

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

M.P.Ed. Semester-II

Course Code	Course Title	Type of Course	Credit Value	MSE	ESE	Total
MPED-C-201	Sports Training-II	Core	4	50	50	100
MPED-C-202	Test, Measurement and Evaluation	Core	4	50	50	100
MPED-C-203	Health and Fitness	Core	4	50	50	100
MPED-C-204	Games-II	Core (Practical)	3	50	50	100
MPED-C-205	Track & Field-II	Core (Practical)	3	50	50	100
MPED-C-206	Adventure Sports (Summer)	Core (Practical)	2	50 (Internal)	--	50
Ability Enhancement Course	Choice Based Credit System (CBCS)	Core	4	50	50	100
Total			24	350	300	650

M.P.Ed. Semester-II

Max Marks-100

Credit = 4

MPED-C-201: SPORTS TRAINING-II

Objective: To enhance the understanding of learners in the concept of periodisation for making the training programme, teaching related sports planning, different sports competition, motor development and talent identification & education.

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

1. Explain the concept of periodisation for making the training programme.
 2. Demonstrate the scientific understanding regarding teaching related sports planning.
 3. Explain the different sports competition in the field of physical education.
 4. Describe the talent identification and education.
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UNIT- I Periodisation

- Meaning, Aim and Types of Periodisation.
- Aim and Training Contents of Periodisation.
- Duration of Training Cycle and its Period.
- Top form. Various Phase of Development of Top form

UNIT- II Planning and Training Session

- Meaning, Definition and Importance of Planning.
- Steps Formulation of Plan and Types of Training Plans.
- Principles of Planning.
- Training Session and Factors Affecting the Structure of Training Session.

UNIT-III Competition and Motor Development

- Meaning and Important of Competition.
- Competition System and Competition Frequency.
- Preparation for a Competition.
- Aspect of Growth and Development.

UNIT- IV Talent Identification and Education

- Meaning and Definition of Talent Identification.
- Principles of Talent Identification.
- Step for Talent Identification and its Promotion.
- Education and Sports Training.

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-II

Max Marks -100

Credit= 4

MPED-C-202: TEST, MEASUREMENT AND EVALUATION

Objectives:

1. To impart knowledge about the different test in the field of physical education.
2. To provide the information about to take different measurements in the field of physical education.
3. To understand about the measurement and evaluation in physical education.
4. To give the concept of conducting the different test in physical education.

Outcome: Students learn about the basic tests used in the field of sports and 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

- Test: Classification of tests, Criteria of a good test: Validity, Reliability, Objectivity
- Standard and Norms, Levels of Measurement, Principles of Evaluation.
- Construction of test: Physical fitness test, Knowledge tests, Sports skill tests,

Unit-III Physical Fitness Tests and Motor Fitness Tests

- AAHPER Youth Physical Fitness Test, Roger Strength Test, Borrow Motor Ability Test.
- Endurance test: Harvard Step Test, Cooper's 9/12 Minutes run/ walk Test.
- Agility test: - Quadrant jump, Semo test
- Flexibility test: - Sit & reach test, Side split test.
- Balance test: - Bass stick test (Static), Nelson balance beam test (Dynamic).

Unit-IV Test for Measuring Sports Skill

- Basketball: Johnson Basketball Test, AAPERD Basketball Test Battery
- Badminton: Lockhart and Mc Pherson Badminton Test, Miller Wall-Volley Test.
- Field Hockey: Friedel Field Hockey Test, SAI Hockey Skill Test.
- Soccer: Johnson Soccer Test, Mc. Donald Soccer Test
- Volleyball: Brady's Volleyball Test, AAHPER Volleyball 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

- Barrow, H.M. and Gee, M.C., A practical approach to test measurement in physical education, Henry Kimpton, London. 1979.
- Charde, S.K., Hussain, Showkat & Kanwar, A.R. (2013) Test, Measurement and Evaluation in Physical Education, Nagpur: Amit Brothers Publications
- Clake, H.H and Clarke, D.H. Application of Measurement to Physical Education, Englewood Cliffs, NJ, Prentice Hall, 1991.
- Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd 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
- Johnson, B.L and Nelson, J.K, Practical Measurement for Evaluation in Physical Education, Delhi, Surjeet Publications, 1988.
- Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
- Kansal, D.K, A practical approach to test measurement & evaluation, Sports and Spiritual Science Publication: New Delhi, 2012.
- Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
- Lacy, A.C, Measurement & evaluation in physical; education and exercise science, Daryl fox, 2015.
- Marrow James R., A.W. Jackson, Measurement and Evaluation in Human Performance Human Kinetics Publisher, Urban Champaign, Illinois, U.S.A, 1995.
- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd 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

M.P.Ed. Semester-II

Max Marks -100

Credit = 04

MPED-C-203: HEALTH AND FITNESS

Objectives:

1. To understand the importance of health, physical fitness and well being.
2. Personal commitment to daily physical activities and positive health behaviour.

Outcomes:

1. Demonstrate an awareness of fact and fiction with regard to relationships between people's health, activity and fitness.
 2. Explain how the physical education curriculum can contribute to public health through the design and implementation of practices which promote active, healthy lifestyles.
 3. Adapt the concept of skill and the range of techniques needed in physical training.
 4. Demonstrate an understanding of health problems associated with inadequate fitness levels.
 5. Demonstrate an understanding of sound nutritional practices as related to health and physical performance.
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Unit-I Concept of Health

- Health-its objectives and spectrum.
- Health education, its importance and principles.
- Role of genetics and environment in achieving health.
- Health-related physical fitness. Community health programme, Health appraisal & health instructions.

Unit-II 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-III 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-IV Nutrition

- Nutrition; Meaning & Basic Nutrition guidelines.
- The essential nutrient and their importance in the human body; Obesity and its hazard. Measurement of body fat.
- Factors to consider for developing nutrition plan. Energy Balance and Weight Control.

- Design diet plan and exercise schedule for weight gain and loss, Diet (before activity, during activity and after activity)

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, 3rd 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

M.P.Ed. Semester-II

Max Marks -100

Credit= 3

MPED-C-204: GAMES-II

Objectives:

1. To impart knowledge about the basics rules of Kho-Kho and Kabaddi.
2. To give the basic concept of conducting the tournaments.
3. To understand about the officiating of Kho-Kho and Kabaddi.
4. To provide the knowledge about the marking and specifications in Kho-Kho and Kabaddi.

Outcome: Student learns about the different techniques and skills in Kho-Kho & Kabaddi.

Kho-Kho

- 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*

Kabaddi

- 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.
- H.C.Buck: Rules of Games and Sports.
- B Clare: Science of Coaching, A.S. Barhas and Co., New York.
- R.L. Anand: Playing Field Manual, NIS Publication.
- Dr. A.K.Uppal & Dr. G.P.Gautam.Physical Education & Health.
- Mr. V.D.Sharma&Granh Singh.Physical and Health Education
- 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-II

Max Marks-100

Credit = 3

MPED-C-205: TRACK & FIELD-II

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

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

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

- The Aims of Technique in Relays
- Physical Requirements of a Runner
- Teaching Progression to Learn Relay Exchange
- Types Baton Exchanging Methods
- Procedure of Stagger Marking
- Rules of Relay Race
- *Teaching: Preparation, methods & demonstration of lessons*

Long Jump

- Analysis of Long Jump Techniques
- Qualities of a Long Jumper
- Teaching Progression of Long Jump
- Different Styles of Long Jump
- Runway and Landing Area
- Rules of Long Jump
- *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).
