ACHARYA NAGARJUNA UNIVERSITY

A State Government University, Accredited with "A" Grade by NAAC

Nagarjuna Nagar - 522 510, Guntur, Andhra Pradesh, India.

MASTER OF PHYSICAL EDUCATION

SYLLABUS

2022- 2023 onwards

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UNIVERSITY COLLEGE OF PHYSICAL EDUCATION & SPORTS SCIENCES

PROGRAM CODE:

ANUCPESS02


ACHARYA NAGARJUNA UNIVERSITY
సత్యం సర్వం ప్రతిష్ఠితమ్

ABOUT UNIVERSITY

ACHARYA NAGARJUNA UNIVERSITY (ANU)

- A Brief Profile

Acharya Nagarjuna University, a State University established in 1976, has been constantly striving towards achieving progress and expansion during its existence for over four decades, in terms of introducing new courses in the University Colleges, affiliated colleges and professional colleges. Spread over 300 acres of land on the National High Way (NH-16) between Vijayawada and Guntur of Andhra Pradesh, the University is one of the front ranking and fastest expanding Universities in the state of Andhra Pradesh. The University was inaugurated on 11th September, 1976 by the then President of India, Sri Fakruddin Ali Ahmed and celebrated its Silver Jubilee in 2001. The National Assessment and Accreditation Council (NAAC) awarded "A" grade to Acharya Nagarjuna University and also has achieved 108 International ranks, 39 National ranks UI Green Metrics rankings and many more It is named after Acharya Nagarjuna – one of the most brilliant preceptors and philosophers, whose depth of thought, clarity of perception and spiritual insight were such that even after centuries, he is a source of inspiration to a vast number of people in many countries. The University is fortunate to be situated on the very soil where he was born and lived, a soil made more sacred by the aspiration for light and a state of whole someness by generations of students. With campus student strength of over 5000, the University offers instruction for higher learning in 68 UG & PG programs and guidance for the award of M.Phil. and Ph.D. in 48 disciplines spread over six campus colleges and one PG campus at Ongole. It also offers 160 UG programs in 440 affiliated colleges in the regions of Guntur and Prakasam Districts. It has a Centre for Distance Education offering 87 UG & PG programs. Characterized by its heterogeneous students and faculty hailing from different parts of the state and the country, the University provides most hospitable environment for pursuing Higher Learning and Research. Its aim is to remain connected academically at the forefront of all higher educational institutions. The University provides an excellent infrastructure and on- Campus facilities such as University Library with over one lakh books & 350 journals; Computer Centre; University Scientific Instrumentation Centre; Central Research Laboratory with Ultra-modern Equipment; Well-equipped Departmental Laboratories; Career Guidance and Placement Cell; Health Centre; Sports Facilities with Indoor & Outdoor Stadiums and Multipurpose Gym; Sports Hostel; Separate hostels for Boys, Girls, Research Scholars and International Students; Pariksha Bhavan (Examinations Building); Computers to all faculty members; Wi-Fi connectivity to all Departments and Hostels; Canteen, Student Centre & Fast-food Centre; Faculty Club; Dr. H.H. Deichmann & Dr. S.John David Auditorium cum Seminar Hall; Post office; Telecom Centre; State Bank of India; Andhra Bank; Energy Park; Silver Jubilee Park; Fish ponds; internet center; xerox center; cooperative stores; Water harvesting structures.

VISION, MISSION & OBJECTIVES OF THE UNIVERSITY

ACHARYA NAGARJUNA UNIVERSITY

VISION

To generate sources of knowledge that dispels ignorance and establish truth through teaching, learning and research.

MISSION

To promote a bank of human talent in diversified faculties – Commerce & Management Studies, Education, Engineering & Technology, Humanities, Law, Natural Sciences, Pharmacy, Physical Education & Sports Sciences, Physical Sciences and Social Sciences that would become an investment for a prosperous society.

OBJECTIVES

- To inspire and encourage all who would seek knowledge through higher education and research.
- To provide quality instruction and research for the advancement of science and technology.
- To promote teaching and research studies in disciplines of societal relevance.
- To bridge the gap between theory and practice of the principles of higher education.
- To develop human talent necessary for the industry.
- To open up avenues of higher education and research through non-formal means.
- To invite and implement collaborations with other institutes of higher learning on a continuous basis for mutual academic progress.
- To motivate and orient each academic department/centre to strive for and to sustain advanced levels of teaching and research so that the university emerges as an ideal institute of higher learning.
- To focus specially on the studies involving rural economy, justifying its existence in the rural setting.

VISION

&

MISSION OF THE COLLEGE

ACHARYA NAGARJUNA UNIVERSITY

UNIVERSITY COLLEGE OF PHYSICAL EDUCATION & SPORTS SCIENCES

VISION OF THE COLLEGE:

The College of Physical Education and Sports Sciences is emerging as a Centre of Excellence in Sports in Andhra Pradesh by virtue of its huge Sports Infrastructure, organizational abilities, and achievements of its sportsmen and women in the National and International levels. The department caters to the sports needs of the students of the affiliated colleges in the university area and the students of the university campus. The department also conducts the academic courses in Physical Education and Sports Sciences.

MISSION OF THE COLLEGE:

- Total Education through the Physical intellectual, Emotional and Social development of people in order to bring up healthier, happier and more successful people to the public
- The main functions are Education, Teaching, Research and public service areas
- Create respectful students who value their health and fitness, and practice healthful activities throughout their lives.
- Prepare students to make lasting contributions to our professions, communities and society
- Encourage students to take part in sport –whether it is recreational or competitive.
- Deliver 'Outstanding' lessons that inspire and motivate all students regardless of their ability.

VISION & MISSION OF THE DEPARTMENT

ACHARYA NAGARJUNA UNIVERSITY
UNIVERSITY COLLEGE OF PHYSICAL EDUCATION & SPORTS SCIENCES
MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

PROGRAMME EDUCATIONAL OBJECTIVES (PEO's):

- Maintain a health-enhancing level of fitness throughout the program as well as be able to collect and analyze personal fitness data
- Explore international concepts adopted in education and physical education in a global school education environment to cater physical education as a medium towards overall development
- Identification of Needs: Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.
- Lifelong Learning: Ability to update knowledge and skills, participating in learning activities / throughout life, through self-paced and self-directed learning aimed at personal development, meeting economic, social and cultural objectives
- Read about the latest development in the sports law and ethical constrains in education. Understanding of ethical practices in physical education and sports
- Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

PROGRAMME OUTCOMES (PO's):

- ★ Disciplinary Knowledge: Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of the program
- ★ Domain knowledge: Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems
- ★ Problem analysis: Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex physical education and sports sciences related problems to reaching substantiated conclusions.
- ★ Individual and team work: Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.
- ★ Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation
- ★ Moral And Ethical Awareness:. Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation.

- ★ Professional Development: Recognition of the need for and an ability to engage in continuing professional development
- ★ Use technological applications to facilitate effective assessment and evaluation strategies and enhance personal productivity and professional practice.

PROGRAMME SPECIFIC OUTCOMES (PSO's):

- To Know the Historical Background of Physical Education.
- To Know the Comparison with history and Present Preferences. To know the Historical values and Present Existing Practices as per the Needs of Society.
- Knowledge all the body parts and their function
- Knowledge of possible diseases, disorders of various body parts
- Knowledge of cooperation and Coordination of body systems when needed.
- Awareness of all the possible fundamental movements of the body
- Knowledge of various internal and external forces causing movement
- Fundamental knowledge of all the skills involved in all the games.

STRUCTURE

ACHARYA NAGARJUNA UNIVERSITY
UNIVERSITY COLLEGE OF PHYSICAL EDUCATION & SPORTS SCIENCES
MASTER OF PHYSICAL EDUCATION (M.P.Ed.)
COURSE STRUCTURE

SEMESTER-I

PART A : THEORETICAL COURSE						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Int. Marks**	**Ext. Marks**	**Total Marks**
CORE COURSE						
MP101 (R22)	Research Process in Physical Education & Sports Sciences	3	3	30	70	100
MP102 (R22)	Physiology of Exercise	3	3	30	70	100
MP103 (R22)	Applied Statistics in Physical Education & Sports	3	3	30	70	100
CORE ELECTIVE COURSE (ANYONE)						
MP104 (R22)	Fitness and Life Style Management	3	3	30	70	100
MP105 (R22)	Education Technology in Physical Education					
PART- B PRACTICAL COURSE						
MP106 (R22)	**Project Work**: Track and Field Running Events (compulsory) Any one of the following i.e. Gymnastics/ Swimming / Yoga	6	3	30	70	100
MP107 (R22)	Games Specialisation – Badminton / Baseball / Basketball/ Cricket/ Football/ Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis / Volleyball/ (*Any two games – One Indigenous & one ball game*)	6	3	30	70	100
MP108 (R22)	Teaching Lessons: Coaching lessons in the events of MP 106 and MP107.	6	3	30	70	100
MP109 (R22)	Class room Teaching Lessons on theory of different Sports & Games	6	3	30	70	100
TOTAL		**36**	**24**	**240**	**560**	**800**

SEMESTER-II

PART A: THEORETICAL COURSE						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Int. Marks**	**Ext. Marks**	**Total Marks**
CORE COURSE						
MP201 (R22)	Yogic Sciences	3	3	30	70	100
MP202 (R22)	Sports Biomechanics and Kinesiology		3	30	70	100
MP203 (R22)	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100
OPEN ELECTIVE COURSE						
MP204 (R22)	MOOC's 1) Multi Disciplinary Course 2) Audit Course (Any One of the Above course)	3	3	30	70	100
PART- B PRACTICAL COURSE						
MP205 (R22)	Track and Field Jumping and hurdle Events (compulsory) Any one of the following i.e. Gymnastics/ Swimming / Yoga	6	3	30	70	100
MP206 (R22)	Laboratory Practical in Physiology of Exercise and Bio Mechanics & Kinesiology (Two practical in each subject)	6	3	30	70	100
MP207 (R22)	Any two of the following activities: Aerobics / Self Defensive Techniques – Taekwondo / Shooting / Archery.	6	3	30	70	100
MP208 (R22)	**Project Work :**Adventure Activities / Mass demonstration Activities	6	3	30	70	100
TOTAL		**36**	**24**	**240**	**560**	**800**

SEMESTER-III

PART A : THEORETICAL COURSE						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Int. Marks**	**Ext. Marks**	**Total Marks**
CORE COURSE						
MP301 (R22)	Scientific Principles of Sports Training	3	3	30	70	100
MP302 (R22)	Sports Medicine, Athletic Care and Rehabilitation	3	3	30	70	100
MP303 (R22)	Sports Psychology and Sports Sociology	3	3	30	70	100
OPEN ELECTIVE COURSE						
MP304 (R22)	MOOCS 1) Multi Disciplinary Course 2) Audit Course (Any One of the Above course)	3	3	30	70	100
PART- B PRACTICAL COURSE						
MP305 (R22)	Track and Field: Throwing Events. Field test for Fitness & Skills	6	3	30	70	100
MP306 (R22)	Laboratory : Sports Psychology and Physiotherapy lab *(Any two practical in each subject)*	6	3	30	70	100
MP307 (R22)	Games Specialisation – **Any two games other than two games opted from first semester** Badminton / Baseball / Basketball/ Cricket/ Football/ Handball /Hockey/ Kabaddi / Kho-kho / Netball/ Softball/ Table Tennis / Tennis/ Volleyball	6	3	30	70	100
MP308 (R22)	**Project Work:** Teaching Lessons: Coaching lessons in the events of MP 305 and MP307.	6	3	30	70	100
TOTAL		**36**	**24**	**240**	**560**	**800**

SEMESTER-IV

PART-A: THEORETICAL COURSE						
Course Code	**Title of the Papers**	**Total Hours**	**Credit**	**Int. Marks**	**Ext. Marks**	**Total Marks**
CORE COURSE						
MP401 (R22)	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100
MP402 (R22)	Health Education and Sports Nutrition	3	3	30	70	100
MP403 (R22)	Sports Technology	3	3	30	70	100
ELECTIVE COURSE (ANYONE)						
MP404 (R22)	Dissertation / Event Management	3	3	30	70	100
MP405 (R22)	Sports Management and Curriculum Designs in Physical Education					
PART- B PRACTICAL COURSE						
MP406 (R22)	Track and Field – Combined events Training methods: Circuit, Interval, Fartlek, Plyometric & Resistance Trainings	6	3	30	70	100
MP407 (R22)	**Project Work :**Game of Specialisation – Practical Skills - any one opted from four games in previous semesters - Record & Viva-voce.	6	3	30	70	100
MP408 (R22)	Officiating in Track and Field / Gymnastics /Swimming/ Yoga	6	3	30	70	100
MP409 (R22)	Coaching lessons in Game of Specialization - Internship	6	3	30	70	100
TOTAL		**36**	**24**	**240**	**560**	**800**
GRAND TOTAL FOR FOUR SEMESTERS		**144**	**96**	**960**	**2240**	**3200**

SEMESTER I

ACHARYA NAGARJUNA UNIVERSITY

UNIVERSITY COLLEGE OF PHYSICAL EDUCATION & SPORTS SCIENCES

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

SEMESTER-I

MP101 (R22): RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

COURSE OBJECTIVES:

- Scope and Importance of Research in Physical Education
- Methods of Research
- To understand the Preparation of Research proposal
- To know how to deal with sampling

COURSE OUTCOMES: Students Completing this course were able to

CO1	To Know the Nature, scope and importance of Research
CO2	To understand the methods of research and sources of historical research
CO3	To know the nature and importance of Experimental research
CO4	To Know about the Sampling and probability methods
CO5	To know how to write the Research proposal and how to create Reports

Unit-1 Introduction

Meaning, Definition, Nature, Scope and importance of research in Physical Education. Classification of Research: Basic, Applied and Action Research, Location of Research Problem, Criteria for selection of a Research problem and Qualities of a good researcher.

Unit-2 Methods of Research

Descriptive Methods of Research: Survey, Case study. Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

Unit-3 Experimental Research

Experimental Research: Meaning, Nature and Importance, Variable: Definition, Types of Variables, Experimental Design: Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design and Factorial Design.

Unit-4 Sampling

Meaning and Definition of Sample and Population. Types of Sampling: Probability Methods: Systematic Sampling, Cluster sampling, Stratified Sampling, Area Sampling and Multistage Sampling. Non- Probability Methods: Convenience Sampling, Judgment Sampling and Quota Sampling.

Unit-5 Research Proposal and Report

Chapterization of Thesis / Dissertation: Front Materials, Body of Thesis, Back materials, Method of Writing Research proposal, Thesis / Dissertation: Method of writing abstract, full paper for presenting in a conference, publishing in journals, Mechanics of writing Research Report, Footnote and Bibliography.

REFERENCE BOOKS:

1) Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc.
2) Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
3) Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press
4) Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
5) Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
6) Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
7) Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication.
8) Moorthy A. M. Research Processes in Physical Education (2010); Friend Publications

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (POS):

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO2	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO3	M	H	M	H	H	H	H	H	H	M	H	H	M	H
CO4	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO5	H	H	H	M	H	H	H	H	M	M	M	H	M	H

MP 102 (R22): PHYSIOLOGY OF EXERCISE

COURSE OBJECTIVES:

- To have a knowledge of effects of exercise and training on muscular system and respiratory systems
- To gain the knowledge of effects of exercise and training on cardiovascular system
- To have an understanding of various metabolisms and sources of energy in the human body
- To have a knowledge of effects of various climatic conditions.
- To have an understanding of various ergogenic aids and their effects of the human body

COURSE OUTCOMES: Students completing this course were able to

CO1	Knowledge of types of muscles and chemistry of muscular contraction
CO2	Understanding of effects of exercise and training on muscular, respiratory, and cardiovascular systems
CO3	Knowledge of various chemical reactions and the sources of energy in the human body
CO4	Knowledge of various climatic conditions and their effects on Training and sports performance
CO5	Knowledge of various ergogenic aids and their use and abuse in sports

Unit-1 Introduction, Skeletal Muscles and Exercise

Definition of Physiology, Exercise Physiology and importance of Exercise Physiology in sports. Macro & Micro Structure of the Skeletal Muscle, Types of Muscle fibers and their characteristics, Chemical Composition, Chemistry of Muscular Contraction, Sliding Filament theory of Muscular Contraction. Muscle Tone, Heat Production in the Muscle and Effects of exercise and training on the muscular system.

Unit-2 Cardiovascular System and Exercise

Structure of the Heart, Heart Valves and Direction of the Blood Flow, Conduction System of the Heart, cardiac Circulation, Cardiac Cycle, Heart Rate, Stroke Volume, Cardiac Output and Heart Rate and stroke Volume interactions. Effects of exercise and training on Cardio vascular system.

Unit-3 Respiratory System and Exercise

External and Internal Respiration, Mechanism of Respiration, Respiratory Muscles, Minute Ventilation, Ventilation at Rest and During Exercise. Exchange of Gases in Lungs and Tissues, Control of Ventilation, Ventilation and Anaerobic Threshold, Oxygen recovery, Lung Volumes and Capacities, Anatomical Dead Space. Effects of exercise and training on respiratory system.

Unit-4 Metabolism and Energy Transfer

Metabolism : Definition and types- Anabolism and Ketabolism, Anaerobic Metabolism: ATP,PC or Phosphagen System, Anaerobic Glycolysis, Aerobic Metabolism: Aerobic Glycolysis, Fat Metabolism. Metabolism during Rest and Exercise (.High Intensity and Long Duration Exercises),

Unit-5 Climatic conditions and Ergogenic aids

Variations in Temperature and Humidity–Thermoregulation, Sports performance in hot Cool and humid Climate, high altitude, acclamiatization and circadian rhythm. Ergogenic Aids: Pharmacological, Hormonal, Physiological aspects and their effects on sports performance. Doping and WADA.

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

REFERENCE BOOKS:

1) Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2) Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
3) Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
4) David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
5) Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
6) Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
7) Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
8) Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human
9) Performance. Philadelphia: Lippincott Williams and Wilkins Company. John Bullock. et.al., Physiology, 4th Ed. Newyork.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO'S)::

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO3	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO4	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO5	M	H	M	H	H	H	H	H	H	M	H	H	M	H

MP 103 (R22): APPLIED STATICTICS IN PHYSICAL EDUCATION AND SPORTS

COURSE OBJECTIVES:

- To know the basics of Statistics
- To know the types and functions in the statistics
- The role and importance of statistical methods in the Physical Education.
- To understand the probability distributions and Graphs

COURSE OUTCOMES: Students Completing this course were able to	
CO1	To acquire the knowledge of statistics basics
CO2	To understand the importance of statistics in the Physical Education
CO3	To know the measures and central tendency
CO4	To know the Purpose of Measure of Dispersions and Scales
CO5	To know about the Probability Distributions and Graphs

UNIT I – Introduction

Meaning, Definition, types, Functions, need and importance of Statistics. Meaning of the terms, Population, Sample, Data and types of data. Variable: Definition and types of Variables, Discrete and Continuous. Parametric and non-parametric statistics.

UNIT II –Measures of Central Tendency

Construction of frequency table. Meaning, Definition, Importance, Computation, Advantages and Disadvantages of Measures of central tendency. – Mean, median and mode.

UNIT III – Measures of Dispersions and Scales

Meaning, Purpose, Calculation and a Advantages of Range, Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error. Scales : Meaning, Purpose, Computation and advantages of T scale; 6 Sigma scale, Z Scale and Hull scale.

UNIT IV – Probability Distributions and Graphs

Normal Curve. Principles of normal curve, Properties of normal curve. Meaning of probability,–. Divergence from normality. Skewness and Kurtosis. Graphical Representations in Statistics: Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve and Pie Diagram.

UNIT V – Inferential and Comparative Statistics

Tests of significance, "T" test, "F" ratio, 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.

REFERENCE BOOKS:

1) Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
2) Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
3) Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics; Kamlesh, M. L. (1999)
4) Reserach Methodology in Physical Education and Sports, New Delhi Rothstain A (1985)
5) Research Design and Statistics for Physical Education, Englewood Cliffs:Prentice Hall, IncSivaramakrishnan. S. (2006)
6) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO'S):

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO3	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO4	H	H	H	H	H	H	M	H	M	H	M	H	H	H

MP 104 (R22): FITNESS AND LIFE STYLE MANAGEMENT (ELECTIVE)

COURSE OBJECTIVES:

- To understand the Concept of Fitness
- To understand the importance of life style management
- To know the benefits of the health-related fitness
- To acquire the Knowledge on Nutritional diet
- To know types of stress and how to maintain the stress relief through exercise.

COURSE OUTCOMES: Students Completing this course were able to	
CO1	To understand the meaning of fitness and skill related and health related fitness
CO2	To understand the concepts of health related fitness components
CO3	To understand the risk factors of Obesity and over fatness
CO4	To know the skill to overcome the stress through fitness exercise
CO5	To know the nutritional importance to the human body

Unit-1

Concept of Fitness Definition and meaning of Fitness, Different Kinds of Fatnesses, Physical Fitness, Skill Related and Health Related Physical Fitness. Relationship of fitness and health fitness to develop health of an individual, Wellness revolution: Life style and Health fitness relationship, Meaning of active life style, Physical Inactivity and associated health risks Diabetes, Hypertension, Atherosclerosis, Arthritis

Unit - 2

Meaning of Health, Health related fitness components: Body Compositions, Cordio Vasular Fitness, Muscular Endurance, strength, flexibility, benefits of health related fitness. Benefits of Health fitness Components: Meaning of health related and Physical fitness components Exercise protocols for the health fitness components, Body Composition, concepts of body weight and components of body weight, Assessment of body composition, Obesity, Meaning of Obesity and risk factors, of Obesity and over fatness- Muscular and joint flexibility-risk factors Associated with poor muscular and Joint flexibility..

Unit-3

Nutrition: base for human performance-Carbohydrates, Fats and Proteins. Recommended intake for Normal persons and exercising individuals. Vitamins, Minerals and Water. Osteoporosis and Calcium, Minerals and performance. Optimal nutrition for exercise, Energy value of different important foods, Food Pyramid, fluid replacement before, during and after exercise for temperature regulation and injury prevention, carbohydrates and electrolytes during exercise.

Unit-4

Stress-meaning and types of stress, Physical and mental stress-Harmful effects of overtraining and excessive exercise on health, -mental stress and painful effects of mental stress on health. Anxiety, Depression, insomnia, Compulsive obsessive behaviors, Stress relief through exercise and stress management protocols.

Unit-5

Health behavior, Self efficacy and health behavior, Behavioral modification for wellness, Social support and health of an individual, Life style and other related aspects of activity during childhood. Facts on childhood obesity and activity.

REFERENCE BOOKS:

1) Lifestyle management in Health and Social care, Merinda Thew and Jim McKenna, Blackwell Publishing. United Kingdom.
2) Predicting Health behavior, Mark Connor and Paul Norman, Open University Press, Buckingham, UK.
3) Health Behavior and health education: Theory, research and Practice, Karen Glanz, Barbara Rimer, Viswanath, John wiley and sons, USA. (Free pdf book)
4) Human Body Composition, Steven B Heymstead, Timothy Lohan, Zimian Wang, Scott B Going, Human Kinetics, USA.
5) Science of Flexibility, Michael J Alter, Human Kinetics, USA.
6) Applied Body Composition Assessment, Vivian H Heyward, Dale R Wagner, Human Kinetics, USA.
7) Coping with life stress-the Indian experience, Meena Hariharan, Amazon Books.
8) Stress Management- a Wellness approach, Nanette E Tummers, Human Kinetics, USA.
9) Wellness Workbook: How to achieve enduring health and vitality, John W Travis and Regina S Ryan, Crown publishing, New York.
10) The Soul of Wellness: 12 holistic principles for achieving a healthy body, mind, heart and spirit, Rajiv Parti, Select book incorporation, New York.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO'S)::

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO3	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO4	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO5	M	H	M	H	H	H	H	H	H	M	H	H	M	H

MP 105 (R22): EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION (ELECTIVE)

COURSE OBJECTIVES:

- To understand the Nature and Scope of Educational Technology
- To acquire knowledge on system approach in Physical Education and Communication
- To know the stages of Development of instructional Design and Overview of models of instructional Design
- To understand the Importance of Audio-Visual Media in Physical Education

COURSE OUTCOMES: Students Completing this course were able to	
CO1	To Know the Concept, Nature and Scope, Forms of Educational Technology
CO2	To acquire the knowledge on Technology and its usage in Physical Education
CO3	To know the stages of Development of instructional Design and Overview of models of instructional Design
CO4	To understand the Meaning and importance of Audio Visual media in Physical Education
CO5	To know the new horizons of Educational Technology.

Unit I – Nature and Scope

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

Unit II – Systems Approach to Physical Education and Communication

Systems Approach to Education and its Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies; Instructional Strategies and Media for Instruction. Effectiveness of Communication in instructional system; Communication: Modes, Barriers and Process of Communication.

Unit III- Instructional Design

Instructional Design: Concept, Views. Process and stages of Development of Instructional Design, Overview of Models of Instructional Design. Instructional Design for Competency Based Teaching: Models for Development of Self Learning Material.

Unit IV – Audio Visual Media in Physical Education

Audio-visual media: meaning, importance and various forms Audio/Radio: Broadcast and audio recordings,- strengths and Limitations, criteria for selection of instructional units, script writing, pre- production, post-production process and practices. Audio Conferencing and

Interactive Radio Conference. Video/Educational Television: Telecast and Video recordings Strengths and limitations, Use of Television and CCTV in instruction and Training, Video Conferencing, SITE (Satellite Instructional, Television, Experiment) experiment, countrywide classroom project and Satellite based instructions. Use of animation films for the development of children's imagination.

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. 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 Educational Technology in Physical Education..

REFERENCE BOOKS:

1) 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.
2) Communication and Education, D. N. Dasgupta, Pointer Publishers.
3) Education and Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi
4) Essentials of Educational Technology, Madan Lal, Anmol Publications
5) K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
6) Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982
7) Kozman, Cassidy and kJackson. Methods in Physical Education (W.B. Saunders Company,Philadelphia and London), 1952.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's)														
COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO2	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO3	H	H	H	H	H	M	H	H	H	H	M	M	M	H
CO4	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO5	M	M	M	M	H	H	H	H	H	M	H	M	H	H

Semester II

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

SEMESTER-II

MP 201 (R22): YOGIC SCIENCES

COURSE OBJECTIVES:

- To understand the basics of yoga
- To gain knowledge on different types of yoga systems like astanga yoga, raja yoga, mantra yoga and meditation
- To attain knowledge on the effect of asanas on health
- To understand the effect of pranayama on naadies and chakras
- To attain knowledge on effects of yoga on Physiological Systems

COURSE OUTCOMES: Students Completing this course were able to	
CO1	Understand the basics of yoga
CO2	Gain knowledge on different types of yoga systems
CO3	attain knowledge on the effect of asanas on health
CO4	Understand the effect of pranayama on naadies and chakras
CO5	Attain knowledge on effects of yoga on Physiological Systems.

Unit I – Introduction

Meaning, Definition, Scope and importance of Yoga, Essentials For Yoga Practices; Age, Diet, Stomach Emptying bowels, bathing, Clothes, Sun Bathing, No Straining, Place, Time, Awareness, Sequence. Contra indication, Counter Pose, Inverted Asana, Breathing, and Relaxation. Basic Systems of Yoga with importance - Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi. Streams of Yoga: Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga and Gnana Yoga.

Unit II – Aasanas, Kriyas, Bandhas and Mudras:

Asana: Definition, Classification, Sitting, Standing, Lying, & Inverted ASanas. Benefits of Asanas, Asanas and Loosening Exercises, Surya Namaskara- Description and Benefits. Kriyas **:** Meaning, Neti, Nauli, Dhauti, Kapalabhati, Trataka, Bhastrika, Benefits. Bandhas**:** Jalandhara,, Udyana, Mula and their Importance. Mudras: Definition, Purpose, Benefits of Hastamudras, Asamyuktahasta, Samyuktahasta, Manamudra, Kayamudra, Bandha Mudra, Adharamudra.

Unit III – Pranayama**:** Definition, Tradition, Types, Importance & Impact of Pranayama on naadis. Chakras: Definition and types, Effects of Pranayama on major chakras.

Unit IV – Meditation: Meaning, Definition and Benefits. Types of Meditation: Passive, active, Saguna and Nirguna Meditation. Meditation and Health, Meditation and stress Management.

Unit V – Yoga and Sports

Effects of Yoga on Physiological Systems: Respiratory, Circulatory, Digestive, Nervous and Excretory Systems. Place of Yoga as Supplementary, Compensatory, Regenerative and Yogic Power. Role of Yoga in Sports: Promotion of Mental Wellbeing, Self Actualization, Concentration, Suppression of Anxiety and depression. Role of Yoga in Making out a Sports Person.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE BOOKS:

1) George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
2) Gore, (1990), Anatomy and Physiology of Yogac Practices. Lonavata: Kanchan Prkashan. Helen Purperhart (2004), The Yoga Adventure for Children.
3) Netherlands: A Hunter House book.
4) Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
5) Karbelkar N.V.(1993) Patanjal Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
6) Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
7) Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
8) Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House. Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
9) Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga. Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.
10) Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication. Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication. Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham. Satya Murty. K, **Elements of Yoga**, Vedadri Brahma Gnana Kendra, Pedakakani, Guntur, India,(2015)

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's):														
COS / POS	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PO 11**	**PO 12**	**PO 13**	**PO 14**
CO1	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**
CO2	**H**	**H**	**H**	**M**	**H**	**H**	**H**	**H**	**M**	**M**	**M**	**H**	**M**	**H**
CO3	**M**	**M**	**M**	**M**	**H**	**H**	**H**	**H**	**H**	**M**	**H**	**M**	**H**	**H**
CO4	**H**	**H**	**H**	**H**	**H**	**H**	**M**	**H**	**M**	**H**	**M**	**H**	**H**	**H**
CO5	**M**	**H**	**M**	**H**	**H**	**H**	**H**	**H**	**H**	**M**	**H**	**H**	**M**	**H**

MP 202 (R22): SPORTS BIOMECHANICS AND KINSESIOLOGY

COURSE OBJECTIVES:

- To understand the importance of Sports Kinesiology and Biomechanics and their fundamental aspects
- To have a thorough of knowledge of various muscles producing movements in the body
- To have the knowledge of types of motion in sports activities and the types of forces producing them
- To provide the knowledge of projectiles and levers and their important aspects
- To have the knowledge of various aspects of movement analysis using computers

COURSE OUTCOMES: Students Completing this course were able to	
CO1	Understand the various internal and external forces acting on the body producing movements
CO2	Knowledge of various muscles of the body and the movements produced by hem
CO3	Utilization of the forces properly to gain more mechanical advantage
CO4	Knowledge of various flying objects and heir characteristics to implement in sports situations
CO5	Fundamental aspects of computer analysis of various sports skills

UNIT I – Introduction

Meaning, nature, importance and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Statics, Kinematics, Kinetics, gravity, Center of Gravity, Line of gravity and base of the body. Vectors and Scalars.

UNIT II – Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion and General motion. uniform & Non Uniform motion. Laws of Motion: law of Inertia, Law of acceleration and law of reaction. Force: Definition and types of force: Centripetal Force, Centrifugal Force, Sources of force, components of Force, Factors of Force. pressure, friction, Buoyancy and Spin.

UNIT III – Projectiles and Levers

Freely falling bodies, Projectiles: Principles of Projectiles: Stability, equilibrium and its Types. Factors Effecting on Equilibrium. Definition of Work, Power and Energy. Mechanical Energy: kinetic energy, potential energy and strain energy. Levers: Definition and Types of Levers and their practical application. Mechanical Advantage. Fluid Resistance, Aerodynamics.

UNIT IV – Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Video Analysis. Methods of analysis – Qualitative, Quantitative, Predictive methods.

UNIT V – Muscle Action

Origin, Insertion and action of Muscles around shoulder, Elbow, Hip, Knee and muscles of Abdomen & Trunk.

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

REFERENCE BOOKS:

1) Deshpande S.H. (2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati: Hanuman Vyayam Prasarak Mandal.
2) Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005. Steven Roy & Richard Irvin. (1983). Sports Medicine. New Jersery: Prentice hall. Thomas. (2001).
3) Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India 2004).
4) Uppal, A (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends publications.
5) Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.
6) Peter.M.Mc.Ginnis, Biomechanics of Sport and Exercise, Human Kinetics, U.S.A, 1999.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's):

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO3	H	H	H	H	H	H	H	H	H	M	H	M	H	H
CO4	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO5	M	H	M	H	H	H	H	H	H	M	H	H	M	H

MP 203 (R22): TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

COURSE OBJECTIVES:

- To Understand the Classification and Instructions of Tests
- To Know the Need and Importance of Tests and Measurement and Evaluation
- To Know the Principles of Evaluation
- To Know the Criteria of Good Tests

COURSE OUTCOMES: Students Completing this course were able to	
CO1	To attain the Knowledge of Physical Fitness tests
CO2	To attain the Knowledge of Endurance tests
CO3	To Know about the Mortar ability Tests and Motor fitness tests
CO4	To Know about the Sports skill tests
CO5	To Know about the field Hockey

UNIT I – Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection: Scientific Authenticity, Administrative Considerations and Educational Applications. Scientific Authenticity: Validity, Reliability, Objectivity, Norms, Duplicate Forms and Standard Directions.

UNIT II – Physical Fitness Tests

Physical Fitness: Meaning and Definition, Physical Fitness Tests: AAHPER, JCR Tests. Roger's physical fitness Index. Cardio vascular test: Harvard step test, Cooper's 12 minutes run / walk test.

UNIT III – Motor Fitness Tests

Meaning and Definition of Motor Fitness, Motor Fitness Tests; Indian Motor Fitness Test, Oregon Motor Fitness Test. Motor Ability: Meaning, Definition. Motor Ability Test: Barrow Motor Ability Test, Newton Motor Ability Test. Muscular Fitness: Kraus Weber Minimum Muscular Fitness Test.

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

Physiological Test - Aerobic Capacity: Bruce Treadmill Test Protocol, Beep test. Anaerobic Capacity: Margaria-Kalamen test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Girth: Arm, Waist, Hip, Thigh. Skin Folds: Chest, Abdomen, Midthigh, Triceps, Illiac Crest.

UNIT V – Skill Tests

Specific Sports Skill Test: Badminton: French Stalter Short Service Test, Miller Wall Volley Test. Basketball: Knox, Johnson Basketball Test. Hockey: Henry Friedel Field Hockey Test, Schmithal's Field Hockey Test, Volleyball: Russel Lange Volleyball Test, Brady Volleyball Test. Football: Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test, Broer Miller Test.

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

REFERENCES BOOKS:

1) Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
2) Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
3) Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
4) Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc
5) Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
6) Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
7) Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaigm IL: Human Kinetics
8) Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's):

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO3	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO4	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO5	M	H	M	H	H	H	H	H	H	M	H	H	M	H

SEMESTER III

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

SEMESTER-III

MP 301 (R22): SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

COURSE OBJECTIVES:

- To under the Principles of Sports Training
- To understand the components of Physical Fitness
- To know about the Flexibility and Co-ordination
- To Know the methods of Sports Training

COURSE OUTCOMES: Students Completing this course were able to	
CO1	Able to Understand the Principles of Sports Training
CO2	Attain the grip on components of Physical Fitness
CO3	To know the factors determining flexibility
CO4	To Know about methods of Sports Training
CO5	To know about Periodization, and Training Plan

UNIT I – Introduction

Sports training: Definition – Aims, Characteristics, Principles of Sports Training. Load: Definition, Components of load. Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures for over load – Super Compensation. Recovery. Detraining and Retraining.

UNIT II – Components of Physical Fitness

Strength: Meaning, types - Isometric, Isotonic and Iso kinetic exercises – Factors determining strength – Methods to improve strength. Speed: Meaning – types - Factors determining speed – Methods to improve speed. Endurance: Meaning – types - Factors determining endurance – Methods to improve Endurance.

UNIT III – Flexibility and Coordination

Flexibility: Meaning – types - Factors determining flexibility – Methods to improve flexibility - Coordination: Meaning, types - Factors determining coordination – Methods to improve coordination.

UNIT IV – Methods of Sports Training

Aerobic training, Anaerobic training, Weight training, Fartlek Training, Interval training, Plyometric training, Resistance training, Pressure training, High Altitude training, Functional training, Repetition method of training, and Transfer of training effects.

UNIT V – Periodization

Training Plan: Micro, Meso and Macro Cycles. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Phases of Periodisation, Preparatory Period, Competition Period and Transition Period. Top form, Tapering performance. Training schedules.

REFERENCE BOOKS:

1) Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
2) Cart, E. Klafs &Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company Daniel, D. Arnheim (1991) Principles of Athletic Traning, St. Luis, Mosby Year Book
3) David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
4) Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
5) Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and
6) Bartlett Publications.
7) Yograj Thani (2003), Sports Training, Delhi : Sports Publications Michael; J.Alter : Sciences of stretching (1988) Human Kinetics.
8) The Physiology basis of Physical Education and Athletics, 4th Edition, Fox, Bruisesr and Foss. Larry G. Shaver : Essentials of Exercise Physiology.
9) Stwven J. Flack & WIllam J. Kraemer : Designing resistance training programme (1997) Human Kinetics.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's):

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO3	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO4	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO5	M	H	M	H	H	H	H	H	H	M	H	H	M	H

MP 302 (R22): SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION

COURSE OBJECTIVES:

- To understand the important aspects of Sports Medicine
- To gain knowledge of various therapeutic exercises
- To acquire knowledge of various types of sports injuries and their management
- To have knowledge and importance of Rehabilitation
- To gain knowledge of posture, its deformities and correction

COURSE OUTCOMES: Students Completing this course were able to	
CO1	Understand the principles of sports medicine and to take care of sports injuries
CO2	Cure some of the sports injuries by exercise therapy
CO3	Gain thorough knowledge of sports injuries, their management and prevention
CO4	Quickly bring back to sports participation after an injury
CO5	Correct the postural deformities and utilize proper massage techniques

Unit I – Introduction

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE (Protection, Rest, Ice, NSAIDS (Non Steroidal anti inflammatory drugs), Compression & Elevation) therapy, Aquatic therapy.

Unit II – Sports Injuries Care, Treatment and Support

Principles pertaining to the prevention of Sports injuries – care and treatment of exposed and unexposed injuries in sports, Therapeutics modalities: Cryo, thermo, Hydro, Electro, Actino therapy Strapping, Taping and Bandages, supporting, Aiding techniques for equipment for upper extremities and Lower extremities and spine.

Unit III – Posture

Posture, Values of Good posture, Causes of Bad posture, Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knees, Bow legs, Flat foot. Causes for deviations and treatment including exercises. Posture test, Gait and types.

Unit IV – Rehabilitation Exercises

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles. Gait training, swiss ball exercises.

Unit V – Massage

Brief history of massage – Massage as an aid for relaxation, Principles of massage, Physiological, Chemical, Psychological effects of massage, Contra indications of Massage, Classification of Massage, Stroking manipulation: Effleurage, Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling, Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation: Vibration and shaking.

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)

REFERENCE BOOKS:

1) Dohenty. J. Meno.Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
2) Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbome, J.l. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's):

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO2	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO3	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO4	M	H	M	H	H	H	H	H	H	M	H	H	M	H
CO5	H	H	M	H	M	M	M	H	H	M	H	M	H	H

MP 303 (R22): SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY

COURSE OBJECTIVES:

- To know the History, need and importance of Sports Psychology
- To know about the perception, factors affecting perception.
- To attain knowledge on Motivation and Emotion and their types for approach
- To know about the Sports Sociology and advantages and disadvantages

COURSE OUTCOMES: Students Completing this course were able to	
CO1	To understand the importance of Sports Psychology
CO2	To understand the Sports Psychology in India
CO3	To know about the present Status of Sports Psychology
CO4	To know about the motivation and Types of Motivations and emotions
CO5	To know about the Sports Sociology and Group Cohesion.

UNIT I - Introduction

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning, Motor Perception,Factors Affecting Perception–Perceptual Mechanism. Personality: Meaning, Definition, Structure, Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II – Motivation, Emotion

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning Goal Setting,. Anxiety: Meaning and Definition, Nature, Types, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning, Definition, Causes of Stress and Sports Performance. Aggression: Meaning, Definition and Types of Agression, Aggression and Sports Performance. Relaxation: Meaning, Definition and Types of relaxaion. Methods of measuring, Motivation, Anxiety, Stress and Aggression.

UNIT III – Psychological Test

Types of Psychological Test: Instrument based tests: Pass-along test, Tachistoscope, Reaction timer, Finger dexterity board, Depth perception box, Kinesthesiometer board. Questionnaire: Sports Achievement Motivation tests, Sports Anxiety test, Sports aggression tests, stress test.

UNIT IV – Sports Sociology

Meaning and Definition – Sports and Socialization of Individual. Sports as Social Institution, National Integration through Sports. Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance. Violence in Sports.

UNIT V – Group Cohesion

Group: Definition and Meaning,, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics, Competition and cooperation. Current Problems in Sports and Future Directions, Sports Social Crisis Management, Women in Sports: Sports Women in our Society, Gender inequalities in Sports.

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

REFERENCE BOOKS:

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

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's):

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO2	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO3	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO4	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO5	H	H	H	H	H	H	H	H	H	H	H	H	H	H

SEMESTER IV

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

SEMESTER-IV

MP 401 (R22): INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

COURSE OBJECTIVES:

- To know the Basics of Computer
- To know the role of Computer in the Physical Education
- To acquire knowledge in computer information communication system
- To know the applications of Computers in the Physical Education Stream.ss

COURSE OUTCOMES: Students Completing this course were able to	
CO1	To attain the basic knowledge about the computer
CO2	To know the role and importance of ICT in Physical Education
CO3	To Know the Application Software Importance in Physical Education
CO4	To know benefits of Integrating the Technology in Teaching learning process
CO5	To acquire knowledge the benefits of web based and e- Learning

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication, Communication Barriers & Facilitators of communication, Communicative skills of English. Listening, Speaking, Reading & Writing Concept & Importance of ICT, challenges in integrating ICT in Physical EducationT in Education

Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration.

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 and 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

REFERENCE BOOKS:

1) B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006 Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition- 2001 Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
2) Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
3) ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing- 2006
4) Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999
5) Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006.

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CO1	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO3	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO4	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO5	M	H	M	H	H	H	H	H	H	M	H	H	M	H

MP 402 (R22): HEALTH EDUCATION AND SPORTS NURTITION

COURSE OBJECTIVES

- To Understand the Basics of health Education, Aims, Objectives and Principles
- To the Know the Concepts of health and health problems in India
- To acquire the Knowledge on Biomedical and Holistic Concepts.
- To Know the Dimension of Health, Physical , mental and Social, Nutrition

COURSE OUTCOMES: Students Completing this course were able to	
CO1	To Know the Health Sciences and Balanced diet
CO2	Familiarity on health Supervision and educating the role of health in Schools
CO3	To know the health Problems in India and to Overcome the problems through fitness
CO4	To maintain the Hygiene and best life style management
CO5	To know the best nutrition and practices in weight loss management

Unit - I Health Education

Meaning, Definition of Health, Health Education. Concept, Dimensions, and Determinants of Health. Health Instructions, Aims, objectives and Principles of Health Education. Health Service, Health supervision.

Unit - II Health Problems in India

Communicable: Tuberculosis, Measles, Mums, Rabis, Polio, wooping cough, Hepatitis, Ebola, Swine fle, Dengue, Malaria and STD: Gonorrea, HIV/Aids, CORONA, Syphilis and Non Communicable Diseases: Cancer, Asteoporosis, Asthama, Hyper tension, Diabetes. Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population,

Personal and Environmental Hygiene in schools Objective of school health service, Role of health education in schools, Nutritional service, Health appraisal,, Healthful school environment, first- aid and emergency care. Health Agencies: Red cross, WHO, St.John Ambulance, UNICEF, UNESCO.

Unit- III –Hygiene and Health

Meaning of Hygiene, Types of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effects 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: Carbohydrate, Protein, Fats, Vitamins, Minerals, Water Dehydration and fluids replacement, Classification of food, organic food, Carbohydrate loading, Hyponatramia., Role of carbohydrates, Fat and protein on Sports Performance.

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.

REFERENCE BOOKS:

1) Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".
2) Ghosh, B.N. "Treaties of Hygiene and Public Health".
3) Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".
4) Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. 'The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
5) Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
6) Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's):

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO2	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO3	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO4	M	H	M	H	H	H	H	H	H	M	H	H	M	H
CO5	M	H	M	H	H	H	H	H	H	M	H	H	H	H

MP 403 (R22): SPORTS TECHNOLOGY

COURSE OBJECTIVES:

- Meaning and importance of Technology in Sports
- Science of sports Material
- Modern Surfaces of Playfields
- Modern Equipment used in Sports
- Training gadgets used for better performance

COURSE OUTCOMES: Students Completing this course were able to	
CO1	To know the importance of Technology and role in Sports
CO2	To know the scientific methods used in Sports Material
CO3	To understand the surfaces used for sports playfields
CO4	To know how to use the modern equipment used in sports
CO5	To know how to use training gadgets in sports training

Unit I – Sports Technology

Meaning, definition, Importance of technology in Sports, General Principles and purpose of instrumentation in sports, Technological impacts on sports.

Unit II – Science of Sports Materials

Adhesives- Nano glue, nano moulding technology, Nano turf. Foot wear production, Factors and applications in sports, constraints. Foams- Polyurethane, Polystyrene, Styrofoam, closed-cell and open- cell foams, Neoprene, Foam. Smart Materials: Shape Memory Alloy (SMA), Thermo chromic film, High- density modeling foam.

Unit III – Surfaces of Playfields

Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials: synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Use of computer and software in Match Analysis and Coaching.

Unit IV – Modern equipment

Playing Equipments: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipments: Running, Throwing and Jumping Events. Protective equipments: Types, Materials and Advantages. Sports equipment with nano technology, Advantages.

Unit V – Training Gadgets

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine, Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events. Use of computer and software in mater analysis and coaching.

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 BOOKS:

1) Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
2) Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher. John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group. Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
3) Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.), 1982
4) Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's):

COS / POS	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO 14
CO1	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO3	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO4	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO5	M	H	M	H	H	H	H	H	H	M	H	H	M	H

MP 404 (R22) : DISSERTATION /EVENT MANAGEMENT (ELECTIVE)

COURSE OBJECTIVES:

- Basics of event management
- Problem identification
- Methodology to solve the problem
- Preparation of Dissertations

COURSE OUTCOMES: Students Completing this course were able to	
CO1	Basics of Event management
CO2	Preparation of Proposal on the specific topic
CO3	How to bifurcate the groups
CO4	Teaching and training program schedule
CO5	Submission of Dissertations

1) Student who have chosen elective paper in Dissertation / Project Work / Event Management has to choose the Supervisor in the Department and select the Topic/Event of his choice in consultation with his/her Supervisor and submit the proposal on or before the end of the second semester to the Principal / Head of the Department.
2) Further the student has to submit his/her Dissertation (four copies)/Project/Event not less than 15 days before the beginning of the Fourth Semester examinations and appear Viva-voce examination.
3) Student who have chosen elective paper in Dissertation / Project Work / Event Management has to choose the Supervisor in the Department and select the Topic/Event of his choice in consultation with his/her Supervisor and submit the proposal on or before the end of the second semester to the Principal / Head of the Department.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME(PO's):														
COS / POS	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PO 11**	**PO 12**	**PO 13**	**PO 14**
CO1	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**	**H**
CO2	**H**	**H**	**H**	**M**	**H**	**H**	**H**	**H**	**M**	**M**	**M**	**H**	**M**	**H**
CO3	**M**	**M**	**M**	**M**	**H**	**H**	**H**	**H**	**H**	**M**	**H**	**M**	**H**	**H**
CO4	**H**	**H**	**H**	**H**	**H**	**H**	**M**	**H**	**M**	**H**	**M**	**H**	**H**	**H**
CO5	**M**	**H**	**M**	**H**	**H**	**H**	**H**	**H**	**H**	**M**	**H**	**H**	**M**	**H**

MP 405 (R22): SPORTS MANAGEMENT AND CURRICULUM DESIGNS IN PHYSICAL EDUCATION (ELECTIVE)

COURSE OBJECTIVES:

- Basic of the sports management
- Preparation of curriculum design
- Role of Sports management in Physical Education
- Curriculum Sources

COURSE OUTCOMES: Students Completing this course were able to	
CO1	To know the basics and importance of Sports management
CO2	To know the importance of the Program management
CO3	Need of Equipment and Public relation
CO4	Preparation of Curriculum designs in Physical Education
CO5	Curriculum Sources

UNIT I – Introduction to Sports Management

Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives of Personal Management, Personal Policies, Role of Personal Manager in an organization, Personnel recruitment and selection.

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 – Equipment and Public Relation

Purchase and supplies of Equipment, Guidelines for selection of Equipment and Supplies, Purchase of equipment and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment. Public Relations in Sports: Planning the Public Relation Programme – Principles of Public Relation, Public Relations in School and Communities, Public Relation and the Media.

UNIT IV – Curriculum

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

UNIT V – Curriculum Sources

Factors affecting curriculum: Sources of Curriculum materials, text books, Journals, Dictionaries, Thesis, Encyclopaedias, Micropaedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences, Curriculum research, Objectives of Curriculum research, Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation.

REFERENCE BOOKS:

1) Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher. Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
2) Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
3) Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.
4) Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall. Chakraborthy & Samiran. (1998). Sports Management. New Delhi: Sports Publication. Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and
5) Sports. St. Louis: Mosby Publishing Company.
6) Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
7) John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company. McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research,. U.K. Routledge NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.
8) NCERT (2000). National Curriculum Framework for School Education, New Delhi: NCERT.
9) NCERT (2005). National Curriculum Framework, New Delhi: NCERT. NCERT (2005). National Curriculum Framework-2005, New Delhi: NCERT. Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House. Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication.

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CO2	H	H	H	M	H	H	H	H	M	M	M	H	M	H
CO3	M	M	M	M	H	H	H	H	H	M	H	M	H	H
CO4	H	H	H	H	H	H	M	H	M	H	M	H	H	H
CO5	M	H	M	H	H	H	H	H	H	M	H	H	M	H

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