer, Surjeet Publication, New Delhi.
- 3) Widdows, R. The Handbook of Football Techniques and Tactics.
- 4) Snow, S. and Thomas, J., (2009). Skill School Training Manual: Fundamental Ball Skills. US Youth Soccer Technical Department



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

**TITLE: (PEM-4080) - Officiating Lessons of Track and Field/ Gymnastic**

**Credits: 04**  
**Max. Marks: 100**  
**Sessional Marks: 40**  
**Exam. Marks: 60**  
**Paper Code: PEM-4080**

**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

**Gymnastic:**

**UNIT: III**

**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