UNIVERSITY OF RAJASTHAN
JAIPUR

SYLLABUS

Faculty of Education

M.P.ED. (Two Year)

Semester Scheme

I & II Semester 2019-2020
III & IV Semester 2020-2021

Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR
GUIDELINES OF REGULATIONS AND MODEL SYLLABUS STRUCTURE
FOR BACHELOR'S M.P.Ed.
PROGRAMME (FOUR SEMESTERS)(CBCS)

Important Note:
1. If the University or affiliating body is following choice-based credit system (CBCS), no approval need be taken by the UGC. The credit hours given in the following structure framework need to be considered along with the hours of teaching mentioned for each paper in the course.
2. If the University or affiliating body has not adopted CBCS, only the hours of teaching mentioned for each paper in the course will be considered, the credit of teaching hours may be ignored.

Preamble:

The Master of Physical Education (M.P.Ed.) programme, four-year, four semesters, Choice Based Credit System (CBCS) programme is a professional programme meant for preparing 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 College 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, aim of Physical Education and communication skills. The programme comprise compulsory and optional theory as well as practical courses and compulsory school internship in School/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 requirements 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). It is an instructional package developed to suit the needs of students to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

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 designed to comprise lectures, tutorial, laboratory...
Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminar/ 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 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 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 annual teaching days. The odd semester may be scheduled from May/June to August/September 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 instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half to 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 Maximum 06 Credits in each Semester

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Special Credits i.e Extra Co-curricular Activities</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sports Achievement at State level Competition (Medal Winner)</td>
<td>1</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>4</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, Goodness drive, 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>8</td>
<td>News Reporting / Article Writing / book writing / progress report writing</td>
<td>1</td>
</tr>
</tbody>
</table>

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution: 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>One Test</th>
<th>15 Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignments / Laboratory</td>
<td>10 Marks</td>
</tr>
<tr>
<td>Attendance</td>
<td>5 Marks</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>30 Marks</td>
</tr>
</tbody>
</table>

Attendance shall be taken as a component of continuous assessment, although the students 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 to continuous internal assessment and to end semester examination is 50:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

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*By Registrar*

*(Academics)*

*University of Rajasthan*

*JALPUR - 305005*
### Semester - I

#### A: Theoretical 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>MPCC-101</td>
<td>Research Process in Physical Education &amp; Sports Sciences</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-102</td>
<td>Physio Logic 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>

#### 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</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>1. Running Events</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>2. Gymnastics</td>
<td></td>
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<tr>
<td></td>
<td>3. Swimming (*Any one)</td>
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</tr>
<tr>
<td>MPPC-102</td>
<td>Laboratory Practical</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Sports Psychology, Physiology of Exercise, Sports Biomechanics and Kinesiology. (Two practicals for each subject)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-103</td>
<td>Yoga</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>*Acrobatics, Self Defence Techniques-Martial Arts, Track-</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>won, Archery, Shooting, Archery</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Any (the activity + Yoga)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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>
<tr>
<td></td>
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</tr>
<tr>
<td></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 per semester are 350, theoretical course are 51-60 hours per semester whereas 240 hours for each practical course.
### Semester II

<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-201</td>
<td>Applied Statistics in Physical Education &amp; Sports</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-202</td>
<td>Sports Biomechanics &amp; Kinesiology</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-203</td>
<td>Athletic Care &amp; Rehabilitation Separately</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
</tbody>
</table>

#### Elective Course (Anyone)

| MPEC-201 | Sports Journalism and Mass Media | 3 | 3 | 30 | 70 | 100 |
| MPEC-202 | Sports Management and Curriculum Designs in Physical Education | 3 | 3 | 30 | 70 | 100 |

#### Part-B Practical Course

| MPPC-201 | Track and Field I: Jumping events + Hurdles, *Gymnastics* + *Swimming* *(any one)* | 6 | 3 | 30 | 70 | 100 |
| MPPC-202 | Games Specialization- *Kabaddi, Kho-Kho, Badminton, Table Tennis, Tennis, Squash, Baseball, Volleyball/ Basketball, Cricket, football/ Handball, Hockey, Netball/ Softball *(Any two games)* | 6 | 3 | 30 | 70 | 100 |
| MPPC-203 | Teaching Lessons on Indigenous Activities and Sports- 5 Lessons *(4 Internal & 1 External)* | 6 | 3 | 30 | 70 | 100 |
| MPPC-204 | Class room Teaching Lessons on theory of different Sports & Games- 5 Lessons *(4 Internal & 1 External)* | 6 | 3 | 30 | 70 | 100 |

**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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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>100</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>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-301</td>
<td>Sports Engineering</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-302</td>
<td>Physical Fitness and Wellness</td>
<td></td>
<td></td>
<td></td>
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<td></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>MPPC-301</td>
<td>Track and Field III: Throwing Events, Hurdle and Relay,</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>&quot;Gymnastics&quot; <em>Swimming</em> (<em>Any One)</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-302</td>
<td>Games Specialization- III Boxing/ Fencing/ Judo/ Karate/</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Wrestling/ Washu (Any Two)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-303</td>
<td>Coaching Lessons of Track and Field/ Gymnastics/ Swimming</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>- 5 Lessons (4 Internal &amp; 1 External)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-304</td>
<td>Coaching Lessons of Game Specialization - 5 Lessons</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>(4 Internal &amp; 1 External)</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Total** 24 240 560 800

*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 practicum course.*

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Dr. Registrar
Academic

University of Rajasthan, Jaipur
<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-401</td>
<td>Information &amp; Communication Technology (ICT) in Physical Education</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-402</td>
<td>Sports Psychology</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-403</td>
<td>Dissertation</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-401</td>
<td>Value and Environmental Education</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-402</td>
<td>Education Technology in Physical Education</td>
<td>3</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-401</td>
<td>Track and Field Introduction of Decathlon event</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>*Gymnastics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Swimming Practical skill (any one)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-402</td>
<td>Games Specialization-Practical skills (any two)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-403</td>
<td>Officiating Lessons of Track and Field/Gymnastic/ Swimming 5 Lessons (4 Internal &amp; 1 External)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-404</td>
<td>Officiating Lessons of Game Specializations - 5 Lessons (4 Internal &amp; 1 External)</td>
<td>6</td>
<td>3</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>144</td>
<td>96</td>
<td>960</td>
<td>2240</td>
<td>1200</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.
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, 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 & Report

Dr. Registrar
Academic
University of Rajasthan, Jaipur
REFERENCE:

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

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

Dr. Registrar
Academic
University of Rajasthan, Jaipur
MPCC-102 PHYSIOLOGY OF EXERCISE

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 conditions and sports performance and 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:


Semester I
Theory Courses
MPEC-101

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION
(Elective)

UNIT I – 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.

UNIT II – Motor Fitness Tests

Meaning and Definition of 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, Multi-
stage fitness test (Beep test)

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5
Mile Run test for college; shuttle and 20” – Margaria-Ka amen 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 biceps,
Triceps, Sub scapular, Suprailliac, calf muscles, calf muscles.

UNIT V – Skill Tests

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball:
Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliffe
Cricket test. Hockey: Friendel Field Hockey Test, Harban’s Hockey Test.
Volleyball. Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-

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REFERENCES:

Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
MPEC-102 SPORTS TECHNOLOGY (Elective)

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.
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Semester II
Theory Courses

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 Dispersions 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; Dependant "t" test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – coefficient of correlation – calculation of coefficient 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


Semester II
Theory Courses

MPCC-202 SPORTS BIOMECHANICS AND KINESIOLOGY

UNIT I - Introduction

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

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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 deformity

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 the reduction of sports injuries, 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 Strengthening 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)
REFERENCES:


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Semester II
Theory Courses

MPEC-201 SPORTS JOURNALISM AND MASS MEDIA (Elective)

UNIT I


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


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.

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REFERENCE:


Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication


Semester II
Theory Courses

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:


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, Fartlek Training

UNIT III – Flexibility

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training, Training for Coordination, Flexibility, Methods to improve Coordinative Skills (Sensory Method, Education in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

UNIT IV – Training Plan


UNIT V – Preparation an 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

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REFERENCES:


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


Yograv Thani (2002), Sports Training, Delhi: Sports Publications
UNIT I – Introduction


UNIT II – Basic Rehabilitation


UNIT III – Spine Injuries and Exercise


UNIT IV – Upper Extremity Injuries and Exercise


UNIT V – Lower Extremity Injuries and Exercise


Practicals: Lab. Practical visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injuries
REFERENCES:


Practical: Anthropometric Measurements
MPCC-303 HEALTH EDUCATION AND SPORTS NURTITION

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, Nutrition, circulation, 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.
References:

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

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

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

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


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.

as Nature Intended. Angus and Robertson.

Semester III
Theory Courses

MPEG-1, SPORTS ENGINEERING (Elective)

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, 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 (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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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 Sports Technology and Engineering (Routledge, 2013)
Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)

Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010)
Unit I – 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.

Unit II – Nutrition

Nutrients; Nutrition labelling 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 weights exercise, weight machines, exercise bands and tubing, medicine balls, etc.). Advanced techniques of weight 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:


Dificore 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

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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. Introduction to Operating System, Hardware, Software
Computer Memory: Concepts, 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: A Pedagogical Dimension

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Unit V – E-Learning & Web Based Learning

E-Learning
Web Based Learning
Visual Classroom

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.

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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 5th Semester Examination.

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

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.
REFERENCE:

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


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, stand-alone (independent), programmed 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.
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

Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi : Doaba House), 1959. Communication and Education,

D. N. Dasgupta, Pointers of Physical Education ; the Communication for development, O. P. Dahama, O. P. Bhatnagar, Oxford Page 68 of 71 IBH Publishing company, New Delhi

Essentials of Educational Technology, Madan Lal, Anmol Publications


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