



ALAGAPPA UNIVERSITY



(A State University Established in 1985)

Karaikudi - 630003. Tamil Nadu, India



FACULTY OF EDUCATION ALAGAPPA UNIVERSITY COLLEGE OF PHYSICAL EDUCATION



M.P.Ed., REGULATIONS AND SYLLABUS

(For the candidates admitted from the
Academic Year 2022 - 2023)

**ALAGAPPA UNIVERSITY COLLEGE OF PHYSICAL EDUCATION
M.P.Ed.,**

SYLLABUS

[For the candidates admitted from the Academic Year 2022 – 2023 onwards]



ALAGAPPA UNIVERSITY

(A State University Accredited with “A+” grade by NAAC (CGPA: 3.64) in the Third Cycle and
Graded as Category-I University by MHRD-UGC)
Karaikudi -630003, Tamil Nadu.

THE PANEL OF MEMBERS - BROAD BASED BOARD OF STUDIES

<p>Chairperson: Name Dr.D. Rajalalakshmi Designation Principal i/c AUCPE , Alagappa university, Teaching Experience: 20 years , Research Experience: 27 years , Area of Research: <u>Physical Education Exercises Physiology, Training Methods, Adapted Physical Education and Sports Psychology</u></p>	
<p>Foreign Expert: Name Larion Alin, Designation Professor Department of Physical Education and sports, <u>University of Ovidius Constanta</u>, Romania, Teaching Experience:26 years , Research Experience: 26 years, Area of Research: Physical Education and Sports Management</p>	
<p>Indian Expert: Name Dr. Rajesh Kumar, Designation Professor Department of Physical Education and sports sciences ,Osmania University, Teaching Experience: 25 years , Research Experience: 25 years , Area of Research: <u>Physical Education and Training Methods</u></p>	
<p>Indian Expert: Name Dr. P.V. Shelvam , Designation Professor Department Physical Education and Sports Sciences , Annamalai University Teaching Experience: 29 yrs, Research Experience:29 years , Area of Research: <u>Physical Education Exercises Physiology and Training Methods</u></p>	
<p>Industry Expert: Name Rajasekaran Ravichandran, Designation Proprietor name and address <u>Akkash Sports Nets</u> Company, Kumbakonam, Tamil Nadu, India. Experience: <u>10 years</u> ,Area: <u>Sports Industry</u></p>	
<p>Members (All Department faculty) Name Dr. P. Sivakumar , Designation Director Department CDC, Alagappa university Teaching Experience: 24 Years, Research Experience: 17 Years, Area of Research: <u>International Logistics and Marketing Management</u></p>	
<p>Name Dr. K.Muralirajan, Designation Professor Department AIES , Alagappa university, Teaching Experience: 23 years , Research Experience: 13 years , Area of Research: <u>Physical education and Bio - mechanics</u></p>	
<p>Name Dr. S. Nagarajan , Designation Professor Department AIES , Alagappa university, Teaching Experience: 21 years , Research Experience: 19 years , Area of Research: <u>Physical education and Sports management</u></p>	
<p>Name Dr. P. Kaleeswaran , Designation Asso Professor AUCPE , Alagappa University, Teaching Experience: 20 years , Research Experience:16 years, Area of Research: <u>Physical education and Bio – mechanics</u></p>	
<p>Name Dr.S.Saroja , Designation Asso Professor AUCPE , Alagappa University, Teaching Experience: 18 years , Research Experience:18 years, Area of Research: <u>Physical education and yoga</u></p>	
<p>Name Dr.S. Dhanaraj, Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 17 years , Research Experience:13 years, Area of Research: <u>Physical Education and Sports Psychology</u></p>	

<p>Name Dr.Aanandhi, Designation Asst Professor cum medical officer AUCPE , Alagappa University, Teaching Experience: 11 years , Research Experience: 6 years , Area of Research: Sports medicine</p>	
<p>Name Dr.K. Divya , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 9 years , Research Experience: 12 years, Area of Research: Physical Education and Exercise physiology</p>	
<p>Name Dr.P.Yoga , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 9 years , Research Experience: 12 years, Area of Research: Physical Education and yoga</p>	
<p>Name Dr. C.Vairavasundaram, Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 6 years , Research Experience: 5 years, Area of Research: Physical Education and Exercise physiology</p>	
<p>Name Dr. K.M.M Jaskar , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 6 years , Research Experience: 8 years, Area of Research: Physical Education and Training Methods</p>	
<p>Name Dr. K.Sundar , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 6 years , Research Experience: 11 years, Area of Research: Physical Education, Sports Psychology and sports Technology</p>	
<p>Name Dr. T.P.Yogesh , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 6 years , Research Experience: 9 years, Area of Research: Yoga and Sports Training</p>	
<p>Alumnus/Alumna: Name Dr. Kalidasan Current position, Professor Type of Profession Physical education , Professional address- Bharathidasan University Tiruchirppalli</p>	

ALAGAPPA UNIVERSITY COLLEGE OF PHYSICAL EDUCATION
Karaikudi -630003, Tamil Nadu.

REGULATIONS AND SYLLABUS - (CBCS-University Department)
[For the candidates admitted from the Academic Year 2022 – 2023 onwards]

Name of the Department : Alagappa University College of Physical Education

Name of the Programme : M.P.Ed

Duration of the Programme : Full Time (Two Years)

Choice-Based Credit System

A choice-Based Credit System is a flexible system of learning. This system allows students to gain knowledge at their own tempo. Students shall decide on electives from a wide range of elective courses offered by the University College of physical education in consultation the committee. Students undergo additional courses and acquire more than the required number of credits. They can also adopt an inter-disciplinary and intra-disciplinary approach to learning, and make the best use of the expertise of available faculty.

Programme

The M.P.Ed. programme consists of a number of courses, the term „Course“ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the 3 subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the M.P.Ed. Programme.

- Theory - Core Course- Elective Course
- Practicum- Compulsory Course (Track and Field)- Elective Course
- Teaching/Coaching Practices- Internship.

Courses

‘Course’ is a component (a paper) of a programme. Each course offered by the university college of physical education is identified by a unique course code. A course contains lectures/ tutorials/laboratory/seminar/project / practical training / report writing /Viva-voce, etc or a combination of these, to meet effectively the teaching and learning needs.

Credits

The term “Credit” refers to the weight age given to a course, usually in relation to the instructional hours assigned to it. Normally in each of the courses credits will be assigned on the basis of the number of lectures / tutorial / laboratory and other forms of learning required to complete the course contents in a 15-week schedule. One credit is equal to one hour of lecture per week. For laboratory/field work one credit is equal to two hours.

Semesters

An Academic year is divided into two Semesters. In each semester, courses are offered in 15 teaching weeks and the remaining 5 weeks are to be utilized for conduct of examination and evaluation purposes. Each week has 30 working hours spread over 5 / 6 days a week.

Medium of Instruction

Medium- English, The teachers provide instruction to communicate the students about instructional matters through technology-based instruction, classroom correspondence, face-to-face instruction, virtual /online learning centre-based instruction, etc.

M.PEd is intended for the students pursuing a career in physical education. A problem-solving ability is exactly what a candidate is looking for in that course. Any candidate with courage, perseverance, and competitive spirit may opt for this course. The candidates who excel in activities related to the sport will be fit for this course. The program is ideal for students with a proven athletic record and fitness experience Uses instructional practices and deliberate-practice tasks that support the goals and objectives defined in the physical education curriculum (e.g., differentiated instruction, active engagement, modified activities, self-assessment, self-monitoring). The teacher engages students in moderate to vigorous physical activity for at least 50 percent of class time and ensures the inclusion of all students, including making the necessary adaptations for students with special needs. Finally, the teacher evaluates student learning continually to document teacher effectiveness.

College committee

The college Committee consists of the faculty of the college. The college Committee shall be responsible for admission to all the programmes offered by the college including the conduct of physical fitness tests, verification of records, admission, and evaluation. The college Committee determine the deliberation of courses and specifies the allocation of credits semester-wise and course-wise. For each course, it will also identify the number of credits for lectures, tutorials, practicals, seminars etc. The courses (Core/Discipline Specific Elective/Non-Major Elective) are designed by teachers and approved by the college Committees. Courses approved by the college Committees shall be approved by the Board of Studies/Broad Based Board of Studies. A teacher offering a course will also be responsible for maintaining attendance and performance sheets (CIA -I, CIA-II, assignments and seminar) of all the students registered for the course. The Non-major elective programme, MOOCs coordinator and Internship Mentor are responsible for submitting the performance sheet to the Head of the department. The principal of the college consolidates all such performance sheets of courses pertaining to the programmes offered by the college. Then forward the same to be Controller of Examinations.

Outcome Based Education (OBE)

Clarity: A career in Physical Education has a vast range of career options from being a part of the chosen sport, trainer, sports goods manufacturer, commentator, health club, marketing, sports journalism, and lots of other related options.

Flexibility: To encourages teachers to be open to different approaches to teaching, to be willing to modify their procedures based on the needs of their students, and to be creative in their approach. A need to be taken into Progressive overload, specificity, reversibility, individual differences, and balance

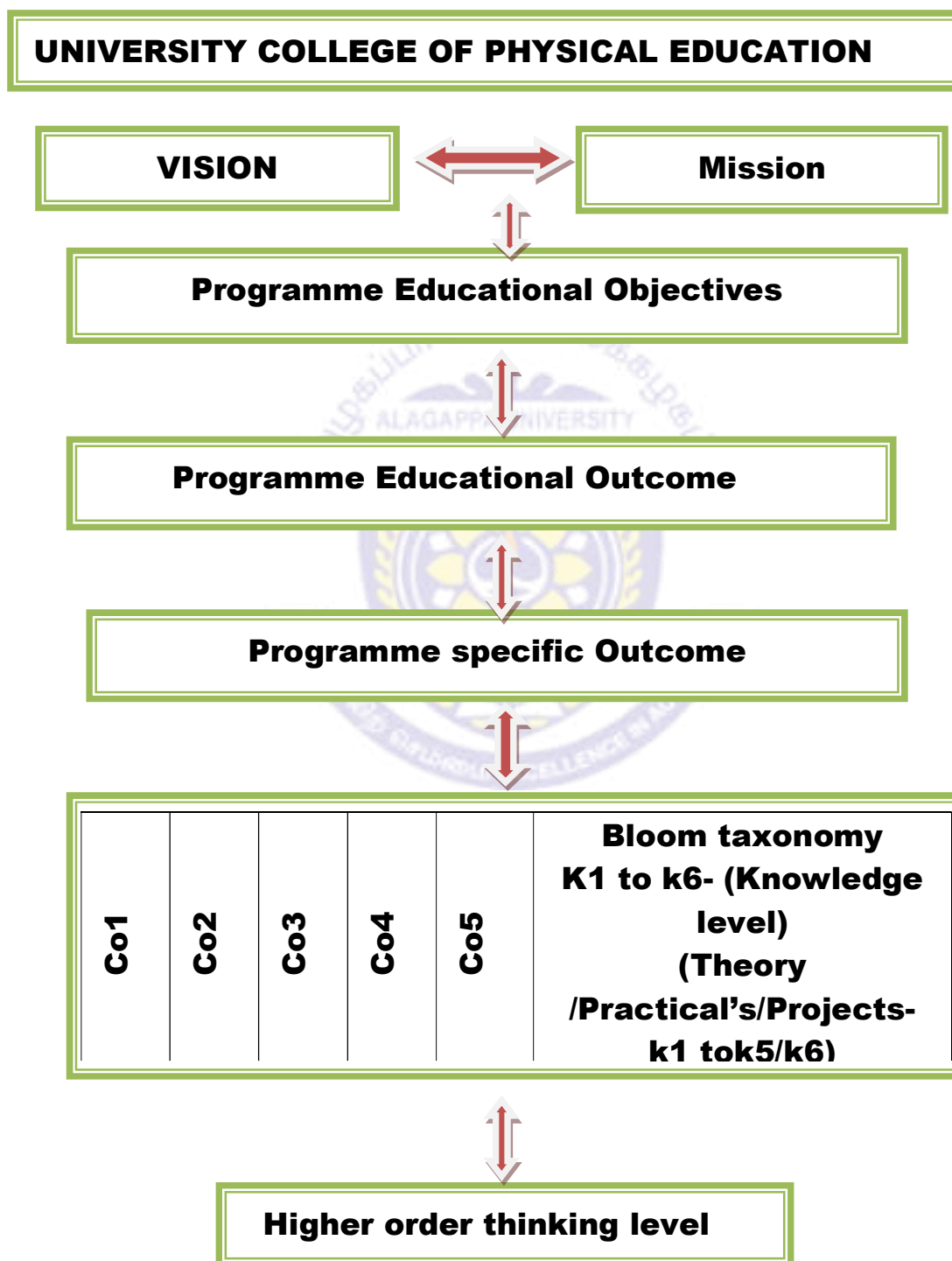
Structure their Courses around Specific Outcomes. Students will develop practical, theoretical skills in Physical Education. 3. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.

Comparison: Physical education plays a vital role in the personality development of our youth. It makes them physically healthy, active and mentally alerts, and also reduces their risk for health problems. It enables them to live in a healthy and competitive environment.

Involvement: Students are involved to concentrates on the physical education teaching function. It helps the teacher select objectives at the correct level of difficulty to meet the students' needs. The teacher encourages the students to be responsible for their own physical education learning.

Unique Features of Outcome Based Education

- ❖ Outcome Based Education to enhance communications among various stakeholders.
- ❖ Outcome Based Education its helps in examining the vision and mission.
- ❖ Outcome Based Education to evaluates students' performance effectively.
- ❖ Outcome Based Education its helps in mapping the Course Outcomes and Programme Outcomes for each assessment.



Programme Educational Objectives- (PEO)

PEO-1	Master of physical education degree is an honor students spend years working towards as part of a graduate program.
PEO-2	Master in Physical Education degree that provides students with the skills they need to work as a physical education teacher.
PEO-3	Those enrolled in this program should expect to graduate with a thorough understanding of health and physical fitness and how to implement successful sports and games programs in schools.
PEO-4	Coursework in this program may include psychology, sports theory, anatomy, cardiovascular science, and athletics curriculum and instruction.
PEO-5	Gain knowledge about research in the field of physical education
PEO-6	To understand the concept of sample and population
PEO-7	This programme testing the existing theories/trainings methods in the field of physical education and sports
PEO-8	This degree can qualify them to find work in their field or obtain a doctoral degree.
PEO-9	This degree to develop systematic and scientific approach in finding solutions for the questions
PEO-10	Nurture the talents in sports and make them to participate in the Competitive sports.

Programme Outcome-(PO)

PO-1	Recognize the physical and mental benefits of increased activity.
PO-2	Understand the concept and applied knowledge of Sports Science principles.
PO-3	Determine factors involved with growth, maturation and physical activity.
PO-4	Examine the effect of nutrition, rest and other lifestyle factors.
PO-5	Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
PO-6	Participate in active learning to stimulate continued inquiry about physical education, health and fitness.
PO-7	Promotes and embraces diversity in teaching, coaching, and managing sport/recreational activities
PO-8	Learner who stays current on research and technology, develops critical thinking skills, and practices ethical behavior in the profession.
PO-9	Collaborates with stakeholders to build strong partnerships within the profession, community, and society
PO-10	Values and participates in physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Programme Specific Objectives-(PSO)

PSO-1	Master's degree in physical education can equip graduates with well-developed coaching, teamwork and public speaking skills. These skills can help graduate secure a rewarding career after graduation.
PSO-2	Master's degree in physical education depend on if the student chooses to study full time and the Students are encouraged to reach good physical education teacher.

PSO-3	The students after receiving their degree, graduates may find rewarding job opportunities as teachers in schools of all grades. They may also be able to work as a personal trainer, gym owner and operator, sports coach or activities director.
PSO-4	The Students working with kids isn't appealing, graduates may be able to find work in health clubs, at spas, at colleges or with the elderly helping coordinate exercise activities. Those who wish to maximize their earning potential may be able to do so by pursuing higher education or working as a freelance consultant or trainer.
PSO-5	As Master's degree is needed to teach at a college level so many high school teachers are also in charge of coaching the school sports teams, where they can then move on to eventually coaching college sports.

Programme Specific Out Come (PSO)

PSO-1	Become a qualified and competent physical educator
PSO-2	Acquiring the teaching, coaching /training and officiating skills in athletics and games
PSO-3	Achieving competency to mark the sports field and track and to organise competition and meet at various level
PSO-4	Do high quality research in physical education, sports and sports sciences
PSO-5	Ability to apply various concept of biomechanics, sports engineering ,technology and management in enhancing the performance

Assessment

CIA, alternate assessment tools, seminar, end semester exam, laboratory and project work, course exit survey, programme exit survey, alumni survey, employer survey, course expert committee, programme assessment and quality improvement committee, department advisory board, faculty meeting, professional society.

Bloom taxonomy –Learning/Knowledge level

L1/K1	Remember	Student recall (or) remember the information Questions: Arrange, Choose, Define, Describe, Find, How, Label, List, Match, Name, Relate, Recall, Show, What, Why)
L2/K2	Understand	Can the student explain ideas (or) concepts Questions: classify, compare, convert, Explain, Express, Illustrate, Outline, Relate, Show, Summaries, Translate.
L3/K3	Apply	Can the student use information in a new way. Question: Construct, Develop, Discover, Identify, Interview, modify, Predict, Practice, Solve.
L4/K4	Analyze	Can the student distinguish between the different analysis parts? Question: Categories, Classify, Compare, Distinguish, Generate, Examine, Interpret, Operate, Simplify.
L5/K5	Evaluate	Can the student justify a stand (or) decision? Question: Assess, Choose, Compare, Determine, Evaluate, Explain, Interpret, Justify, Measure, Priorities, Prove, Select.

L6/K6	Create	Can the student Create a new product (or)point of view) Question: Choose, Compile, Compose, Construct, Create, Develop, Discuss, Elaborate, Estimate, Formulate, Maximize, Minimize, Modify, Propose, Solve.
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Eligibility for admission

- A.** Bachelor of Physical Education (B.P.Ed) or equivalent with at least 50% marks
- B.** Minimum inter-college level participation in sports and games is compulsory.
- C.** The candidates should not have completed 35 years of age as on 1st July. However, relaxation of 3 years shall be given for SC/ST candidates.
- D.** Ex-Servicemen / Experienced Physical Education Teachers shall be given relaxation of 6 years of age.
- E.** The candidate should be medically fit and free from any deformity.
- F.** Pregnant women are not permitted either for admission or to undergo the course. If violated, they will not be permitted to continue the course.
- G.** Admission shall be made on the basis of ranking in the entrance and fitness test.
- H.** The Intake, Eligibility and Admission Procedure is as per the NCTE norms and standards

Eligibility for admission

- a) Bachelor of Physical Education (BPES, BPE, BSc) or any degree from a recognized University with Sports participation.
 - b) A minimum intercollegiate level participation in sports and games is compulsory.
 - c) The candidates should not have completed 35 years of age as on 1st July. However, relaxation of 3 years shall be given for SC/ST candidates.
 - d) Ex-Servicemen / Experienced Physical Education Teachers shall be given relaxation of 6 years of age.
 - e) The candidate should be medically fit and free from any deformity.
 - f) Pregnant women are not permitted either for admission or to undergo the course. If violated, they will not be permitted to continue the course.
 - g) Admission shall be made on the basis of ranking in the entrance and fitness test.
 - h) The Intake, Eligibility and Admission Procedure is as per the NCTE norms and standards
- Admission shall be made on the basis of ranking for a total of 150 marks as detailed below.

1. Qualifying Examination - 25 marks	BPEd Degree % of marks
2. Participation in Sports and Games - 25 marks	Representation for the Country/National placing (I, II, & III) - 25 marks State Representation (Form II / III in games/Sports) - 20 marks Inter collegiate/inter physical education (placing) - 15 marks District / Inter collegiate/inter physical education (participation) - 10 marks e. Intramural (placing) - 05 marks
3. Sports proficiency test - 50 marks	The applicant should choose any one of the indoor or outdoor sports for assessment.
4. Physical fitness test - 50 marks	a. 100mts - 20 marks b. Shot-put - 15 marks c. Long Jump - 15 marks

Medical Certificate

All applicants should submit along with the application a latest Medical Certificate issued by a Government Doctor not below the rank of a Civil Surgeon to the effect that the candidate is fit to undergo strenuous activities.

Minimum Duration of programme

The programme is for a period of two years. Each year shall consist of two semesters viz. Odd and Even semesters. Odd semesters shall be from June / July to October / November and even semesters shall be from November / December to April / May. Each semester there shall be not less than 90 working days consisting of 5 teaching hours per working day which shall comprise 450 teaching clock hours for each semester (exclusive of the days for the conduct of the University end- semester examination).

Components

A PG programme consists of a number of courses. The term “course” is applied to indicate a logical part of the subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of the courses suggested for the PG programmes: A Core courses (CC)- “Core Papers” means “the core courses” related to the programme concerned including practicals and project work offered under the programme and shall cover core competency, critical thinking, analytical reasoning, and research skill. Discipline-Specific Electives (DSE) means the courses offered under the programme related to the major but are to be selected by the students, shall cover additional academic knowledge, critical thinking, and analytical reasoning.

Non-Major Electives (NME)- Exposure beyond the discipline

- All PG programme students have to undergo a total of two Non Major Elective courses with 2 credits offered by other departments (one in II Semester another in III Semester).
- A uniform time frame of 3 hours on a common day (Tuesday) shall be allocated for the Non-Major Electives.
- Non Major Elective courses offered by the departments pertaining to a semester should be announced before the end of previous semester and the same shall be submitted to the Curriculum Design and Development Cell and posted in the University websites.
- Registration process: Students have to register for the Non-Major Elective course within 15 days from the commencement of the semester either in the department or online. The list of registered candidates shall be submitted to Director, Curriculum Design and Development Cell.

Self Learning Courses from MOOCs platforms.

- MOOCs shall be on voluntary for the students.
- All PG programmes students have to undergo a total of 2 Self Learning Courses (MOOCs) one in II semester and another in III semester.
- The actual credits earned through MOOCs shall be transferred to the credit plan of programmes as extra credits.
- If the Self Learning Course (MOOCs) is without credit, 2 credits/course be given and transferred as extra credit
- While selecting the MOOCs, preference shall be given to the course related to employability skills.

Projects / Dissertation /Internships (Maximum Marks: 200)

The duration of the Project/Dissertation/internship shall be a minimum of threemonths in the fourth semester.

Plan of work

Project/Dissertation

The candidate shall undergo Project/Dissertation Work during the final semester. The candidate should prepare a scheme of work for the dissertation/project and should get approval from the guide. The candidate, after completing the dissertation /project work, shall be allowed to submit it to the university departments at the end of the final semester. If the candidate is desirous of availing the facility from other departments /universities/ laboratories / organizations they will be permitted only after getting approval from the guide and HOD. In such a case, the candidate shall acknowledge the same in their dissertation/project work.

Internship

The students who have opted for an Internship must undergo industrial training in the reputed organizations to accrue industrial knowledge in the final semester. The student has to find industry related to their discipline (Public limited/Private Limited/owner/NGOs etc.,) in consultation with the faculty in charge/Mentor and get approval from the head of the department and Departmental Committee before going for an internship.

➤ **No. of copies of the dissertation/project report/internship report**

The candidate should prepare three copies of the dissertation/project/report and submit the same for the evaluation of examiners. After evaluation, one copy will be retained in the department library, one copy will be retained by the guide and the student shall hold one copy. The students working hours calculated for the dissertation all weekends.

➤ **Format to be followed for dissertation/project report**

The format /certificate for thesis to be followed by the student are given below

- Title page
- Certificate
- Acknowledgment
- Content as follows:

Chapter No	Title	Page number
1	Introduction	
2	Aim and objectives	
3	Review of literature	
4	Materials and methods	
5	Result	
6	Discussion	
7	Summary	
8	References	

➤ **Format of the title page**

Title of Dissertation/Project work

Dissertation/Project submitted in partial fulfilment of the requirement for the degree of Master of Science to the Alagappa University, Karaikudi -630003.

By

(Student Name) _____

(Register Number _____)

University Logo

Department of -----

Alagappa University

(A State University Accredited with "A+" grade by NAAC (CGPA: 3.64) in the Third Cycle and Graded as Category-I University by MHRD-UGC, 2019: QS ASIA Rank- 216, QS BRICS Rank-104, QS India Rank-20)

Karaikudi -630003

(Year)

Format of certificates

Certificate –Guide

This is to certify that the **Dissertation/Project** entitled "-----" submitted to Alagappa University, Karaikudi-630 003 in partial fulfilment for the degree of Master of Science in ----- by Mr/Mis -----(Reg No-----) under my supervision. This is based on the results of studies carried out by him/her in the Department of-----, Alagappa University, Karaikudi-630 003. This dissertation/Project or any part of this work has not been submitted elsewhere for any other degree, diploma, fellowship, or any other similar titles or record of any University or Institution.

Place: Karaikudi

Date: _____

Certificate - (HOD)

This is to certify that the thesis entitled "-----" submitted by Mr/Mis -----(Reg No: -----) to the Alagappa University, in partial fulfilment for the award of the degree of Master of -----in ----- is a bonafide record of research work done under the supervision of Dr.-----, Assistant Professor, Department of -----, Alagappa University. This is to further certify that the thesis or any part thereof has not formed the basis of the award to the student of any degree, diploma, fellowship, or any other similar title of any University or Institution.

Place: Karaikudi

Head of the department

Date: _____

Internship

➤ Format to be followed for Internship report

The format /certificate for internship report to be followed by the student are given below

➤ Title page -Format of the title page

Title of internship report

Internship report submitted in partial fulfilment of the requirement for the Master of degree in -----to the Alagappa University, Karaikudi -630003.

By

(Student Name) _____

(Register Number) _____

University Logo

Department of -----

Alagappa University

(A State University Accredited with "A+" grade by NAAC (CGPA: 3.64) in the Third Cycle and Graded as Category-I University by MHRD-UGC, 2019: QS ASIA Rank-216, QS BRICS Rank-104, QS India Rank-20)

Karaikudi - 630003 (Year)

Declaration (student)

I hereby declare that the Internship Report entitled "-----" submitted to the Alagappa University for the award of the **Master of Science in**-----has been carried out by me under the supervision of-----, Assistant Professor, Department of-----, Alagappa University, Karaikudi – 630 003. This is my original and independent work carried out by me in the organization M/S ----- for the period of three months or-----and has not previously formed the basis of the award of any degree, diploma, associateship, fellowship, or any other similar title of any University or Institution.

Place: Karaikudi

Date: _____

Certificate-(Format of certificate – faculty in-charge)

This is to certify that the report entitled "-----" submitted to Alagappa University, Karaikudi-630 003 in partial fulfilment for the Master of Science in -----by Mr/Mis----- (Reg No -----) under my supervision. This is based on the work carried out by him/her in the organization M/S ----- . This Internship report or any part of this work has not been submitted elsewhere for any other degree, diploma, fellowship, or any other similar record of any University or Institution.

Place: Karaikudi

Date: _____

Research Supervisor

Certificate (HOD)

This is to certify that the Internship report entitled “-----” submitted by Mr/Mis.-----**(Reg No -----)** to the Alagappa University, in partial fulfilment for the award of the Master of Science in ----- is a bonafide record of Internship report done under the supervision of -----, Assistant Professor, Department of -----, Alagappa University and the work carried out by him/her in the organization M/S ----- . This is to further certify that the thesis or any part thereof has not formed the basis of the award to the student of any degree, diploma, fellowship, or any other similar title of any University or Institution.

Place: Karaikudi

Date: _____

Head of the Department

- Acknowledgment
- Content as follows:

Teaching methods

MPED is a two-year duration course typically divided into four semesters. Syllabus for MPED includes theory as well as practical subjects. Among theory subjects, there are some core and elective subjects. Core subjects are mandatory for all, however, candidates have to make a choice among elective subjects available in the curriculum of a NCTE/ university/ college.

Attendance

Students must have earned 75% of attendance in each course for appearing for the examination. Students who have earned 74% to 70% of attendance need to apply for condonation in the prescribed form with the prescribed fee. Students who have earned 69% to 60% of attendance need to apply for condonation in the prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the End Semester Examination (ESE). They shall re-do the semester(s) after completion of the programme.

Examination

The examinations shall be conducted separately for theory and practical's to assess (remembering, understanding, applying, analyzing, evaluating, and creating) the knowledge required during the study. There shall be two systems of examinations viz., internal and external examinations. The internal examinations shall be conducted as Continuous Internal Assessment tests I and II (CIA Test I & II).

A. Internal Assessment

The internal assessment shall comprise a maximum of 25 marks for each subject. The following procedure shall be followed for awarding internal marks.

Theory -25 marks

Sr.No	Content	Marks
1.	Average marks of two CIA test	15
2.	Seminar/group discussion/quiz	5
3.	Assignment/field trip report/case study report	5
	Total	25

Practical -25 Marks

1	Academic Lesson	10 marks
2	Individual & other Physical activities	5 marks
3	Teaching and Coaching skills	10 marks
	Total	25 Marks

Project/Dissertation/internship-50 Marks (assess by Guide /incharge /HOD / supervisor)

1	Two presentations (mid-term)	30 Marks
2	Progress report	20 Marks
	Total	50 Marks

B. External Examination

- There shall be examinations at the end of each semester, for odd semesters in the month of October / November; for even semesters in April / May.
- A candidate who does not pass the examination in any course(s) may be permitted to appear in such failed course(s) in the subsequent examinations to be held in October / November or April / May. However candidates who have arrears in Practical shall be permitted to take their arrear Practical examination only along with Regular Practical examination in the respective semester.
- A candidate should get registered for the first semester examination. If registration is not possible owing to shortage of attendance beyond condonation limit / regulation prescribed OR belated joining OR on medical grounds, the candidates are permitted to move to the next semester. Such candidates shall re-do the missed semester after completion of the programme.
- For the Project Report/ Dissertation Work / internship the maximum marks will be 100 marks for project report evaluation and for the Viva-Voce it is 50 marks (if in some programmes, if the project is equivalent to more than one course, the project marks would be in proportion to the number of equivalent courses).
- Viva-Voce: Each candidate shall be required to appear for Viva-Voce Examination (in defense of the Dissertation Work /Project/ internship).

Scheme of External Examination (Question Paper Pattern)

Theory - Maximum 75 Marks

Section A	10 questions. All questions carry equal marks. (Objective type questions)	10 x 1 = 10 Marks	10 questions – 2 each from every unit
Section B	5 questions Either / or type like 1.a(or)b. All questions carry equal marks	5 x 5 = 25	5 questions – 1 each from every unit
Section C	5 questions Either / or type like 1.a(or) b. All questions carry equal marks	5 x 8 = 40	5 questions – 1 each from every unit

Dissertation /Project report/Internship report Scheme of evaluation

Dissertation /Project report/Internship report	100 Marks
Vivo voce	50 Marks

Results

The results of all the examinations will be published through the Department where the student underwent the course as well as through University Website

Passing minimum

- ❖ A candidate shall be declared to have passed in each course if he/she secures not less than 40% marks in the End Semester Examinations and 40% marks in the Internal Assessment and not less than 50% in the aggregate, taking Continuous assessment and End Semester Examinations marks together.
- ❖ The candidates not obtained 50% in the Internal Assessment are permitted to improve their Internal Assessment marks in the subsequent semesters (2 chances will be given) by writing the CIA tests and by submitting assignments.
- ❖ Candidates, who have secured the pass marks in the End-Semester Examination and in the CIA but failed to secure the aggregate minimum pass mark (E.S.E + C I.A), are permitted to improve their Internal Assessment mark in the following semester and/or in University examinations.
- ❖ A candidate shall be declared to have passed in the Project / Dissertation / Internship if he /she gets not less than 40% in each of the Project / Dissertation / Internship Report and Viva-Voce and not less than 50% in the aggregate of both the marks for Project Report and Viva-Voce.
- ❖ A candidate who gets less than 50% in the Project / Dissertation / Internship Report must resubmit the thesis. Such candidates need to take again the Viva-Voce on the resubmitted Project report.

Grading of the Courses

The following table gives the marks, Grade points, Letter Grades and classifications meant to indicate the overall academic performance of the candidate.

Conversion of Marks to Grade Points and Letter Grade (Performance in Paper / Course)

RANGE OF MARKS	GRADE POINTS	LETTER GRADE	DESCRIPTION
90 - 100	9.0 – 10.0	O	Outstanding
80 - 89	8.0 – 8.9	D+	Excellent
75 - 79	7.5 – 7.9	D	Distinction
70 - 74	7.0 – 7.4	A+	Very Good
60 - 69	6.0 – 6.9	A	Good
50 - 59	5.0 – 5.9	B	Average
00 - 49	0.0	U	Re-appear
ABSENT	0.0	AAA	ABSENT

Successful candidates passing the examinations and earning GPA between 9.0 and 10.0 and marks from 90 – 100 shall be declared to have Outstanding (O).

- a) Successful candidates passing the examinations and earning GPA between 8.0 and 8.9 and marks from 80 - 89 shall be declared to have Excellent (D+).
- b) Successful candidates passing the examinations and earning GPA between 7.5 – 7.9 and marks from 75 - 79 shall be declared to have Distinction (D).
- c) Successful candidates passing the examinations and earning GPA between 7.0 – 7.4 and marks from 70 - 74 shall be declared to have Very Good (A+).
- d) Successful candidates passing the examinations and earning GPA between 6.0 – 6.9 and marks from 60 - 69 shall be declared to have Good (A).
- e) Successful candidates passing the examinations and earning GPA between 5.0 – 5.9 and marks from 50 - 59 shall be declared to have Average (B).
- f) Candidates earning GPA between 0.0 and marks from 00 - 49 shall be declared to have Re-appear (U).
- g) Absence from an examination shall not be taken as an attempt.

From the second semester onwards the total performance within a semester and continuous performance starting from the first semester are indicated respectively by **Grade Point Average (GPA)** and **Cumulative Grade Point Average (CGPA)**. These two are calculated by the following formulate

$$\text{GRADE POINT AVERAGE (GPA)} = \frac{\sum_i C_i G_i}{\sum_i C_i}$$

$$\text{GPA} = \frac{\text{Sum of the multiplication of Grade Points by the credits of the courses}}{\text{Sum of the credits of the courses in a Semester}}$$

Classification of the final result

CGPA	Grade	Classification of Final Result
9.5 – 10.0	O+	First Class – Exemplary*
9.0 and above but below 9.5	O	
8.5 and above but below 9.0	D++	First Class with Distinction*
8.0 and above but below 8.5	D+	
7.5 and above but below 8.0	D	
7.0 and above but below 7.5	A++	First Class
6.5 and above but below 7.0	A+	
6.0 and above but below 6.5	A	
5.5 and above but below 6.0	B+	Second Class
5.0 and above but below 5.5	B	
0.0 and above but below 5.0	U	Re-appear

The final result of the candidate shall be based only on the CGPA earned by the candidate.

- a) Successful candidates passing the examinations and earning CGPA between 9.5 and 10.0 shall be given Letter Grade (O+), those who earned CGPA between 9.0 and 9.4 shall be given Letter Grade (O) and declared to have First Class –Exemplary*.
- b) Successful candidates passing the examinations and earning CGPA between 7.5 and 7.9 shall be given Letter Grade (D), those who earned CGPA between 8.0 and 8.4 shall be given Letter Grade (D+), those who earned CGPA between 8.5 and 8.9 shall be given Letter Grade (D++) and declared to have First Class with Distinction*.
- c) Successful candidates passing the examinations and earning CGPA between 6.0 and 6.4 shall be given Letter Grade (A), those who earned CGPA between 6.5 and 6.9 shall be given Letter Grade (A+), those who earned CGPA between 7.0 and 7.4 shall be given Letter Grade (A++) and declared to have First Class.
- d) Successful candidates passing the examinations and earning CGPA between 5.0 and 5.4 shall be given Letter Grade (B), those who earned CGPA between 5.5 and 5.9 shall be given Letter Grade (B+) and declared to have passed in Second Class.
- h) Candidates those who earned CGPA between 0.0 and 4.9 shall be given Letter Grade (U) and declared to have Re-appear.
- e) Absence from an examination shall not be taken as an attempt.

$$\text{CUMULATIVE GRADE POINT AVERAGE (CGPA)} = \frac{\sum_n \sum_i C_{ni} \cdot G_{ni}}{\sum_n \sum_i C_{ni}}$$

CGPA = Sum of the multiplication of Grade Points by the credits of the entire Programme
Sum of the credits of the courses for the entire Programme

Where 'Ci' is the Credit earned for Course i in any semester; 'Gi' is the Grade Point obtained by the student for Course i and 'n' refers to the semester in which such courses were credited.

CGPA (Cumulative Grade Point Average) = Average Grade Point of all the Courses passed starting from the first semester to the current semester.

Note: * The candidates who have passed in the first appearance and within the prescribed Semesters of the PG Programme are alone eligible for this classification.

Maximum duration of the completion of the programme

The maximum period for completion of **M.P.Ed** is shall not exceed eight semesters continuing from the first semester.

Conferment of the Master's Degree

A candidate shall be eligible for the conferment of the Degree only after he/ she has earned the minimum required credits for the Programme prescribed therefore (i.e. 138 credits Programme)

Village Extension Programme

The Sivaganga and Ramnad districts are very backward districts where a majority of people Lives in poverty. The rural mass is economically and educationally backward. Thus the aim of the introduction of this Village Extension Programme is to extend out to reach environmental awareness, social activities, hygiene, and health to the rural people of this region. The students in their third semester have to visit any one of the adopted villages within the jurisdiction of Alagappa University and can arrange various programs to educate the rural mass in the following areas for three day based on the theme.1. Environmental awareness 2. Hygiene and Health. A minimum of two faculty members can accompany the students and guide them.

SYLLABUS CREDIT STRUCTURE FOR M.P.Ed PROGRAMME

S.No	Paper code	Part	Title of the paper	T/P	Credit	Hours/week	I	E	Total
I SEMESTER									
1	811101	CC - I	Research Process in Physical Education & Sports Sciences	T	4	4	25	75	100
2	811102	CC - II	Physiology of Exercise	T	4	4	25	75	100
3	811103	CC - III	Yogic Sciences	T	4	4	25	75	100
4	811501	EC - I	Sports Technology / Test, Measurement and Evaluation in Physical Education	T	4	4	25	75	100
5	811107	CP - I	Track and Field (Running Events)	P	4	6	25	75	100
6	811108	CP - II	Game of Specialization - I (Second Best)	P	4	6	25	75	100
7	811109	CP - III	Yoga	P	4	6	25	75	100
8	811110	CP - IV	Class Room Teaching / Sports teaching and coaching/officiating (IP)	P	4	6	25	75	100
9	Library			-	-	-	-	-	-
	Total				32	40	200	600	800
II SEMESTER									
10	811201	CC - IV	Applied Statistics in Physical Education & Sports	T	4	4	25	75	100
11	811202	CC - V	Sports Biomechanics & Kinesiology	T	4	4	25	75	100
12	811203	CC - VI	Athletic Care and Rehabilitation	T	4	4	25	75	100
13	811504	EC - II	Sports Management and curriculum Designs in Physical Education / Sports Journalism and Mass Media	T	4	4	25	75	100
14	****	SLC	MOOCS	T	Extra Credit				
15	811207	CP - V	Track and field (Jumping Events)	P	4	6	25	75	100
16	811208	CP - VI	Game of Specialization - II (Second Best)	P	4	6	25	75	100
17	811209	CP - VII	Teaching Lessons (Track)	P	4	6	25	75	100
18	811210	CP - VIII	Teaching Lessons (Game)	P	4	6	25	75	100
	Total				32	40	200	600	800

S.No	Paper code	Part	Title of the paper	T/P	Credit	Hours/ week	I	E	Total	
III SEMESTER										
19	811301	CC-VII	Scientific Principles of Sports Training	T	4	4	25	75	100	
20	811302	CC -VIII	Sports Medicine	T	4	4	25	75	100	
21	811303	CC- IX	Health Education and Sports Nutrition	T	4	4	25	75	100	
22	811506	EC - III	Physical Fitness and Wellness /Sports Engineering	T	4	4	25	75	100	
23	****	SLC	MOOCS	T	Extra Credit					
24	811307	CP -IX	Track and Field III Field events (Jumping and throws)	P	4	6	25	75	100	
25	811308	CP -X	Games Specialization – III (First Best)	P	4	6	25	75	100	
26	811309	CP -XI	Coaching Lessons of Track and Field 5 Lessons	P	4	6	25	75	100	
27	811310	CP -XII	Coaching Lessons of Game Specializations'	P	4	6	25	75	100	
28	VPP (Village Extension Programme)									
29	Library, Yoga Carrier Guidance,					-				
30					32	40	200	600	800	
IV SEMESTER										
30	811401	CC-X	Information and Communication Technology in physical education	T	4	4	25	75	100	
31	811402	CC-XI	Sports Psychology	T	4	4	25	75	100	
32	811403	CC-XII	Education Technology In Physical Education	T	4	4	25	75	100	
33	811404	CC-XIII	Dissertation	T	4	4	50	150	200	
34	811405	CP-XIV	Track and Field -IV	P	4	6	25	75	100	
35	811406	CP-XV	Games Specialization IV - (First Best)	P	4	6	25	75	100	
36	811407	CP-XVI	Coaching Lessons of Track and Field (IP)	P	4	6	25	75	100	
37	811408	CP-XVII	Coaching Lessons - Game of Specializations (IP)	P	4	6	25	75	100	
38	Adventure Activities/ Library				-	-	-	-	-	
Total					32	40	225	675	900	
Grand Total					128	160	825	2475	3300	

****CC:** Core Course, **EC:** Elective Course, **CP-**Practicum , **SLC:** Self Learning Course (MOOCs) and **NEC:** Non Exam Course.*Credits earned through Self Learning Courses (MOOCs) shall be transferred in the credit plan of the program as extra credits**.

Semester – I					
Core	Course code: 811101	Research Process in Physical Education and Sports Sciences	T	Credits:4	Hours: 4
Unit -I					
Objectives 1	To impart basic knowledge of research, its classification, location and literature search.				
INTRODUCTION Meaning and Definition of Research – need, nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good research – Hypothesis – Meaning , Importance , Types – Formulation of Testing.					
Outcomes 1	Provided the basic knowledge of research, its classification, location and literature search.				K2
Unit-II					
Objectives 2	To know the various methods of research				
METHODS OF RESEARCH: Descriptive Methods of Research; Survey Study, Case study, Philosophical Research, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.					
Outcomes 2	Learned to know the various methods of research.				K4
Unit III					
Objectives 3	To give an overview of experimental research design				
EXPERIMENTAL RESEARCH: Experimental Research – Meaning, Nature and Importance, Meaning of variable, Types of Variables. Experimental Design – Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.					
Outcomes 3	Studied the various types of experimental research design.				K4
Unit IV					
Objectives 4	To provide the clear understanding of sampling techniques.				
SAMPLING: Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non-Probability Methods; Convenience Sample, Judgment Sampling, Quota Sampling.					
Outcomes 4	Attained knowledge about sampling technique.				K5
Unit V					
Objectives 5	To train to prepare the research proposal and report.				
RESEARCH PROPOSAL AND REPORT: Chapter of Thesis/Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis/Dissertation; Method of writing abstract and full paper for presenting in a conferences, Seminar and to publish journals, Mechanics of writing Research Report, Footnote and Bibliography writing, Reviews of Literature – Ethical Issues in Research – Areas of Scientific Dishonesty, Ethical Issues regarding copyright, Responsibility of Researcher, working Ethics in the faculty, Projecting human Participants.					
Outcomes 5	Preparing research proposal and report was studied thoroughly.				K6

Suggested Readings:

Best J. W (1971) Research in Education, New Jersey: Prentice Hall Inc

Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey:Prentice Hall Inc.

Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London: Routledge Press

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities, Illinois: Human Kinetics

Kamlesh, M. L. (2015) Methodology of Research in Physical Education and Sports, (4th) Edition New Delhi: Sports publication.

Moses, A. K. (1995) Thesis Writing Format, Chennai: Poompugar Pathippagam

Moorthy A. M. (2010). Research Processes in Physical Education, New Delhi: Friend Publication

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	S(3)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	M(2)	M(2)	M(2)
Co2	S(3)	S(3)	S(3)	S(3)	S(3)
Co3	S(3)	S(3)	S(3)	M(2)	M(2)
Co4	S(3)	S(3)	M(2)	M(2)	M(2)
Co5	M(2)	M(2)	S(3)	S(3)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester – I					
Core	Course code: 811102	Physiology of Exercise	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To study the skeletal system and effects on exercises on skeletal muscles.				
Introduction: SKELETAL MUSCLES AND EXERCISE: Meaning and Definition of Physiology & Exercise Physiology, Importance of Exercise Physiology, Structure of the Skeletal Muscle, Voluntary, Involuntary and Cardiac Muscle – Fiber type Characteristics & Athletic Performance – Skeletal Muscle response to Exercise - Chemical Composition, Sliding Filament theory of Muscular Contraction.					
Outcomes 1	Studied the basic of skeletal system and effects of exercises on skeletal system.				K4
Unit-II					
Objectives 2	To know about cardiovascular system and to see the influences of exercises on cardiovascular system.				
EFFECT OF EXERCISE ON VARIOUS SYSTEMS OF THE BODY: Circulatory System – Respiratory System – Muscular System – Thermo – Regulatory System – Digestive System – Neuro – Muscular Functions & Muscular Activity: Neurons & Motor unit – Transmission of Nerve Impulse - Bio electric potentials - Neuro-muscular function& transmission of nerve impulse across it - Proprioception & kinesthetics -tone, posture & equilibrium.					
Outcomes 2	Gain knowledge on cardiovascular system and effects of exercises on cardiovascular system.				K4
Unit III					
Objectives 3	To provide knowledge on respiratory system and to the impact of exercises on respiratory system.				
BLOOD: Composition & functions of Blood - Effect of exercise on Blood – Blood pressure & its maintenance - Effect of exercise on Blood Pressure (normal) - High BP (effect of exercise on) - Low B.P (effect of exercise on).					
Outcomes 3	Provided basic knowledge about respiratory system and effects of exercises on respiratory system.				K4
Unit IV					
Objectives 4	To understand fundamentals about metabolism and energy transfer.				
PULMONARY VENTILATION: Minute Ventilation - Ventilation at Rest - Ventilation during Exercise - Alveolar Ventilation & Dead Space - Other lung Volumes & Capacities - Importance of Pulmonary Volumes and Capacities - Second Wind - Oxygen Debt and Oxygen Deficit.					
Outcomes 4	Attaining the basic concept about metabolism and energy transfer.				K5

Unit V					
Objectives 5	To learn about ergogenic aids and to know about climatic conditions & sports Performance				
METABOLISM AND ENERGY TRANSFER: Metabolism – ATP – PC or Phosphate 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 – Electrolyte Imbalance.					
Outcomes 5	To understand about ergogenic aids and to know about climatic conditions & sports performance				K6
Suggested Readings:					
<p>Clarke, D.H. (1975). <i>Exercise Physiology</i>. New Jersey: Prentice Hall Inc., Englewood Cliffs.</p> <p>David, L Costill. (2004). <i>Physiology of Sports and Exercise</i>. New Jersey: Human Kinetics.</p> <p>Fox, E.L., and Mathews, D.K. (1981). <i>The Physiological Basis of Physical Education and Athletics</i>. Philadelphia: Sanders College Publishing.</p> <p>Guyton, A.C. (1976). <i>Textbook of Medical Physiology</i>. Philadelphia: W.B. Sanders co.</p> <p>Richard, W. Bowers. (1989). <i>Sports Physiology</i>. WMC: Brown Publishers.</p> <p>Shaver, L. (1981). <i>Essentials of Exercise Physiology</i>. New Delhi: Subject Publications.</p> <p>Amrit Kumar, R, Moses. (1995). <i>Introduction to Exercise Physiology</i>. Madras: Poompugar Pathipagam.</p> <p>Beotra Alka, (2000) <i>Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi</i>.</p> <p>Khanna, G.L., (1990). <i>Exercise physiology & sports medicine</i>. Delhi: Lucky Enterprises.</p> <p>Sandhya Tiwaji. (1999). <i>Exercise Physiology</i>. Sports Publishers.</p> <ol style="list-style-type: none"> 1. Vincent, T. Murche. (2007). <i>Elementary Physiology</i>. Hyderabad: Sports Publication. 2. William, D. Mc Aradle. (1996). <i>Exercise Physiology, Energy, Nutrition and Human Performance</i>. Philadelphia: Lippincott Williams and Wilkins Company. & https://www.teachpe.com/ 					
K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create

COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	2	2	2	S(3)	S(3)	S(3)
Co2	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)
Co3	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)
Co5	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	M(2)	S(3)
Co2	M(2)	S(3)	S(3)	S(3)	S(3)
Co3	S(3)	S(3)	M(2)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	S(3)
Co5	M(2)	M(2)	S(3)	S(3)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester – I					
Core	Core code: 811103	Yogic Sciences	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To understand the fundamental concepts of yoga, astanga yoga and principles				
INTRODUCTION ABOUT YOGA AND SURYANAMASKAR: Origin, History and Evolution of Yoga – Meaning and Definition of Yoga – Aim and Objectives of Yoga –Types of Yoga - Development of Yoga – Various schools of Yoga – Yoga Class room- Essential features, Area, sitting arrangements in Yoga Class – Patanjali’s Yoga Sutra – Principles of Yogic Practices – Meaning and Definition of Suryanamaskar – Types (Bihar and Vivekananda) Steps, Techniques, Mandras and benefits of Suryanamaskar, Chandranamaskar, Chair Suryanamaskar- Panchamahabhutas. Effect of Suryanamaskar on various Systems. International Day of Yoga Protocol- All india Inter University Yoga Competition syllabus					
Outcomes 1	Understanding of the fundamental concepts of yoga, astanga yoga and principles of practices				K2
Unit-II					
Objectives 2	To know about asana types, techniques and benefits				
ASANAS AND PRANAYAMA: Loosening Practices – Pavanamukdhasana series Meaning, Definition, Types, Techniques and Benefits of Asanas, Pranayama, Nadis, Chakras, Koshas and Trigunas – Techniques, types and Benefits of Asanas, , Pranayama, Chakras, Koshas and Trigunas - Effect of Asanas,Pranayama,on various systems, Nadis, Chakras, Koshas and Triguna on various systems.					
Outcomes 2	Attaining knowledge about asana types, techniques and benefits.				K4
Unit III					
Objectives 3	To understand about pranayama and meditation types, techniques and benefits				
KRIYAS AND BANDHAS: ShatKriyas; Meaning, Types, Techniques and Benefits of Neti, Dhauti, Kapalapathi, Trataka, Nauli and Basti. Bandhas: Meaning, Techniques and Benefits of Jalandhara bandha, Jivha Bandha, Uddiyana bandha, Mula bandha and Maha bandha- Effect of Kriyas and Bandhas on various Systems.					
Outcomes 3	To understand about pranayama and meditation types, techniques and benefits				K4
Unit IV					
Objectives 4	To give an overview about kriyas and mudras				
MUDRAS AND MEDITATION: Mudras: Meaning, Definition, Types, Techniques and Benefits of Hasta Mudra, Mana Mudra, Kaya Mudra, Bandha Mudra and Adhara Mudra. Physiological and Psychological benefits of Mudras. Effect of Mudras on various System, Meditation: Meaning, Definition, Types, Techniques and Benefits of Meditation – Physiological and Psychological benefits of Meditation - Effect of Meditations on various Systems.					
Outcomes 4	Studied the selected kriyas and mudras.				K5

Unit V					
Objectives 5	To study the effect of yoga on psychological parameters and physiological systems.				
YOGA THERAPY: Meaning, Definition, Types, History, Aim and Principles of Yoga Therapy – Yogic Diet – Yoga and Health - Role of Yoga Therapy on Physiological and Psychological preparation of Sports Persons – Role of Yoga in Sports – Effect of Yoga Therapy on various Systems. Note: (Laboratory Practical be designed and arranged internally.)					
Outcomes 5	To know effect of yoga on psychological parameters and physiological systems				K5
<p>Suggested Readings:</p> <p><i>Iyengar, B.K.S. (2000) Light on Yoga. New Delhi: Harper Collins Publishers.</i></p> <p><i>Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.</i></p> <p><i>Kuvalyananada Swami & S.L. Vinekar, (1963) Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.</i></p> <p><i>Swami Kuvalayanda, (1998) Asanas. Lonavala: Kaivalyadhama.</i></p> <p><i>George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.</i></p> <p><i>Gore, M.M. (1990) Anatomy and Physiology of Yogic Practices. Lonavala: Kanchan Prakashan.</i></p> <p><i>Helen Purperhart (2004) The Yoga Adventure for Children. Netherlands: A Hunter House book.</i></p> <p><i>Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.</i></p> <p><i>Sharma C.P. (2009). GenNext... Yoga. Delhi: B.R.Publishing Corporation.</i></p> <p><i>Singh, I.N., (2015). The complete Book of Yoga and Health Part-2. New Delhi: The Readers Paradise.</i></p>					
K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create

COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	S(3)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	2
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)	M-Medium(2)			L- Low(1)	



Semester – I					
DSE	Course code: 811501	Sports Technology	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To provide the basic knowledge of sports technology.				
SPORTS TECHNOLOGY: Meaning, definition, purpose, advantages and applications, General Principals and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.					
Outcomes 1	Studied the basic knowledge of sports technology.				K4
Unit-II					
Objectives 2	To understand the fundamentals of playing surfaces.				
SCIENCE OF SPORTS MATERIALS: Adhesives – Nano glue, Nano moulding technology, Nano turf. Foot Wear Production, Factors and application in sports, contains. Foams – Polyurethane, Polystyrene, Styrofoam, closed – cell and open – cell foams, neoprene, Foam, smart Materials – Shape Memory Alloy (SMA). Thermo chromic film, High-density modelling foam.					
Outcomes 2	Studied the fundamentals of playing surfaces				K4
Unit III					
Objectives 3	To provide knowledge on science of sports materials.				
SURFACES OF PLAYFIELDS: Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials – synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern play equipment. Use of computer and software in Match Analysis and Coaching.					
Outcomes 3	Gain knowledge on science of sports materials				K4
Unit IV					
Objectives 4	To give an overview of modern equipment				
MODERN EQUIPMENT: Playing Equipment: Balls: Types, Materials and Advantages, Bat/Stick/Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipment: Throwing and Jumping Events. Protective equipment: Types, Materials and Advantages. Sports equipment with Nano technology, Advantages.					
Outcomes 4	Learn about modern equipment.				K5
Unit V					
Objectives 5	To know about various sports trainings methods through Technology based				
TRAINING GADGETS: Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism an Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in live coverage of sporting events.					
Outcomes 5	Training Gadgets attained knowledge about physical fitness test.				K6

Suggested Readings:

Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) *Selection of Engineering Materials*, UK: Butterworth Heiremann.

Finn, R.A. and Trojan P.K. (1999) *Engineering Materials and their Applications*, UK: Jaico Publisher.

John Mongilo, (2001) *Nano Technology 101*, New York: Green wood publishing group.

Reference books /Websites

Walia, J.S. (1999) *Principles and Methods of Education*, Jullandhar: Paul Publishers.

Kochar, S.K. (1982) *Methods and Techniques of Teaching*, New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.

Kozman, Cassidy and Jackson. (1952) *Methods in Physical Education*, Philadelphia and London: W.B. Saunders Company

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)
Co2	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)
Co3	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)
Co5	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester – I					
DSE	Course code: 811502	Test, Measurement and Evaluation In Physical Education	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To know the fundamentals of Test, Measurement and Evaluation				
INTRODUCTION: Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity, Norms – Administrative Considerations.					
Outcomes 1	Studied the fundamentals of test, measurement and evaluation				K4
Unit-II					
Objectives 2	To understand the various motor fitness tests.				
MOTOR FITNESS TESTS: Meaning and Definition of Motor Fitness. Test 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. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.					
Outcomes 2	Provided the knowledge about motor fitness test.				K4
Unit III					
Objectives 3	To provide knowledge of physical fitness tests				
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, 12 minutes run/walk test, Multi – stage fitness test (Beep test).					
Outcomes 3	Attained knowledge about physical fitness test.				K4
Unit IV					
Objectives 4	To teach the various sport sciences assessment.				
ANTHROPOMETRIC AND AEROBIC –ANAEROBIC TESTS: Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria – Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac Body Composition Analysis.					
Outcomes 4	Gain knowledge on various sport sciences assessments				K5
Unit V					
Objectives 5	Give a clear understanding of sports skill tests.				
SKILL TESTS: Specific Spots Skill Test: Badminton: Miller Wall Volley Test, Basketball: Johnson Basketball Test, Cricket: Sutcliff Cricket test. Hockey: Friedel Field Hockey Test, - Volleyball, Russel Lange Volleyball Test, Brady & Cooper’s repeated volleying test, Football: Mor-Chirstian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.					
Outcomes 5	Learn the various sports skill tests.				K6

Suggested Readings:

Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications

Baumgartner, Ted A., Jackson, Andrew S., Mahar, Matthew T., and Rowe, David A., (2003). Measurement for Evaluation in Physical Education and Exercise Science. (7th Eds). Boston: McGraw Hill Higher Education.

Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press

Kansal, Devinder K., (2020). A Textbook of Sports Science: Test Evaluation Accreditation Measurements and Standards (teams). New Delhi: K.K. Publications.

Scott, M.Gladys., and French, Esther., (2009). Measurement and Evaluation in Physical Education. New Delhi: Sports Educational Technologies.

Smith, David Charles., (2010). Test, Measurement and Evaluation in Physical Education and Sports. New Delhi: Sports Educational Technologies.

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	S(3)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester - II					
Core	Course code:	Applied Statistics in Physical Education and Sports	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To provide the basic knowledge of statistics in physical education.				
INTRODUCTION: Meaning and Definition of Statistics - Function- Need and Importance of Statistics in Physical Education -Types of Statistics-Meaning of the Terms- Population ,Sample ,Data-Type of Variables, Discrete, Continuous- Parametric and Non Parametric Statistics-Nature of Data-Nominal, Ordinal, Interval, Ratio. Sampling Distribution of means, standard error of means.					
Outcomes 1	Understood the basic knowledge of statistics in physical education.				K4
Unit-II					
Objectives 2	To impart the fundamentals concept such as frequency table and measures of central tendency.				
DATA CLASIFICATION, TABULATION AND MEASURES OF CENTRAL TENDENCY: Meaning and Definition, Types of Data- Uses and Construction of Frequency Table- Class Interval- Meaning, Purpose Calculation and Advantages of Measure of Central Tendency-Mean, Median, Mode					
Outcomes 2	Studies the concept of frequency table and measures of central tendency.				K4
Unit III					
Objectives 3	To know about the measures of dispersions and scales				
MEASURES OF DISPERSIONS AND SCALES: Meaning Purpose- Calculation and Advances of Range, Quartile, Deviation, Mean Deviation, Probable Error- Meaning Purpose- Calculation and Advantages of Scoring Scales- 6 Sigma Scale- Z Scale- T-Scale- Deciles and Percentiles type-1 and II error one tail and two tail error.					
Outcomes 3	Attained knowledge about the measures of dispersions and scales.				K4
Unit IV					
Objectives 4	To familiarise with probability distributions and graphs.				
PROBABILITY DISTRIBUTIONS AND GRAPHS: Normal Curve, Meaning of Probability- Principles of Normal Curve- Properties of Normal Curve, Divergence from Normality-Skewness and Kurtosis-Graphical Representation in Statistics, Line Diagram, Bar Diagram, Histogram, Frequency Polygon, Ogive Curve, null hypothesis , coefficient of variation and sampling error.					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5
Unit V					
Objectives 5	To learn the inferential and comparative statistics.				
INFERENTIAL AND COMPARATIVE STATISTICS: Tests of Significance, Independent ‘t’ Test, Dependent ‘T’ Test, Chi-Square Test, Level of Confidence and Interpretation of Data, Meaning and Type of Correlation, Co-Efficient of correlations, its uses, Spearman Rank order Correlation, Concept, Analysis of Variance with equal and unequal sample size, Need Importance and Purpose of One way Analysis of Variance Calculation and Analysis of Co-Variance, Post-hoc test (Practical implementation, To prepare the class intervals & write the frequencies by using the tally counts, Computation of correlation matrix, Calculation of partial correlation, Calculation of multiple correlation, Calculation					

oft-ratio for related and unrelated groups, Calculation of Z-ratio for testing the hypothesis, Preparing the percentile scale, Calculation of chi-square, Calculation of the one way ANOVA with equal & unequal sample sizes).

Outcomes 5 Learned the inferential and comparative statistics **K6**

Suggested Readings:

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: Prentice Hall Inc.

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities, Illinois: Human Kinetics.

Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall Inc

Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi: Sports Publication.

Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi: Friends Publication

Thirumalaisamy (1998) Statistics in Physical Education, Karaikudi: Senthilkumar Publications

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	M(2)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)	M-Medium(2)				L- Low(1)					

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)		L- Low(1)	



Semester - II					
Core	Course code: 811202	Sports Biomechanics and Kinesiology	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To understand the basics of applied kinesiology and sports biomechanics				
INTRODUCTION: Need and Importance of Bio Mechanics and Kinesiology, Meaning Nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes. Dynamics, Kinematics, Kinetics, Statics Centre of gravity – line of gravity plane of the body and axis of motion, Vectors and Scalars.					
Outcomes 1	Understood the basics of applied kinesiology and sports biomechanics				K4
Unit-II					
Objectives 2	To know the various muscle action				
MOTION AND FORCE : Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principals related to the law of Inertia, Law of acceleration, Law of counter force. Meaning and definition of force – Sources of force - Meaning of work, power, energy, kinetic energy and potential energy – Force components Force applied at an angle – pressure – friction – Buoyancy, Spin and its Types effect of Spin in Sports – Application of Centripetal force Centrifugal force Sports and Games					
Outcomes 2	To know the various muscle action				K4
Unit III					
Objectives 3	To educate basic concepts of motion and force				
PROJECTILE AND LEVER : Projectiles: Factors influencing projectile trajectory - Angular Kinematics of Human Movement - Angular Distance and Displacement - Angular Speed and Velocity - Units in angular kinematics - Angular Acceleration - Types of Equilibrium - Static Equilibrium - Dynamic Equilibrium – Levers -Types of Lever - Mechanical Advantages of Lever and their application of levers in Sports and – Stability - Factors Affecting Stability - Stability and Potential Energy - Center of Gravity and - Stability and Human movement					
Outcomes 3	To educate basic concepts of motion and lever				K4
Unit IV					
Objectives 4	To study the fundamentals aspects of projectiles and force				
MUSCLE ACTION: Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, Seratus, Sartorius Rectus femoris, Rectus femoris, Rectus Abdominous, Quadriceps, Hamstring, Gastronemius.					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5
Unit V					
Objectives 5	To provide an overview on movement analysis				
MOVEMENT ANALYSIS : Mechanical Principles – Running – 100 Mts , Walking, Jumping-Long Jump High Jump and Throwing – Discuss – Shot put , Games and Their Skills Football-Kicking & Heading , Volleyball- Service Spiking , Cricket Forward Defense Catching, Hockey Dribbling – Hitting , Basketball Dribbling Lay up Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis – Qualitative, Quantitative, Predictive, Muscular analysis.					
Outcomes 5	Learned the inferential and comparative statistics				K6

Suggested Readings:

Hoffman S.J. (2005) Introduction to Kinesiology, Illinois: Human Kinesiology publication
Steven Roy & Richard Irvin (1983) Sports Medicine. New Jersey: Prentice hall.
Thomas. (2001) Manual of structural Kinesiology, New York: Me Graw Hill.
Williams M (1982) Biomechanics of Human Motion, Philadelphia: Saunders Co.
Uppal A.K. and Lawrence Mamta MP (2004) Kinesiology, Delhi: Friends Publication
Uppal, A (2004) Kinesiology in Physical Education and Exercise Science, Delhi: Friends publications.

COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)					M-Medium(2)					
L- Low(1)										

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester - II					
Core	Course code: 811 203	Athletic Care and Rehabilitation	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To know the basic aspects of corrective physical education.				
POSTURE: Normal curve of the spine and its utility, Kyphosis, Lordosis, Deviations in Posture: Kypholodsis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot, cause for these deviations and treatment including exercise.					
Outcomes 1	Learned various aspects of corrective physical education				K4
Unit-II					
Objectives 2	To understand about posture and women in sports.				
MESSAGE: Brief history of massage – massage as an aid for relaxation – Points to be considered in giving massage – Physiological Chemical, Psychological effect of massage – indication / Contra indication of Massage – Classification of the manipulation used massage and their specific uses in the human body – Stroking manipulation: effleurage – Pressure manipulation: Pertrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling – Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep Massage.					
Outcomes 2	Studied the various dimension of posture and women in sports.				K4
Unit III					
Objectives 3	To provide an idea about the rehabilitation exercises				
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 apply cold and heat, infrared rays, Ultra Sound – Ultrasonic, Therapy – Short wave diathermy therapy. Principles and techniques of Strapping and Bandages, Traction Therapy, Thermo Therapy, Hydrotherapy, Cryotherapy, Contrast Bath and Whirlpool Bath. General and Specific Training to avoid injuries.					
Outcomes 3	Created awareness about the rehabilitation exercises.				K4
Unit IV					
Objectives 4	To educate on massage and classification of the manipulation				
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.					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5
Unit V					
Objectives 5	To an over view about sports injuries care, treatment & support				
REHABILITATION EXERCISES: Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles. Recovery Exercises for reduce Injuries (Sprain and Strain).					
Outcomes 5	Learned the inferential and comparative statistics				K6

Suggested Readings:

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.

Dohenty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.

Rathbome, J.l. (1965) Corrective Physical education, London: W.B. Saunders & Co.

Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester – II				
DSE	Course code: 811503	Sports Management and Curriculum Design in Physical Education	T	Credits:4 Hours: 4
Unit –I				
Objectives 1	To study and understand the fundamental concepts of sports management.			
	INTRODUCTION: Definition, Importance, Basic Principles and Procedures of Sports Management – Functions of Sports Management – Meaning and Definition of Personal Management – Objectives of Personal Management – Definition of Personal Manager – Need and Role of Personal Manager in an Organization – Recruitment and Selection.			
Outcomes 1	Understood the fundamentals of sports management.			K4
Unit-II				
Objectives 2	To provide basic knowledge on financial management and programme management.			
	PROGRAM DEVELOPMENT: Meaning and Definition of Program Development – Importance of Program Development – Factors Influencing Program Development – Steps involved in Program Development – Management faced Problem in Program Development - Definition of Competitive Sports Program – Benefits and Guidelines for Competitive Sports Program in School and Colleges			
Outcomes 2	Attaining knowledge on financial management and programme management.			K4
Unit III				
Objectives 3	To know about equipment and public relation.			
	EQUIPMENT AND PUBLIC RELATION: Definition and Meaning of Equipment – Importance of Equipment – Guidelines for the Selection, Purchase and Supplies of Equipment – Meaning and Definition of Equipment Room and Equipment Manager – Guidelines for Care and Maintenances of Equipments in Stock Room – Need and Importance of Stock Registrar – Definition and Meaning of Public Relation – Principles of Public Relation – Importance of Public Relations in School, College and Media			
Outcomes 3	Learned about equipment and public relation			K4
Unit IV				
Objectives 4	To impart the basic knowledge about curriculum			
	CURRICULUM: Meaning and Definition of Curriculum – Types, Principles and Process of Curriculum Development – Theories of Curriculum Development – Definition of Curriculum Framework – Need and Importance of Curriculum Framework – Common Elements of Curriculum Framework			
Outcomes 4	Gain knowledge about the probability distributions and graphs.			K5
Unit V				
Objectives 5	To give an overview on curriculum sources.			
	CURRICULUM SOURCES: Meaning of Sources - Best Sources in Curriculum Materials – Methods and Evaluation of Curriculum - Meaning and Definition of Curriculum Research – Objectives and Importance of Curriculum Research.			
Outcomes 5	Learned the inferential and comparative statistics			K6

Suggested Readings:

Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Moby Publishing Company.

Carl, E, Willgoose. (1982. Curriculum in Physical Education, London: Prentice Hall.

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.

Aggarwal, J.C (1990). Curriculum Reform in India – World overviews, Doaba World Education Series – 3 Delhi: Doaba House, Book seller and Publisher.

Arora, G.L. (1984) Reflections on Curriculum, New Delhi: NCERT.

Bonnie, L. (1991) The Management of Sports. St. Louis: Mosby Publishing Company, Park House.

Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication..

NCERT (2005). National Curriculum Framework-2005, New Delhi: NCERT.

Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co5	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester - II					
DSE	Course code: 811504	Sports Journalism and Mass Media	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To provide the basic knowledge on journalism				
INTRODUCTION: Meaning and Definition of Journalism, Ethics of Journalism – Canons of Journalism – Sports Ethics and Sportsmanship – reporting Sports Events. National and Internal Sports News Agencies.					
Outcomes 1	Created awareness about sports journalism.				K4
Unit-II					
Objectives 2	To educate about sports bulletin.				
SPORTS BULLETIN: Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin – Compiling a bulletin – Types of bulletin – 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.					
Outcomes 2	Learned about sports bulletin.				K4
Unit III					
Objectives 3	To give an over view of mass media				
MASS MEDIA: Mass Media in journalism: Radio and T.V Commentary – Running commentary on the radio – Sports experts comments. Role of Advertisement in Journalism. Sports Photography: Equipment – editing – Publishing					
Outcomes 3	Fair idea about mass media was given				K4
Unit IV					
Objectives 4	To know basics of report writing on sports				
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. Organization of Press Meet.					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5
Unit V					
Objectives 5	To understand about the sports reporting				
JOURNALISM: Sports organization and Sports Journalism – General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach. Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.					
Outcomes 5	Learned the inferential and comparative statistics				K6
Suggested Readings:					
<i>Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications</i>					
<i>Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication</i>					
<i>Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication</i>					
<i>Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.</i>					
<i>Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.</i>					

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.
Venkataiah. N (2009) Value Education, New Delhi: APH Publishing Corporation. 43

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	M(2)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester - III					
Core	Course code: 811301	Scientific Principles Of Sports Training	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To provide the knowledge on sports training				
INTRODUCTION: Sports training: Definition – Aim, Characteristics, Principles of Sports Training - Definition of Training Load – Importance and features of training load – Principles of Training load - Over Load: Definition, Causes of Over Load, Symptoms and adaptation process of Overload, Remedial Measures – Super Compensation .					
Outcomes 1	Attain knowledge on sports training.				K4
Unit-II					
Objectives 2	To understand the concepts of strength, speed and endurance.				
COMPONENTS OF PHYSICAL FITNESS: Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training, Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints, Endurance, Methods to Improve Endurance. Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training, Pressure training, Plyometrics, Competition and test method. Altitude Training – Cross Training. Non Traditional Resistance training.					
Outcomes 2	Studied the concepts of strength, speed and endurance				K4
Unit III					
Objectives 3	To educate on basics of flexibility and co-ordinative abilities				
FLEXIBILITY: Flexibility and Co ordinative Abilities: Methods to Improve the Flexibility – Stretch and Hold Method, Ballistic Method, Iso Kinetic Method, Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Methods, Combination of Movement Method. Types of Stretching Exercises.					
Outcomes 3	Learn the basics of flexibility and co-ordinative abilities.				K4
Unit IV					
Objectives 4	To give an overview on training plan.				
TRAINING PLAN: Training Plan: Macro Cycle, Meso Cycle, Micro. Short Term Plan and Long Term Plans – Periodisation: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period, MultiGym Training					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5

Unit V					
Objectives 5	To impart fundamentals knowledge on doping.				
DOPING: Definition of Doping - Side effects of drugs – Dietary supplements, Glycogen, Loading – Ioc list of doping classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control – Problems with the supply of medicines Subject to IOC regulations: Over – the – counter drugs (OTC) – prescription only medicines (POMs) – Controlled drugs (CDs). Reporting test results – Education. WADA and NADA.					
Outcomes 5	Learned the inferential and comparative statistics				K6
Suggested Readings:					
<p><i>Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey: Engle Wood Cliffs, Prentice Hall Inc.</i></p> <p><i>Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training, St. Louis: C. V. Mosphy Company</i></p> <p><i>Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Louis: Mosby Year Book</i></p> <p><i>David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University</i></p> <p><i>Gary, T. Moran (1997) Cross Training for Sports, Canada: Human Kinetics</i></p> <p><i>Hardayal Singh (1991) Science of Sports Training, New Delhi: DVS Publications</i></p> <p><i>Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.</i></p> <p><i>Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia: Lea and Febiger</i></p> <p><i>Ronald, P. Pfeiffer (1998) Concepts of Athletics Training (2nd) Edition, London: Jones and Bartlett Publications</i></p>					
K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create

COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	S(3)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)		L- Low(1)	



Semester - III					
Core	Course code: 811302	Sports Medicine	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To provide the basic knowledge about sports medicine				
INTRODUCTION: Meaning definition and importance of Sports Medicine. Role of Sports Physician / physical Educator / Athletic Trainer, the coach and the player in sports medicine Concept and usage and demonstration of various Therapeutic exercises, Co-ordination exercise, Balance training exercise, strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic , Types of Injuries, Causes, classification- Stages of healing – sign of Inflammation Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy Preventive, Curative and rehabilitation Aspects of Sports injuries.					
Outcomes 1	Studied the basics of sports medicine				K4
Unit-II					
Objectives 2	To know the fundamental concepts of rehabilitation				
BASIC REHABILITATION & PERSONAL HYGINE: Basic rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications, Definition hold, relaxation Techniques – Jackupson Deep Relaxation, Quick Instant, repeated contractions. Showreversal technique exercises. Isotonic, Isokinetic, Isometric stretching. Definition. Types , Advantages, Disadvantages, Manual muscle grading Health hygiene in sports – sports hygiene, personal hygiene, hygiene in camps and competition Definition of Doping –classification – preventive measures.					
Outcomes 2	Learn the fundamental concepts of rehabilitation				K4
Unit III					
Objectives 3	To educate on spine injuries and exercise				
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.					
Outcomes 3	Gain knowledge on spine injuries and exercise				K4
Unit IV					
Objectives 4	To study the upper extremity injuries and exercise				
UPPER EXTREMITY INJURIES AND EXERCISE: Upper Limb and thorax Injuries:Shoulder:, Elbow,Wrist and Fingers Thorax, Rib fracture- cause, Symptoms, Prevention Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment, Modalities and its uses, Mobilization of joints.					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5

Unit V					
Objectives 5	To impart basic knowledge of lower extremity injuries and exercise.				
LOWER EXTREMITY INJURIES AND EXERCISE: Lower Limb injuries: Hip, Knee, Ankle Abdomen injuries: Abdominal wall, Contusion, Abdominal muscle strain. Free exercises – Stretching and Strengthening for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injures, Practical's: lab. Practical's and visit to Physiotherapy Centre to observe treatment procedure of sports injuries: data collection of sports injury incidences etc. should be planned internally.					
Outcomes 5	Learned the inferential and comparative statistics				K6
Suggested Readings: <i>Christopher M.Norris (1993) Sports and soft tissue injures. Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.5 th ed, 2019</i> <i>Michael A.Pagliarulo, Introduction to Physical therapy 6 th ed, 2020</i> <i>Sports Medicine, Rachanajain, KhelSatitya Kendra, New Delhi- 2002, Sports Injuries.</i> <i>Sports medicine- Athletic Training and rehabilitation Techniques- Patrick Clinton</i> <i>Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.</i> <i>Pande. (1998). Sports Medicine. New Delhi: Khel Shitya Kendra</i> <i>The Encyclopaedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.</i>					
K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create

COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	M(2)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)		L- Low(1)	



Semester - III				
Core	Course code: 811303	HEALTH EDUCATION AND SPORTS NUTRITION	T	Credits:4 Hours: 4
Unit I				
Objectives 1	To provide the fundamentals concepts of Health Education			
HEALTH EDUCATION: Concept, Dimensions, Spectrum and Determinants of Health Definition of Health, Health Education, Health Instruction, Health Supervision - Levels of Health Care in India – Primary, Secondary, Tertiary - Role of Heredity – Genetics on positive Health – Health for all 2010AD - Aim, objective and Principles of Health Education - Health Service and guidance instruction in personal hygiene - Health Care during camp and travelling.				
Outcomes 1	Learn the fundamentals of health education			K4
Unit II				
Objectives 2	To enable the students to understand the health problems in India			
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 carte etc - Responsibility of Individual / Community on Health.				
Outcomes 2	Gain clear idea about health problems in India			K4
Unit III				
Objectives 3	To understand the basics of hygiene and health			
HYGIENE AND HEALTH: Meaning of Hygiene, Type of Hygiene, dental Hygiene, Personal Hygiene, Hygiene in Camps, Sports Hygiene and Competitions. Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Obesity, Stress, Health Agencies and organization: Red Cross, WHO, St. Johns Ambulance, UNICEF, UNIESCO.				
Outcomes 3	Attain the knowledge on hygiene and health.			K4
Unit IV				
Objectives 4	To know the fundamentals concepts of sports nutrition			
INTRODUCTION OF SPORTS NUTRITION: Meaning and Definition of Sports Nutrition, Role of nutrition in sports, basic Nutrition guidelines, Balanced Diet (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat, protein, micronutrients and hydration during exercise.				
Outcomes 4	Gain knowledge about the probability distributions and graphs.			K5
Unit V				
Objectives 5	To impart knowledge on nutrition and weight management			
WEIGHT MANAGEMENT: Concept of BMI (Body mass index) 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, Design diet plan and exercise schedule for weight gain and loss.				
Outcomes 5	Learned the inferential and comparative statistics			K6

Suggested Readings:

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.

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	S(3)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester - III					
DSE	Course code: 811505	Physical Fitness and Wellness	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To study and understand the fundamental of Physical Fitness				
INTRODUCTION 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.					
Outcomes 1	Studied the fundamental of physical fitness				K4
Unit-II					
Objectives 2	To know nutrition for fitness				
WELLNESS AND RECREATION Wellness and its importance ,benefits and challenges ,development and maintenance of wellness Recreation- its Principles , characterizes and importance .Modern trends in recreation ,indoor and outdoor recreational activates ,Recreational programme for various categories of people					
Outcomes 2	Gain clear idea about wellness and recreation				K4
Unit III					
Objectives 3	To understand about aerobic exercise				
AEROBIC EXERCISE Cardio respiratory Endurance Training, Safety techniques (including modifications for health conditions, i.e., asthma, obesity; breathing techniques; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching), monitoring heart rates during activity. Assess cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e power walking, pacer test, interval training, incline running, distance running, aerobics and circuits. Awareness of cardio respiratory fitness opportunities in the community.					
Outcomes 3	Learn basic of aerobic exercises				K4
Unit IV					
Objectives 4	To understand about anaerobic exercise				
ANAEROBIC EXERCISE Resistance Training for Muscular Strength and Endurance; principles of resistance training, safety techniques (spotting, proper body alignment, lifting techniques, spatial, 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, fit balls) Advanced techniques of weight training					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5

Unit V

Objectives 5 To understand about flexibility exercise

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, Yoga.

Outcomes 5 Learned the inferential and comparative statistics **K6**

Suggested Readings:

- 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 Hartige & Katherine A. smith, Fitness Fun, Human Kinetics publisher 2002*
- Lawrence, Debbie, Exercise to Music, A & C Black Publisher Ltd. 37, Sohe Square, London 1999*
- Robert Malt. 90 days Fitness plan, D.K. Publishing, Inc.95, Madison Avenue, New York 2001*

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	M(2)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester - III					
DSE	Course code: 811 506	Sports Engineering	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To basic knowledge about sports engineering and technology				
INTRODUCTION TO SPORTS ENGINEERING AND TECHNOLOGY - Meaning of sports engineering, human motion detection and recording, human performance, assessment, equipment and facility designing and sports related instrumentation and measurement.					
Outcomes 1	Learn the basic knowledge about sports engineering and technology				K4
Unit-II					
Objectives 2	To educate on areas of provide the mechanics of engineering materials				
MECHANICS OF ENGINEERING MATERIALS - Concepts of Internal force, axial force, shear force, bending movement, torsion, energy method to find displacement of structure, strain energy. Biomechanics of daily and common activities – Gait, Body levers, posture, ergonomics, Mechanical principles in movements such as lifting, walking, running, throwing.					
Outcomes 2	Gain clear idea of mechanics of engineering materials				K4
Unit III					
Objectives 3	To know the basics of sports dynamics				
SPORTS DYNAMICS - Introduction to Dynamics, Kinematics to particles – rectilinear and plane curvilinear motion coordinate system. Kinetics of particles – Newton’s Law, work, energy impulse and momentum.					
Outcomes 3	Understood the basics of sports dynamics.				K4
Unit IV					
Objectives 4	To impart knowledge on building and maintenance.				
BUILDING AND MAINTENANCE: - Sports Infrastructure – Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc. Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), sound system (exo-free), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting , fire and exits, Eco-friendly outer surrounding. Maintenance Building process: design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurbish, demolish. Maintenance Policy, preventive maintenance, corrective maintenance, record and register for maintenance.					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5

Unit V					
Objectives 5	To give an overview of facility life cycle costing.				
FACILITY LIFE CYCLE COSTING - Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation.					
Outcomes 5	Learned the inferential and comparative statistics				K6
Suggested Readings: <i>Colin White, (2010). Projectile Dynamics in Sport: Principles and Applications, Taylor & Francis</i> <i>Eric C. et al., (2010). Sports Facility Operations Management, Editor Routledge</i> <i>Franz K. F. et. al., (2007). The Impact of Technology on Sports II, Editor CRC Press</i> <i>Franz K. F. et. al., (2013). Handbook of Sports Technology and Engineering Editor, Routledge</i> <i>Helge N., (2009). Sports Aerodynamics, Springer Science & Business Media.</i> <i>Jenkins M., (2003). Materials in Sports Equipment, Volume I Editor, Elsevier.</i> <i>Steve Hake, (1996). The Engineering of Sport, Editor, CRC Press.</i> <i>Youlin Hong, (2013). Handbook of Ergonomics in Sport and Exercise, Editor Routledge.</i>					
K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create

COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	M(2)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester - IV					
Core	Course code: 811401	Information and Communication Technology (Ict) In Physical Education.	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To provide the basic knowledge about communication and class room interaction				
COMMUNICATION AND CLASSROOM INTERACTION: Concept, Elements, Process and Types of Communication Barriers and Facilitators of communication Communicative skills of English – Listening, Speaking, Reading and Writing Concept and Importance of ICT Need of ICT in Education Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration Challenges in Integrating ICT in Physical Education					
Outcomes1	Attaining knowledge about communication and class room interaction.				K4
Unit-II					
Objectives 2	To know about the fundamentals of computer.				
FUNDAMENTALS OF COMPUTERS: Characteristics, Types and Applications of Computers Hardware of Computer: Input, Output and Storage Devices Software of Computer: Concept and Types Computer Memory: Concept and Types Viruses and its Management Concept, Types and Functions of Computer Networks Internet and its, Applications Web browsers and Search Engines – Google, Pubmat, Google Edu, Legal & Ethical Issues					
Outcomes 2	Understood the fundamentals of computer.				K4
Unit III					
Objectives 3	To educate on basics of MS office application				
MS OFFICE APPLICATIONS: Ms Word: Main Features and its Uses in Physical Education Ms Excel: Main Features and its Applications in Physical Education Ms Access: Creating a Database, Creating a Table, Queries, Forms and Reports on Tables, and its Uses in Physical Education, Game Management Systems Power Point: Preparation of Slides with Multimedia Effects Ms Publisher: News letter and Brochure					
Outcomes 3	Learn the basics of MS office application.				K4
Unit IV					
Objectives 4	To give an overview of ICT integration in teaching learning process				
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 Plagiarism Checking.					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5
Unit V					
Objectives 5	To study the concepts of e-learning and web based learning				
E-LEARNING & WEB BASED LEARNING: Introduction – E learning and webbased learning – Need and Importance of ‘e’ learning – Online Teaching and Learning, MOOCS and Swayam - Selection of course – Collection of Study Material – Assignment preparation and publication. Media and Sports – Visual Training					
Outcomes 5	Learned the inferential and comparative statistics				K6

Suggested Readings:

Ram, B (2006). (2006). *New Age International Publication, Computer Fundamental*, Third Edition
 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.

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	M(2)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	M(2)	M(2)	M(2)	M(2)	S(3)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester – IV					
Core	Course code: 811 402	Sports Psychology	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To provide the basic knowledge on motor learning, motor perception and personality				
Introduction: Meaning, Definition, Need and Importance of Sports Psychology in the field of physical education and sports, History of Sports Psychology, Recent Trends in Sports Psychology. Motor Learning: Definition and Principles of Motor Learning. Perception: Definition, Factors Affecting Perception – Perceptual Mechanism. Personality: Definition, Theories of Personality and Effects of Personality on Sports Performance.					
Outcomes 1	Learn the fundamentals about motor learning, motor perception and personality			K4	
Unit-II					
Objectives 2	To know about motivation, anxiety, stress and aggression				
Motivation: Definition, types, theories of motivations. Fans and Spectators. 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.					
Outcomes 2	Gain knowledge on motivation, anxiety, stress and aggress			K4	
Unit III					
Objectives 3	To understand about goal setting, relaxation and psychological tests				
Goal Setting: Meaning And Definition, Sports and Socialization of Individual Sports as Social Institution- Goal Setting and Sports Performance- Group Dynamics and Group Cohesion. Leadership: Meaning, Definition, Types. Leadership and Sports Performance. Cognitive Process- Memory and Thinking. Psychological Factors Affecting Sports Performance.					
Outcomes 3	Studied the concepts of goal setting, relaxation and psychological tests			K4	
Unit IV					
Objectives 4	To study the various dimensions of sports sociology and leadership				
Sports Social psychology: Sports Sociology: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics, Women in Sports, Gender Inequalities in Sports, National Integration Through Sports. Transfer of Training and its Types with its Implication in Sports.					
Outcomes 4	Gain knowledge about the probability distributions and graph			K5	
Unit V					
Objectives 5	To give an overview about group cohesion				
Mental Training for Performance Enhancement: Definition, Benefits and Methods of Mental Training, Autogenic Training and Psycho Somatic Training. Relaxation Techniques in Sports. Meditation and sports performance. Long and short term psychological preparation for performance/ competition.					
Outcomes 5	Learned the inferential and comparative statistics			K6	

Suggested Readings:

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

John D Lauther (2000) Psychology of Coaching. New Jersey: Prentice Hall Inc.

John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

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.

Jain, R (2002), Sports Sociology, Delhi: Khel Sahitya Kendra

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

Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.

Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

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.

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	S(3)	S(3)	M(2)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	M(2)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	M(2)	M(2)	M(2)	M(2)	S(3)	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

Semester – IV

Core	Course code: 811403	Education Technology in Physical Education	T	Credits:4	Hours: 4
Unit –I					
Objectives 1	To study and understand the fundamental concepts of Educational technology and communication.				
NATURE AND SCOPE Educational technology – Concept, Nature and Scope. Forms of educational technology teaching technology, instructional technology, and behavior technology; Transactional usage of educational technology; integrated, complementary, supplementary standalone (independent); Historical development – programmed learning stage; media application stage and computer application stage.					
Outcomes 1	Studied the fundamental concepts of educational technology and communication.				K4
Unit-II					
Objectives 2	To provide basic knowledge on instructional design and audio visual media in Physical Education				
SYSTEMS APPROACH TO PHYSICAL EDUCATION AND COMMUNICATION Systems Approach to Education and its Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies; Instructional Strategies and Media for Instruction. Effectiveness of Communication in instructional system; Communication Modes, barriers and Process of Communication.					
Outcomes 2	Learn the basics of instructional design and audio visual media in Physical Education				K4
Unit III					
Objectives 3	To know the new horizons of educational technology				
INSTRUCTION DESIGN Instructional Design: Concept, Views, Process and stages of Development of Instructional Design. Overview of Models of Instructional Design; Instructional Design for Competency Based Teaching; Models for Development of Self Learning Material.					
Outcomes 3	Understood the new horizons of Educational technology				K4
Unit IV					
Objectives 4	To educate on Physical Education and Sports in India and World.				
AUDIO VISUAL MEDIA IN PHYSICAL EDUCATION Audio-visual media – meaning, importance and various forms Audio/Radio; Broadcast and audio recordings – strengths and Limitations, Criteria for selection of instructional units, script writing, pre-production, post – production process and practices, Audio Conferencing and Interactive Radio Conference. Video/Educational Television: Telecast and Video recordings Strengths and limitations, Use of Television and CCTV in instruction and Training, Video Conferencing, SITE experiment, countrywide classroom project and Satellite based instructions. Use of animation films for the development of children’s imagination.					
Outcomes 4	Gain knowledge about the probability distributions and graphs.				K5

Unit V					
Objectives 5	To give an overview of teacher education in Physical Education				
NEW HORIZONS OF EDUCATIONAL TECHNOLOGY					
Recent innovations in the area of ET interactive video – Hypertext, video – texts, optical fiber technology – laser disk, computer conferencing etc. Procedure and organization of Teleconferencing/Interactive video-experiences of institutions, schools and universities. Recent experiments in the countries and pointers for India with reference to Physical education. Recent trends of Research in Educational Technology and its future with reference to education. Mobile application aids for teaching- Blackboard, Google Classroom, Edmodo.					
Outcomes 5	Learned the inferential and comparative statistics				K6
Suggested Readings:					
<p><i>Amita Bhardwaj, (2003). New Media of Educational Planning, New Delhi: Sarup of Sons</i></p> <p><i>Bhatia and Bhatia. (1959). The Principles and Methods of Teaching, New Delhi : Doaba House</i></p> <p><i>Madan Lal (2005). Essentials of Educational Technology, Anmol Publications Pvt. Limited</i></p> <p><i>K. Sampath, A. Pannirselvam and S. Santhanam. (1981). Introduction to Educational Technology, New Delhi: Sterling Publishers Pvt. Ltd.</i></p> <p><i>Kochar, S.K. (1982). Methods and Techniques of Teaching, New Delhi: Sterling Publishers Pvt. Ltd.</i></p> <p><i>Kozman, Cassidy and Jackson K. (1952). Methods in Physical Education, Philadelphia and London: W.B. Saunders Company.</i></p>					
K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create

COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)			M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)		L- Low(1)	



Semester – IV				
Core	Course code: 811404	Dissertation (Project Work)	Credits:4	Hours: 4
Unit –I				
Objectives 1	To know how to write research proposal.			
Research proposal				
At the commencement of the first week of IV semester each candidate must submit his /her research proposal to the department.				
Outcomes 1	Learn the how to write research proposal			K4
Unit-II				
Objectives 2	To give an overview about colloquium			
Colloquium- Each candidate has to present his / her research proposal using PPT during the colloquium in presence of Departmental Research Committee. The research topic of each candidate shall generally be approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee) after the colloquium.				
Outcomes 2	Understood the concepts of colloquium			K4
Unit III				
Objectives 3	To study the basics about the research			
Research				
The guide allotment will be done by the department as per the existing practice. Each candidate has to work under the faculty (guide), approved by the department. The dissertation shall ordinarily be written in English. Each candidate should submission the dissertation to the department on or before last date prescribed by the Department, duly signed by the Guide and Head of the Department.				
Outcomes 3	Studied the basics about research.			K4
Unit IV				
Objectives 4	To understand the basic knowledge about dissertation			
Dissertation				
Each Candidate shall submit three copies of dissertation (two copies to the department and one copy to the guide) and the minimum and maximum page limited from 60 to 100 respectively and the dissertation be printed on one side of a paper and hard bound binding, to the department through the Supervisor and the Head of the Department.				
Outcomes 4	Gain knowledge about the probability distributions and graphs.			K5
Unit V				
Objectives 5	To provide idea about viva-voce			
Viva-Voce				
Each candidate has to face the Viva-Voce conducted by DRC.				
Outcomes 5	Learned the inferential and comparative statistics			K6

Suggested Readings:

Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*. Englewood cliffs, New Jersey: Prentice Hall, Inc.

Clarke, David H. and Clake H.N.Hares. (1986). *Research Process in Health Education Physical Education and Recreation*. Englewood Cliffs, New Jersey, Prentice Hall, Inc.

Thomas, Jerry, R., Nelson, Jack, K., & Silverman, Stephen, J., (2011). *Research methods in Physical Activity*. Sixth Edition. Champaign: Human Kinetics.

Diane, C., Blankenship. (2010). *Applied Research and Evaluation Methods in Recreation*. Champaign: Human kinetics.

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.

Rothstein, Anne., L. (1985) *Research Design and Statistics for Physical Education*. New Jersey: Prentice Hall.

<https://books.google.co.in/books?id=hZ9wSHysQDYC&printsec=frontcover#v=onepage&q&f=false>

<https://www.pdfdrive.net/research-methodology-books.html>

K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create
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COURSE OUTCOME VS PROGRAMME OUTCOME

Co	Po1	Po2	Po3	Po4	Po5	Po6	Po7	Po8	Po9	Po10	
Co1	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)	
Co2	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	
Co3	M(2)	M(2)	S(3)	S(3)	S(3)	M(2)	M(2)	S(3)	S(3)	S(3)	
Co4	S(3)	S(3)	S(3)	S(3)	M(2)	S(3)	S(3)	S(3)	S(3)	M(2)	
Co3	S(3)	M(2)	M(2)	M(2)	S(3)	S(3)	M(2)	M(2)	M(2)	S(3)	
S-Strong (3)				M-Medium(2)				L- Low(1)			

COURSE OUTCOME VS PROGRAMME SPECIFIC OUTCOME

Co	Po1	Po2	Po3	Po4	Po5
Co1	S(3)	S(3)	S(3)	S(3)	M(2)
Co2	M(2)	M(2)	S(3)	S(3)	S(3)
Co3	M(2)	M(2)	S(3)	S(3)	S(3)
Co4	S(3)	S(3)	S(3)	S(3)	M(2)
Co3	S(3)	M(2)	M(2)	M(2)	S(3)
S-Strong (3)		M-Medium(2)			L- Low(1)

SEMESTER – I (Practical)					
Sl.No	Course Code	Part	Title of the paper	Credit	Hours/week
1	811107	CP - I	Track and Field (Running Events)	4	6
Planning and construction of track - Running event- Race walking and Hurdles – Relays- Record note – Rules and Regulation					
2	811108	CP - II	Game of Specialization - I (Second Best)	4	6
Planning and construction of indoor and outdoor sports and games – Fundamental Skills - Advance Skills- Training and Assessment of Playing Ability / Performance - Marking, Equipments and Officiating Techniques - Record note – Rules and Regulation					
Each student has choice to select any one of the following game as the specialization – I (second best) in the first semester. (badminton / ball badminton / basketball / boxing & weight lifting / beach volleyball/cricket / fencing/football / handball / hockey / kabaddi / kho-kho / tennis / volleyball/ yoga)					
3	811109	CP - III	Yoga	4	6
Yoga and Suryanamaskar- Asanas and Pranayama - Kriyas and Bandhas - Mudras and Meditation- Yoga Theraphy					
4	811110	CP - IV	Class Room Teaching / Sports teaching and coaching/ officiating (IP)	4	6
<p>Teaching Class Room/ play ground - Expertise: Talking to subjects to establish a baseline understanding- Atmosphere: More formal; in school, by appointment, etc. Planned - Subject: Usually no prior knowledge of what is being taught- Primary Activity: Disseminating information- Style: General, by the book- Advancement: Triggered by time or other benchmarks- Testing: Recall of facts. Formal “leveling up” process.</p> <p>Coaching - Expertise: Working with subjects to increase their abilities- Atmosphere: Less formal, wide-ranging. Reactionary and spontaneous- subject: Usually has foundational knowledge and skill- Primary Activity: Molding and adjusting.- Style: Hands-on; personalized- Advancement: Based on real-time proficiency- Testing: Real-world applications.</p> <p>Sports officiating - system of managing a sports - specifically on implementing the game rules and keeping order in the duration of the game - Qualities of an Officiating Official - The role of an official is very crucial in a sporting endeavour - success or failure of a certain physical activity</p>					

SEMESTER – II (Practical)					
Sl.No	Course Code	Part	Title of the paper	Credit	Hours/week
1	811207	CP - V	Track and field (Jumping Events)	4	6
Long jump/ Triple jump – Runway- Take-off board- Landing area- Techniques and rules and Regulation High jump- Layout – Runway- Uprights- Landing area- Techniques and rules and Regulation Pole vault - Layout – Runway- Uprights- Landing area- Techniques and rules and Regulation					
2	811208	CP - VI	Game of Specialization - II (Second Best)	4	6
Planning and construction of indoor and outdoor sports and games – Fundamental Skills - Advance Skills- Training and Assessment of Playing Ability / Performance - Marking, Equipments and Officiating Techniques - Record note – Rules and Regulation Each student has choice to select any one of the following game as the specialization – I (second best) in the first semester. (badminton / ball badminton / basketball / boxing & weight lifting / beach volleyball/cricket / fencing/football / handball / hockey / kabaddi / kho-kho / tennis / volleyball/ yoga)					
3	811209	CP - VII	Teaching Lessons (Track)	4	6
Warm up - Activities-Teaching Styles-Block Plan- Assessment- Full Lesson Plan - Safety Considerations- Indoor Alternatives					
4	811210	CP - VIII	Teaching Lessons (Game)	4	6
Warm up - Activities-Teaching Styles-Block Plan- Assessment- Full Lesson Plan - Safety Considerations- Indoor Alternatives					

SEMESTER – III (Practical)					
Sl.No	Code	Part	Title of the paper	Credit	Hours/week
1	811307	CP -IX	Track and Field III Field events (Jumping and throws)	4	6
Long jump/ Triple jump – Runway- Take-off board- Landing area- Techniques and rules and Regulation High jump- Layout – Runway- Uprights- Landing area- Techniques and rules and Regulation Pole vault - Layout – Runway- Uprights- Landing area- Techniques and rules and Regulation Shot Put/ Discus / Hammer/ Javelin – Field marking - Techniques and rules and Regulation					
2	811308	CP -X	Games Specialization – IV (First Best)	4	6
Planning and construction of indoor and outdoor sports and games – Fundamental Skills - Advance Skills- Training and Assessment of Playing Ability / Performance - Marking, Equipments and Officiating Techniques - Record note – Rules and Regulation Each student has choice to select any one of the following game as the specialization – I (second best) in the first semester. (badminton / ball badminton / basketball / boxing & weight lifting / beach volleyball/cricket / fencing/football / handball / hockey / kabaddi / kho-kho / tennis / volleyball/ yoga)					
3	811309	CP -XI	Coaching Lessons of Track and Field 5 Lessons	4	6
Warm up - Activities- coaching Styles-Block Plan- Assessment- Full Lesson Plan - Safety Considerations- Indoor Alternatives-					
4	811310	CP - XII	Coaching Lessons of Game Specializations'	4	6
Warm up - Activities- coaching Styles-Block Plan- Assessment- Full Lesson Plan - Safety Considerations- Indoor Alternatives-					

SEMESTER – IV (Practical)					
Sl. No	Code	Part	Title of the paper	Credit	Hours/week
1	811405	CP -XIV	Track and Field IV	4	6
<p>Running event -Planning and construction of track - Running event- Race walking and Hurdles – Relays- Record note – Rules and Regulation</p> <p>Long jump/ Triple jump – Runway- Take-off board- Landing area- Techniques and rules and Regulation</p> <p>High jump- Layout – Runway- Uprights- Landing area- Techniques and rules and Regulation</p> <p>Pole vault - Layout – Runway- Uprights- Landing area- Techniques and rules and Regulation</p> <p>Shot Put/ Discus / Hammer/ Javelin – Field marking - Techniques and rules and Regulation</p>					
2	811406	CP -XV	Games Specialization – III (First Best)	4	6
<p>Planning and construction of indoor and outdoor sports and games – Fundamental Skills - Advance Skills- Training and Assessment of Playing Ability / Performance - Marking, Equipments and Officiating Techniques - Record note – Rules and Regulation</p> <p>Each student has choice to select any one of the following game as the specialization – I (second best) in the first semester. (badminton / ball badminton / basketball / boxing & weight lifting / beach volleyball/cricket / fencing/football / handball / hockey / kabaddi / kho-kho / tennis / volleyball/ yoga)</p>					
3	811407	CP -XVI	Coaching Lessons of Track and Field –(IP)	4	6
<p>Warm up - Activities- coaching Styles-Block Plan- Assessment- Full Lesson Plan - Safety Considerations- Indoor Alternatives-</p>					
4	811408	CP -XVII	Coaching Lessons of Game of Specializations(IP)'	4	6
<p>Warm up - Activities- coaching Styles-Block Plan- Assessment- Full Lesson Plan - Safety Considerations- Indoor Alternatives-</p>					



EDUCATION CAMPUS

