DEVI AHILYA VISHWAVIDYALAYA, INDORE

SCHOOL OF PHYSICAL EDUCATION

Ordinance

Syllabus and Scheme

of

M.P.Ed. (Master of Physical Education)

(July 2013 Onwards)

DEVI AHILYA VISHWAVIDYALAYA, INDORE

**Ordinance no. 207**

**For University Teaching Department (U.T.D.) and Affiliated colleges**

1. **Degree Title :** Master of Physical Education (M.P.Ed.)

2. **Name of the Faculty :** Faculty of Physical Education

3. **Duration :** 2 Years (Four Semesters)

4. **Eligibility:**

B.P.Ed/B.P.E./B.Sc. in health in Physical Education and sports degree with at least fifty five percent marks, (Eligibility as per N.C.T.E. norms). Reservation and age rules as per State Govt.

5. **Admission Procedure:**

As decided by admission committee of Devi Ahilya Vishwavidyalaya and subject to revision from time to time.

6. **Total Seats:**

 As per U.G.C./N.C.T.E./other Statutory Councils from time to time.

7. **Fee Structure:**

As decided by Devi Ahilya Vishwavidyalaya or State Govt., from time to time.

8. **Examination, Curriculum and Related Regulation:**

As per ordinance 31 of Devi Ahilya Vishwavidyalaya for U.T.D. and ordinance 5 for affiliated colleges.

9. **Eligibility for the award of the degree:**

A candidate shall be eligible for the degree of Master of Physical Education when he/she has completed the requirement of examination successfully as per ordinance No-31 and ordinance 5.

10. **Attendance:**

Attendance in theory and practical subjects shall be compulsory. A minimum of 75% attendance is required separately for each theory and practical’s subjects.

11. **General Instruction:**

For matters not covered in this ordinance, general rules of Devi Ahilya Vishwavidyalaya, as applicable in semester examination shall apply in other matters. Executive council of Devi Ahilya Vishwavidyalaya shall be competent to take decision.

SCHOOL OF PHYSICAL EDUCATION

DEVI AHILYA VISHWAVIDYALAYA, INDORE

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

General Rules and Scheme of Examination

1. The Examination for the degree of Master of Physical Education will be of four semester (two years) duration:

* 1. M.P.Ed. Semester I and Semester II
	2. M.P.Ed. Semester III and Semester IV

2. A candidate, who –

(a) After taking a Bachelor Degree in Physical Education of the University or B.Sc. in Physical Education, Health Education and Sports introduced by U.G.C. or after graduation one year degree in Physical Education (B.P.Ed.) of an Indian University recognized for the purpose by Devi Ahilya University as equivalent thereto or

(b) After obtaining a Post Graduate Diploma in Physical Education of at least one year duration awarded by an Indian University or a Board appointed by the Education Department of State or

(c) After obtaining Indian or foreign qualifications recognized as equivalent to those mentioned in (a) or (b) above by the Devi Ahilya University shall be admitted to previous year ( Semester – I ) for the degree of Master of Physical Education.

3. The provisions of ordinance 31 will be applicable for this course.

**Examination**

1. Foe UTD the examination will be conducted according to ordinance 31. And for affiliated colleges according to ordinance 5.

2. The medium of instruction shall be Hindi / English and a candidate can take examination either in Hindi or English.

1. A candidate shall have the option to offer dissertation in lieu of one paper for M.P.E. fourth semester. A candidate offering dissertation must indicate at the time of registration for third semester provided he/she has obtained at least 6.00 CGPA in the previous two semesters. A candidate selecting this option must submit his/her dissertation not less than two weeks before the beginning of the final examination of fourth semester and present himself / herself for viva-voce examination as and when required by the department.

**ACADEMIC PROGRAMME**

**(With no. of lectures and credits per week**)

**M.P.Ed. SEMESTER – I**

|  |  |  |  |
| --- | --- | --- | --- |
| **Part – A (Theory Papers)** | **No. of classes per week** | **No. of Credits** | **Faculty Name** |
| **Lectures** | **Tutorials** | **Practical / Project Work** |
| T-01 | Research Methods | 03 | 01 | - | 04 |  |
| T-02 | Statistics | 03 | 01 | - | 04 |  |
| T-03 | Scientific Principles of Sports Training | 03 | 01 | - | 04 |  |
| T-04 | Officiating and Coaching | 03 | - | 03 | 04 |  |
| **Part – B (Practical)** |
| P-01 | Conditioning & Match Practice | 05 | 05 | - | 10 |  |
| **Part – C (Viva-voce)** |
| C-01 | Comprehensive Viva-voce | - | - | - | 04 |  |

 **Total Credits 30**

**M.P.Ed. SEMESTER – II**

|  |  |  |  |
| --- | --- | --- | --- |
| **Part – A (Theory Papers)** | **No. of classes per week** | **No. of Credits** | **Faculty Name** |
| **Lectures** | **Tutorials** | **Practical / Project Work** |
| T-05 | Officiating & Coaching | 03 | - | 03 | 04 |  |
| T-06 | Measurement and Evaluation | 03 | 01 | - | 04 |  |
| T-07 | Professional Preparation & Curriculum Design | 03 | 01 | - | 04 |  |
| T-08 | Basic Computer Application | 03 | - | 01 | 04 |  |
| **Part – B (Practical)** |
| P-02 | Conditioning & Match Practice | 05 | 05 | - | 10 |  |
| **Part – C (Viva-voce)** |
| C-02 | Comprehensive Viva-voce | - | - | - | 04 |  |

**Total Credits 30**

**M.P.Ed. SEMESTER – III**

|  |  |  |  |
| --- | --- | --- | --- |
| **Part – A (Theory Papers)** | **No. of classes per week** | **No. of Credits** | **Faculty Name** |
| **Lectures** | **Tutorials** | **Practical / Project Work** |
| T-09 | Sports Psychology | 03 | 01 | - | 04 |  |
| T-10 | Exercise Physiology | 03 | 01 | - | 04 |  |
| T-11 | Sports Medicine | 03 | 01 | - | 04 |  |
| T-12 | Sports Specialization | 03 | 01 | - | 04 |  |
| **Part – B (Practical)** |
| P-03 | Conditioning & Match Practice |  | 05 | - | 05 |  |
| P-04 | Sports Specialization(Practical Skill) | 05 | - | - | 05 |  |
| **Part – C (Viva-voce)** |
| C-03 | Comprehensive Viva-voce | - | - | - | 04 |  |

**Total Credits 30**

**M.P.Ed. SEMESTER – IV**

|  |  |  |  |
| --- | --- | --- | --- |
| **Part – A (Theory Papers)** | **No. of classes per week** | **No. of Credits** | **Faculty Name** |
| **Lectures** | **Tutorials** | **Practical / Project Work** |
| T-13 | Biomechanics | 03 | 01 | - | 04 |  |
| T-14 | Management of Physical Education OR Dissertation  | 03 | 01 | - | 04 |  |
| T-15 | Sports Specialization | 03 | 01 |  | 04 |  |
| T-16 | Theory Teaching Lessons | 04 |  | - | 04 |  |
| **Part – B (Practical)** |
| P-05 | Conditioning & Match Practice | - | 05 | - | 05 |  |
| P-06 | Sports Specialization (Coaching Lessons) | 05 | - | - | 05 |  |
| **Part – C (Viva-voce)** |
| C-04 | Comprehensive Viva-voce | - | - | - | 04 |  |

**Total Credits 30**

**DEVI AHILYA VISHWAVIDYALAYA, INDORE**

SCHOOL OF PHYSICAL EDUCATION

SCHEME OF EXAMINATION

(As per Ordinance 31)\*

**M.P.Ed. SEMESTER – I**

|  |  |
| --- | --- |
| **Part – A (Theory Papers)** | Maximum Marks |
| External | Internal |
| T-01 | Research Methods | 60 | 40 |
| T-02 | Statistics | 60 | 40 |
| T-03 | Scientific Principles of Training | 60 | 40 |
| T-04 | Officiating & Coaching | 60 | 40 |
|  | **TOTAL** | **240** | **160** |
| **Part – B (Practical)** |
| P-01 | Conditioning/ Match Practice Conditioning 60 marks Match Practice 40 marks | - | 100 |
| **Part – C (Viva-voce)** |
| C-01 | Comprehensive Viva-voce | 100 |  |
|  | **SUB TOTAL** | **340** | **260** |

**Grand Total 600**

**M.P.Ed. SEMESTER – II**

|  |  |
| --- | --- |
| **Part – A (Theory Papers)** | Maximum Marks |
| External | Internal |
| T-05 | Officiating & Coaching | 60 | 40 |
| T-06 | Measurement and Evaluation | 60 | 40 |
| T-07 | Professional Preparation & Curriculum Design | 60 | 40 |
| T-08 | Basic Computer Application | 60 | 40 |
|  | **TOTAL** | **240** | **160** |
| **Part – B (Practical)** |
| P-02 | Conditioning/Match Practice Conditioning 60 marks Match Practice 40 marks | - | 100 |
| **Part – C (Viva-voce)** |
| C-02 | Comprehensive Viva-voce | 100 |  |
|  | **SUB TOTAL** | **340** | **260** |

 **Grand Total 600**

**\*Note**: For affiliated college ordinance 5 will be applicable.

**M.P.Ed. SEMESTER – III**

|  |  |
| --- | --- |
| **Part – A (Theory Papers)** | Maximum Marks |
| External | Internal |
| T-09 | Sports Psychology  | 60 | 40 |
| T-10 | Exercise Physiology | 60 | 40 |
| T-11 | Sports Medicine | 60 | 40 |
| T-12 | Sports Specialization | 60 | 40 |
|  | **TOTAL** | **240** | **160** |
| **Part – B (Practical)** |
| P-03 | Conditioning & Match Practice Conditioning 60 Marks Match Practice 40 Marks | - | 100 |
| P-04 | Sports Specialization (Practical Skill)  | 60 | 40 |
| **Part – C (Viva-voce)** |
| C-03 | Comprehensive Viva-voce | 100 |  |
|  | **SUB TOTAL** | **400** | **300** |

 **Grand Total 700**

**M.P.Ed. SEMESTER – IV**

|  |  |
| --- | --- |
| **Part – A (Theory Papers)** | Maximum Marks |
| External | Internal |
| T-13 | Biomechanics | 60 | 40 |
| T-14 | Management of Physical Education OR Dissertation\*  | 60 | 40 |
| T-15 | Sports Specialization | 60 | 40 |
| T-16 | Theory Teaching Lessons | 60 | 40 |
|  | **TOTAL** | **240** | **160** |
| **Part – B (Practical)** |
| P-05 |  Conditioning & Match Practice Conditioning 60 Marks Match Practice 40 Marks | - | 100 |
| P-06 | Sports Specialization (Coaching Lessons) | 60 | 40 |
| **Part – C (Viva-voce)** |
| C-04 | Comprehensive Viva-voce | 100 |  |
|  | **SUB TOTAL** | **400** | **300** |

 **Grand Total 700**

\*The students who have opted for Dissertation have to face a viva-voce of 60 marks.

|  |  |
| --- | --- |
| **Semesters** | **Maximum Marks** |
| Semester – I | 600 |
| Semester – II | 600 |
| Semester - III | 700 |
| Semester - IV | 700 |
| **GRAND TOTAL** |  **2600** |

**M.P.Ed. SEMESTER - I**

**RESEARCH METHODS**

**Unit I**

Meaning of Research need, Importance, and its scope in physical Education.

Types of Research. Survey of Related Literature, Need for Library search Library, Sources, Preparation of Bibliography and Abstracts.

**Unit II**

Formulation and Development of Research Problem : Location of Research problem . Criteria in selecting the research Problem . Formulation of Hypothesis.

**Unit III**

(a) Historical Research Scope of Historical Research In Physical Education Historical evidence. Validity of Historical data.

(b) Philosophical Research: Brief introduction.

**Unit IV**

Survey Studies:

Place of survey Research.

Tools Survey Research.

Questionnaire and Interviews

Case Studies:

Definition of Case Studies

Importance of Case Studies

Characteristics of Case Studies.

**Unit V**

Experimental Research:

(a) Meaning, Scope and Nature, Control of Experimental factors. Experimental Designs.

(b) Research proposal and preparation of research report.

**References:**

- Best, John. W. Research In Educating, New Delhi, Prentice Hall of India (Pvt.) Ltd 1963

- Campbell William,G, form And Style in Thesis Writing, Boston : Houghien Moffin Company 1954

- Clarke David H, And Clark H, Harison, Research process in Physical education --Recreation and Health, Englewood Cliffs, N,J Prentice Hall Inc,1979,

- Good v, Carter and Scates Dau Glas, E, methods of research, Appleton –cenyury- Crofts: nuw york,1954,

- Mouly, George, J, The Scie nce of Educational Research, New Delhi: Eurasia Publishing House(p) 1963,

- Robson, m, brar, t, s, and Uppal, a,k, Thesis Format, Gwalior: lncpe, 1979,

**M.P.Ed. SEMESTER I**

**STATISTICS**

**Unit I**

(a) What is statistics ? Its Definition ,type and importance Physical Education and Sports .

(b) Frequency Distribution.

 Steps of Frequency Table Constuction.

**Unit II**

Measures of Central Tendency .Computation of Measures of Central Tendency.

Computation of Percentiles and Quartiles form Grouped data .

Measures of variability ,Computation of SD from Ungrouped and Grouped data.

**Unit III**

1. Normal Curve –Definition and Principles of normal curve .Properties of Normal curve .skewness , Kurtosis ,Standard scales –Percentile scale. Z scale,T Scale 6 Sigma scale. Hull scale ,Standard scores.
2. Correlation Magnitude of Correlation .Computation of Correlation from Product Moment and Rank Difference Method.

**Unit IV**

1. Statistical Inference ; Factors affecting Reliability, t- ratio ,F-ratio ,Null Hypothesis Type I and Type II errors, One Tailed and Two Tailed Tests.
2. Sampling –Types of sampling.

**Unit V**

1. Analysis of Variance :One –way Analysis of Variance with equal and unequal Sample size .L.S.D. and Computer analysis.

Reference.

1. Guilford ,J.P.Fundamental Stati

**M.P.Ed. SEMESTER I**

**SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

**Unit I**

 **Sports Training**

1. Definition of Terms-Conditioning , Training And Coaching,
2. Aim , Tasks and Characteristics of Sports Training,
3. Principles of Sports Training

**Training Load**

1. Important feature of Training load- Intensity, Density, Duration and frequency,
2. Principles of Training load,
3. Adaptation Process And Conditions of adaptation,
4. Over load –Causes and Symptoms, tackling of over load

**Unit II**

 **Training for motor components**

1. Strength – forms of strength, Characteristics of Strength, Principles of Strength Training Strength Training means And Methods, Strength training for children and women,
2. Form of endurance . Characteristics of Endurance training means and methods

**Unit III**

(a) Speed: Forms of speed. Characteristics of speed of speed. Training means and methods

(b) Flexibility forms of flexibility, Characteristics of flexibility Basis of flexibility Methods of development of flexibility

(c) Coordinative Abilities – Characteristics of coordinative abilities Importance of coordinative abilities Classification of coordinative Training methods,

**Unit IV**

1. **Technique** :
	1. Definition of Skill, technique and technical Training,
	2. Characteristics of Technique,
	3. Phases of skill acquisition.
	4. Methods of Technique Training.
	5. Causes and correction of faults.
2. **Tectics**.
	1. Definition of tactica and strategy,
	2. Basic tactical Concepts – Offensive, Defensive and High Performance.
	3. Methods of Tactical Training,
	4. Control of Tactical Knowledge.

 **Unit V**

 **(a) Planning and Organization of Training**:

1. Importance of planning,
2. Principles of Planning,
3. Systems of Planning,
4. periodicities and its types
5. contents for various periods of training

**(b) Competition planning and preparation.**

(1) Importance of competitions.

(2) Competition frequency.

(3) Main and build up competitions.

(4) Direct preparation for an important competition

**Reference:**

1. Bratty, s perceptual and motor development in infants and children. Prentice hall,1979
2. Dick f.t sport training principles lupus London 1980.
3. Jenson c.r. fisher a.g. scientific basis of athletic conditioning lea and febiger philadelphoa:1972
4. Mate yew, l.p. fundamentals of sports training (translation from Russian) Mr. publishers, Moscow,1981
5. Pyke, frank, s. towards better coaching, Australia government publishing service Canberra. 1980
6. Singh h. sport training general theory and method, n.i.s. patiala, 1984
7. Willmore u.m. athletic training and physical fitness, allyn and become. Sydney, 1977.
8. Harre, d. principles of training.

**M.P.Ed. SEMESTER I**

**OFFICIATING AND COACHING**

**ATHLETICS, KHO-KHO AND KABADDI, FOOTBALL**

Common syllabus all games

Unit- I. Rules and their interpretation.

Unit- II. Mechanics of officiating.

Unit- III. Means and methods of training.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

**M.P.Ed. SEMESTER – II**

**MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

**Unit I**

 Meaning of Evaluation Nature and scope of evaluation programme Need and importance of evaluation in field of Physical Education. Principles of Evaluation.

**Unit II**

 **Selection and Construction of Tests**

1. **Criteria of test selection –** Scientific Authenticity (Reliability, validity, objectivity norms ) Administrative feasibility and educational application, classification of tests – standardized and teacher made tests (objective and subjective tests),
2. **Construction of test –** Knowledge tests (written tests ) and skill tests.
3. **Suggestions for administering tests**

Medical Examinations

Testing personnel

Time foe testing

Economy of testing time

Test records

Preparation of reports

Construction of tables

Purposes of reporting

Justification of particular phases of the programme

Worth of a change in methodology

**Unit III**

 Measurement of Organic Functions Motor Fitness General Motor Ability

 **(a) Organic Functions**

 Cardiovascular respiratory function Cooper S,12 Minutes

 Continuous Run / Walk Test

 Tuttle pulse ratio test

 Harvard step test and its monitions

(High School and college level : men and women )

 **(b) Motor Fitness**

 Oregon Motor Fitness Test

 Indiana Motor Test

 (c) General Motor ability

 McCloy S, General Motor Ability test

**Unit IV**

 **Tests for strength and Skill**

 (a) Strength

 Instruments for measuring strength

 Roger S, Physical Fitness index Suggested changes in the P.F.I. test.

1. **Skills**

 Volleyball – Russell and Lange Volleyball test

 Basketball - Knox Basketball test

 Soccer – Harbans Singh Field Hockey text

 Field Hockey – Hsrbans Singh Field Hockey test

 Badminton – Miller Badminton wall Volley Test

 Tennis- Broer Miller Tennis test

**Unit V**

 **Measures of posture, Anthropometry and psychological factor**

**(a) Measures of posture –IOWA posture test**

**(b) Anthropometric Measurements** :

* 1. Girth measurements –Upper arm, forearm ,calf, chest.
	2. Width Measurements Bi-acromial , chest ,illio –crestal ,bi-epicondylar (femur and Humasurements).
	3. Height Measurement –standing and sitting height .

 **(c) Psychological factors:**

(i) Anxiety scale- sports Competition Anxiety test (SCAT).

 (ii) Eysenck s personality Inventory (EPI).

**References :**

(1) Larson, L.A. and Yocum, R.D. Measurement and Evaluation in Physical, Health and Recreation Education St . Louis :C.V. Mosby Co.1951.

(2). Mathew,Donald,Measurement in physical Education Lond: W,B.Saunders Co. 1973.5th End.

(3). Clarke, H Application of Measurement in Health and Physical Education Prentice Hall Inc . 6th Edn .1987.

(4). Bosco,S. james and Gustafson, F.William Measurement and Evaluation in Physical Education , Fitness and Sports Prentice Hall Inc. Englewood cliffs, N.J.1983.

(5). Phillips D. allen end homak; E. james Measurement end Evaluation in physical Education john Wiley end sons; new york, chichester, Brisbane, toranto, 1978.

(6) Barrow, M. horald end mcghee, rosemary A practical Approach to measurement in thysicaln Education third ed.Lea and Febiger, Philadtlathia, 1979.

(7) Johnson, Barry and Nelson, jack, K. Praceical Measurement for Evaluation in Physical Education First Indian Reprint, 1982, delhi:Surjeet publications, 1982.

(8) Sodhi, H.S. sports Anthropometry- A Kinatropometric Approach ANOVA Puvlications, 1991.

**M.P.Ed. SEMESTER – II**

**PROFESSIONAL PREPARATION AND CURRICULUM DESIGNS IN PHYSICAL EDUCATION**

**Unit I**

**Foundation of Professional Preparation -**

1. Nature and objectives of Professional Preparation in Physical education and sports :- Introduction, nature objectives, aims and objectives physical education professional preparation programme .

(b) Forces and factors affecting education policies and programmes - Social, Religious, Economic and Policies Social ,Religious ,Economic and Political.

(c) Historical Review of Professional Preparation in India, U.S.A., Russia & U.K. introduction to historical significance.

**Unit II**

1. **Undergraduate level professional preparation –** Introduction and Meaning. Purpose of Graduate Level Professional Preparation. Admission Areas to Health Education and Physical for Graduate Level Professionals. Curriculum of Physical Education Professional Preparation Regarding Laboratory experiences, Field Experiences and Teaching Practices. Facilities and Special Resources for Library, Laboratory and Research Regarding Graduate Level Professional Preparation.
2. **Post- graduate level professional preparation –** Introduction, meaning, importance & purpose. Admission procedure for post graduate professionals. Recruitment for Post-graduate physical Education personnel. Area of Specialization and Research Requirement During and After Professional Preparation. Special Qualifications of Teaching Staff at Post-graduate Level. Professional Relations of Physical Education and Sports Professionals.

**Unit III**

a. Introduction to curriculum, meaning and definitions of curriculum, importance of curriculum planning, Steps in curriculum planning, Characteristics of curriculum evaluation programme. Basic principles of curriculum design and planning, factors influencing the physical education curriculum design.

b. Selecting material for instruction .Classification of activities in Physical Education. Suitability of activities for different age groups and sexes. Cultural influence in the choice of activities. Flexibility of programme material.

**Unit IV**

1. **Selecting methods of teaching** – Grouping of students for instruction lectures, Projects activities, demonstration ,teaching ,aids ,Special gadgets to concentrate on development of particular skills, pre- requisites for learning a given skill or activity, provision for individual differences.
2. **Development Programme for different levels of education** - Kinder garden, elementary school, middle school, High school, higher secondary, College and University. Special Institutions intermediate special days, national days etc.

**Unit V**

* 1. **Co-education in Physical Education** - Integrating the programmes for boys and girls. Activities suitable for co-education. Needs. Level at which co-education is desirable. Special provision for development of girls programme.
	2. **Committee recommendations –** NCERT, CBSE, UGC recommendations on curriculum for school and colleges. Curriculum followed in colleges of Physical education B.P.Ed., B.P.E., M.P.E. and M.Phil.

**References :**

1. Clayne Jenson, Administrative Management of Physical Education and Athletic Programme.
2. Cratty, Career Potentials Physical Activity.
3. Pape and Means, Professional Career in Physical Education.
4. Synder and Scott, Professional Preparation in Health Education – physical Education and recreation.
5. Agarwal, Education Administration, School Organization and supervision.
6. Cassidy R. Curriculum Development in Physical Education, New York: Harper and Brother, 1954.
7. Bucher, C. A. Foundation of Physical Education St. Louis the C.V. Mosby Company, 1968.
8. Wilgoose, carl E. The Curriculum in Physical Education Englewood cliffs, N.J. Prentice Hall Inc.
9. Irwin Laslia W. Curriculum in Health and Physical Education , St. Louis , The C.V. Mosby Company, 1984.

**M.P.Ed. SEMESTER – II**

**OFFICIATING AND COACHING**

**BADMINTON, CRICKET AND HOCKEY**

Common syllabus all games

Unit- I. Rules and their interpretation.

Unit- II. Mechanics of officiating.

Unit- III. Means and methods of training.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

**M.P.Ed. SEMESTER – II**

**BASIC COMPUTER APPLICATION**

**Unit I: Introduction to Computer**

What is computer? Characteristics of Computer, Application of Computer with special reference to Physical Education, Block Diagram of Computer, classification of Computer, Introduction to CPU,CU,ALU Memory Unit ,Auxiliary Storage Devices ,Input Devices ,Output Devices ,File ,Program Software –types, Hardware, Language Processors.

**Unit II: Introduction to OS Windows**

Define Operating System, Objectives and Function of an Operating System, Types of an Operating System, Windows Features, Windows Desktop Settings, Files and Folders, Menus and Icons Windows Accessories, Recycle Bin.

**Unit III: MS-Word**

Define Word Processor ,Types of Word Processor ,Creating document in MS-word ,Formatting features of MS-Word ,Standard Toolbar ,Drawing toolbar Header & Footer ,Table Handling features ,Insertion of files ,symbols ,pictures, shapes ,clip art and charts, Equation editor, Spelling and Grammar ,Font color ,highlighting and shading.

**Unit IV: MS-Excel**

Basic of Electronic Spread Sheet, Saving & quitting worksheet, Opening & Moving in a worksheet, toolbar and menus, working with formulas and cell referencing, working with graph, functions, and data sorting.

**Unit V: Ms-Power Point and Internet**

Creating presentation, working with different menus, editing and formatting text, inserting data’s, pictures, organization charts and graph, drawing, slide show, animation of slides, Internet & World Wide Web (www) ,Electronic Mail, Search Engines, locating information on internet, downloading.

**References :**

* 1. Computer Fundamentals: Dr. V Rajaraman.
	2. Fundamentals of Information Technology : Chetan Shrivastava,kalyani Publisers
	3. Fundamentals of Information Technology : Alexis Leon Techword and Vikash Publishing House .
	4. MS –Office:Ron Mansfield ,BPB Publication.
	5. MS-Word 2000: Thumb Rules and :Dr.Snigdha Banerjee ,New Age International Publication.

**M.P.Ed. SEMESTER – III**

**PSYCHOLOGY OF PHYSICAL EDUCATION AND SPORTS**

**Unit I**

Meaning, nature and scope of sport psychology importance of sport psychology, physical educators and Coaches.

**Unit II**

Meaning of cognition. Characteristics of cognitive process in sports. Role of sensation and perception. Thinking, imagination and memory in physical activities.

Meaning of attention. Dimension of attention. Strategies to develop attention

Motor Learning - Meaning of motor learning factors affecting motor learning motor development in various periods of childhood and adolescence.

**Unit III**

Psychological aspects of action regulation. Meaning of action regulation. Importance, psychological characteristics of physical activities. Structure of action programme action programme in different games and sports.

Personality - Meaning of Personality. Personality traits of sports persons Relationship personality to sport performance personality differences among various sports groups.

**Unit IV**

Meaning of motive, need, drive Role of motives, attitude and interest in physical activities.

 Meaning and types of emotions. Influence of emotions (Success and failure)

 on level of aspiration and achievement.

 Anxiety, fear, frustration, conflict and its effect on sports performance.

**Unit V**

Psychological Aspects of Competition, Definition of competition, Determinants of competitive behavior psychological characteristics of pre – competition , competition and post competition selected psycho regulative techniques for relaxation and activation.

Psychological aspects of long term and short them preparation for competition, Psychological care of injured sports person. Typical responses to injuries, prevention and coping techniques.

Methods of Investigation in sports psychology, Various methods used in sports psychology. Different in Sports psychology.

**References**:

1. Alderman R.S. Psychological Behavior in Sports Philadelphia London , Saunders company , 1974
2. Butt, Dorce Susan psychology of sports , New York
3. Cratty Bryant J. Movement Behavior and Motor Learning Philadelphia lea and febiger 1975
4. Cratty , Bryant J. Psychology of Contemporary Sports Englewood , Cliffs , N.J. Prentice Hall Inc 1975
5. Cratty Bryant J. Psychology and physical activity Englewood cliffs N.J. prentice Hall Inc 1965
6. Cratty Brynt J Psychological preparation and athletic excellence New yort movement publications Inc 1978
7. Gold Stein joffery H. Sport games and play social and psychological view boints lawerence brihum Associatities publishers. Xj 1979
8. Kamlesh M L psychology of physical education sport metropolitan book co. pvt. Ltd 1983

**M.P.Ed. SEMESTER – III**

**EXERCISE PHYSIOLOGY**

**Unit I** **(a) Introduction**

Definition of Physiology and Exercise Physiology. Importance and Role of Exercise Physiology in the field of Physical Education and Sports.

 **(b) Muscle Structure and Function**

A comparative study of different types of muscles (Voluntary, Involuntary and cardiac), Chemical Composition of skeletal muscle, muscle fiber types (Red and White muscle), Properties of muscles.

**Unit II** **(a) Bioenergetics**

Fuel for muscular work (ATP). Energy of muscular contraction. Heat production and thermodynamics of muscle contraction. Aerobic and anaerobic muscular activity.

 **(b) Neuro-muscular junction and coordination of muscular activity:**

Muscle Contraction, Neuro-muscular judnction. Propioception and Kinesthesis.

**Unit III**

 Effect of exercise and training on (i) Heart and circulatory Systems.

 (ii) Respiratory system. (iii) Muscular System.

Brief discussion on other systems during rest , sub-maximal and maximal work, Oxygen debt, forced expiatory volume, breathing capacity, Recovery rate, Blood Supply to Skeletal muscle and regulation of blood flow during exercise.

 Fatigue.

**Unit IV**: **(a) Athletic Nutrition**

Basic Concept of balanced diet, appropriate diet before, during and after athletic performance, brief introduction about the effect of alcohol, drugs and smoking on athletic performance.

 **(b) Energy cost of various sports activity:**

Definition of Energy cost, Energy cost of various sports activity and various direct/indirect methods of assessing them.

**Unit V:** **(a) Work and Environment**

Work capacity under different environmental condition: Hot, humid, cold, and high altitude.

 **(b) Obesity and weight control:**

Definition of Obesity, measurement of body fat by various methods (under water weight and skin fold measurement) Body weight control, Positive and Negative energy balance.

**Reference**:

* 1. Guyton, A.C. Text Book of Medical Physiology, W.B. Saunders company, Philadelphia, 1971.
	2. De-Varies, H.A. : Physiology of Exercise for Physical Education and Athletics, Stapes Press, London, 1976.
	3. Karpovich. P.V. and Sinning. W.E. : Physiology of Muscular Activity .
	4. Burne, G.M. : The Structure and function of muscle, Academic Press, London, 1972 .
	5. morehouse, L.E. and Miller, A.T. : Physiology of Exercise, S.V. Mosby company, saint Louis, 1976.
	6. P.O. Astran and K. Rodahi – Text book of work Physiology, McGraw Hill Kogakusha Ltd, 1970 .
	7. Mathew, D.K. and Fox E.L. : Physiological basis of Physical Education and Athletics. W.R. Saunders Company, Philadelphia, 1976.

**M.P.Ed. SEMESTER – III**

**SPORTS MEDICINE**

**Unit –I: Introduction**

1. Concept of Sports Medicine, Its aim and objectives.
2. Need and scope of sports medicine in Physical Education.
3. Role of athletic care providers in sports medicine.
4. Brief history of sports medicine.

**Unit – II: General sports medical problems and their management**

1. Low back problem and their management.
2. Stretching exercise and strengthening exercise for low back problems.
3. Sex problems in athletes.
4. Differences between two sexes.
5. Role of exercise before and after the pregnancy.
6. Rehabilitation in sports medical problems.
7. Common old age problems.
8. Sports massage.

**Unit – III: Therapeutic Modalities**

1. Cryotherapy, cryokinetics and cold spray.
2. Hydro-collateral pack (Hot & Cold).
3. Hydrotherapy (Contrast Bath and Whirl Pool).
4. Paraffin bath.
5. Infrared and ultraviolet rays.
6. Diathermy.
7. Ultrasound.
8. Electric muscle stimulation.
9. Diapulse and Laser Therapy.

**Unit – IV: Specific and regional injuries and their brief immediate**

 **management**

1. Soft tissue and muscular - skeletal injuries.
2. Tissue response to injuries.
3. Stress related injuries.
4. Injuries of head and face.
5. Visceral injuries.
6. Principles of injuries prevention.
7. Principles of diagnosis.
8. Principles of treatment.

**Unit – V: Athletic nutrition, doping and sports homeopathy**

1. Nutrition for sportsmen.
2. Doping – its use and misuse.
3. Principle of homeopathy.
4. Homeopathy for sports Medical problems.

**PRACTICAL / ASSIGNMENT:**

1. Visit to a health club and demonstration of various instruments.
2. Visit to a physiotherapy center and demonstration of various therapeutic modalities.
3. Preparation of diet chart for various sports persons.
4. Preparation of Exercise prescription for low back problems and

pregnancy.

1. Preperation of work book for common sports medical problem and their management.

**References:**

1. Steven Ray. , Irvin Richard, “ Sports Medicine”, Prentice Hall 1983.
2. Peter Brukner. , Karim Khan, “ Clinical Sports Medicine”, The McGraw- Hill Companies, Inc 2000.
3. Armstrong and Tucker, “ Injuries and Sports” , London : Scample Press.
4. Morehouse and Rash, “ Sports Medicine for Trainer”, W.B.Saunders
5. William J.G.P. “ Sports Medicine”, London : Edward Arnold Publisher.
6. Pande P.K. and Gupta L.C., “ Outline of Sports Medicine” Jaypee Brothers, New Delhi.
7. Pande P.K. “ Know How Sports Medicine” Jalandhar : A.P. Publications
8. Claytons Electro therapy.
9. Hauston M.A. “ Sports Injuries – Recognition and Management” Oxford University Press 1996.
10. Clare Maxell Hudson “ The Complete Book of Massage” London : Dorling Kindersley 1988.
11. Griffiyh H.Winter “ Complete Guide to Sports Injuries” New Delhi : Metropolitan Books Co 1986.

**M.P.Ed. SEMESTER – III**

**CRICKET SPECIALIZATION**

**UNIT I**

**Foundation:**

a. National and International bodies, controlling the sports/game and their function.

b. Qualities and Qualification of coaches /officials and their duties and responsibilities

c. Role of Cricket for the overall welfare of the human society

**UNIT II**

**Tactical Training**

a. Meaning and aims of tactics.

b. Offensive and defensive tactical patterns

**UNIT III**

**Evaluation of Training**

a. Requirements for evaluation of techniques.

b. Types of evaluation in training.

c. Working documents for evaluation in training.

**Talent Identification and Development**

a. Principles of Talent Identification.

b. Organization of training for children.

**UNIT IV**

Lay out, construction and maintenance of cricket field.

**UNIT V**

Laws (Rules) and their impact on the game.

**References:**

1. Frank Tyson, Manual for cricket coaching.

2. Tom Smith umpiring and scoring

3. E.B. Elbloria Cricket Coaching.

**M.P.Ed. SEMESTER – III**

**HOCKEY SPECIALIZATION**

**Unit I: Origin of Hockey**

 Ancient hockey, modern hockey, hockey in India.

**Unit II: History of Major International and National Hockey Championship**

(a) World cup Hockey, Olympic Games, Championship trophy and Asia Cup.

 (b) Rangaswami Cup, Benghton Cup.

**Unit III: Basic and advance skills of Hockey**

Rolling , pushing , Hitting , stopping, Dribbling , Receiving , flick , scoop , Dodging and tacking.

**Unit IV**

Meaning of sports training Definition of sports training aims of sports training objectives of sports training characteristics of sports training principle of sport training.

**Unit V**

(a) Drills and Test in Hockey

(b) Construction, layout and maintenance of playfields & equipments.

**M.P.Ed. SEMESTER – III**

**ATHLETICS SPECIALIZATION**

**Unit I: Coaching**

(A) Philosophy of Coaching

(B) Basic principles of coaching

(C) Qualities of coaches

**Unit II: Organization**

(A) Organization of Coaching Camps

(B) Preparing Schedules

(C) Organization of a Competition

**Unit III: Sports Training**

(A) Aims of Sports Training

(B) Characteristics of Sports Training

(C) Principles of Sports Training

**Unit IV: Various Means and Methods of Training**

(A) Interval Training

(B) Repetition Training

(C) Fartlek

(D) Competition Method

(E) In and Out

(F) Hill Running

(G) Drag Running

(H) Aqua Training

(I) Weight Training

(J) Polymeric Exercises

(K) Circuit Training

**Unit V: Mechanics of Athletics**

(A) Analysis of scientific principles applied to sprinting and jumping.

(B) Analysis of scientific principles applied to throwing.

**M.P.Ed. SEMESTER – III**

**BADMINTON SPECIALIZATION**

**Unit I: National Championships**

1. Junior and National Team Championships
2. Open National Championships - Midget , Sub junior , junior senior and veterans

**Unit II: Competition Regulations**

1. Thomas and under Cup
2. Competition Regulations for Seeding and League System
3. Indian Ranking System

**Unit III: Advance Tactics and strategy**

1. Singles
2. Doubles
3. Mixed Doubles

**Unit IV: Training in Badminton**

1. Sports Training Principles in Badminton.
2. Training load and adaptation
3. Requirement of the game – physical fitness components i.e. strength speed Endurance flexibility and coordinative Abilities.

**Unit V: Tests in Badminton**

1. Tests of skills and knowledge , physical fitness and strategy – Lockhart and Mc pherson , Miller , French poole, Sebolt, Hicks, S.A.I Chang and other available Badminton tests.
2. Selection of a Badminton Team
3. (I) At school / college/ university Level.
	1. At District/ State/National Level.

**References :-**

1. Ballou , Rulph B. Teaching Badminton Delhi : Surjeet publications , 1982
2. Downey . Jack Badminton for schools New delhi s chand and co ltd 1981
3. downey jack winning badminton singles London adam and charles black .
4. downey , jack winning badminton dubles London adam and charles black .
5. downey jack how to coach badminton London William Collins sons and co. ltd 1990
6. hushman , judy and jones c.m. beginning badminton new york arco publishing company inc 1977
7. roper peter Badminton : The Skills of the game , Wiltshire the crowood press , 1987
8. Davis , pat Badminton – A Complete practical Guide Revised Edition (North pomfret David and charles publishers 1988)
9. davis pat the encyclopaedia of Badminton London Robert Hale limited 1987
10. Talbut , Derek Top Coach Badminton , Lomdon McDonald and co. publisher ltd. 1989
11. bloss Margaret varner and hales R. Stanion Badminton 5 th Ed lowa Wm c Brown publishes 1987
12. downey jack c. and brodie david get fit for badminton London Pelham books ltd 1980
13. downey jack c and brodie david get for badminton London Pelham books ltd 1980
14. eaton Richard sports action badminton London ocopus books 1982
15. rogers wynn advanced badminton iowa wm/ c Brow publishers 1970
16. [www.badminionindia.org](http://www.badminionindia.org)
17. [www.internationalbadminton.org](http://www.internationalbadminton.org)

**M.P.Ed. SEMESTER – III**

**GYMNASTICS SPECIALIZATION**

**Unit I: Advance skills (at least one exercise on each apparatus)**

**Unit II: Officiating**

**Unit III:**

(A) Lay out and maintenance of gymnasium and apparatus

(B) Structure & function of F.I.G. & G.F.I

(C) Organization & conduct of competition

**Unit IV: Analysis of scientific principles applied to different skills**

**Unit V: Training methods for improving the performance**

**M.P.Ed. SEMESTER – III**

**FOOTBALL SPECIALIZATION**

**Unit – I**

Origin of football ancient football, modern football, in India

**Unit – II**

History of major international and national football championship

(A) World Cup, confederation cup (B) Santosh trophy, National football league, Subroto Mukherjee trophy, B.L. Roy Trophy

**Unit – III**

Basic and advance skills of football –

* + 1. Various types of receiving.
		2. Various types of kicking.
		3. Running with, and without the ball.
		4. Heading
		5. Throwing – in
		6. Dribbling

**Unit – IV**

Meaning of sports training, definition of sports training, aims of sports training objectives of sports training characteristics of sports training principles of sports training per iodization.

**Unit – V**

 (a) Drill and test in football

(b) Construction, layout and maintenance of play fields and equipments.

**M.P.Ed. SEMESTER – IV**

**SPORTS BIOMECHANICS**

**Unit I: Introduction and Anatomical concept**

 (A) Meaning of Biomechanics.

(B) Biomechanics in physical Education. Sports and research fundamental

 skills basic and / of sports .

(C) Movement of the Body terminology of the movement around a joint. Anatomical and kinesiological position planes and axis

 (D) Anatomical concept : classification of joints and their description. Types of muscle according to their function at various joints (agonist, antagonist, stabilizer neautralizer)

**Unit II: Motion and kinematics**

 (A) Form of Motion translation , rotation, general motion.

(B) Linear kinematics : Distance and Displacement (Liner and angular)

 speed and velocity (Liner and angular) acceleration (Linear and angular), Uniform Motion.

(C) Angular Kinematics: angular distance and angular displacement , angular speed and angular velocity , angular acceleration. radius of movement . Units of angular kinematics

**Unit III: Kinetics**

(A) Properties of force magnitude, direction, point of application line of application internal and external force, muscular force

(B) Linear kinetics inertia mass, weight, power, Newton’s first law of motion, Newton’s second law of motion. Force acceleration relationship, force time relationship, impulse and momentum, Relationship between force inertia and linear acceleration, Newton’s third law of motion. Law of conservation momentum

(C) Stability and equilibrium types of stability, principles of stability.

 Factors affecting stability, condition for static and dynamic stability

(D) Work and Energy: concept of work, kinetic energy, potential energy, strain energy.

**Unit IV: Angular kinetics and projectile**

(A) Angular kinetics: eccentric , parallel and concurrent force. Torque, Centripetal and centrifugal force.

(B) The Lever system: introduction of lever function of lever classification of lever.

(C) Newton’s Law of conservation of momentum applicable to rotational movement.

(D) Fluid Mechanics: static consideration: buoyancy and flotation, dynamic consideration: resistance and propulsion drag force and lift force. Magnus affect spin and their effects

(E) Frictional force starting and stopping friction, sliding friction, rolling friction

(F) Rebounding force (Elasticity) : stress and strain, coefficient of elasticity, angle of rebound.

(G) Freely falling Bodies (Projectile) vertical projection, horizontal projection, diagonal projection.

**Unit V: Mechanical Analysis of Movement Activities**

(A) Movement Analysis: definition of kinesiological analysis. Mechanical analysis. And biomechanical analysis , brief knowledge about qualitative analysis and quantitative analysis steps of qualitative analysis

(B) Anslysis of Fundamental Skills : Walking Running , jumping, throwing, Lifting , pulling , pushing , Catching , Climbing,

(C) Analysis of sports skill

1 Forward and Backward Roll in Gymnastic

2 Giant Swing Forward and Back Ward

3 Sprint Start

4 High Hurdle Clearance

5 Peri,O’ Brine Technique of Shot-put

6 Rotation Technique of Discus Throw

7 Five Stride Technique of javelin Throw

8. Chest pass and overhead pass in Basketball

9 Lay up shot and three point shot in Basketball

10. Tennis and floating serve in Volleyball

11. Spiking in volleyball

12. Drop Shot in Badminton

13. Pitching in Baseball and Softball

14. In swing and out swing bowling in Cricket

15. Straight Drive in Cricket

16. Off spin and Leg spin in Cricket

17. Lofted Kick in Football

18. Heading in Football

19. High and low scoop in hockey

20. Penalty stroke in hockey

Note : Method of one fundamental and one sports skill will be taught other skill will be given as assignment

**Reference**:

- Gray L. Soderberg. KINESIOLOGY Application of Pathological Motion Philadelphia Williams & Wilkins

- Gowitzke . B.A. and Milner , M Scientific Bases of Human Movement (3 rd, ed 1988).Balitmore Williams and wilkins.

- Grimshaw, Paul., Lees, Adrian., Flower, Neil.,& Burden,Adrian.Sports and Exercise Biomechanics .Taylor & Francis .

- Groves, R and Camaine D Concepts in Kinesiology (2nd Ed 1983 ) Philadelphia Saunders college Publishing

- Hay J.G. The biomechanics of sport techniques (2nd ED 1978 ) Englewood Cliffs prentice – Hall

- Hay, J.G. & Reid J. The anatomical and Mechanical Bases of Human Motion (1982) Englewood cliffs prentice- Hall.

- Luttegens, Kathryn. Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion (8 th ed) Brown & Bench mark .

- Nordin , M. & Frankel . V Basic Biomechanics of the Musculoskeletal System Philadelphia Lea & Febiger.

- Northrip J. Logan , G& Mckinney , W Analysis of sport Motion (3 rd ed 1983 )Dubuque William C. Brown

- Rasch .P Kinesiology and applied anatomy (1989) Philadelphia : Lea & Febiger.

- Roger M Enoka . Neuromechanical Basis of Kinesiology (2 nd ed) Human kinetics

- Shaw, Dhananjoy . Mechanical Basis of Biomechanics. New Delhi : Sports Publication

- Susan J. Hall Basic Biomechanics (4 th ed ) Mc Graw Hill

- Thompson . C. Manual of Structural Kinesiology (10 th ed 1985) St Louls Times Mirror / Mosby College Publishing

**M.P.Ed. SEMESTER – IV**

**MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS**

**Unit I**

a. Management: Meaning and Definition Management as a Process. Management as an activity, Management as a Discipline, Concept of Management, Philosophical and Historical background and status. Competency based approaches and implementation in sports and physical education.

b. Nature of Management: Management as a Science, Management as an Art, Management as both science and art.

**Unit II**

Administration and management, Levels of management, Functions of various, Management Levels, Characteristics or features of management of Management, Principal of Management : Nature of Management principal, Need for Management principal .

**Unit III**

a. Progressive concepts of Management Administration. General administration theories. Personnel and material Management. Programming for instruction and activities.

b. Responsibilities of General administrator, Technical Expert, Education Administrator, Professional Educator and specialist.

c. Training of administration – Liberal Education. Group Dynamites Subject specialization .

**Unit IV**

1. Supervision Leadership.

a. Responsibilities for Leadership – Inspection of physical Education Specialists.

b. Training of Supervisors of Physical Education.

1. Personal Traits of the Supervisors.

2. Relationship of the supervisors to :

(i) Administrative officers

(ii) Teachers.

(iii) Functions of the Supervisors: Duties Pertaining to – Administration, Facilities and Equipments, Instruction, Services, Supervision and Professional Growth.

(iv) Evaluation of Supervision:

Methods, Meaning and need for evaluation. Follow up.

**Unit V**

1. Selected Problems in – Management, administration, Professional Preparation, Professional Ethics, Class discipline and student teaching, Mass movement for health consciousness in the society.

1. Communication: Meaning and Nature, Communication Profess objectives of communication, Importance of effective communication, communication Media.

**References:**

1. Joseph, P.M. Organisation of physical education, The old students association,TIPE Kandivali (bombay).1963.

2. Voltmer ,E.F.et al The organisation and administration of physical education, prentice hall inc., New Jersey , 1979.

3. Bucher ,C.A.Administration of Physical Education and atheletic programmes , The C.V.Mosby Co. London 1983.

4. Zeigler ,E.R. and Bowie G.W Management Competency Development in Sports and Physical Education , Lea and Febiger, Philadelphia ,!983.

5. Maheshwari ,B.L.Managaement by Objective , Tata Mc.Graw -Hill. Publishing Co. Ltd. New Delhi 1982.

6. ALen L.A.Management and Organisation , McGraw -Hill Book Co. Inc. London 1958.

7. Newman W.H. Administrative Action, Prentice Hall Inc. New Jersey ,1963.

8. Huges , W.L.etal Administration and physical Education. The Ronald Press Co.

New York,1962.

**M.P.Ed. SEMESTER – IV**

 **CRICKET SPECIALIZATION**

**UNIT – I**

**ADVANCE SKILLS.**

**(a) Batting**

1. Vertical Bat Shots
2. Horizontal Bat Shorts

**(b) Bowling**

(a).Medium Pace.

a. Out swing

b. In swing.

c. Leg cutters

d. off cutters

. (b) Spin-

a. Leg Spin with variation

b. Off spin with variation

**(c) Fielding**

1. Methods

2. Techniques

3. Wickets. Keeping

4. Running between the wickets.

**UNIT –II**

1. Major Components associated with Cricket, their development and inter –relationship.
2. Training load and adaptation.
3. Judgment of training load –objectives and Subjective means.

**UNIT-III**

**Training Means and Methods**

1. Principles means of training.
2. Additional means of training.
3. Psychological means of training.
4. Bio-mechanical means of training.

**UNIT-IV**

a. Rules and their interpretation

b. Duties of umpire before, after and during the match.

**UNIT-V**

Major National and International Competitions.

**References:**

1. Frank Tyson, Manual for cricket coaching.

2. Tom Smith umpiring and scoring

3. E.B. Elbloria Cricket Coaching.

**M.P.Ed. SEMESTER – IV**

**FOOTBALL SPECIALIZATION**

**Unit - I** **Organizations -**

 (A) FIFA structure and functions.

 (B) AIFF structure and functions.

**Unit - II** (A) Fitness and coaching in football

 (B) Skill acquisition

 (C) System of play

**Unit - III** Mechanical and muscular analysis of skills.

 Mechanics of officiating.

 Rule and their interpretation

**Unit – IV Training Method**

1. Warming up (General and Specific)
2. Training as motor qualities (General)

**Unit – V Techniques and Tactics**

1. Advance skill and techniques
2. General mechanical principals applied to skill techniques

**M.P.Ed. SEMESTER – IV**

**GYMNASTICS SPECIALIZATION**

**Unit - I**

 a. Advance skills (at least one Exercise of "D" value on each apparatus.)

**Unit - II**

 a. Scoring :- Methods of Determining scores sheet.

**Unit - III**

 a. National and International camp.

 b. Organization of coaching camps.

**Unit - IV**

 a. Basic Principles for the competition programme.

 b. Sequence of performance on apparatus.

 c. Right of participation and size of delegations.

**Unit - V**

 a. Code of Ethics F.I.G.

 b. Awards:- The design of medals and Diplomas, Timing of Award

 ceremonials.

**M.P.Ed. SEMESTER – IV**

 **ATHLETICS SPECIALIZATION**

**Unit – I**

a. Technical Rules – Officials

b. Technical Rules – General Competition Rules

**Unit – II**

a. Technical Rules – Track Events

**Unit – III**

a. Technical Rules – Field Events

**Unit – IV**

a. Technical Rules – Combined Events

**Unit – V**

a. Technical Rules – Race Walking

b. Technical Rules – Road Races

c. Technical Rules – Cross Country

**M.P.Ed. SEMESTER – IV**

**HOCKEY SPECIALIZATION**

**Unit I – Organizations**

a. F.I.H Structure and functions

b. H.I.F. Structure and functions.

**Unit II-**

a. Fitness and Coaching in Hockey

b. Skill Acquisition.

c. System of play

**Unit III**

a. Mechanical and muscular analysis of skills.

**Unit IV**

**a.** Mechanics of officiating.

**Unit V**

a. Rules and Their interpretation.

**M.P.Ed. SEMESTER – IV**

**BADMINTON SPECIALIZATION**

**Unit I - Organizations**

(a) B.A.I. structure and functions

(b) B.W.F. structure and functions

**Unit II - Organization of Competitions**

 (a) School/College/District

 (b) State/National/University level

 (c) International level

**Unit III - Competition Planning**

 (a) Sudiraman Cup & World Championship

 (b) Grand Prix and super service Tournaments

 (c) World ranking system

**Unit IV - Competition Planning**

 (a) Training plan for competition

 (ii) Build up competitions

 (i) Per iodization, Micro, Meso Macro and Macro Cycle plan

 (b) Psychological Preparation for Badminton Competition

**Unit V- Miscellaneous**

(a) Evaluation of Badminton players during competition

(b) Most common injuries in Badminton and their immediate treatment

 (c) Mechanical analysis of Fundamental skills

**References:**

1. Balluo Ralph B. Teaching Badminton Delhi: Surjeet Publications, 1982.

2. Downey, Jack Badminton for School New Delhi: S. Chand and Co. Ltd. 1981.

3. Downey, Jack Winning Badminton Singles London: Adam and Charles Black.

4. Downey, Jack Winning Badminton Doubles London Adam and Charles Black.

5. Downey, Jack How to Coach Badminton London William Collins Sons and Co.Ltd., 1990

6. Hashman, Judy and Jones, C.M. Beginning Badminton, New York: Arco Publishing Company, Inc. 1977.

7. Roper, Peter Badminton: The Skills of the Game. Wiltshire: The Crowood Press, 1987

8. Davis, Pat Badminton : A complete practical guide revised edition (North Pomfret: David and Charles Publishers, 1988.

9. Davis, Pat The Encyclopaedia of Badminton Lodon: Robert Hale Limited, 1987.

10. Talbot, Derek Top Coach Badminton, London: McDonald and Co. Publisher Ltd. ,1989.

11. Blass, Margaret Varner and Hales, R. Stanton Badminton 5th Ed. Iowa: Wm. C. Brown publishes, 1987.

12. Downey, Jack C. Batter Badminton for all 3rd Ed. London: Pelham Books Ltd. 1982.

13. Downey, Jack C. and Brodie, David Get Fit for Badminton London: Pelham Books Ltd. 1980.

14. Eaton, Richard Sports action badminton London: Octopus Books, 1982.

15. Rogers, Wynn Advanced Badminton IOWA: Wm. C. Brown Publishers, 1970.

16. IBF Event Organization Manual

17. [www.badmintonindia.org](http://www.badmintonindia.org/)

18. www.internationalbadminton.org