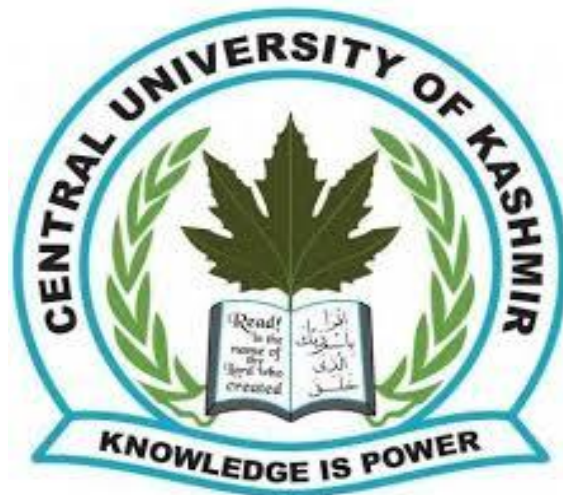


# *Department of Physical Education*

*School of Education-Central University of Kashmir*

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*PROGRAMME STRUCTURE & SYLLABUS*

*FOR 2- YEAR PROGRAMME (4 SEMESTER)*

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

*2017 ONWARDS*

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### Semester I

Course Code	Course Title	Type of Course	Credit Value	CIA	ESE	Total
MPEDC101	Advanced Sports Psychology	Core	4	40	60	100
MPEDC102	Health & Fitness	Core	4	40	60	100
MPEDC103	Sports Management	Core	4	40	60	100
MPEDC104	Teaching, Training and Proficiency in Games (Football and Badminton)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC105	Teaching, Training and Proficiency in Athletics (Discus-throw and Long Jump)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC106	Judo & Wushu	Core	2	50 (Internal)		50
Skill Enhancement Course	Any One from CBCS Basket	Core	4	40	60	100
Total			26	290	360	650

### Semester II

Course Code	Course Title	Type of Course	Credit Value	CIA	ESE	Total
MPEDC201	Advanced Sports Sociology	Core	4	40	60	100
MPEDC202	Measurement and Evaluation in Physical Education	Core	4	40	60	100
MPEDC203	Kinesiology	Core	4	40	60	100
MPEDC204	Study Tour (State of J&K)	Core	2	50 (Internal)		50
MPEDC205	Teaching, Training and Proficiency in Games (KhoKho & Kabbadi)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC206	Teaching, Training and Proficiency in Athletics (Triple Jump & Relay)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC207	Sqay & Taekwondo	Core	2	50 (Internal)		50
Ability Enhancement Course	Any One from CBCS Basket	Core	4	40	60	100
Total			28	340	360	700

### Semester III

Course Code	Course Title	Type of Course	Credit Value	CIA	ESE	Total
MPEDC301	Research Methodology & Applied Statistics	Core	4	40	60	100
MPEDC302	Sports Medicine, Athletic Care & Rehabilitation	Core	4	40	60	100
MPEDC303	Exercise Physiology	Core	4	40	60	100
MPEDC304	Teaching, Training and Proficiency in Games (Handball & Hockey)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC305	Teaching, Training and Proficiency in Athletics (Sprints Races & High Jump)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC306	Thangtha & Pencak Silat	Core	2	50 (Internal)		50
Open Generic Elective	Any One from CBCS Basket	Core	4	40	60	100
Total			26	290	360	650

### Semester IV

Course Code	Course Title	Type of Course	Credit Value	CIA	ESE	Total
MPEDC401	ICT in Physical Education & Sports	Core	4	40	60	100
MPEDC402	Officiating and Coaching	Core	4	40	60	100
MPEDC403	Dissertation	Core	8	100	100	200
MPEDC404	Study Tour (Outside J&K)	Core	2	50 (Internal)		50
MPEDC405	Teaching, Training and Proficiency in Games (Basketball & Volleyball)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC406	Teaching, Training and Proficiency in Athletics – (Shot-put & Hurdles)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC407	Karate & Kick Boxing	Core	2	50 (Internal)		50
Total			28	360	340	700

**Choice Based Credit System (CBCS)  
Scheme and Course Structure for  
M.P.Ed Semester I**

<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>	<b>Credit Value</b>	<b>CIA</b>	<b>ESE</b>	<b>Total</b>
MPEDC101	Advanced Sports Psychology	Core	4	40	60	100
MPEDC102	Health & Fitness	Core	4	40	60	100
MPEDC103	Sports Management	Core	4	40	60	100
MPEDC104	Teaching, Training and Proficiency in Games (Football and Badminton)	Core	Theory (2)	20	30	100
			Practical (2)	(Int)	(Ext)	
MPEDC105	Teaching, Training and Proficiency in Athletics (Discus-throw and Long Jump)	Core	Theory (2)	20	30	100
			Practical (2)	(Int)	(Ext)	
MPEDC106	Judo & Wushu	Core	2	50 (Internal)		50
Skill Enhancement Course	Any One from CBCS Basket	Core	4	40	60	100
<b>Total</b>			26	290	360	650

## MPED Semester I

Max Marks -100

Credit= 4

### MPEDC101: ADVANCED SPORTS PSYCHOLOGY

#### Unit I - Introduction to Sport Psychology

- 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 and Anxiety

- Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic; Achievement Motivation: Meaning, Measuring of Achievement Motivation.
- Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance.
- Stress: Meaning and Definition, Causes. Stress and Sports Performance.
- Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance; Self-Concept: Meaning and Definition, Method of Measurement

#### Unit III - Goal Setting

- Meaning and Definition,
- Process of Goal Setting in Physical Education and Sports.
- Relaxation: Meaning and Definition, types and methods of psychological relaxation.
- Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger dexterity board – Depth perception box – Kinesthesiometer board.

#### Unit IV - Mental Health

- Factors Influencing Mental Health; Importance and Functions of Mental Health
- Concept of Normal and Abnormal Personality
- Concept and Process of Adjustment and Maladjustment
- Coping Strategies and Building Resilience; Stress and Conflict Management

#### Suggested Readings

- Bhatia, Hans Raj, Test Book of Educational Psychology, Delhi: Macmillan, 2003.
- Rouben. B. Frost: Psychological concepts applied to Physical Education and Coaching, Wesley Publishing Co. London.

- Arkoff Abe (1968). Adjustment and Mental health, New York: Mc Graw Hill Company
- Bahadur Mal (1955) Mental in Theory and Practice, Hoshiarpur: V.V. R.I.
- Bernard, Harold, W. (1952). Mental Hygiene for class-room teachers, New York: McGraw Hill Book Co.
- Bonny, M. E. (1960) Mental Health in Education, Boston: Allyn and Bacon
- Dridge & Hung. Psychological foundations of Education. Harper and Row Publishers.
- Jain, D., Introduction to Psychology, New Delhi: K.S.K, 2003.
- Kamlesh, M.L. Education Sports Psychology, New Delhi, Friends Pub., 2006.
- Kamlesh, M.L., Key Ideas in Sport Psychology, New Delhi, Friends Pub.2007
- Kutty, S.K. Foundations of Sports & Exercise Psychology, New Delhi: Sports, 2004.
- Robert. S. Weinberg, Foundations of Sports and Exercise Psychology (Third Edition) Daniel Gould
- Jack H. Liewellyn, Psychology of Coaching: Theory and Application (Surjeet Publisher New Judy A. Blucker Delhi)
- Jashwant Kaur Virk, Psychology of Teaching and Learning. Twenty First Century Publication Pardeep Kumar Sahu Patiala. 2008
- Arun Kumar Singh. Advanced General Psychology, MotiLal Banarasi Das Bunglow Road Jawahar Nagar Delhi.

## MPED Semester I

Max Marks -100

Credit= 4

### MPEDC102: HEALTH & FITNESS

#### Unit 1 - Concept of Fitness

- Definition and meaning of Fitness
- Skill Related and Health Related Physical Fitness.
- Relationship of fitness and health fitness to develop health of an individual
- Wellness revolution

#### Unit 2 - Life style and Health fitness relationship

- Meaning of active life style
- Physical Inactivity and associated health risks
- Types, causes, symptoms and management of Diabetes & Hypertension
- Types, causes, symptoms and management of Atherosclerosis & Arthritis

#### Unit-3 Nutrition-I

- Nutrition; Meaning & Basic Nutrition guidelines;
- The essential nutrient and their importance in the human body;
- Factors to consider for developing nutrition plan
- Diet (before activity, during activity and after activity);

#### Unit-4 Nutrition-II

- Obesity and its hazard
- Measurement of body fat
- Energy Balance and Weight Control
- Design diet plan and exercise schedule for weight gain and loss

#### Suggested Readings

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
- Awasare, Vivek G. & Joshi, A.R. (2015) Test, Measurement & Evaluation in Physical Education, Nagpur : Amit Brothers Publications
- Charde, S.K., Hussain, Showkat & Kanwar, A.R. (2013) Test, Measurement and Evaluation in Physical Education, Nagpur: Amit Brothers Publications
- Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2 nd edition) Lanham: Scarecrow Press
- 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

- Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publising Co. Inc
- Charde, S.K., Hussain, Showkat & Kanwar, A.R. (2013) Test, Measurement and Evaluation in Physical Education, Nagpur: Amit Brothers Publications
- 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
- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3<sup>rd</sup> Edition, Dallas TX: The Cooper Institute for Aerobics Research
- Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics
- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications



## MPED Semester I

Max Marks -100

Credit= 4

### MPEDC103: SPORTS MANAGEMENT

#### 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 – Programme Management

- Importance of Programme development and the role of management,
- Factors influencing programme development; Steps in programme development,
- Competitive Sports Programs, Benefits,
- Management Guidelines for School, Colleges Sports Programs, Management problems in instruction programme; Community Based Physical Education and Sports program.

#### Unit III – Equipments

- Purchase and Care of Supplies of Equipment,
- Guidelines for selection of Equipments and Supplies, Purchase of equipments and supplies,
- Equipment Room, Equipment and supply Manager.
- Guidelines for checking, storing, issuing, care and maintenance of supplies and equipments.

#### Unit IV – Public Relations in Sports

- Planning the Public Relation Program
- Principles of Public Relation
- Public Relations in School and Communities
- Public Relation and the Media

#### Suggested Readings

- Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
- Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company.

- Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.
- Chakraborty&Samiran.(1998). Sports Management. New Delhi: Sports Publication.
- Charles, A, Bucher & March, L, Krotee.(1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
- Chelladurai, P. (1999). Human Resources Management in Sports and Recreation.Human Kinetics.
- Choudhari, S. (2015) Management in Physical Education. New Delhi: Sports
- Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.
- Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication.

## MPED Semester I

Max Marks -100

Credit= 4

### MPEDC104: Teaching, Training and Proficiency in Games (Football and Badminton)

#### Unit 1 – Teaching in Football

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit II – Training & Proficiency in Football

- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills

#### Unit III – Teaching in Badminton

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit IV – Training & Proficiency in Badminton

- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills

#### Suggested Readings

- John, V, Bunn: The Arts of officiating Sports, Prentice – Hall, Inc., Englewood Cliffs, N.J.
- John, W.Dunn: scientific Principles of Coaching, Prentice Hall, Englewood Cliffs, N.J.
- H.C.Buck: Rules of Games and Sports.
- Be Clar: Science of Coaching, A.S. Barhas and Co., New York.
- R.L. Anand: Playing Field Manual, NIS Publication.
- Physical Education & Health. (Dr. A.K.Uppal, Dr. G.P.Gautam)
- Physical and Health Education (Mr. V.D.Sharma & Granh Singh)
- Yoga & Health Education (Dr. R.K.S. Dagarm Dr. Shiv Kumar Chauhan and S.S Mann)
- Turner and Mouison: Personnel and Community Health.
- Dehl: Healthful Living, McGraw Hill
- Daiymple: Foundations of Health
- Obertauffer: School Health Education
- Jobs Suttan: Health for Effective living, N.Y., Mcgraw Hill Books Co., Inc., 1958.

## MPED Semester I

Max Marks -100

Credit= 4

### MPEDC105: Teaching, Training and Proficiency in Athletics (Discuss-Throw and Long Jump)

#### Unit 1 – Teaching in Discuss-Throw

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions/Track, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit II – Training & Proficiency in Discuss-Throw

- Fundamental techniques
- Advanced techniques and tactics
- Specific exercise and drill related to different techniques
- Biomechanical analysis of techniques

#### Unit III- Teaching Sprints in Long Jump

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions/Track, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit IV – Training & Proficiency in Long Jump

- Fundamental techniques
- Advanced techniques and tactics
- Specific exercise and drill related to different techniques
- Biomechanical analysis of techniques

**Note:** For teaching practice, students have to teach two lessons from every game and athletic event internally and one lesson from games (choice based) and one lesson from athletic events (choice based) externally.

#### Suggested Readings

- James G. Hays, “The Bio-mechanics of Sports Techniques”, (2<sup>nd</sup> ed.), Englewood Cliffs, N.J. Prentice Hall, Inc. 1978
- John Bull, “Scientific Principles of Coaching”, (2<sup>nd</sup> ed.), Englewood Cliffs, N.J. Prentice Hall, Inc., 1972.
- Australian Sports Commission 1994, Sport It! Towards 2000: Teacher Resource Manual, Tactical Directions Pty Ltd, Canberra.
- Carr, Gerry, (1999) Fundamentals of Track and Field. Champaign, IL: Human Kinetics.

- Dunn, George, and McGill, Kevin (1994) *The Throws Manual*. Mountain View, CA: Tafnews Press.
- Fraley, Bob, and Jacoby, Ed, (1995) *Complete Book of Jumps*. Champaign, IL: Human Kinetics.
- Jarver, Jess (1985) *Middle Distances*. Los Altos, CA: Tafnews Press.
- Rogers, Joseph (2000) *USA Track & Field Coaching Manual*. Champaign, IL: Human Kinetics.
- Rosen, Mel, and Rosen, Karen, (1988) *Sports Illustrated, Track Championship Running*. New York, NY: Sports Illustrated, Winner's Circle Books.

## MPED Semester I

Max Marks -50

Credit= 2

### MPEDC106: Judo & Wushu

#### Unit I-Judo

- Current laws and their interpretations;
- Fundamental skills
- Specific exercise and drill related to different skills
- Terminology and their meaning

#### Unit II-Wushu

- Current laws and their interpretations;
- Fundamental skills
- Specific exercise and drill related to different skills
- Terminology and their meaning

**Note:** Unit I & Unit II will be evaluated on practicum basis.

#### Suggested Readings

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.

**Choice Based Credit System (CBCS)  
Scheme and Course Structure for  
M.P.Ed Semester II**

<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>	<b>Credit Value</b>	<b>CIA</b>	<b>ESE</b>	<b>Total</b>
MPEDC201	Advanced Sports Sociology	Core	4	40	60	100
MPEDC202	Measurement and Evaluation in Physical Education	Core	4	40	60	100
MPEDC203	Kinesiology	Core	4	40	60	100
MPEDC204	Study Tour (State of J&K)	Core	2	50 (Internal)		50
MPEDC205	Teaching, Training and Proficiency in Games (Kho-Kho & Kabbadi)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC206	Teaching, Training and Proficiency in Athletics (Triple Jump & Relay)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC207	Sqay & Taekwondo	Core	2	50 (Internal)		50
Ability Enhancement Course	Any One from CBCS Basket	Core	4	40	60	100
<b>Total</b>			28	340	360	700

## MPED Semester II

Max Marks -100

Credit= 4

### MPEDC201: ADVANCED SPORTS SOCIOLOGY

#### Unit-1 Introduction of Sport Sociology

- Meaning, definition and importance of sports sociology
- Present status of sports sociology in India
- Sports in human societies (ancient, feudal, capitalistic and socialistic)
- Sports a man's cultural heritage

#### Unit-II Stratification, Socialization and Gender

- Definition of stratification (classes, age, gender)
- Role of physical education and sport in the socialization process
- Women and sport- History and social issues
- Gender disparity, discrimination and equity

#### Unit-III Sport and Modern Society

- Industrial revolution and changes in sport dynamics
- Professionalism versus amateurism in sport
- Commercialism in sport
- Politics and sports in the modern era

#### Unit-IV Sports and Future

- Ideological issues in sport
- Changing trends and forecasts in growth of sports
- Paradox between Olympic movement and emerging priorities in sports
- National sports policy-challenges and constraints

#### Books Suggested:

- Bhusan, V. & Sachdeva. (2003). An introduction to sociology. Kitab: Delhi
- Jeet K. (2000). Sports sociology. Friend pub: New Delhi.
- Joy J. C. (1997). Sports in society, issues and controversies, McGraw Hill International edition
- Parasher G. & Kumar S. (2014). Sports studies. Khel sahitya Kendra: New Delhi
- Rachana J. (1997). Sports sociology. Parentice hall: New Delhi
- Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.



## MPED Semester II

Max Marks -100

Credit= 4

### MPEDC202: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

#### Unit 1 – Introduction

- Concept of test, measurement and evaluation in physical education
- Interrelationship between test, measurement and evaluation
- Basic function of test, measurement and evaluation with relation to physical education
- Importance of Measurement and evaluation in Physical Education

#### Unit II – Measurement and Evaluation

- Four levels of measurement
- General model of evaluation process
- Summative and Formative evaluation
- Norm based and Criterion based evaluation

#### Unit III - Physical Fitness Tests & Motor Fitness Tests

- Harvard step test; Kraus Weber Minimum Muscular Fitness Test;
- Multi-stage fitness test (Beep test);
- Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men);
- Barrow Motor Ability Test; Newton Motor Ability Test.

#### Unit IV– Test Batteries

- Basketball skill testing
  - a. Johnson basketball test battery
  - b. SAI basketball test battery
- Badminton skill testing
  - a. Lockhart and McPherson Test
  - b. SAI badminton test battery
- Soccer skill testing
  - a. McDonald Soccer skill test
  - b. SAI Football skill test
- Hockey skill testing
  - a. Schmithals French Field Test
  - b. SAI Hockey Skill Test

#### Suggested Readings

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
- Awasare, Vivek G. & Joshi, A.R. (2015) Test, Measurement & Evaluation in Physical Education, Nagpur : Amit Brothers Publications

- Charde, S.K., Hussain, Showkat&Kanwar, A.R. (2013) Test, Measurement and Evaluation in Physical Education, Nagpur: Amit Brothers Publications
- Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2 nd edition) Lanham: Scarecrow Press
- 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
- Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc
- Charde, S.K., Hussain, Showkat&Kanwar, A.R. (2013) Test, Measurement and Evaluation in Physical Education, Nagpur: Amit Brothers Publications
- 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
- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3<sup>rd</sup> Edition, Dallas TX: The Cooper Institute for Aerobics Research
- Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL: Human Kinetics
- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications

## MPED Semester II

Max Marks -100

Credit= 4

### MPEDC203: Kinesiology

#### Unit-1 Introduction to kinesiology

- Meaning, importance of kinesiology in physical education and sports.
- Meaning of axis and planes and their types.
- Terminology of body position.
- Different body movements around different axis and planes.

#### Unit-11 Muscles

- Meaning and types of muscles.
- Muscular contraction, types and role of muscles in movements
- Skeletal muscles and their structure.
- Neuromuscular concept of muscles: All and none law, reciprocal innervations.

#### UNIT-1II Origin, Insertion and Action of Major Muscles

- Deltoid, pectorals major and minor
- Trapezius, biceps and triceps
- Hamstring group of muscles
- Quadriceps group of muscles

#### UNIT-1V JOINTS

- Meaning and types of joints
- Shoulder joint – structure, muscle reinforcement and movements.
- Hip joint – structure, muscle reinforcement and movements.
- Knee joint - structure, muscle reinforcement and movements

#### Suggested Books:

- Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd.ed.) Baltimore: Williams and Wilkins.
- Groves, R and Camaine, D. (1983). Concepts in Kinesiology. (2nd.ed) Philadelphia:Saunders College Publishing.
- Hay, J. & Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice – Hall
- Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion. 8th. Ed., Brown & Bench mark.
- Rasch, P. (1989) Kinesiology and Applied Anatomy. Philadelphia: Lea &Febiger.
- Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis:Times Mirror/ Mosby College Publishing.

## MPED Semester II

Max Marks -100

Credit= 4

### MPEDC205: Teaching, Training and Proficiency in Games (Kho-Kho and Kabaddi)

#### Unit 1 – Teaching in Kho-Kho

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit II – Training & Proficiency in Kho-Kho

- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills

#### Unit III – Teaching in Kabaddi

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit IV – Training & Proficiency in Kabaddi

- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills

#### Suggested Readings

- John, V, Bunn: The Arts of officiating Sports, Prentice – Hall, Inc., Englewood Cliffs, N.J.
- John, W.Dunn: scientific Principles of Coaching, Prentice Hall, Englewood Cliffs, N.J.
- H.C.Buck: Rules of Games and Sports.
- Be Clar: Science of Coaching, A.S. Barhas and Co., New York.
- R.L. Anand: Playing Field Manual, NIS Publication.
- Physical Education & Health. (Dr. A.K.Uppal, Dr. G.P.Gautam)
- Physical and Health Education (Mr. V.D.Sharma&Granh Singh)
- Yoga & Health Education (Dr. R.K.S. Dagarm Dr. Shiv Kumar Chauhan and S.S Mann)
- Turner and Mouison: Personnel and Community Health.
- Dehl: Healthful Living, McGraw Hill

- Daiymple: Foundations of Health
- Obertauffer: School Health Education
- Jobs Suttan: Health for Effective living, N.Y., Mcgraw Hill Books Co., Inc., 1958.

## MPED Semester II

Max Marks -100

Credit= 4

### MPEDC206: Teaching, Training and Proficiency in Athletics (Triple Jump and Relay)

#### Unit 1 – Teaching in Triple Jump

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions/Track, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit II – Training & Proficiency in Triple Jump

- Fundamental techniques
- Advanced techniques and tactics
- Specific exercise and drill related to different techniques
- Biomechanical analysis of techniques

#### Unit III- Teaching Sprints in Relay

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions/Track, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit IV – Training & Proficiency in Relay

- Fundamental techniques
- Advanced techniques and tactics
- Specific exercise and drill related to different techniques
- Biomechanical analysis of techniques

**Note:** For teaching practice, students have to teach two lessons from every game and athletic event internally and one lesson from games (choice based) and one lesson from athletic events (choice based) externally.

#### Suggested Readings

- James G. Hays, “The Bio-mechanics of Sports Techniques”, (2<sup>nd</sup> ed.), Englewood Cliffs, N.J. Prentice Hall, Inc. 1978
- John Bull, “Scientific Principles of Coaching”, (2<sup>nd</sup> ed.), Englewood Cliffs, N.J. Prentice Hall, Inc., 1972.
- Australian Sports Commission 1994, Sport It! Towards 2000: Teacher Resource Manual, Tactical Directions Pty Ltd, Canberra.
- Carr, Gerry, (1999) Fundamentals of Track and Field. Champaign, IL: Human Kinetics.

- Dunn, George, and McGill, Kevin (1994) *The Throws Manual*. Mountain View, CA: Tafnews Press.
- Fraley, Bob, and Jacoby, Ed, (1995) *Complete Book of Jumps*. Champaign, IL: Human Kinetics.
- Jarver, Jess (1985) *Middle Distances*. Los Altos, CA: Tafnews Press.
- Rogers, Joseph (2000) *USA Track & Field Coaching Manual*. Champaign, IL: Human Kinetics.
- Rosen, Mel, and Rosen, Karen, (1988) *Sports Illustrated, Track Championship Running*. New York, NY: Sports Illustrated, Winner's Circle Books.

## MPED Semester II

Max Marks -50

Credit= 2

### MPEDC207: Sqay & Taekwondo

#### Unit I-Sqay

- Current laws and their interpretations;
- Fundamental skills
- Specific exercise and drill related to different skills
- Terminology and their meaning

#### Unit II- Taekwondo

- Current laws and their interpretations;
- Fundamental skills
- Specific exercise and drill related to different skills
- Terminology and their meaning

#### Suggested Readings

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.



**Choice Based Credit System (CBCS)  
Scheme and Course Structure for  
M.P.Ed Semester III**

<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>	<b>Credit Value</b>	<b>CIA</b>	<b>ESE</b>	<b>Total</b>
MPEDC301	Research Methodology & Applied Statistics	Core	4	40	60	100
MPEDC302	Sports Medicine, Athletic Care & Rehabilitation	Core	4	40	60	100
MPEDC303	Exercise Physiology	Core	4	40	60	100
MPEDC304	Teaching, Training and Proficiency in Games (Handball & Hockey)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC305	Teaching, Training and Proficiency in Athletics (Sprints Races & High Jump)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC306	Thangtha & Pencak Silat	Core	2	50 (Internal)		50
Open Generic Elective	Any One from CBCS Basket	Core	4	40	60	100
<b>Total</b>			26	290	360	650

## MPED Semester III

Max Marks -100

Credit= 4

### MPEDC301: Research Methodology & Applied Statistics

#### Unit-1 Introduction to Research

- Meaning, need and nature of research;
- Fundamental and Applied Research, Qualitative and Quantitative Research; Longitudinal and Cross Sectional;
- Criteria and sources for identifying a research problem;
- Statement of problem, Hypothesis and Formulation of Objectives & Delimitation

#### Unit-II Methods of Research

- Historical Research: Nature and Scope; Steps;
- Descriptive Research: Nature and Scope; Steps, Surveys; Causal- Comparative;
- Experimental Research: Nature and Scope; Concept of Variables and Groups;
- Review of related literature: Major literature resources;

#### Unit-III Sampling and Tools

- Meaning of sample & population;
- Types of Sampling; stratified and non-stratified;
- Characteristics of Measuring tool: Validity, Reliability, Objectivity and Norms;
- Selection of tool: Standardised tool & Self Constructed.

#### Unit-IV Statistics

- Null hypothesis; one and two tailed tests; Type I and Type II errors;
- Meaning and Uses of Correlation; Calculation of Co-efficient of Correlation- Rank Order & Product Moment;
- t-test: Concept, Assumption, computation and uses;
- F-test: One way ANOVA – Concept, Assumption, Computation and uses and SPSS statistical Package.

#### Suggested Readings:

- Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.
- Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*. Englewood cliffs, New Jersey: Prentice Hall, Inc.
- Garrett, H.E. (1981). *Statistics in psychology and education*. New York: VakilsFeffer and Simon Ltd.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). *Introduction to research: A guide for the health science professional*. Landon: J.B. Lippincott Company.

- Thomas, J.R., & Nelson J.K. (2005). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
- Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

## MPED Semester III

Max Marks -100

Credit= 4

### MPEDC302: Sports Medicine, Athletic Care & Rehabilitation

#### Unit-1 Sports Medicine

- Sports Medicine: Meaning, Definition, Objectives
- Scope and importance of sports medicine;
- Historical development of sports medicine as a discipline;
- Doping: methods and effects on health; Role and importance of WADA & NADA in Doping.

#### Unit-II Ergogenic Aids and Sports

- Pharmacological Agents: Amphetamine,  $\beta$ -blockers, Diuretics;
- Hormonal agents: Anabolic steroids & Human growth hormone;
- Physiological agents: Erythropoietin, Oxygen Supplementation, Bicarbonate loading, Phosphate loading;
- Nutritional agents: Amino acids, Creatine & L-Carnitine.

#### Unit-III Athletic Care & Rehabilitation-I

- Athletes Care and Rehabilitation: Meaning & Contribution of Physical Education Teachers and Coaches.
- Principles of Athletic Care & Rehabilitation;
- Therapeutic Exercise: Definition and Scope – Principles of Therapeutic Exercise – Classification;
- Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static)

#### Unit-IV Athletic Care & Rehabilitation-II

- Definition – Guiding principles of physiotherapy & Importance of physiotherapy;
- Therapeutic modalities: Cryotherapy, hydrotherapy and thermotherapy (I/R lamps, wax bath);
- Electrotherapy: TENS, short wave diathermy, microwave diathermy, ultra sound;
- Massage: Different manipulations used in massage.

#### Suggested Readings:

- Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.
- Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.

- David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
- Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger.
- Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi:Lucky Enterprises.
- Mathew, D.K. & Fox, E.L, (1971). Physiological basis of physical education and athletics. Philadelphia:W.B. Saunders Co.
- Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

## MPED Semester III

Max Marks -100

Credit= 4

### MPEDC303: Exercise Physiology

#### Unit-1 Fundamentals and Neuromuscular Function

- Skeletal Muscle: Function of Skeletal Muscle; Sliding Filament Theory of muscular contraction; Muscle fiber types;
- The basic energy systems: ATP-PCr System, Glycolytic System & Oxidative system;
- Nerve control of exercising muscle: Neuron structure, neuromuscular junction;
- Acute response & chronic adaptation; Neural transmission & motor response.

#### Unit-II Exercise and Body Systems

- Impact of exercise on circulatory system
- Impact of exercise on muscular system
- Impact of exercise on Respiratory system
- Impact of exercise on endocrine and nervous system

#### Unit-III Exercise in different environmental conditions

- Thermoregulatory control of heat exchange and effectors that alter body temperature;
- Exercise in hot condition: Physiological response and health risks;
- Exercise in cold condition: Physiological response and health risks;
- High altitude exercise: Physiological response and health risks.

#### Unit-IV Gerontology and Exercise

- Aging:
  - Body size and Composition difference;
  - Physiological response to acute exercise;
  - Special Issues (Environmental stress, Longevity).
- Sex Differences:
  - Body size and Composition difference;
  - Physiological response to acute exercise;
  - Special issues (menstrual dysfunction, eating disorders);

#### Suggested Readings:

- Jack .H. Wilmore , David L. Costill (1994). Physiology of Sport and Exercise .Human Kinetics.

- Katch F.L and Mc Ardle W.D (2010) Nutrition, Weight Control and Exercise .Philadelphia, Lea & Febiger.
- Allen W. Jakson , James R. Morrow (1999) Physical Activity for Health & fitness . Human Kinetics.
- Tiwari, Sandhya, (1999).Exercise Physiology.Sports Publications
- David N. Camaione (1993). Fitness Management.WCB Brown & Benchmark.

## MPED Semester III

Max Marks -100

Credit= 4

### MPEDC304: Teaching, Training and Proficiency in Games (Handball & Hockey)

#### Unit 1 – Teaching in Handball

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit II – Training & Proficiency in Handball

- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills

#### Unit III – Teaching in Hockey

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit IV – Training & Proficiency in Hockey

- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills

#### Suggested Readings

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics, USA.
- Page, J. (2000). Ball Games. Lerner Sports Publisher, USA.
- Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
- Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.
- Schmottlach, N. and McManama (2005). Physical Education Activity Handbook. Benjamin Cummings, USA.
- Surhone, L.M. et al (2010). Team Handball. Betascript Publishing, USA
- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
- Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
- Pecknold, R. and Foeste, A. (2009). Hockey : Essential Skills. McGraw Hills, USA.
- Rossiter, S. (2003). Hokcey the NHL Way : Goaltending Illustrated Edition. Sterling Publishers, USA.



- Thani Yograj (2002). Coaching Successfully Hockey. Sports Publication. Delhi.
- Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics, USA.
- Weekes, D. (2003). The Biggest Book of Hockey Trivia. Greystone Books, USA.
- Wukovits, J.F. (2000). History of Hockey 1st Ed. Lucent Books, USA.

## MPED Semester III

Max Marks -100

Credit= 4

### MPEDC305: Teaching, Training, and Proficiency in Athletics (Sprints Races and High Jump)

#### Unit 1 – Teaching in Sprints (100m, 200m and 400m)

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions/Track, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit II – Training & Proficiency in Sprints (100m, 200m and 400m)

- Fundamental techniques
- Advanced techniques and tactics
- Specific exercise and drill related to different techniques
- Biomechanical analysis of techniques

#### Unit III- Teaching Sprints in High Jump

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions/Track, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit IV – Training & Proficiency in High Jump

- Fundamental techniques
- Advanced techniques and tactics
- Specific exercise and drill related to different techniques
- Biomechanical analysis of techniques

**Note:** For teaching practice, students have to teach two lessons from every game and athletic event internally and one lesson from games (choice based) and one lesson from athletic events (choice based) externally.

#### Suggested Readings:

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
- Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.

- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi
- Maughan, R. and Gluson, M. (2004). The Biomechanical Basics of Athletic Performance. Oxford University Press, U.K.
- Prentice, W. and Arnheim, D. (2005). Arnheim's Principles of Athletic Training 12th Ed. McGraw Hill. in place of Knight (1988).
- Kumar Pardeep. (2008). Historical Development of Track and Field. Friends Publication. New Delhi
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK. Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics-Track Athletics. Sports Pub. Delhi.
- Thani Y. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.

## MPED Semester III

Max Marks -50

Credit= 2

### MPEDC306: Thangtha & Pencak Silat

#### Unit I- Thangtha

- Current laws and their interpretations;
- Fundamental skills
- Specific exercise and drill related to different skills
- Terminology and their meaning

#### Unit II- Pencak Silat

- Current laws and their interpretations;
- Fundamental skills
- Specific exercise and drill related to different skills
- Terminology and their meaning

**Note:** Unit I & Unit II will be evaluated on practicum basis.

#### Suggested Readings

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.

**Choice Based Credit System (CBCS)  
Scheme and Course Structure for  
M.P.Ed Semester IV**

<b>Course Code</b>	<b>Course Title</b>	<b>Type of Course</b>	<b>Credit Value</b>	<b>CIA</b>	<b>ESE</b>	<b>Total</b>
MPEDC401	ICT in Physical Education & Sports	Core	4	40	60	100
MPEDC402	Officiating and Coaching	Core	4	40	60	100
MPEDC403	Dissertation	Core	8	100	100	200
MPEDC404	Study Tour (Outside J&K)	Core	2	50 (Internal)		50
MPEDC405	Teaching, Training and Proficiency in Games (Basketball & Volleyball)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC406	Teaching, Training and Proficiency in Athletics – (Shot-put & Hurdles)	Core	Theory (2)	20	30	100
			Practical (2)	20 (Int)	30 (Ext)	
MPEDC407	Karate & Kick Boxing	Core	2	50 (Internal)		50
Total			28	360	340	700

**MPEDC401: ICT in Physical Education & Sports**

**Unit-1 Introduction**

- Meaning, need and importance of information and communication technology (ICT).
- Application of Computers in Physical Education
- Components of computer, input and output device
- Latest Application software used in Physical Education and sports

**Unit-II MS Word**

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing features Drawing table ,
- page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

**Unit-III MS Excel**

- Introduction to MS Excel
- Creating, saving and opening spread sheet
- Creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

**Unit-IV MS Power Point**

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- Format and editing features slide show , design , inserting slide number
- Picture, graph ,table
- Preparation of Power point presentations

**Suggested Readings:**

- Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
- Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.
- Milke, M.(2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
- Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication.

**MPEDC402: Officiating and Coaching**

**Unit-1 Introduction of Officiating and coaching**

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

**Unit-II Coach as a Mentor**

- Duties of coach in general, pre, during and post-game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching

**Unit-III Duties of Official**

- Duties of official in general, pre, during and post-game.
- Philosophy of officiating
- Mechanics of officiating – position, singles and movement etc.
- Ethics of officiating

**Unit-IV Qualities and Qualifications of Coach and Official**

- Qualities and qualification of coach and official
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
- Integrity and values of sports

**Suggested Readings:**

- Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
- Dyson, G. H. (1963). *The mechanics of Athletics*. London: University of London Press Ltd.
- Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.

## MPED Semester IV

Max Marks -100

Credit= 4

### MPEDC405: Teaching, Training and Proficiency in Games (Basketball & Volleyball)

#### Unit 1 – Teaching in Basketball

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit II – Training & Proficiency in Basketball

- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills

#### Unit III – Teaching in Volleyball

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit IV – Training & Proficiency in Volleyball

- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills

#### Suggested Readings

- American Volleyball Coaches Association (2005). Volleyball : Skills & Drills. Human Kinetics, USA.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Kenny, B. and Gregory, C. (2006). Volleyball : Steps to Success. Human Kinetics, USA.
- Saggar SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Scates AE (1993). Winning Volley Ball. WC Brown. USA.
- Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinetics, USA.
- Shondell, D. and Reynaud, C. (2002). The Volleyball Coaching Bible. Human Kinetics, USA.
- Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing, USA.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi.
- Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.



## MPED Semester IV

Max Marks -100

Credit= 4

### MPEDC406: Training, Coaching and Proficiency in Athletics (Shot-put & Hurdles)

#### Unit 1 – Teaching in Shot-put

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions/Track, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit II – Training & Proficiency in Shot-put

- Fundamental techniques
- Advanced techniques and tactics
- Specific exercise and drill related to different techniques
- Biomechanical analysis of techniques

#### Unit III- Teaching Sprints in Hurdles

- Origin and Historical Development at international and national level;
- Current laws and their interpretations; Dimensions/Track, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Teaching: Preparation, methods & demonstration of lesson

#### Unit IV – Training & Proficiency in Hurdles

- Fundamental techniques
- Advanced techniques and tactics
- Specific exercise and drill related to different techniques
- Biomechanical analysis of techniques

**Note:** For teaching practice, students have to teach two lessons from every game and athletic event internally and one lesson from games (choice based) and one lesson from athletic events (choice based) externally.

#### Suggested Readings:

- Chauhan VS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Handbook-Rules and Regulation. International Athletic Federation (2010).
- Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.
- Kumar, Pardeep. (2008). Historical Development of Track & Field. Friends Publication. New Delhi

## MPED Semester IV

Max Marks -50

Credit= 2

### MPEDC407: Karate & Kick Boxing

#### Unit I- Karate

- Current laws and their interpretations;
- Fundamental skills
- Specific exercise and drill related to different skills
- Terminology and their meaning

#### Unit II- Kick Boxing

- Current laws and their interpretations;
- Fundamental skills
- Specific exercise and drill related to different skills
- Terminology and their meaning

**Note:** Unit I & Unit II will be evaluated on practicum basis.

#### Suggested Readings

- Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.