

Title: Title of the degree shall be Master of Physical Education. (M.P.Ed.)

Objectives:

The curriculum is designed to achieve the following general objectives of the M.P.Ed. Program

1. The student teacher understands the central concepts, tools of inquiry and structures of the disciplines and can create learning experiences that make these aspects of subject matter meaningful.
2. The student teacher understands how children learn and develop, how they differ in their approaches to learning and creates learning opportunities that are adapted to diverse learners and learning contexts.
3. The student teacher plans learning experiences that are based on learner's existing proficiency, interests, experiences including misconceptions and errors; and an understanding of how students come to view, develop and make sense of subject matter contained in the learning experiences.
4. The student teacher uses knowledge of effective verbal, nonverbal and media communication techniques to foster active inquiry, collaboration, and supportive interaction in the classroom.
5. The student teacher understands and uses formal and informal assessment strategies to evaluate and ensure the continuous intellectual, social and physical development of the learner, and reflective practices that continually evaluate the effects of his/her choices and actions.
6. The student teacher understands content cum methodology and adopts it in teaching.

Eligibility for Admission:

Candidate should have passed the B.P.Ed., B.P.E.S., B.Sc. in physical education and health education degree of this university or a university recognized by UGC in any faculty with at least 50% marks for general category and 45 % for reserved category as per rules of university and government. Rules for admission framed by NCTE, Govt. of Maharashtra and University will be applicable from time to time.

Selection Procedure:

Admission to the eligible candidates will be given as per the selection procedure laid down by the State Government or University from time to time.

Norms for appearing at M.P.Ed. Examination:

Student teachers should have kept two terms with at least 80% attendance of theory and practical periods in college. He should have completed all the internal practical work to the satisfaction of the principal and he should have obtained such certificate from the principal of

the college. Unless and until he obtains such a certificate he will not be allowed to appear for university examination.

Examination Process:

The examination of M.P.Ed. degree will consist of two years. External Examination in theory courses of 80 marks and practical as per syllabus, which will be conducted by the University at the end of each academic year. Internal Assessment will be conducted by the college for 20 marks as per syllabus.

Twenty Internal Marks will be divided into two sub heads, ie. 10 marks for Tutorials and 10 marks for Preliminary examinations conducted by college as per academic calendar of the KBCNMU, Jalgaon

Allotment and distribution of marks:

The M.P.Ed. Examination will be of 2200 marks and details are as per syllabus and changes will be applicable as per university decision in future.

Marks	Grade	Grade Points
90 – 100	A+	10
80 – 89	A	9
70 – 79	B+	8
60 – 69	B	7
55 – 59	C+	6
50 – 54	C	5
49 & Less	F	0

Medium of Instruction:

The medium of instruction at the M.P.Ed. course will be Marathi or English. The candidate of the M.P.Ed. course will have the option of all papers and practical either in English or in Marathi.

Duration:

The M.P.Ed program shall be of duration of two academic years which can be completed in a maximum of three years from the date of admission to the program.

Working Days:

1. There shall be at list two hundred working days each year exclusive of the period of examination and admission.

2. The minimum attendance of student-teacher shall have to be 80 % for all course work, practicum and 90 % of school Internship.

Standard of Passing:

To pass the examination a candidate must obtain at least 50% marks in Internal and external examinations of each course. The marks will be converted in grades and credits and finally C.G.P.A. will be displayed on the marks statement. There will be no more difference for internal and external marks with valid difference of 20 % in each course. The candidate will be eligible to get admission in second year as per carryon basis.

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
Syllabus for M.P.Ed. Two Years Annual Pattern (CBCS) as per NCTE regulation 2014

First Year (wef. 2019-20)

CBCS	Course Code	Subject	Teach. Hrs.	Learn. Hrs.	Int. Marks	Ext. Marks	Total Marks	Credits
Core Course		A – Perspectives in Physical Education						
CC	MPPE-101	Sports Psychology	85	40	20	80	100	4
CC	MPPE-102	Theory of Sports and Games	85	40	20	80	100	4
CC	MPPE-103	Research and Statistics in Physical Education	85	40	20	80	100	4
CC	MPPE-104	Educational Technology and Methods of Teaching in Physical Education	85	40	20	80	100	4
Total			340	160	80	320	400	16
Discipline Specific Elective Course		B – Curriculum and Pedagogic Studies (Any Two)						
DSEC	MCPS-101	Information and Communication Technology (ICT) in Physical Education	85	40	20	80	100	4
DSEC	MCPS-102	Sports Management	85	40	20	80	100	4
DSEC	MCPS-103	Physical Fitness and Wellness						
DSEC	MCPS-104	Sports Journalism						
Total			170	80	40	160	200	8
Ability Enhancement Course		C – Engagement with the Field/Enhancing Professional Capacities						
AEC	MEPC-101	Preparation of Research Proposal	40	20	50	00	50	2
AEC	MEPC-102	10 Officiating Lesson Plans	40	80	50	00	50	2
Total			80	100	100	00	100	4
Skills Enhancement Components		D – Field Based Activities						
SEC	MFBA-101	Mass Demo. Activities: (Any Two) Lezim, Dumbbells, Mass P.T., March Past	85	160	40	60	100	4
SEC	MFBA-102	Game and Sports Specialization: (Any Four) Kabaddi, Cricket, Football, Handball, Tennis, Badminton, Softball, Swimming, Rifle Shooting	85	160	40	60	100	4
SEC	MFBA-103	Yoga and Gymnastics/Aerobics	85	160	40	60	100	4
SEC	MFBA-104	Classroom Teaching Lesson Plan for Theory of Sports and Games (10 Internal + 01 External)	85	160	50	50	100	4
Total			340	640	170	230	400	16
Grand Total			930	980	390	710	1100	44

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
Syllabus for M.P.Ed. Two Years Annual Pattern (CBCS) as per NCTE regulation 2014
Second Year (wef. 2020-21)

CBCS	Course Code	Subject	Teach. Hrs.	Learn. Hrs.	Int. Marks	Ext. Marks	Total Marks	Credits
Core Course		A – Perspectives in Physical Education						
CC	MPPE-201	Scientific Principals of Sports Training	85	40	20	80	100	4
CC	MPPE-202	Yogic Science	85	40	20	80	100	4
CC	MPPE-203	Test, Measurement and Evaluation in Physical Education	85	40	20	80	100	4
CC	MPPE-204	Sports Medicine	85	40	20	80	100	4
Total			340	160	80	320	400	16
Discipline Specific Elective Course		B – Curriculum and Pedagogic Studies (Any Two)						
DSEC	MCPS-201	Physiology of Exercise	85	40	20	80	100	4
DSEC	MCPS-202	Sports Biomechanics and Kinesiology						
DSEC	MCPS-203	Athletic Care and Rehabilitation	85	40	20	80	100	4
DSEC	MCPS-204	Health Education and Sports Nutrition						
Total			170	80	40	160	200	8
Ability Enhancement Course		C – Engagement with the Field/Enhancing Professional Capacities						
AEC	MEPC-201	Organization and Administration of Test	40	20	50	00	50	2
AEC	MEPC-202	Educational Tour	40	80	50	00	50	2
Total			80	100	100	00	100	4
Skills Enhancement Components		D – Field Based Activities						
SEC	MFBA-201	Track and Field	85	160	40	60	100	4
SEC	MFBA-202	Game and Sports Specialization: (Any Four) Kho-Kho, Hockey, Table-Tennis, Baseball, Squash, Archery, Volleyball, Basketball, Ball-Badminton	85	160	40	60	100	4
SEC	MFBA-203	Dissertation	85	160	40	60	100	4
SEC	MFBA-204	Outdoor Coaching Lesson Plan (05 Internal + 01 External)	85	160	50	50	100	4
Total			340	640	170	230	400	16
Grand Total			930	980	390	710	1100	44

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
Syllabus for M.P.Ed. Two Years Annual Pattern (CBCS) as per NCTE regulation 2014

Year	Teaching Hours	Learning Hours	Internal Marks	External Marks	Total Marks	Credits
I	930	980	390	710	1100	44
II	930	980	390	710	1100	44
Total	1860	1960	780	1420	2200	88

MPPE-101
Sports Psychology

Unit – 1: Introduction

- Sports psychology - meaning, definition, history, need and importance.
- Present status of sports psychology in India.
- Personality - meaning, definition, structure, measuring personality traits.
- Effects of personality on sports performance.
- Self-concept - meaning, definition, measurement.

Unit – 2: Motivation, Stress, Anxiety and Aggression

- Motivation - meaning, definition and types (Intrinsic, Extrinsic).
- Achievement motivation - meaning and measurement.
- Stress - meaning, definition, causes.
- Stress and sports performance.
- Anxiety - meaning, definition, nature, causes, measurement.
- Competitive anxiety and sports performance.
- Aggression - meaning, definition, measurement.
- Aggression and sports performance.

Unit – 3: Motor Learning

- Motor learning - meaning, definition, concept.
- Basic considerations in motor learning.
- Motor perception.
- Factors affecting perception.
- Perceptual mechanism.

Unit – 4: Goal Setting

- Goal setting in physical education and sports - meaning, definition, process.
- Relaxation - meaning, definition, types and methods of psychological relaxation.
- Various psychological tests - cattle's 16 PF, EPI, MMPI, CPI, AMI etc.

Unit – 5: Sports Sociology

- Meaning and definition, sports and socialization, sports as social institution, national integration through sports.
- Fans and spectators - meaning and definition, advantages and disadvantages on sports performance.

- Leadership - meaning, definition, types.
- Leadership and sports performance.

Unit – 6: Group Cohesion

- Group - definition and meaning, group size, groups composition, group cohesion, group interaction and group dynamics.
- Current problems in sports and future directions, sports social crisis management.
- Women in sports - sports women in our society, participation pattern among women, gender inequalities in sports.

References:

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.

Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.

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.

Kote, S. Chandrashekhar, (2006). *Principles of education and psychology*. Chhaya Publication House, Aurangabad.

MPPE-102
Theory of Sports and Games

UNIT – 1: General Introduction of specialized games and sports

- Athletics
- Gymnastics
- Kabaddi
- Cricket
- Football
- Handball
- Tennis
- Badminton
- Softball
- Swimming
- Rifle Shooting
- Kho-Kho
- Hockey
- Table-Tennis
- Baseball
- Squash
- Archery
- Ball-Badminton
- Volleyball
- Basketball

Each game or sports to be dealt under the following heads

- History and development.
- Ground preparation, dimensions and marking.
- Standard equipment and their specifications.

References:

- 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.
- Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.
- Kote, (2006). *Milestones in the marathon history of sports*. Chhaya Publication House, Aurangabad.

MPPE-103
Research and Statistics in Physical Education

Unit – 1: Research and Statistics

- Meaning, importance and definition of research and statistics.
- Need, scope and limitations of research and statistics in physical education.
- Classification/types of research - fundamental, applied and action.
- Qualities of a good researcher.

Unit – 2: Methods of Research

- Historical method.
- Experimental method.
- Survey method.
- Case study.
- Philosophical method.
- Genealogical/ethnographical method.

Unit – 3: Nature of Research

- Research problem - definition, criteria, location.
- Assumption and hypothesis.
- Review of related literature.
- Methodology - sample and population (meaning, definition, types), variables, tools and means, procedure, data collection, statistical method.
- Results and discussion.
- Summary, conclusion, recommendation and suggestion.
- Campbell and Stanley's symbol system.
- Writing of research proposal, thesis/dissertation, research paper/article and abstract.

Unit – 4: Statistical Concepts

- Types of data - parametric and non-parametric.
- Types of analysis - descriptive and inferential.
- Types of scales - Nominal, Ordinal, Interval and Ratio.
- Types of Tests - Parametric and Non parametric.
- Meaning of the terms - population, sample, sampling error, data, normal curve, percentile rank, standard error, level of confidence and degree of freedom.

Unit – 5: Descriptive Statistics

- Measures of central tendency - mean, median and mode.
- Measures of spread/dispersion - range, variance and standard deviation.
- Measures of relative positions - Z score, t score and College Board score.

Unit – 5: Computer Data Analysis

- The computer.
- Data organization.
- MS Excel.
- SPSS (statistical package for social sciences)

Reference:

- Best J. W (1971) *Research in Education*, New Jersey; Prentice Hall, Inc
- Clark D.H. (1999) *Research Problem in Physical Education* 2nd edition, Eaglewood Cliffs,
- Clarke David. H & Clarke H, Harrison (1984) *Research processes in Physical Education*, Cliffs: Prentice Hall, Inc
- Craig Williams and Chris Wragg (2006) *Data Analysis and Research for Sport and Exercise* Human Kinetics.
- Jerry R Thomas & Jack K Nelson (2000) *Research Methods in Physical Activities*; Illonosis;
- Kamlesh, M. L. (1999) *Reserach Methodology in Physical Education and Sports*, New Delhi
- Kote, Joshi (2006). *Research methodology and statistical methods in physical education*. Chhaya Publication House, Aurangabad.
- Moses, A. K. (1995) *Thesis Writing Format*, Chennai; Poompugar Pathippagam New Jersey; Prentice Hall Inc.
- Physical Education and Sports*, New Delhi; Friends Publication Prentice Hall, Inc. Pub.
- Rothstain, A (1985) *Research Design and Statistics for Physical Education*, Englewood Science, Londonl Routledge Press
- Sivaramakrishnan. S. (2006) *Statistics for Physical Education*, Delhi; Friends Publication
- Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) *Research Methods in Health*, Thirumalaisamy (1998), *Statistics in Physical Education*, Karaikudi, Senthilkumar.

MPPE-104
Educational Technology and Methods of
Teaching in Physical Education

Unit – 1: Introduction

- Teaching - meaning and definitions.
- Teaching and coaching differences.
- Educational process.

Unit – 2: Presentation

- Presentation - meaning, nature, importance
- Presentation techniques - orientation, direction, exploration, observation, evaluation.
- Preparation of presentation - personal preparation, class planning, class formation, technical preparation, philosophical preparation (psychological principles, sociological principles, biological principles).

Unit – 3: Methods of Teaching

- Teaching methods - demonstration method, oral teaching method, whole method, part method, whole-part-whole method, orientation method, imitation method, dramatization method, observation method, project method, discussion method, natural method, set drill method, command method, progressive method, group directed practice method, individual practice method.

Unit – 4: Approaches in Teaching

- Quantitative.
- Qualitative.
- Mix (quantitative + qualitative).
- Formal.
- Informal.

Unit – 5: Teaching Experiences in Physical Education

- Teaching experience.
- Characteristics of teaching experiences in physical education.
- Types of teaching experiences.
- Teaching - learning relation.
- Teaching aids - audio, visual, audio-visual, activity oriented.
- Steps of effective teaching.

Unit – 6: Teaching Planning in Physical Education

- Planning - meaning, definitions, need, importance, characteristics.
- Types of planning - strategic planning, tactical planning, long term planning, short term planning, ad-hoc planning, olympic planning.
- Planning cycles - micro cycle, meso cycle, macro cycle.
- Micro teaching plan - meaning, process.
- Integration plan - meaning, process.
- Lesson plan - meaning, preparation, benefits.
- Types of lesson - general lesson, special lesson, training lesson, coaching lesson.

Reference:

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons.
- Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
- Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
- Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.
- Walia, J.S. (1999). *Principles and methods of education*. Jullandhar: Paul Publishers.
- जोशी मकरंद, (२०१०). *शारीरिक शिक्षण - अध्ययन व अध्यापन पद्धती*. नित्य नूतन प्रकाशन, पुणे.

MCPS-101
Information and Communication Technology
(ICT) in Physical Education

Unit – 1: Communication & Classroom Interaction

- Concept, elements, process & types of communication.
- Communication barriers & facilitators of communication.
- Communicative skills of English - listening, speaking, reading & writing.

Unit – 2: ICT in Physical Education

- Concept & importance of ICT, need of ICT in physical education.
- Scope of ICT - teaching learning process, publication evaluation, research and administration.
- Challenges in integrating ICT in physical education.

Unit – 3: Fundamentals of Computers

- Characteristics, types & applications of computers.
- Hardware of computer - input, output & storage devices.
- Software of computer - concept & types.
- Computer memory - concept & types.
- Viruses & its management.
- Concept, types & functions of computer networks, internet and its applications.
- Web browsers & search engines, legal & ethical issues.

Unit – 4: MS Office Applications

- MS Word - main features & its uses in physical education.
- MS Excel - main features & its applications in physical education.
- MS Access - database, table, queries, forms & reports and its uses in physical education.
- MS Power Point - preparation of slides with multimedia effects.
- MS Publisher - newsletter & brochure.

Unit – 5: ICT Integration in Teaching Learning Process

- Approaches to integrating ICT in teaching learning process.
- Project based learning (PBL).
- Co-operative learning.
- Collaborative learning.
- ICT and constructivism - a pedagogical dimension.

Unit – 6: E-Learning & Web Based Learning

- E-learning.
- Web based learning.
- Visual classroom.

References:

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

MCPS-102
Sports Management

Unit – 1: Sports Management

- Nature and concept of sports management.
- Progressive concept of sports management.
- The purpose and scope of sports management.
- Qualities and competencies required for the sports manager.
- Event management in physical education and sports.
- Personal management - objectives, personal policies, role of personal manager in an organization, personnel recruitment and selection.

Unit – 2: Leadership

- Meaning and definition of leadership.
- Elements of leadership.
- Types of leadership.
- Qualities of administrative leader.
- Preparation of administrative leader.
- Leadership and organizational performance.

Unit – 3: Sports Planning

- Sports management in schools, colleges and universities.
- Factors affecting planning.
- Planning a school or college sports program.
- Directing of school or college sports program.
- Controlling a school, college and university sports program.
- Developing performance standard - establishing a reporting system, evaluation, the reward/punishment system.

Unit – 4: Financial Management

- Financial management in physical education & sports in schools, colleges and universities.
- Budget - importance, criteria of good budget, steps of budget making.
- Principles of budgeting.

Unit – 5: Program Management

- Importance of program development and the role of management, factors influencing program development.
- Steps in program development.
- Competitive sports programs.
- Management guidelines for school, colleges sports programs.
- Management problems in instructional program, community based physical education and sports program.

Unit – 6: Equipments and Public Relation

- Purchase and care of equipment.
- Guidelines for selection of equipments and supplies.
- Equipment room, equipment and supply manager.
- Guidelines for checking, storing, issuing, care and maintenance of supplies and equipments.
- Public relations in sports - planning the public relation program, principles of public relation, public relations in school and communities, public relation and the media.

References:

- Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronald Press
Cl.
- Bucher, C.A. *Administration of physical education and athletic programme*. 7th Edition, St. Louis: The C.V. Mosby Co.
- Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes, organisation and administration*. Philadelphia U.S.A. : W.B. Saunders Cp.
- Earl, F. Z, & Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

MCPS-103
Physical Fitness and Wellness

Unit – 1: Physical Fitness

- Meaning and definition of physical fitness.
- Physical Fitness - concepts and techniques.
- Principles of physical fitness, physiological principles involved in human movement.
- Components of physical fitness.
- Leisure time physical activity and identify opportunities in the community to participate in this activity.
- Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

Unit – 2: Wellness and Lifestyle

- Definition, aims and objectives of wellness.
- Importance, types and scope of wellness.
- Understanding of wellness in modern era.
- Modern lifestyle and hypo-kinetic Diseases – prevention and management.
- Physical activity and lifestyle.

Unit – 3: Nutrition

- Nutrients and nutrition labeling information.
- Food choices and food guide pyramid.
- Influences on food choices - social, economic, cultural, food sources.
- Comparison of food values.
- Weight management - proper practices to maintain, lose and gain.
- Eating disorders, proper hydration, the effects of performance enhancement drugs.

Unit – 4: Aerobic Exercise

- Cardio respiratory Endurance Training.
- Proper movement forms, i.e., correct stride, arm movements, body alignment.
- Proper warm-up, cool down, and stretching.
- Monitoring heart rates during activity.
- Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels by cardio respiratory activities including i.e., power walking, pacer test, interval training, incline running, distance running, aerobics and circuits etc.

Unit – 5: Anaerobic Exercise

- Resistance training for muscular strength and endurance.
- Principles of resistance training.
- Safety techniques (spotting, proper body alignment, lifting techniques, awareness and proper breathing techniques).
- Weight training principles and concepts.
- Basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing, medicine balls).
- Advanced techniques of weight training.

Unit – 6: Flexibility Exercise

- Flexibility training.
- Relaxation techniques and core training.
- Safety techniques (stretching protocol, breathing and relaxation techniques).
- Types of flexibility exercises (i.e., dynamic, static).
- Develop basic competency in relaxation and breathing techniques.
- Pilates and yoga.

Reference:

David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.

Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998

Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.

Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.

Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.

Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999

Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001

MCPS-104
Sports Journalism

Unit – 1: Introduction

- Meaning and definition of journalism.
- Ethics of journalism, canons of journalism, sports ethics and sportsmanship.
- Reporting sports events.
- National and international sports news agencies.

Unit – 2: Journalism

- Methods of editing a sports report.
- Evaluation of reported news.
- Interview with elite player and coach.
- Collection of album of newspaper cuttings of sports news.

Unit – 3: Mass Media

- Mass media in journalism - radio and T.V.
- Commentary - running commentary on the radio, sports expert's comments.
- Role of advertisement in journalism.
- Sports photography - equipments, editing and publishing.

Unit – 4: Sports Bulletin

- Concept of sports bulletin.
- Journalism and sports education.
- Types of bulletin.
- Structure of sports bulletin.

Unit – 5: Sports and Journalism

- Role of journalism in the field of physical education.
- Sports as an integral part of physical education.
- Sports organization and sports journalism.
- General news reporting and sports reporting.

Unit – 6: Report Writing on Sports

- Brief review of Olympic Games, Asian games, Common-Wealth games World Cup, National Games and Indian traditional games.
- Preparing report of an annual sports meet for publication in newspaper.

Reference:

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,.
- Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
- Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.
- Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.
- Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

MEPC-101

Preparation of Research Proposal

- Prepare and submit the research proposal on the any one subject in the field of physical education and sports.
- Present in the class for open discussion.

MEPC-102
10 Officiating Lesson Plans

- 10 officiating lesson plans within college premises on the students of M.P.Ed. course.

MFBA-101

Mass Demonstration Activities: (Any Two)

Lezim, Dumbbells, Mass P.T., March Past

Lezim

Khade hath: Don aavaj, Char aavaj, Aath aavaj, Aage pav patak, Single pavitra, Double pavitra, Single kadam tal, Double kadam tal, Ghoda chal, Khada adhanga, Zuk kar adhanga.

Baithe hath: Char aavaj, Aath aavaj, Aage pichhe – Upar niche, Dahine Baye hat ki harkat.

Dumbbells

Strokes: Upar niche stroke, Aage pichhe stroke, Kamar zuk stroke, Aage Adganga, Baju Adganga, Peth guthan stroke.

Mass P. T.

Standing drills: 10 Types

Sitting drills: 05 Types

March Past

Savdhan, Vishram, Dahine Mud, Bahe Mud, Pichhe Mud, Kadam Tal, March.

MFBA-102

Game and Sports Specialization: (Any Four)

Kabaddi, Cricket, Football, Handball, Tennis, Badminton, Softball, Swimming, Rifle Shooting

Content of Specialization:

- Ground measurements.
- Rules and regulations.
- General and specific conditioning exercises.
- Fundamental skills.
- Drills for skill development.

MFBA-103
Yoga and Gymnastics/Aerobics

Yoga

Surya Namaskar: 10 steps surya namaskar.

Asan:

Standing Position: Vrukshasan, Tadasan, Trikonasan, Garudasan, Ardha Chakrasan.

Sitting Position: Sukhasan, Ardha Padmasan, Padmasan, Vajrasan, Matsyasan.

Prone Position: Bhujangasan, Dhanurasan, Makarasan, Ardha Shalabhasan.

Supine Position: Sarvangasan, Halasan, Pavanmuktasan, Shavasan.

Pranayam: Anulom-Vilom, Bhramari, Shitali.

Gymnastics

Floor Exercise: Chicken walk, Duck jump, Table walk, Camel walk, Pencil roll, Forward roll, Backward roll, Forward roll to split, Backward roll to split, Cartwheel, T balance.

Balancing Beam: Simple walk, Toe walk, Cycling, Cat jump, Both leg jump, V balance.

Parallel Bars: Simple walk, Hopping, Horse riding, Tuck hold, L hold, Dorsal hang, Swing, Dismount.

Aerobics

7 Basic Steps: March, Jog, Skip, Jack, Lunges, Kicks, Knee lift.

Formation: V shape, Grapevine, Square, Combination.

Elements: 360⁰ jump, Tuck jump, Straddle jump, Push up, Wenson push up, Helicopter, 360⁰ Pivot, Splits, L hold, Straddle hold, Wenson hold.

MFBA-104

**Classroom Teaching Lesson Plan for Theory of Sports and Games
(10 Internal + 01 External)**

- 05 classroom teaching lesson plans for theory of sports and games within college premises on the students of M.P.Ed. course.
- 05 classroom teaching lesson plans for theory of sports and games in practicing school.
- 01 classroom teaching lesson plan for theory of sports and games for university examination in practicing school.

MPPE-201
Scientific Principals of Sports Training

Unit – 1: Introduction

- Sports training - definition, aim, characteristics, functions.
- Training load, adaptation and recovery.
- Sports performance - model, process, structure.
- General principles of sports training.

Unit – 2: Sports Training Means

- Prime means- physical exercise, general exercise, specific exercise, competition
- Interest means- educational evaluation, practical/demonstration, explanation, verbal instruction, study observation work, lecture/discussion
- Personal and Physical Treatment means- nutrition, massage, hygienic measures, physical treatment, bio-chemical methods
- Psychological means- ideo-motor training, autogenic, psycho-tonic
- Bio-mechanical means- cinematography, measuring devices
- Natural means- light, air, water, altitude, weather condition
- Material means- audio-visual aids, training equipments and instruments

Unit – 3: Sports Training Methods

- Continuous method.
- Interval method.
- Repetition method.

Unit – 4: Components of Training

- Strength.
- Speed.
- Endurance.
- Flexibility.
- Co-ordination.
- Technique.
- Tactics.

Unit – 5: Training Process

- Periodization - meaning, aim, single to multiple periodization, classification of periods.
- Planning - principles, types (strategic plan, tactical plan, long term plan, short term plan, ad-hoc plan).
- Planning cycles - micro cycle, meso cycle, macro cycle.
- Control of sports training - process, requirements, types, components, documents.

Unit – 6: New Horizons

- Competition - meaning, system, frequency, preparation.
- Motor development.
- Talent identification and development steps.
- Education and sports training.
- Doping.

References:

- Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosby Company
- Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
- David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
- Gary, T. Moran (1997) – Cross Training for Sports, Canada : Human Kinetics
- Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
- Kote, Joshi, (2006). *Scientific principles of sports training*. Chhaya Publication House, Aurangabad.
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MPPE-202
Yogic Science

Unit – 1: Introduction

- Meaning and definition of yoga.
- Astanga yoga - yama, niyama, aasana, pranayama, prathyahara, dharana, dhyana, Samadhi.
- Concept of yoga and awareness.
- Principles of breathing and relaxation.
- Yogic practices - sequence, counter pose, time, place, clothes, bathing, emptying the bowels, stomach, diet, no straining, age, contra-indication, inverted asana, sunbathing.

Unit – 2: Aasanas and Pranayam

- Loosening exercise - techniques and benefits.
- Asanas - types, techniques and benefits.
- Surya namaskar - methods and benefits.
- Pranayama - types, methods and benefits.
- Nadis - meaning, methods and benefits.
- Chakras - meaning, types, benefits of clearing and balancing chakras.

Unit – 3: Kriyas and Bandhas

- Shat kriyas - meaning, techniques and benefits.
- Types of shat kriyas - neti, dhauti, kapalbhati, tratak, nauli, basti.
- Bandhas - meaning, techniques and benefits.
- Types of bandhas - jalandhara bandha, uddiyana bandha, mula bandha, maha bandha.

Unit – 4: Mudras and Meditation

- Meaning, techniques and benefits.
- Types of mudras.
- Meditation - meaning, techniques and benefits.
- Types - passive, active, saguna meditation and nirguna meditation.

Unit – 5: Yoga and Sports

- Yoga as a supplemental exercise.
- Yoga as a compensation exercise.
- Yoga as a regeneration exercise - power yoga.

Unit – 6: Psychological and Physiological Effect of Yoga

- Role of yoga in psychological preparation of athlete - mental wellbeing, anxiety, depression, concentration, self actualization.
- Effect of yoga on physiological system - circulatory, skeletal, digestive, nervous, respiratory, excretory, reproductive, endocrine, cardiovascular, muscular.

Reference:

George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.

Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prkashan.

Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.

Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal

Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.

Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.

Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.

Swami Kuvalayanda, (1998), Asanas. Lonavata: Kaivalyadhama.

Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

MPPE-203

Test, Measurement and Evaluation in Physical Education

Unit – 1: Introduction

- Meaning and definition of test, measurement and evaluation.
- Need and importance of test, measurement and evaluation.
- Classification of test - statistical test (type-1), physical test (type-2), psychomotor test (type-3) and written test (type-4).
- Criteria of good test - feasibility, validity, reliability, objectivity, applicability.
- Norms and standards.

Unit – 2: Motor Fitness Tests

- Meaning and definition of motor fitness.
- Tests for motor fitness - Indiana motor fitness test (for elementary and high school boys, girls and college Men), Oregon motor fitness test (separately for boys and girls), JCR test, barrow motor ability test, Newton motor ability test, Kraus Weber minimum muscular fitness test.

UNIT – 3: Physical Fitness Tests

- Physical fitness test - AAHPERD health related fitness battery (revised in 1984), ACSM health related physical fitness test, roger's physical fitness index.
- Cardio vascular test - Harvard step test, Cooper test (12 minutes run and walk), multi-stage fitness test (beep test).

Unit – 4: Anthropometric Tests

- Anthropometric tests - general body measurements (weight and height), skeletal diameters (shoulder, abdominal, hip, elbow, knee, ankle etc.), circumferences (chest, upper arm, fore arm, thigh, calf etc.), Skin fold measurement (biceps, triceps, fore arm, Sub scapular, Suprailiac, thigh, calf etc.).

Unit – 5: Wellness Tests

- Wellness tests - estimating age (skeletal, dental, secondary sex character), growth and development (BMI, WHR, BBI, BMR etc.), nutritional tests (direct and indirect), health tests (body temperature, pulse rate, BP, body fat/LBM, blood test).

Unit – 6: Skill Tests

- Specific spots skill test - Badminton (miller wall volley test), Basketball (Johnson basketball test, Harrison basketball ability test), Cricket (Sutcliff cricket test), Hockey

(Friendel field hockey test, Harban's hockey test), Volleyball (Russel lange volleyball test, Brady volleyball test), Football (Mor-Christian general soccer ability skill test battery, Johnson soccer test, Mc-donald volley soccer test), Tennis (Dyer tennis test).

References:

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
- 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
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- Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
- 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
- Kote, Saber (2006). *Test measurement and evaluation*. Chhaya Publication House, Aurangabad.

MPPE-204
Sports Medicine

Unit – 1: Introduction

- Meaning, definition and importance of sports medicine.
- Definition and principles of therapeutic exercises, co-ordination exercise, balance training exercise, strengthening exercise, mobilization exercise, gait training, gym ball exercise.
- Injuries - acute, sub-acute, chronic.
- Advantages and disadvantages of RICE, PRICE, PRINCE therapy, Aquatic therapy.

Unit – 2: Basic Rehabilitation

- Basic rehabilitation - definition, principles, precautions, contraindications.
- Proprioceptive neuromuscular facilitation - definition, hold, relax, repeated contractions.
- Stretching - definition, types, advantages, dangers, manual muscle grading.
- Isotonic, isokinetic, isometric stretching.

Unit – 3: Spine Injuries and Exercise

- Head, neck and spine injuries - causes.
- Presentational of spinal anomalies.
- Flexion, compression, hyperextension, rotation injuries.
- Spinal range of motion.
- Free hand exercises, stretching and strengthening exercise for head, neck, spine.
- Supporting and aiding techniques and equipment for head, neck and spine injuries.

Unit – 4: Upper Extremity Injuries and Exercise

- Shoulder - sprain, strain, dislocation, strapping.
- Elbow - sprain, strain, strapping.
- Wrist and fingers - sprain, strain, strapping.
- Thorax and rib fracture.
- Breathing exercises, relaxation techniques, free hand exercise.
- Stretching and strengthening exercise for shoulder, elbow, wrist and hand.
- Supporting and aiding techniques and equipment for upper limb and thorax injuries.

Unit – 5: Lower Extremity and Abdomen Injuries and Exercise

- Hip - adductor strain, dislocation, strapping.

- Knee - sprain, strain, strapping.
- Ankle - sprain, strain, strapping.
- Free exercises, stretching and strengthening exercise for hip, knee, ankle and foot.
- Supporting and aiding techniques and equipment for lower limb.

Unit – 6: Chest and Abdomen Injuries and Exercise

- Chest- Flexion, compression, hyperextension.
- Rib cage injuries.
- Abdomen - abdominal wall, contusion, abdominal muscle strain.
- Free exercises, stretching and strengthening exercise for chest and abdomen.
- Supporting and aiding techniques and equipment for chest and abdomen injuries.

References:

Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.

James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.

Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Pub.

Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

MCPS-201
Physiology of Exercise

Unit – 1: Skeletal Muscles and Exercise

- Macro & micro structure of the skeletal muscle.
- Chemical composition.
- Sliding filament theory of muscular contraction.
- Types of muscle fiber and muscle tone.
- Chemistry of muscular contraction - heat production in the muscle, effect of exercises and training on the muscular system.

Unit – 2: Cardiovascular System and Exercise

- Heart valves and direction of the blood flow.
- Conduction system of the heart.
- Blood supply to the heart.
- Cardiac cycle, stroke volume, cardiac output.
- Heart rate - factors affecting heart rate.
- Cardiac hypertrophy.
- Effect of exercises and training on the cardio-vascular system.

Unit – 3: Respiratory System and Exercise

- Mechanics of breathing.
- Respiratory muscles.
- Minute ventilation, ventilation at rest and during exercise.
- Diffusion of gases, exchange of gases in the lungs, exchange of gases in the tissues.
- Control of ventilation, ventilation and the anaerobic threshold.
- Oxygen debt, lung volumes and capacities.
- Effect of exercises and training on the respiratory system.

Unit – 4: Metabolism and Energy Transfer

- Metabolism - ATP-PC or Phosphagen system - anaerobic metabolism, aerobic metabolism.
- Aerobic and anaerobic systems during rest and exercise.
- Short duration high intensity exercises.
- High intensity exercise lasting several minutes.
- Long duration exercises.

Unit – 5: Climatic Conditions and Sports Performance

- Acclimatization process.
- Variation in temperature and humidity, Thermoregulation.
- Sports performance in hot climate, cool climate and high altitude.

Unit – 6: Sports Performance and Ergogenic Aids

- Influence on sports performance of - amphetamine, anabolic steroids, androstenedione, beta blocker, choline, creatine, human growth hormone.
- Narcotic stimulants - amphetamines, caffeine, ephedrine, sympathomimetic amines.
- Stimulants and sports performance.

References:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
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- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
- Kote, Joshi, (2006). *Biomechanics, applied kinesiology and physiology of exercise*. Chhaya Publication House, Aurangabad.

MCPS-202
Sports Biomechanics and Kinesiology

Unit – 1: Introduction

- Meaning, nature, role and scope of applied kinesiology and sports biomechanics.
- Meaning of axis and planes, statics, dynamics, kinematics, kinetics.
- Centre of gravity, line of gravity, plane of the body and axis of motion.
- Vectors and scalars.

Unit – 2: Muscle Action

- Origin, insertion and action of muscles - pectoralis major and minor, deltoid, biceps, triceps (anterior and posterior), trapezius, serratus, sartorius, rectus femoris, abdominis, quadriceps, hamstring, gastrocnemius.

Unit – 3: Motion

- Meaning and definition of motion.
- Types of motion - linear motion, angular motion, circular motion, uniform motion.
- Principles related to the law of inertia, law of acceleration and law of counter force (action-reaction).

Unit – 4: Force

- Meaning and definition of force
- Sources of force, force components.
- Force applied at an angle - pressure, friction, buoyancy, spin, centripetal force, centrifugal force.

Unit – 5: Projectile and Lever

- Freely falling bodies, projectiles, equation of projectiles.
- Stability factors influencing equilibrium.
- Guiding principles for stability - static and dynamic stability.
- Meaning of work, power, energy, kinetic energy and potential energy.
- Leverage, classes of lever, practical application.
- Water resistance, air resistance, aerodynamics.

Unit – 6: Movement Analysis

- Analysis of movement.
- Types of analysis - biomechanical, cinematographic.
- Methods of analysis - qualitative, quantitative, predictive.
- Biomechanical analysis of fundamental movement - running, throwing and jumping.

Reference:

- Deshpande S.H.(2002). Manav Kriya Vigyan – Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005.
- Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
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- Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.
- Kote, Joshi, (2006). *Biomechanics, applied kinesiology and physiology of exercise*. Chhaya Publication House, Aurangabad.

MCPS-203
Athletic Care and Rehabilitation

Unit – 1: Introduction

- Meaning, importance and definition of athletic care.
- Need, scope and limitations of athletic care.
- Meaning, importance and definition of rehabilitation.
- Need, scope and limitations of rehabilitation.

Unit – 2: Corrective Physical Education

- Definition and objectives of corrective physical education.
- Posture and body mechanics, standards of standing posture.
- Value of good posture, drawbacks and causes of bad posture.
- Posture test - examination of the spine and body parts.

Unit – 3: Posture

- Normal curve of the spine and its utility.
- Deviations in posture - kyphosis, lordosis, flat back, scoliosis, round shoulders, knock knee, bow leg, flat foot.
- Causes for deviations and treatment including exercises.

Unit – 4: Rehabilitation Exercises

- Passive, active, assisted, resisted exercise for rehabilitation.
- Stretching.
- PNF techniques and principles.

Unit – 5: Massage

- Brief history of massage.
- Massage as an aid for relaxation.
- Points to be considered in giving massage.
- Physiological, chemical, psychological effects of massage.
- Indication/contra indication of massage.
- Classification of the manipulation used in massage and their specific uses in the human body - stroking, pinching, rolling, friction, percussion, vibration, raking, petrissage, centering, pressure therapy.

Unit – 6: Sports Injuries Care, Treatment and Support

- Principles pertaining to the prevention of sports injuries.
- Care and treatment of exposed and unexposed injuries in sports.
- Principles of applying various therapies - cold and heat, infrared rays, ultrasonic therapy, short wave diathermy therapy etc.
- Principles and techniques of strapping and bandages.

References:

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

MCPS-204
Health Education and Sports Nutrition

Unit – 1: Health Education

- Concept, dimensions, spectrum and determinants of health.
- Definition of health, health education, health instruction, health supervision.
- Aim, objective and principles of health education.
- Health service and guidance instruction in personal hygiene.

Unit – 2: Health Problems in India

- Communicable and non-communicable diseases.
- Obesity, malnutrition, adulteration in food, environmental sanitation, explosive population.
- Personal and environmental hygiene for schools.
- Objective of school health service, role of health education in schools.
- Health services - care of skin, nails, eye health service, nutritional service, health appraisal, health record, healthful school environment, first-aid and emergency care etc.

Unit – 3: Hygiene and Health

- Hygiene - meaning and type.
- Dental hygiene.
- Effect of alcohol on health, effect of Tobacco on health.
- Life style management, management of hypertension, management of obesity, management of stress.

Unit – 4: Sports Nutrition

- Meaning and definition of sports nutrition.
- Role of nutrition in sports.
- Basic nutrition guidelines.
- Nutrients - ingestion to energy metabolism and role (carbohydrate, protein and fat).

Unit – 5: Nutrients

- Carbohydrates - ingestion to energy metabolism and role.
- Proteins - ingestion to energy metabolism and role.
- Fat - ingestion to energy metabolism and role.
- Vitamins and Minerals - ingestion to energy metabolism and role.
- Water - ingestion to energy metabolism and role.

Unit – 6: Nutrition and Weight Management

- Concept of BMI (body mass index).
- Concept of WHR (waist hip ratio).
- Obesity and its hazard.
- Dieting versus exercise for weight control.
- Maintaining a healthy lifestyle.
- Weight management program for sporty child.
- Role of diet and exercise in weight management.
- Diet plan and exercise schedule for weight gain and loss.

References:

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

MEPC-201

Organization and Administration of Test

- Organize and conduct the any one test from following list and submit the report.
 - Motor Fitness Test
 - Physical Fitness Test
 - Anthropometric Test
 - Wellness Test
 - Skill Test

MEPC-202
Educational Tour

- Compulsory participation in camping, picnic, trekking etc. activities arranged by college.
- Prepare a report of educational tour.

MFBA-201
Track and Field

Running Events: Sprints, Middle distance, Long distance, Relays.

Jumping Events: Long jump, Triple jump, High jump, Pole vault.

Throwing Events: Shot put, Discus, Javelin, Hammer.

Content of Specialization:

- Ground measurements.
- Rules and regulations.
- General and specific conditioning exercises.
- Fundamental skills.
- Drills for skill development.

MFBA-202

Game and Sports Specialization: (Any Four)

**Kho-Kho, Hockey, Table-Tennis, Baseball, Squash, Archery, Volleyball, Basketball,
Ball-Badminton**

Content of Specialization:

- Ground measurements.
- Rules and regulations.
- General and specific conditioning exercises.
- Fundamental skills.
- Drills for skill development.

MFBA-203
Dissertation

- Dissertation and Viva-voce on any subject in the field of physical education and sports
- Format of the dissertation:

Page No. 1

“Title of the Dissertation”

A Dissertation Submitted To
College Name,
Affiliated to KBC North Maharashtra University, Jalgaon.

For the Completion of
MASTER OF PHYSICAL EDUCATION

BY
Research Student’s Name

Under the Guidance of
Guide Name
Designation,
Working Place

Month, Year

Page No. 2

CERTIFICATE

This is to certify that the work embodied in this dissertation entitled, **“Title of the Dissertation”**, has been carried out by **(Research Student’s Name)**. The work included in this dissertation is original, unless stated otherwise and has not been submitted for other degree of North Maharashtra University or any other University. References made to the work of others have been cited in the text.

Guide Name

Designation,
Working Place
Place:
Date:

Page No. 3

DECLARATION

I hereby declare that the present work completed in the form of dissertation entitled, “**Title of the Dissertation**”, is an original work and has not been submitted, or published in any form for the fulfillment of any other degree or any other similar to this or any other University.

Research Student’s Name,

Class,
College Name
Place:
Date:

Page No. 4

ACKNOWLEDGEMENT

I express my deep sense of gratitude to my respected teacher and research guide and helping people.

Research Student’s Name,

Class,
College Name

Page No. 5

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- I.3 - Need of the Study**
- I.4 - Emergence of the Problem**
- I.5 - Objectives of the Study**
- I.6 - Significance of the Research**
- I.7 - Hypothesis**
- I.8 - Limitations**
- I.9 - Delimitations**
- I.10 - Definition of the Terms**

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- II.2 - Reviews of Related Literature**

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- III.4 – Procedure**
- III.5 - Collection of Data**
- III.6 - Statistical Methods**

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V.3 – Recommendations

V.4 – Suggestions

BIBLIOGRAPHY

APPENDICES

ENGLISH FONT – TIMES NEW ROMEN

LINE SPACING – 1.5

FONT SIZE: MAIN HEADING 16

SUB HEADING 14

GENERAL TEXT 12

MARGIN: Top, Right & Bottom – 1 Inch, Left – 1.5 Inch

MARATHI FONT – UNICODE OR ANY OTHER

LINE SPACING – 1.5

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SUB HEADING 16

GENERAL TEXT 14

MARGIN: Top, Right & Bottom – 1 Inch, Left – 1.5 Inch

MFBA-204
Outdoor Coaching Lesson Plan
(05 Internal + 01 External)

- 05 outdoor coaching lesson plans for sports and games in practicing school.
- 01 outdoor coaching lesson plan for university examination in practicing school.

Job Opportunities after completing (M.P.Ed.) course

The following government and non government job opportunities are available

1. Lecturer in senior and junior college.
2. Head Master at Schools.
3. Project Fellow at S. C. E. R. T. (State Council of Educational Research and Training) and N. C. E. R. T. (National Council of Educational Research and Training)
4. Sports Administrators
5. Sports counselors
6. Teachers for Extension Officers (Physical Education)
7. Cluster Head (Kendra Pramukh)
8. Director of Sports
9. Deputy Director of Sports
10. Assistant Director of Sports
11. Sports Officers in Govt. and LSG.
12. Sports Teacher
13. Sports Coach
14. Fitness Trainer
15. Sports Manager