Semester I
PHE901 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS
SCIENCES

UNIT I – Introduction
Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

UNIT II – Methods of Research
Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

UNIT IV – Sampling
Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

References :
Semester I  
PHE902 PHYSIOLOGY OF EXERCISE

UNIT I – Skeletal Muscles and Exercise

UNIT II – Cardiovascular System and Exercise

UNIT III – Respiratory System and Exercise

UNIT IV – Metabolism and Energy Transfer
Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises.

UNIT V – Climatic conditions and sports performance and ergogenic aids

Note: Laboratory Practicals in Physiology be designed and arranged internally.

References:
Semester I
PHE903 Yogic Sciences

Unit I – Introduction

Unit II – Aasanas and Pranayam

Unit III – Kriyas

Unit IV – Mudras

Unit V – Yoga and Sports

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise-Power Yoga. Role of Yoga in Psychological Preparation of athelete: Mental Wellbeing, Anxiety, Depression Concentration, Self

*Note: Laboratory Practicals be designed and arranged internally.*

**REFERENCE:**


**Semester I**

**PHE904 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)**

**UNIT I – Introduction**


**UNIT II – Motor Fitness Tests**

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test
(Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

UNIT III – Physical Fitness Tests
Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger’s physical fitness Index. Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test)

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

UNIT V – Skill Tests

Note: Practicals of indoor and out-door tests be designed and arranged internally.

References :
- Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Semester I
PHE905  SPORTS TECHNOLOGY (Elective)

Unit I – Sports Technology
Meaning, definition, purpose, advantages and applications, General Principles and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

Unit II – Science of Sports Materials

Unit III – Surfaces of Playfields

Unit IV – Modern equipment

Unit V – Training Gadgets

Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/ sports goods manufacturers.

Reference:
- Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar,
Semester II

PHE1001  APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

UNIT I – Introduction

UNIT II – Data Classification, Tabulation and Measures of Central Tendency
Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.

UNIT III – Measures of Dispersions and Scales
Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

UNIT IV – Probability Distributions and Graphs

UNIT V – Inferential and Comparative Statistics
Tests of significance; Independent “t” test, Dependent “t” test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

References:

- Prentice Hall, Inc
• Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar
• Publications.
Semester II
PHE1002 SPORTS BIOMECHANICS AND KINSESIOLOGY

UNIT I – Introduction

UNIT II – Muscle Action
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.

UNIT III – Motion and Force

UNIT IV – Projectile and Lever

UNIT V – Movement Analysis
Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive

Note: Laboratory practicals should be designed and arranged for students internally.

References:
- McGraw Hill.
- Uppal A.K. Lawrence Manita MP Kinesiology(Friends Publication
Unit I – Corrective Physical Education

Unit II – Posture
Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

Unit III – Rehabilitation Exercises
Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

Unit IV – Massage

Unit V – Sports Injuries Care, Treatment and Support

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:
Semester II
PHE1004  SPORTS JOURNALISM AND MASS MEDIA (Elective)

UNIT I Introduction
Meaning and Definition of Journalism, Ethics of Journalism – Canons of
journalism- Sports Ethics and Sportsmanship – Reporting Sports Events. National and
International Sports News Agencies.

UNIT II Sports Bulletin
Concept of Sports Bulletin: Journalism and sports education – Structure of sports
bulletin – Compiling a bulletin – Types of bulletin – Role of Journalism in the Field of
Physical Education: Sports as an integral part of Physical Education – Sports
organization and sports journalism – General news reporting and sports reporting.

UNIT III Mass Media
Mass Media in Journalism: Radio and T.V. Commentary – Running commentary
on the radio – Sports expert’s comments. Role of Advertisement in Journalism. Sports

UNIT IV Report Writing on Sports
Brief review of Olympic Games, Asian Games, Common Wealth Games World
Cup, National Games and Indian Traditional Games. Preparing report of an Annual
Sports Meet for Publication in Newspaper. Organization of Press Meet.

UNIT –V Journalism
Sports organization and Sports Journalism – General news reporting and sports
with and elite Player and Coach.

Practical assignments to observe the matches and prepare report and news of the same;
visit to News Paper office and TV Centre to know various departments and their working.
Collection of Album of newspaper cuttings of sports news.

References:

  Surjeet Publications
  Publication
  Publication Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi:
- MohitChakrabarti (2008): Value Education: Changing Perspective, New Delhi:
  Kanishka Publication,
- Padmanabhan. A &Perumal A (2009), Science and Art of Living, Madurai:
  Pakavathi Publication
Semester II
PHE1005  SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (Elective)

UNIT I – Introduction to Sports Management

UNIT II – Program Management
Importance of Programme development and the role of management, Factors influencing programme development. Steps in programme development, Competitive Sports Programs, Benefits, Management Guidelines for School, Colleges Sports Programs, Management Problems in instruction programme, Community Based Physical Education and Sports program.

UNIT III – Equipments and Public Relation

UNIT IV – Curriculum
Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centred, Activity centred, Community centred, Forward looking principle, Principles of integration, Theories of curriculum development, Conservative (Preservation of Culture), Relevance, flexibility, quality, contextually and plurality. Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework.

UNIT V – Curriculum Sources

References:


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Semester III
PHE1101  SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction

UNIT II – Components of Physical Fitness
UNIT III – Flexibility
Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

UNIT IV – Training Plan

UNIT V – Doping
Definition of Doping – Side effects of drugs – Dietary supplements – IOC list of doping classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations: over-the-counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education

References:

- David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
- YograjThani (2003), Sports Training, Delhi : Sports Publications
Semester III
PHE1102  SPORTS MEDICINE

UNIT I – Introduction

UNIT II – Basic Rehabilitation

UNIT III – Spine Injuries and Exercise

UNIT IV – Upper Extremity Injuries and Exercise

UNIT V – Lower Extremity Injuries and Exercise

Practicals: Lab. Practicals and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences, Visit to TV Centre etc. should be planned internally.

References:
Semester III

PHE1103 HEALTH EDUCATION AND SPORTS NURITITION

Unit - I Health Education
Concept, Dimensions, Spectrum and Determinants of Health. Definition of Health, Health Education, Health Instruction, Health Supervision Aim, objective and principles of Health Education. Health Service and guidance instruction in personal hygiene.

Unit - II Health Problems in India
Communicable and Non Communicable Diseases. Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools. Objective of school health service, Role of health education in schools. Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care etc.

Unit- III – Hygiene and Health
Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress.

Unit – IV- Introduction to Sports Nutrition
Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

Unit – V Nutrition and Weight Management
Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control. Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

References:
- Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
- Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A.
Semester III
Theory Courses
PHE1104 SPORTS ENGINEERING (Elective)

Unit - I Introduction to sports engineering and Technology

Meaning of sports engineering, human motion detection and recording, human performance, assessment, equipment and facility designing and sports related instrumentation and measurement.

Unit - II Mechanics of engineering materials

Concept of internal force, axial force, shear force, bending movement, torsion, energy method to find displacement of structure, strain energy. Biomechanics of daily and common activities – Gait, Posture, Body levers, ergonomics, Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

Unit- III Sports Dynamics


Unit- IV Building and Maintenance:

Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc.

Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration.

Building process:- design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurbish, demolish. Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.
Unit – V Facility life cycle costing
Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation

References:

- Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
- Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)
basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing, medicine balls, fit balls) Advanced techniques of weight training

Unit V – Flexibility Exercise
Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static). Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

References:
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

Semester IV
PHE1201 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Unit I – Communication & Classroom Interaction

Unit II – Fundamentals of Computers
Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types Computer Memory: Concept & Types Viruses & its Management Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues
Unit III – MS Office Applications
MS Word: Main Features & its uses in Physical Education
MS Excel: Main Features & its Applications in Physical Education
MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education
MS Power Point: Preparation of Slides with Multimedia Effects
MS Publisher: Newsletter & Brochure

Unit IV – ICT Integration in Teaching Learning Process
Approaches to Integrating ICT in Teaching Learning Process
Project Based Learning (PBL)
Co-Operative Learning
Collaborative Learning
ICT and Constructivism: A Pedagogical Dimension

Unit V – E-Learning & Web Based Learning
E-Learning
Web Based Learning
Visual Classroom

References:
- Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
- Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006
- Rebecca Bridges Altman Peach pit Press, Power point for window, 1999

Semester IV
PHE1202 SPORTS PSYCHOLOGY

UNIT I - Introduction

UNIT II - Motivation
Measurement.

UNIT III – Goal Setting
Meaning and Definition, Process of Goal Setting in Physical Education and Sports.
Relaxation: Meaning and Definition, types and methods of psychological relaxation.

UNIT IV – Sports Sociology

UNIT V – Group Cohesion

Practicals: Atleast five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)

References:

Semantic IV
PHE1203 DISSERTATION

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.

Semantic IV
PHE1204 VALUE AND ENVIRONMENTAL EDUCATION

UNIT I – Introduction to Value Education.

UNIT II – Value Systems
Meaning and Definition, Personal and Communal Values, Consistency, Internally consistent, internally inconsistent, Judging Value System, Commitment, Commitment to values.

UNIT III – Environmental Education
Definition, Scope, Need and Importance of environmental studies., Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment, Plastic recycling & prohibition of plastic bag / cover, Role of school in environmental conservation and sustainable development, Pollution free eco-system.

UNIT IV Rural Sanitation and Urban Health
Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems, Process of Urban Health, Services of Urban Area, Suggested Education Activity, Services on Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

UNIT V Natural Resources and related environmental issues:
Water resources, food resources and Land resources, Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution Management of environment and Govt. policies, Role of pollution control board.

References:
Semester IV

PHE1205 EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS

Unit I – Nature and Scope
Educational technology-concept, Nature and Scope. Forms of educational technology: teaching technology, instructional technology, and behaviour technology; Transactional usage of educational technology: integrated, complementary, supplementary stand-alone (independent); programmed learning stage; media application stage and computer application stage.

Unit II – Systems Approach to Physical Education and Communication

Unit III- Instructional Design

Unit IV – Audio Visual Media in Physical Education

Unit V – New Horizons of Educational Technology
Recent innovations in the area of ET interactive video - Hypertext, video-texts, optical
fiber technology - laser disk, computer conferencing, etc. Procedure and organization of Teleconferencing/Interactive video-experiences of institutions, schools and universities. Recent experiments in the third world countries and pointers for, India with reference to Physical education. Recent trends of Research in Educational Technology and its future with reference to education.

References:
- Amita Bhardwaj, New Media of Educational Planning”. Sarup of Sons, New Delhi-2003
- Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi :Doaba House), 1959.
- Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982

Semester I
Practical Course

PHE906 ATHLETICS- I: RUNNING EVENTS

Running
- Fundamental skills – Short and Middle distance.
  - Use of Starting blocks- stance on the blocks.
  - Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.
- Advanced Skills Various techniques of sprint start: Bullet start, standing start ,
- Active game practice

Semester I
Practical Course

PHE907 FLAG HOISTING, MARCH PAST, CEREMONIES LIKE OPENING, CLOSING, VICTORY,(DURING INTRA MURALS COMPETITIONS) OF DIFFERENT SPORTS AND GAMES/ LEAD UP GAMES/ MINOR GAMES/ RELAY GAMES

National Flag: Meaning, concept and significance of National Flag, Symbolism of Tricolour and Wheel. Code of hoisting or lowering of Flag, Dimensions of the Flag & tricolour proportions. Honour of the Flag and its use. Penalty of misusing or dishonouring the Flag..

Opening and Closing Ceremonies: Schedule and formality of Opening Ceremony-Unfurling of Flag, Flame igniting, Oath, March-Past of players/teams, Salutation,
Declaration of Opening of the Meet. brief address by the guests, announcement of beginning of competition Victory & Prize distribution Ceremony - Planning of schedule for victory ceremony.

Closing Ceremony: Assembly of sports-persons, March-Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of Prizes/ Certificates, Vote of thanks, Ceremonial Flag-lowering, Flame extinguishing, Declaration of Closing of the Meet.

Practical of the organization of Sports / Athletic Meet during Intramural Programme should be arranged as a project by the students under the supervision of the faculty. Organization of Sports Festival, Play Day, Social Party games, etc. should be encouraged.

Semester I
Practical Course

PHE908  YOGA/ AEROBICS/ SELF DEFENCE TECHNIQUES-MARTIAL ARTS, TAEK-WON-DO

Yoga, Asanas prescribed by Maharshi ‘Patanjali’, ShudhiKriyas, jalneti, sutraneti, dugdhaneti, kunjal, Nauli, Bhashika, shatkriya, Pranayams, Anulom-vilom, Kapalbhati,

AEROBICS

Rhythmic Aerobics - dance
Low impact aerobics High impact aerobics Aerobics
kick boxing Moves

March single, basics, side to side alternate, turn s/a ,double side to side, step touch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, travel s 11. kick side, corner, heel to reft, shape, ‘e’ shape, shapew, shape, repeater left mode

Warm up and cool down
Being successful in exercise and adaptation to aerobic workout.

SELF DEFENCE TECHNIQUES-MARTIAL ARTS, TAEK-WON-DO/
Semester I
Practical

PHE909  ADVENTURE ACTIVITIES/ MASS DEMONSTRATION ACTIVITIES-
LEZIUM, DUMBBELL, UMBRELLA, TIPRI, WANDS, HOOPS

ADVENTURE ACTIVITIES: Trekking, Wall climbing, River crossing, Mountaineering, etc

MASS DEMONSTRATION ACTIVITIES- lezi, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc.(Students are expected to learn and organize mass drill in school situation)

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand–at–ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music–Two count, Four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

General out-line of the contents of teaching of theory of Games and Sports

Introduction of the game/sport and historical development with special reference to India, Orientation of the students to the play area and equipment used in the game/sport, Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the Game/sport. Warming-up-General free hand exercises, specific work out using equipment. Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

Semester II
Practical Course

PHE1006  ATHLETICS- II: THROWING AND JUMPING EVENTS

Throwing and Jumping Events

Fundamental skills –Throwing and Jumping Events.
- Stance
- Body position, Change in body position during throwing and jumping events, movements of the arms, position of torso arms and legs during execution.
- Follow Through
Advanced Skills  Various techniques of throwing and jumping events.
Active game practice

Semester II
Practical Course
PHE1007  GAMES SPECIALIZATION II
The Candidate has choice to select any one of the following games as the Specialization – II (Second best) in 2nd Semester. (Kabaddi, Kho-kho, Badminton/ Table Tennis/ Tennis/ Baseball/ Volleyball/ Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball)

General Information
- Specific Exercises
- Improvement of Motor Abilities
- Build up competitions
- Related tournament/ competition at National and International level
- 5 players each at National and International level
- Record at National and International level

Officiating
- Marking of the field/event
- Equipment Specifications
- Interpretation of the rules

Techniques
- Classification of Skills
- Sequential explanation of skills
- To find out faults, reason and corrections of the skills
- Development of Technique

Strategy and Tactics
- Preparation of Training schedule
- System of Play/ event
- Tactics Development
- competition exposure
- Psychological preparation
- System of selection of a team

Semester II
Practical Course
PHE1008  TEACHING LESSONS OF INDIGENOUS ACTIVITIES AND SPORTS

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester II Practical Course
PHE1009  CLASS ROOM TEACHING
(LESSONS ON THEORY OF DIFFERENT SPORTS & GAMES)

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching lessons as per selected games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester III
Practical Course

PHE1106 ATHLETICS- III: JUMPING EVENTS

General Information
• Specific Exercises
• Improvement of Motor Abilities
• Build up competitions
• Related tournament/ competition at National and International level
• 5 players each at National and International level
• Record at National and International level

Officiating
• Marking of the field/event
• Equipment Specifications
• Interpretation of the rules

Techniques
• Classification of Skills
• Sequential explanation of skills
• To find out faults, reason and corrections of the skills
• Development of Technique

Strategy and Tactics
• Preparation of Training schedule
• System of Play/ event
• Tactics Development
• competition exposure
• Psychological preparation
• System of selection of a team

Semester III
Practical Course

PHE1107  GAMES SPECIALIZATION- III BOXING/ JUDO/ WRESTLING

General Information
• Specific Exercises
• Improvement of Motor Abilities
• Build up competitions
• Related tournament/ competition at National and International level
• 5 players each at National and International level
• Record at National and International level

Officiating
• Marking of the field/event
• Equipment Specifications
• Interpretation of the rules

Techniques
• Classification of Skills
• Sequential explanation of skills
• To find out faults, reason and corrections of the skills
• Development of Technique

Strategy and Tactics
• Preparation of Training schedule
• System of Play/ event
• Tactics Development
• competition exposure
• Psychological preparation
• System of selection of a team
Semester III
Practical Course

PHE1108  COACHING LESSONS OF TRACK AND FIELD
The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class, they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester III
Practical Course

PHE1109  COACHING LESSONS OF GAME SPECIALIZATIONS
The students of M.P.Ed – III Semester need to be develop proficiency in taking coaching lesson in selected game discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.
General Information
- Specific Exercises
- Improvement of Motor Abilities
- Build up competitions
- Related tournament/competition at National and International level
- 5 players each at National and International level
- Record at National and International level

Officiating
- Marking of the field/event
- Equipment Specifications
- Interpretation of the rules

Techniques
- Classification of Skills
- Sequential explanation of skills
- To find out faults, reason and corrections of the skills
- Development of Technique

Strategy and Tactics
- Preparation of Training schedule
- System of Play/event
- Tactics Development
- competition exposure
- Psychological preparation
- System of selection of a team

General Information
- Specific Exercises
- Improvement of Motor Abilities
- Build up competitions
- Related tournament/competition at National and International level
- 5 players each at National and International level
- Record at National and International level

Officiating
Semester IV
Practical Course

PHE1208 OFFICIATING LESSONS OF TRACK AND FIELD/ GYMNASTICS

The students of M.P.Ed – IV Semester need to develop proficiency in taking officiating lesson on selected above discipline. In view of this, the students shall be provided with advance mechanism of officiating in selected discipline. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Semester IV
Practical Course

PHE1209 OFFICIATING LESSONS OF GAME SPECIALIZATIONS

The students of M.P.Ed – IV Semester need to be develop proficiency in taking officiating lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of officiating in selected game specialization. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.
Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these officiating lessons, the duration should slowly increase and all the parts of the lesson covered progressively.