UNIVERSITY OF RAJASTHAN
JAIPUR

SYLLABUS

Faculty of Education

M.P.Ed. (Two Year)

(Semester Scheme)

I & II Semester 2020-2021
III & IV Semester 2021-2022

Dy. Registrar (Acad.)
University of Rajasthan
JAIPUR
GUIDELINES OF REGULATIONS AND MODEL SYLLABI STRUCTURE
FOR FOUR YEARS M.P.Ed.
PROGRAMME (FOUR SEMESTERS) (BCS)

Regulation 5.20: The annual intake for afternoon, day, evening and evening-odd curriculums in the first year shall be 300, with no more than 100 in any single campus. The annual intake for all the other curriculums shall be determined by the principal of each campus and shall not exceed the number of places available in the previous year. If the intake is not fulfilled, it shall be increased to the nearest 100. If the intake is not fulfilled, it shall be increased to the nearest 100.

Preamble:

The Master of Physical Education (M.P.Ed.) is a two-year, four-semester, Choice-Based Credit System (CBCS) programme designed to prepare physical education teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges, universities, and teacher educators in Colleges of Physical Education.

The M.P.Ed. programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, and Physical Education and communication skills. The programme comprises of compulsory and optional theories as well as practical course and compulsory school internship in NCC/College/Sports Organizations/Sports Academy/Sports Club.

R. M.P.Ed. 1. Intake, Eligibility and Admission Procedure:

The intake, eligibility, and admission procedure is as per the NCTE norms and standards.

R. M.P.Ed. 2. Duration:

The M.P.Ed. programme is of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirement within a maximum of three years from the date of admission to the programme.

R. M.P.Ed. 3. The CBCS System:

All programmes shall run on Choice Based Credit System (CBCS) basis. The student shall select the course credits he/she wishes to make. The student shall make an online registration package. After the registration, the student shall be provided with an estimate of the student's academic performance at the end of the semester.

R. M.P.Ed. 4. Course:

The term course usually referred to as papers, is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be assessed by coursework, lectures, tutorials, laboratory....
Work, Field Work, Outreach Activities, Project Work, Vocational Training, VIVA, Seminars, Term Papers, Assignments, Presentations, Self-study, etc., or a combination of some of these.

R. M.P.Ed. 5. Courses of Study:

The M.P.Ed. programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter in the programme and is invariably equivalent to the 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

R. M.P.Ed. 6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to October/December and even semester from November/December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

R. M.P.Ed. 7. Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes, etc.

R. M.P.Ed. 8. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instruction required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits required for completing M.P.Ed. programme is 90 credits and for each semester 20 credits.

Dr. Registrar
Academic
University of Rajasthan, Jaipur
### Provision of Bonus Credits

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Special Credits for Extra-Curricular Activities</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sports Achievement at State level Competition (Medal Winner)</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Sports Achievement National level Competition (Medal Winner)</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Sports participation International level Competition</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Inter Uni. Participation (Any one game)</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Inter College Participation (min. two games)</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>National Cadet Corps / National Service Scheme</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Blood donation / Donations of Blood / Community Services</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>Mountaineering - Basic Camp / Advance Camp / Adventure Activities</td>
<td>2</td>
</tr>
<tr>
<td>7</td>
<td>News Reporting - Article Writing / Book writing / Report writing</td>
<td>1</td>
</tr>
</tbody>
</table>

Students can earn a maximum of 80 Bonus credits in each semester by broader participation in the above-mentioned activities duly certified by the Head of the Institution's Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

R. M. P. Ed. 9. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end-semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

<table>
<thead>
<tr>
<th>Component</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Test</td>
<td>15</td>
</tr>
<tr>
<td>Assignments / Lab Reports</td>
<td>10</td>
</tr>
<tr>
<td>Attendance</td>
<td>5</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
</tr>
</tbody>
</table>

Attendance shall be taken as a component of continuous assessment, although the student should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end-semester examination, which will be written-type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted in continuous internal assessment and end-semester examination is 60:40. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and end-semester practical examination.
### Semester-I

**Part A: Theoretical Course**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-101</td>
<td>Research Process in Physical Education &amp; Sports Sciences</td>
<td>3</td>
<td>1</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-102</td>
<td>Physiology of Exercise</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-103</td>
<td>Yogic Sciences</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

**Elective Course (Anyone)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPEC-101</td>
<td>Tests, Measurement and Evaluation in Physical Education</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-102</td>
<td>Sports Technology</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Part-B: Practical Courses**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPPC-101</td>
<td>Track and Field: 1. Running Events, 2. Gymnastics, 3. Swimming (*Any one)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-102</td>
<td>Laboratory Practical: Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology (*Two practicals for each subject)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-104</td>
<td>Adventure Activities/ Mass demonstration Activities</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

**Total**

| Total       | 36 | 24 | 240 | 560 | 810 |

**Note:** Total number of hours per semester in each subject must be 18-20 hours per semester whereas 3-4 hours for each practical course.

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Dr. Registrar
Academic
University of North Bengal
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Part A: Theoretical Course</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Core Course</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPCC-</td>
<td>Applied Statistics in Physical</td>
<td></td>
<td>1</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>201</td>
<td>Education &amp; Sports</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPCC-</td>
<td>Sports Biomechanics &amp; Kinesiology</td>
<td></td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>202</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPCC-</td>
<td>Athletic Care and Rehabilitation</td>
<td></td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>203</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Elective Course (Anyone)</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPEC-</td>
<td>Sports Journalism and Mass</td>
<td></td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>201</td>
<td>Media</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPEC-</td>
<td>Sports Management and Curriculum</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>202</td>
<td>Designs in Physical Education</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Part-B Practical Course</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-</td>
<td>Track and Field II:</td>
<td></td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>201</td>
<td>Jumping events + Hurdles + Gymnastics + Swimming + Any one</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-</td>
<td>Games Specialization-</td>
<td></td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>232</td>
<td>Kabaddi, Kho-Kho, Badminton, Table Tennis, Tennis, Squash, Baseball, Volleyball, Basketball, Cricket, Football, Handball, Hockey, Netball, Softball</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MPPC-232</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Teaching Lessons of</td>
<td></td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Indigenous Activities and Sports: 3 Lessons (4 Internal &amp; 1 External)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-</td>
<td>Class room Teaching</td>
<td></td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>204</td>
<td>Lessons on theory of different Sports &amp; Games: 5 Lessons (4 Internal &amp; 1 External)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td></td>
<td>36</td>
<td>24</td>
<td>240</td>
<td>560</td>
<td>800</td>
</tr>
</tbody>
</table>

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practical course.

Dr. Registrar
Academic
University of Rajasthan, Jaipur
# Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-301</td>
<td>Scientific Principles of Sports Training</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>130</td>
</tr>
<tr>
<td>MPCC-302</td>
<td>Sports Medicine</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>130</td>
</tr>
<tr>
<td>MPCC-303</td>
<td>Health Education and Sports Nutrition</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>130</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Elective Course (Any One)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-301</td>
</tr>
<tr>
<td>MPCC-302</td>
</tr>
</tbody>
</table>

# Part B: Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-301</td>
<td>Track and Field III</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>130</td>
</tr>
<tr>
<td></td>
<td>Throwing Events</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hurdling</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Pentathlon (men)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Heptathlon (women)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Swimming</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPCC-302</td>
<td>Games Specialization III</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>130</td>
</tr>
<tr>
<td></td>
<td>Boxing, Fencing, Judo, Karate, Wrestling, Wushu (Any Two)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPCC-303</td>
<td>Coaching Lessons of Track and Field, Gymnastics, Swimming - 5 Lessons (4 Internal &amp; 1 External)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>130</td>
</tr>
<tr>
<td>MPCC-304</td>
<td>Coaching Lessons of Game Specialization - 5 Lessons (4 Internal &amp; 1 External)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>130</td>
</tr>
</tbody>
</table>

**Note:** Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practical course.

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Dr. Registrar
Academic
University of Rajasthan

[Signature]

[Stamps]
Semester - IV

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Part A: Theoretical Course</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPEE-401</td>
<td>Information &amp; Communication Technology (ICT) in Physical Education</td>
<td>3</td>
<td>3</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEE-402</td>
<td>Sports Psychology</td>
<td>3</td>
<td>3</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEE-403</td>
<td>Dissertation</td>
<td>3</td>
<td>3</td>
<td>70</td>
<td>100</td>
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</tbody>
</table>

Elective Course (Anytwo)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Part B: Practical Course</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPEE-401</td>
<td>Value and Environmental Education</td>
<td>3</td>
<td>3</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEE-402</td>
<td>Education Technology in Physical Education</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Total Hours</th>
<th>Total Credit</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>144</td>
<td>96</td>
<td>2240</td>
</tr>
</tbody>
</table>

Note: Total number of hours required to earn 2 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practical course

Dr. Registrar
Academic
University of Rajasthan, Jaipur
MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIT I – 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 researcher.

UNIT II – Methods of Research
Descriptive Methods of Research: Survey Study, Case study, Introduction of Historical Research. Stages in Historical Research: Sources of Historical Research. Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

UNIT IV – 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, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

Dr. Registrar
Academic
University of Rajasthan, Jaipur
REFERENCE:


UNIT I - Skeletal Muscles and Exercise

UNIT II - Cardiovascular System and Exercise

UNIT III - Respiratory System and Exercise

UNIT IV - Metabolism and Energy Transfer
Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises.

UNIT V - Climatic condition and sports performance etc., ergogenic aids

Note: Laboratory Practicals in Physiology be designed and arranged internally.
REFERENCES:


Dr. Registrar
Academic
University of Rajasthan, Jaipur
Semester I
Theory Courses

MPCC-103 Yogic Sciences

Unit I – Introduction


Unit II – Aasanas and Pranayam


Unit III – Kriyas


Unit IV – Mudras

Unit V – Yoga and Sports


Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:


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


SEMESTER I
Theory Courses
MPEC-101

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION
(Elective)

UNIT I - Introduction


UNIT II - 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.

UNIT III - 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. Cardiovascular test; Harvard step test, 12 minutes run / walk test, Multistage fitness test (Beep test).

UNIT IV - Anthropometric and Aerobic-Anaerobic Tests


UNIT V - Skill Tests

Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, McDonald Volleyball Soccer Test, Tennis, Dyer Tennis Test

Note: Practicals of indoor and outdoor tests be designed and arranged internally.

REFERENCES:


Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company


Unit I - Sports Technology

Meaning, definition, purpose, advantages and applications, General Principles and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

Unit II - Science of Sports Materials


Unit III - Surfaces of Playfields


Unit IV - Modern equipment


Unit V - Training Gadgets


Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/sports goods manufacturers.
REFERENCE:


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

REFERENCE:


Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1998

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

MPCC-201 APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

UNIT I - Introduction


UNIT II - Data Classification, Tabulation and Measures of Central Tendency

Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.

UNIT III - Measures of Dispersion and Scales

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error standard error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

UNIT IV - Probability Distributions and Graphs


UNIT V - Inferential and Descriptive Statistics

Tests of significance; Independent "t" test, Dependent "t" test – chi - square test, level of confidence and interpretation of data. Meaning of correlation - coefficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Note: It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.
REFERENCE


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FM
UNIT I - Introduction

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.

UNIT II - Muscle Action

Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, Serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

UNIT III - Motion and Force


UNIT IV - Projectile and Lever


Note: Laboratory practicals should be designed and arranged for students internally.

UNIT V - Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic: Methods of analysis - Qualitative and Quantitative
REFERENCE:


Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication in 2005).


Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India 2004)


Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.
Unit I - Corrective Physical Education


Unit II - Postural deformities

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

Unit III - Rehabilitation Exercises

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques.

Unit IV - Massage

Brief history of massage - classification and techniques of massage - Points to be considered in giving massage - Physiological, Chemical, Psychological effects of massage - Indication and contra indication of Massage.

Unit V - Sports Injuries, Care and Treatment

Principles pertaining to first aid which can be applied in acute care and treatment of micro and macro injuries in sports - Principles of apply cold and heat, infrared rays - Ultra sound, Therapy - Short wave diathermy, Principles and techniques of Crepeing and Bandages.

Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure. (To be assessed internally)

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REFERENCES:


Semester II
Theory Courses

MPEC-201 SPORTS JOURNALISM AND MASS MEDIA (Elective)

UNIT I

Introduction Meaning and Definition of Journalism, Ethics of Journalism –

UNIT II Sports Bulletin


UNIT III Mass Media


UNIT IV 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.

UNIT V Journalism

Interview with an 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.
REFERENCE:

Delhi: Surjeet Publications


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MPEC-202 SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (Elective)

UNIT I – Introduction to Sports Management


UNIT II – Program Management

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

UNIT III – Equipments and Public Relation


UNIT IV – Curriculum

Meaning and Definition of Curriculum, Factors affecting curriculum Principles of Curriculum Construction: Students centred, Activity centred, Community centred, Theories of curriculum development, Approaches to Curriculum; Subject centred, Learner centred and Community centred, Curriculum Framework.

UNIT V – Curriculum Sources

Reference:


Semester III
Theory Courses

MPCC-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I – Introduction


UNIT II – Components of Physical Fitness

Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training.
Speed: Methods to Develop Speed: Repetition Method, Downhill Run,
Plyometric training, Parachute Running, Wind Sprints,
Endurance, Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Partick Training

UNIT III – Flexibility

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training, Training for Gender, Rehabilitation Methods to improve Coordiinative Training – Sensory Method, Accuation in Movement, Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

UNIT IV – Training Plan


UNIT V – Preparation and of training schedules

1. Olympic plan
2. Asian game plan for 4 years
3. One year training schedule for University level player of students own field of specialization
4. Preparation of training programme for school & college level athlete
REFERENCES:

Delhi: Sports Authority of India.


David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University


UNIT I - Introduction

MPCC-302 SPORTS MEDICINE


UNIT II - Basic Rehabilitation


UNIT III - Spine Injuries and Exercise


UNIT IV - Upper Extremity Injuries and Exercise


UNIT V - Lower Extremity Injuries and Exercise


Practical: Lab. Practicum: Visit to Physiotherapy Centre to observe treatment procedure of sport injuries; data collection of sports injury.
REFERENCES:


Practical: Anthropometric Measurements
Semester III
Theory Courses

MPCC-303 HEALTH EDUCATION AND SPORTS NURITUTION

Unit - I Health Education

Concept, Dimensions, Spectrum and Determinants of Health
Definition of Health, Health Education, Health Instruction, Health
Supervision Aim, objective and Principles of Health Education
Health Service and guidance instruction in personal hygiene

Unit - II Health Problems in India

Communicable and Non Communicable Diseases
Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive,
Population,
Personal and Environmental Hygiene for schools
Objective of school health service, Role of health education in schools
Health Services - Care of skin, Nails, Eye health service, Nutritional service,
Health appraisal, Health record, Healthful school environment, first-aid and
emergency care etc.

Unit - III – Hygiene and Health

Meaning of Hygiene, Type of Hygiene, dental hygiene, Effect of Alcohol on
Health, Effect of Tobacco on health, Physical exercise, Management of
Hypertension, Management of Obesity, Management of Stress

Unit – IV- Introduction to Sports Nutrition

Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic
Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate,
Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

Unit – V Nutrition and 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 loss and gain.

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Academy

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By
References:

Bucher, Charles A. "Administration of Health and Physical Education Programme".

Delbert, Oberteuffer, et al. "The School Health Education".

Ghosh, B.N. "Treaties of Hygiene and Public Health"

Hanlon, John J. "Principles of Public Health Administration"


Unit - I 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.

Unit - II Mechanics of Engineering Materials

Concept 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, Posture, Body levers, ergonomics. Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

Unit - III Sports Dynamics


Unit - IV Building and Maintenance:

Sports Infrastructure: Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Outdoor 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 (echo-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 staff, financial consideration.

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University of Rajasthan, Jaipur
Building process: design phase (including brief documentation),
construction phase functional (occupational) life, Re-evaluation,
refurnish, demolish.

Maintenance policy, preventive maintenance, corrective maintenance, record
and register for maintenance.

Unit – V Facility life cycle costing
Basics of theoretical analysis of cost, total life cost concepts, maintenance
costs, energy cost, capital cost and taxation

Reference
Franz K. F. et. al., Editor, Routledge Handbook of Sport - Technology and
Engineering (Routledge, 2013)
Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC
Business Media, 2009)
Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise
(Routledge, 2013)
Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier,
2003) Colin White, Projectile Dynamics in Sport: Principles and
Applications
Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)

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University of Rajasthan, Jaipur
Unit I – Introduction


Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

Unit II – Nutrition

Nutrients: Nutrition labeling information, Food Choices, Food Guide Pyramid, influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs.

Unit III – Aerobic Exercise

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

Unit IV – 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 ball’s). Aerobic techniques, Tabata training.
Unit V - 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.

Reference:


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


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

MPCC-401 INFORMATION & COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

Unit I – Communication & Classroom Interaction

Concept, Elements, Process & Types of Communication
Communication Barriers & Facilitators of communication
Communicative skills of English - Listening, Speaking, Reading & Writing Concept & 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

Unit II – Fundamentals of Computers

Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept, Types
Computer Memory: Concept, Types
Viruses & its Management
Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues

Unit III – MS Office Applications

MS Word: Main Features & its Uses in Physical Education
MS Excel: Main Features & its Applications in Physical Education
MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education
MS Power Point: Preparation of Slides with Multimedia Effects MS Publisher: Newsletter & Brochure

Unit IV – 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: Pedagogical Dimension

Dr. Registrar
Academic University of Rajasthan, Jaipur
REFERENCES:


ITL Education Solution Ltd. Introduction to Information Technology, Research and Development Wing-2006

Rebecca Bridges Altman Peach pit Press, Power point for window, 1999
UNIT I - Introduction


UNIT II - Motivation


UNIT III - Goal Setting


UNIT IV - Spectators and Performance

Fans and Spectators: Meaning and definition, effect of Sports spectators on athletic performance.

UNIT V - Group Cohesion


Practicals: Atleast five experiments related to the topics listed in the Units above should be conducted by the students in laboratory (internal assessment.)
REFERENCES:


MPCC - 403 DISSERTATION

1. A candidate shall have dissertation for M.P.Ed. - IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).

2. A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.

3. The candidate has to face the Viva-Voce conducted by DRC.

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Academic
University of Rajasthan, Jaipur
UNIT I – Introduction to Value Education


UNIT II – Value Systems

Meaning and Definition, Personal and Communal Values, Consistency, Internally consistent, Internally inconsistent, Judging Value System, Commitment, Commitment to values.

UNIT III – Environmental Education

Definition, Scope, Need and Importance of environmental studies., Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment, Plastic recycling & prohibition of plastic bag / cover, Role of school in environmental conservation and sustainable development, Pollution free eco-system.

Unit - IV Rural Sanitation and Urban Health

Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems, Process of Urban Health, Services of Urban Area, Suggested Education Activity, Services on Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

Unit - V Natural Resources and Environment Resources

Water resources, food resources and Land resources, Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution. Management of environment and Govt. policies, Role of pollution control board.

Dr. Rekha Rai
Academic
University of Rajasthan, Jaipur
REFERENCE:

Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)


Townsend C. and others, Essentials of Ecology (Black well Science)


Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)
Unit I - 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, and independent. Programs: learning stage, media application stage, and computer application stage.

Unit II - Systems Approach to Physical Education and Communication


Unit III - Instructional Design


Unit IV - 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.
Unit V - 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 third world countries and pointers for: India with reference to Physical education. Recent trends of Research in Educational Technology and its future with reference to education.

REFERENCE:

Amita Bhardwaj. New Media of Educational Planning*. Sarup of Sons, New Delhi-2003


Essentials of Educational Technology, Madan Lal. Anmol Publications


Koznar. S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.), 1982