

**Choice Based Credit System (CBCS)
Scheme and Course Structure for**

M.P.Ed. Semester-I

Course Code	Course Title	Type of Course	Credit Value	MSE	ESE	Total
MPED-C-101	Advanced Sports Psychology	Core	4	50	50	100
MPED-C-102	Sports Training-I	Core	4	50	50	100
MPED-C-103	Kinesiology and Sports Biomechanics	Core	4	50	50	100
MPED-C-104	Games-I	Core (Practical)	3	50	50	100
MPED-C-105	Track & Field-I	Core (Practical)	3	50	50	100
Skill Enhancement Course	Choice Based Credit System (CBCS)	Core	4	50	50	100
Total			22	300	300	600

MPED-C-101: ADVANCED SPORTS PSYCHOLOGY

Objectives:

1. To give insight into the behavioural pattern of athletes.
2. To provide psychological interventions for better performance.

Outcomes:

1. Understand the focus and scope of Sports Psychology and its application.
 2. Understand the enduring psychological factors that may affect performance in various sports activities with specific reference to personality characteristics and psychological states and status.
 3. Gain knowledge of the various attributes of motivation that an athlete uses to explain sports outcome.
 4. Understand the importance of emotions of sportspersons and provide psychological interventions for better performance.
 5. Appreciate the importance of Goal setting as a psychological training tool.
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UNIT-I Introduction

- Sports Psychology- Its Importance in the Field of Physical Education and Sports.
- Personality- Theories of Personality.
- Cognitive Process- Memory and Thinking. Principles of Motor Skill Learning.
- Psychological Factors Affecting Sports Performance

UNIT-II Exploring Athletic Performance: Key Constructs

- Motivation in Sports- Types, Theories and Dynamics
- Goal-setting in Sports and using imagination in sport: mental imagery and mental practice in athletes.
- Group Dynamics, Group Cohesion and Leadership in Sports.
- Long and Short Term Psychological Preparation for Performance/ Competition.
- Spectators and Sports Performance.

UNIT-III Psychobiology of Sport and Exercise

- Relationship between Exercise and Improved Mental Health.
- Burnout in Athletes; Models, Symptoms and Measurement of Burnout. Recommendations for Athletes, Coaches and Parents.
- Psychological Predictors of Athletic Injury. Psychological Response to Injury and Rehabilitation.
- Drug Abuse in Sports and Exercise. Combating Drug Abuse in Sport.

UNIT-IV Psychological Tests

- Ethics in Sports Psychology
- Types of Psychological Test; Questionnaire based and Instrument based tests; Construction of Psychological test.
- Tests for Psychological Variables: (Procedure, Administration, Scoring and Analysis)

Questionnaire

1. Personality
2. Anxiety
3. Team Cohesion
4. Achievement Motivation
5. Mental-Toughness
6. Self-Efficacy

Instrumental Test

1. Pass-Along Test
2. Tachistoscope
3. Reaction Timer
4. Finger Dexterity Board
5. Depth Perception Box
6. Kinesthesiometer Board

SUGGESTED READINGS:

- Aidan P. Moran. (2004). Sport and Exercise Psychology: A Critical Introduction. Routledge 27 Church Road, Hove, East Sussex BN3 2FA LONDON AND NEW YORK
- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)
- Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Mirosław Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, H. Cox. (2002). Sport Psychology: Concepts and Applications. Fifth Edition. McGraw Hill Companies, Inc. 1221 Avenue of the Americas, New York.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

M.P.Ed. Semester-I

Max Marks-100

Credit = 4

MPED-C-102: SPORTS TRAINING-I

Objectives: To develop the basic understanding and familiarizing about the sports training, training load and recovery, sports performance and training components.

Outcomes:

1. Explain the concept of sports training.
 2. Describe the training load and recovery.
 3. Comprehend the structure and process sports performance in physical education.
 4. Enumerate about the different training components.
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UNIT- I Introduction

- Definition of Sports Training, Coaching, and Conditioning.
- Aims and Characteristics of Sports Training.
- Training Means and Methods.
- General Principles of Sports Training.

UNIT- II Training Load and Recovery

- Definition of Load, Types of Load and Judgement of Load.
- Symptoms and Causes of Over Load and Method of Tackling Over Load.
- Factors of Training Load, Adoption Process and Super Compensation.
- Means of Recovery and Factors Effecting on Recovery.

UNIT- III Sports Performance

- Definition and Nature of Sports Performance.
- Model of Sports Performance.
- Structure of Performance Factors.
- Structure of the Process of Performance.

UNIT- IV Training Components

- Strength: Definition, Classification, Factors Determining and Methods for Improve.
- Speed: Definition, Classification, Factors Determining and Methods for Improve.
- Endurance: Definition, Classification, Factors Determining and Methods for Improve.

- Flexibility: Definition, Classification, Factors Determining and Methods for Improve.
- Co-ordination Ability: Definition, Classification, Factors Determining and Methods for Improve.
- Define of Skill, Technique, Style, and Tactics.

SUGGESTED READING:

- Dick W. Frank: Sports Training Principal ,London: Lepus Books.
- Ali J.: Elements of Physical Education, Khel Sahitya Kendra, New Delhi, 2005.
- Matveyew, L.P.: Fundamentals of Sports Training Moscow progress.
- Singh, H.: Science of Sports Training, D.V.S. Publication, N. Delhi, 1991.

M.P.Ed. Semester-I

Max Marks-100

Credit = 4

MPED-C-103: KINESIOLOGY AND SPORTS BIOMECHANICS

Objective: This course is designed to enable the student to analyze human movement anatomically and mechanically. The student will understand the different types of skeletal muscle contractions, how they affect joint motion, and comprehend the importance of following the laws of physics when improving athletic skills.

Outcomes:

1. Demonstrate and apply basic mechanical and physics principles to human movements and implements used in various sports.
2. Identify the relationship between anatomical structure, physiological function, and mechanical principles as they relate to the performance of basic and complex motor skills.
3. View the performance of physical activity skills critically and evaluate performance in terms of principles of efficient movement.
4. Gain the ability to recognize and understand the skeletal muscles and joint movements involved in human locomotion.
5. Develop an understanding and appreciation of how the body is able to perform simple and complex motor skills.

UNIT-I Introduction

- Introduction of Kinesiology and Biomechanics.
- Importance of biomechanics and kinesiology in Physical Education and Sports.
- Types of muscles & Joints.
- Muscle attachments - Origin, insertion, action and leverage of the principal muscles used in sports.

Unit-11 Planes, axis and levers

- Cardinal planes and axes of movement: (a) sagittal plane and frontal axis; (b) frontal plane and sagittal axis; (c) Horizontal plane and vertical axis.
- Lever: types of levers
- Mechanical advantage and applications of Levers in sports.
- Posture and its deformities with their corrective exercises.

UNIT-III Force and Fluid Dynamics

- Friction and Spin
- Internal and External Forces
- Centripetal and Centrifugal Forces
- Fluid Dynamics:
 - Air and water Resistance
 - Buoyancy Force and Flotation
 - Introduction of Drag
 - Introduction of Magnus Effect

UNIT-IV Movement Patterns – The Essence of Sports Biomechanics

- Motion: its laws and their application in sports.
- Projectile and principles of projectile
- Linear and angular kinematics and kinetics
- Analysis of fundamental movements (Walking, Running, Jumping & Throwing)

SUGGESTED READINGS:

- Basis of Human Motion. 8th ed, Brown & Benchmark.
- Gowitzke, B.A. and Milner, M. Scientific Bases of Human Movement. (3rd. Ed.) Baltimore: Williams and Wilkins,(1988).
- Grimshaw, Paul., Lees, Adrian., Flower, Neil.,&Burden, Adrian. Sports and Exercise Biomechanics. Taylor &Francis.
- Groves, R and Camaine, D. Concepts in Kinesiology. (2nd. Ed.). Philadelphia: Saunders College Publishing,(1983).
- Hall, S.J., Basic Biomechanics, London, Mosby,1991.
- Hay, J. The biomechanics of sport techniques. (2nd. Ed.). Englewood Cliffs: Prentice-Hall, (1978).
- Hay, J. & Reid, J. The Anatomical and Mechanical Bases of Human Motion. Englewood Cliffs: Prentice-Hall,(1982).
- Luttegens, Kathryn., Deutsch, Helga., Hamilton, Nancy. Kinesiology-Scientific Basis of Human Motion. 8th Ed, Brown & Benchmark.
- Nordin, M. & Frankel, V. Basic Biomechanics of the Musculoskeletal System, Philadelphia: Lea & Febiger,(1990).
- Northrip, J., Logan, G. & McKinney, W. Analysis of Sport Motion. (3rd. Ed). Dubuque: William C. Brown,(1983).
- Rasch, P. Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger,(1989).
- Thompson, C. Manual of Structural Kinesiology. (10th Ed.). St. Louis: Times Mirror/ Mosby College Publishing,(1985).

M.P.Ed. Semester-I

Max Marks -100

Credit= 3

MPED-C-104: GAMES-I

Objective: To equip the students with the knowledge of different techniques, measurement, rules, required skills in Football & Badminton and to increase self-confidence through practical application.

Outcomes:

1. Illustrate the various physical characteristics of Football & Badminton.
 2. Describe the fundamental techniques of Football & Badminton.
 3. Impart knowledge about the basics rules of Football & Badminton.
 4. Understand about the specifications of equipments in Football & Badminton.
 5. Examine the basic concept of conducting the tournaments and officiating of Football & Badminton.
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Football

- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills
- *Teaching: Preparation, methods & demonstration of lessons*

Badminton

- Current laws and their interpretations; Dimensions, equipment specifications;
- Duties and responsibilities of officials & scoring.
- Fundamental skills
- Advanced skills and tactics
- Specific exercise and drill related to different skills
- Biomechanical analysis of skills
- *Teaching: Preparation, methods & demonstration of lessons*

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.

M.P.Ed. Semester-I

Max Marks-100

Credit = 3

MPED-C-105: TRACK & FIELD-I

Objective: To equip the students with the knowledge of different techniques, measurement, rules, required skills in discus throw & long distance race and to increase self-confidence through practical application.

Outcomes: After successful completion of the course, the students will be able to:

6. Illustrate the various physical characteristics of discus thrower & long distance runner.
 7. Describe the fundamental techniques of discus throw & long distance race.
 8. Impart knowledge about the basic rules of discus throw & long distance race
 9. Understand about the specifications of equipments in discus throw & long distance race
 10. Examine the basic concept of conducting the tournaments and officiating of discus throw & long distance race.
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Discus Throw

- Analysis of Discus Throw Techniques
- Points to Note for Total Movement of Throw
- Path of Discus and Learning Stages for Throwing Discus
- Types of Discus Throw Techniques
- Layout Discus Throw Circle and Landing Sector
- Rules of Discus Throw
- *Teaching: Preparation, methods & demonstration of lessons*

Long Distance Race

- Physical Characteristics for Long Distance Runners
- Essential Physiological Requirements of a Runner
- Fundamentals of Running
- Running Technique (General Principles of Running)
- Running Basic Tactics and Teaching of Running Style
- Layout Marathon Route and Rules
- *Teaching: Preparation, methods & demonstration of lessons*

SUGGESTED READINGS:

- Ken Sparks & Garry Bjorklund.: Long – Distance Runner’s Guide to Training and Racing, Prentice – Hall, Inc., Englewood Cliffs, New Jersey – 07632 (1984).
- Thani V.: Encyclopedia of Track & Field (with Latest Rules), Khel Sahitya Kendra – 4264/3, Ansari Road, Darya Ganj, New Delhi (2003).

- Jain R.: Play and Learn Track and Field, Khel Sahitya Kendra – 4264/3, Ansari Road, Darya Ganj, New Delhi (2003).
- Dasmohapatra S.C.: The Athletics Guide, Sanjay K. Mohanty Publication (India) Barabati Stadium Cuttack, Orissa (1996).
- Sharma P.D.: Olympics–Athens to Atlanta 1896 – 1996, Friends Publications (India), 918, Dr. Mukherji Nagar, Delhi (1998–99).
