DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II


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

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.
2.4 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.
3.5 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:
4. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
TITLE: Athletic Care and Rehabilitation (PEM-2003)

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:
2.2 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, Indications /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:
2) Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
TITLE: Sports Management and Curriculum Design in Physical Education (PEM-2012)

**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 I- 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:**


DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

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:

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 Turn
3.5 Cat Leap, Split Leap
3.6 Shoulder Stand

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

Unit – III

References:
3) Ken O Bosen, Track and Field Fundamental Techniques, Patiala: MS Publications.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

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

Officiating:
4.1 Communication Via Signals, Verbal.
4.2 Warning
4.3 Penalisation

References & Books Recommended:
5) Ranganathan 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 (PEM-2074)

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 Penaliisation

Books Recommended:
2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe Ione Halborn London EC4P 4AB.
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:
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:

Rule and Interpretation:
1.1 Laws 1 - 7
1.2 Laws 8 - 13
1.3 Laws 14 - 19

Officiating:
2.1 Communication Via Signals, Verbal.
2.2 Warning
2.3 Penalisation

Cricket:

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

Duties of the Officials
4.1 Duties and Positioning of Umpires
4.2 Duties of Referees
4.3 Duties of Scorers
4.4 Pre-Match Discussion
4.5 Inspection of Players’ Dress and Equipments
4.6 Ground Inspection

Cooperation among Officials

Books Recommended:
2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lane Halborn London EC4P 4AB.
TITLE: Specialization in Games: Cricket & Volleyball (PEM-2077)

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

**Cricket:**

**Unit-I**

1. Basic Skills of Batting
2. Basic Skills of Fielding
3. Basic Skills of Bowling

**Unit-II**

Duties of the Officials
1. Duties and Positioning of Umpires
2. Duties of Referees
3. Duties of Scorers

Cooperation among Officials
1. Pre-Match Discussion
2. Inspection of Players’ Dress and Equipments
3. Ground Inspection

**Volleyball:**

**Unit – III**

Historical Development and Modern Trends in Volleyball
1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.
3. Player’s stance-Receiving the ball & passing to the team mates.
4. The Volley (Over head pass)
5. The Dig (Under head pass)

Fundamental Skills : Service
1. Under Arm Service.
2. Side Arm Service.
3. Tennis Service.
4. Round Arm Service.

Fundamental Skills : Spike and Pass
1. Straight Arm Spike.
2. Round Arm Spike.
3. Block- Single Block.
6. Back Roll Dig.

Advanced Skills :
1. Double Block.
2. Triple Block.
3. Dive combined with dig (Two handed).
4. Dive combined with dig (One handed).
5. Strategy in Game.

Rules and their interpretations and duties of officials.

**Books Recommended & References:**

9) Rangaathan P.P. “Volleyball” (Friends Publications Delhi) 2000.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

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
   (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: 2016-2017)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

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: