

**DEPARTMENT OF PHYSICAL EDUCATION, MUGBERIA
GANGADHAR MAHAVIDYALAYA, BHUPATINAGAR, PURBA
MEDINIPUR-721425**

**PROGRAMME OUTCOME (PO), COURSE OUTCOME (CO) AND
PROGRAMME SPECIFIC OUTCOME (PSO) FOR STUDENTS OF
POSTGRADUATE COURSE: 2018--2019**

Programme Name : Master of Physical Education (M.P. ED)

Programme Outcomes :

PO-1) Domain knowledge: Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.

PO-2) Problem analysis: Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex physical education and sports sciences related problems to reaching substantiated conclusions.

PO-3) Design/Development of Solutions: Ability to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.

PO-4) Individual and team work: Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.

PO-5) Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation.

PO-6) Communications: Ability to communicate effectively among a range of audiences/ stakeholders

PO-7) Impact: Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.

PO-8) Professional Development: Recognition of the need for and an ability to engage in continuing professional development.

PO-9) Identification of Needs: Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.

PO-10) Integration: Ability to incorporate effectively integrate Science/Technology/ IT-based solutions to applications

ProgrammeSpecificOutcomes :

PSO 1 The Master of Physical Education(M.P.Ed.) Programme is a professional Programme meant for preparing physical education teacher for high school (classes I to X) level.

PSO-2the curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes.

PSO 3 To obtain fundamental understanding of research methodology, development Physical education and Sports Sciences.

**MUGBERIA GANGADHAR MAHAVIDYALAYA, MUGBERIA 721425
DEPARTMENT OF PHYSICAL EDUCATION
SEMESTER:1**

Course outcome (CO) for M.P.ED Students: 2018-2019

Course outcome

RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES (MPCC-101)

Learning outcomes

1. Identify the research problem in the field of physical Education and sports
2. Know to summarize the various research literatures.
3. Understand and apply the basics of statistics in research.
4. Organize the samples and sampling techniques which is relevant to the study.
5. Apply the systematic methods in writing research thesis

PHYSIOLOGY OF EXERCISE(MPCC-102)

Learning outcomes

- 1: To know the effect of exercise on muscular system.
- 2: To know the effect of exercise on cardiovascular system.
- 3: To know the effect of exercise on Respiratory system.
- 4: To understand metabolism and energy transfer.
- 5: To understand the climatic conditions, sports performance& ergogenic aids

YOGIC SCIENCE (MPCC-103)

Learning outcomes

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyse the techniques and of body posture to bring out healthy change
5. Develop the knowledge through practice, participate and organize

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION)MPEC-101(

Learning outcomes

- 1: To know the basics of Test, measurement & Evaluation.
- 2: To know the physical fitness and motor fitness tests.
- 3: To know the Anthropometric, Aerobic & Anaerobic tests.
- 4: To know the specific skill tests

TRACK AND FIELD: ALL RUNNING EVENTS (MPPC-101)

Learning outcomes

- 1: To learn the advanced techniques of different “starts”.
- 2: To learn the different body movements during start, course of run and at the finish.

SPORTS MAJOR (SWIMMING & GYMNASTICS) (MPPC-102)

Learning outcomes

- 1: To learn the advanced technique in Floor exercises
- 2: To learn the advanced techniques of using various gymnastic apparatus

KARATE/ SELF DEFENCE AND ADVENTURE SPORTS (MPPC-103)

Learning outcomes

- 1: Acknowledge defensive and offensive skill of karate.
- 2: Sense of response reaction and boosting energy.
- 3: Adventure sports provide basic knowledge and practice in rock climbing.
- 4: camp craft, tracking and survival knowledge.
- 5: first aid and risqué.
- 6: Rope management, liver crossing and knowledge of flora & fauna.

CLASS ROOM TEACHING LESSON- (MPPC-104)

Learning outcomes

- 1: To gain confidence opportunity is given to handle class

SEMESTER: II

APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS(MPCC-201)

Learning outcomes

1. Understand and apply the statistics in research.
2. Organize the samples and sampling techniques which is relevant to the study.
3. Apply the statistics in research thesis for evaluation

SPORTS BIOMECHANICS AND KINESIOLOGY : (MPCC-202)

Learning outcomes

- 1: To know the basics of Sports biomechanics & kinesiology.
 - 2: To understand the muscle action.
 - 3: To know the concept of Motion and Force.
 - 4: To know the concept of Projectile and Lever
- CO5: To know about Movement Analysis.

ATHLETIC CARE AND REHABILITATION: (MPCC-203)

Learning outcomes

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.
4. Identify and apply knowledge of anatomy to the design and execution of research studies.

SPORTS MANAGEMENT (MPEC-202)

Learning outcomes

- 1: Describe and explain the development of the concept of sports management.
- 2: organizations and management in sports, strategic management in sports.

3: Define, analyze sports economics and sponsorship and can prepare sponsorship proposal.

4: concept of public relation, competitive sports, media.

TRACK AND FIELD (THROWING & JUMPING EVENTS) (MPPC-201)

Learning outcomes

1: To learn the advance techniques various jumping & throwing events.

2: To learn the approach, takeoff and landing of jumping events

SPORTS MAJOR (BASKETBALL & CRICKET) (MPPC-102)

Learning outcomes

1: To learn the fundamental skills drills and rules of the games of Basketball & Cricket.

2: To learn the strategy, tactics, lead up games, officiating of Basketball & Cricket.

YOGA (MPPC-203) :

Learning outcomes

1: To understand the procedure of performing asanas, pranayams, Kriyas, Bandhas, Mudras and suryanamaskar.

TEACHING LESSON (MPPC-204)

Learning outcomes

1: To gain confidence, opportunity is given to handle class in a progressive manner.

SEMESTER: III

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING (MPCC-301)

Learning outcomes

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games

4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers.

SPORTS MEDICINE (MPCC-302)

Learning outcomes

- 1: Develop and defend clinical reasoning skills in the clinical education setting when interacting with injured players.
- 2: Provide students with hands-on training through handling injured players.
- 3: Understanding therapeutic modules for sport injures.

HEALTH EDUCATION AND SPORTS NUTRITION (MPCC-303)

Learning outcomes

1. Restate the role of nutrients and caloric requirements
2. Sketch the basic classification, functions and utilization of nutrients.
3. Point out diet for various competitions and nutrient supplements for performance.
4. Evaluate the factors affects health and solutions for wellness.

PHYSICAL FITNESS AND WELLNESS (MPEC-301)

Learning outcomes

1. Explain the history and philosophy of public physical fitness as well as its core values, concepts, and functions across the globe and in society.
2. Identify the methods, and tools of public health data collection, use, and analysis
3. Relate the underlying science of wellness and disease to opportunities for promoting and protecting health across the life course.
4. Identify the socio-economic, behavioral, biological, environmental, and other factors that impact physical fitness and contribute to health disparities.
5. Apply the principles of training and maintain a physical fitness.

SPORTS MAJOR (FOOTBALL&RACKET SPORTS) (MPPC-301)

Learning outcomes

- 1: To learn the fundamental skills drills and rules of the games of Football and Racket Sports.

2: To learn the strategy, tactics, lead up games, officiating of Football and Racket Sports.

SPORTS MAJOR (VOLLEYBALL&HANDBALL) (MPPC-302)

Learning outcomes

1: To learn the fundamental skills drills and rules of the games of Volleyball & Handball.

2: To learn the strategy, tactics, lead up games, officiating of Volleyball & Handball.

OFFICIATING OF TRACK & FIELD AND SPORTS (MPPC-303)

Learning outcomes

1: To improve the skills of organizing sports meet and other competition.

2: To learn the rules of the games and sports events for effective officials

INTERNSHIP / PROJECT WORK (MPPC-304)

Learning outcomes

1: Student establish a positive classroom environment and deliver instruction that is clear, structured, engaging, flexible, and designed and adapted for diverse learning Through Physical education.

2: Student effectively plan for establishing a positive classroom community and plan for instruction that meets diverse student needs.

3: Pupil Teacher analyze student work to determine student progress toward and mastery of lesson and unit learning objectives while identifying trends in the data that may reveal inequitable outcomes for various student groups.

4: Student identifies aspects of their plan and execution or other factors which did or did not support student learning. Candidates determine next steps based upon evidence.

SEMESTER: IV

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

Learning outcomes

1. Understand concept of information and communication technology in physical education field

2. Analyze sporting data of various types via astute use of statistical packages.
3. Practice mathematics, statistics, information technology in sport technology related problems.
4. Offer Hands on Knowledge in information and communication Technology.

PSYCHOLOGY AND SOCIOLOGY OF SPORTS: (MPCC-402)

Learning outcomes

1. Explain group mechanisms and group psychology in a sports context
2. Reflect upon motivational psychology as applied to sports activities
3. Formulate relevant constructs of exercise psychology
4. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
5. To apply core sociological theories to specific social problems in order to analyse social problems.

DISSERTATION (MPCC-403)

Learning outcomes

- 1: Recognize the importance of planning and preparation required to undertake a research project.
- 2: Creating synopsis for dissertation subject.
- 3: Finding Relevant reviews for the study.
- 4: Develop a thorough understanding of the chosen subject area.
- 5: Demonstrate the ability to collate and critically assess/interpret data.
- 6: Develop an ability to effectively communicate knowledge in a scientific manner.
- 7: Provide recommendations based on research findings.

VALUE AND ENVIRONMENTAL EDUCATION (MPEC-401)

Learning outcomes

- 1: To know the Introduction of value education.
- 2: To understand Environmental Education.
- 3: To understand Rural Sanitation and Urban Healthproblems.

4: To know Natural Resources & related environmental issues.

HAMMER OR POLE VAULT OR COMBINED EVENTS (MPPC-401)

Learning outcomes

1: To learn the advanced techniques of combined events

SPORTS SPECIALIZATION (MPPC-402)

Learning outcomes

1: To learn the fundamental skills drills and rules of the game.

2: To learn the strategy, tactics, lead up games, officiating and coaching skills.

3: To Plan the training and skill evaluation methods

COACHING LESSON: (MPPC-403)

Learning outcomes

1: To improve the skills of the games

2: To improve the technique of the track and field events.

3: To improve specific physical fitness of both team players and athletes.

LAB-PRACTICAL (MPPC-404)

Learning outcomes

1: To understand the operation of laboratory equipment's

2: Understanding Application of Instrument based Psychological Tests for the sport person.

3: Understanding Application of Questionnaire base test for the sport person.

4: Physiology of Exercise practical's like Pulse rate, Heart rate, Blood pressure, Hemoglobin & Vital Capacity test in physiological lab environment.

5: Sports Biomechanics and Kinesiology Anthropometry measurements, Mechanical analysis of various athletic skills.

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DEPARTMENT OF PHYSICAL EDUCATION

DETAILED SYLLABUS OF ALL SEMESTER COURSES

SEMESTER-I THEORY COURSE

Theory Courses

MPCC-101: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Credit: 3

UNIT 1 – Introduction to Research

- 1.1 Meaning and Definition of Research.
- 1.2 Need, Nature and Scope of Research in Physical Education & Sports.
- 1.3 Classification of Research- Basic, Action and Applied Research.
- 1.4 Location of Research Problem, Criteria for selection of a research problem. Method of collecting data and its salient features.

UNIT 2 – Methods of Research & Experimental Research

- 2.1 Descriptive Methods of Research - Survey Study, Case study.
- 2.2 Historical Research – Meaning, Sources and criticism of Historical Research: Primary Data and Secondary Data.
- 2.3 Experimental Research: Meaning, Nature and Importance, Steps of Experimental Research. Meaning of Variable, Types of Variables.
- 2.4 Experimental Design, Meaning & Types.

UNIT 3 – Sampling

- 3.1 Meaning and Definition of Sample and Population, Statistic and parameter.
- 3.2 Sampling and its importance.
- 3.3 Probability Sampling: Random sampling, Systematic Sampling, Cluster sampling, Stratified Sampling. Area & Multistage sampling.
- 3.4 Non- Probability Sampling: Purposive, Judgment, Quota Sampling.

UNIT 4 – Research Proposal and Report

- 4.1 Research Proposal: Meaning, Significance, Method of Writing Research proposal
- 4.2 Hypothesis: Meaning Characteristics, Types, and testing of hypothesis

4.3 Method of writing Thesis / Dissertation, Importance of review of related literature.

4.4 Research report: Format, writing style, common faults and characteristics of Research report. Style of writing foot notes and bibliography.

MPCC-102: PHYSIOLOGY OF EXERCISE

Credit: 3

UNIT 1 – Skeletal Muscles and Exercise

1.1 Macro & Micro Structure of the Skeletal Muscle, Chemical Composition, Types of Muscle fiber, Muscle Tone. 1.2 Nerve supply to muscle, concept of neuromuscular transmission. 1.3 Sliding Filament theory of Muscle Contraction, Chemistry of Muscular Contraction –Heat Production in the Muscle. 1.4 Effect of exercises and training on the muscular system.

UNIT 2 – Cardiovascular System and Exercise

2.1 Conduction System of the Heart- Blood Supply to the Heart- Stroke Volume- Cardiac Output. 2.2 Blood Flow at rest and during exercise – hemodynamic principle. 2.3 Heart Rate- Factors Affecting Heart Rate- Regulation of Heart rate, Cardiac Hypertrophy. 2.4 Effect of exercises and training on the Cardio vascular system. Cardiac diseases and therapeutic exercises.

UNIT 3 – Respiratory System and Exercise

3.1 Mechanism of Breathing –Respiratory Muscles, Pulmonary- Ventilation at Rest and During Exercise. 3.2 Exchange of Gases in the Lungs –Exchange of Gases in the Tissues- Control of Ventilation Oxygen Debt/ EPOC. 3.3 Vo₂ max: concept, determination and its implication in sports performance. 3.4 Effect of exercises and training on the respiratory system.

UNIT 4 – Metabolism and Energy Transfer

4.1 Metabolism- ATP-PC or Phosphagen System-Lactic Acid System –Anaerobic Metabolism Aerobic Metabolism. 4.2 Aerobic and Anaerobic Systems during Rest and Exercise. 4.3 Energy supply at Short Duration High Intensity Exercises –High Intensity Exercise Lasting Several Minutes- Long Duration Exercises. 4.4 Measurement of energy cost of an activity.

UNIT 5 – Climatic conditions and sports performance and ergogenic aids

5.1 Variation in Temperature and Humidity- Thermoregulation. 5.2 Sports performance in hot climate, Cool Climate, high altitude. 5.3 Ergogenic Aid- Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. 5.4 Doping agents: Narcotics, Stimulants, Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

MPCC-103: YOGIC SCIENCE

Credit: 3

UNIT 1 – Introduction of Yoga 1.1. Meaning and Definition of Yoga. 1.2. Different schools of yoga. 1.3. Yoga: A mind-body medicine. 1.4. Yoga: Complementary Alternative Medicine (CAM).

UNIT 2 – Methods of Yoga 2.1 Meaning, types and techniques of Kriya. 2.2 Meaning, types and techniques of Asana. 2.3 Meaning, types and techniques of Pranayama. 2.4 Meaning, types and techniques of Meditation.

UNIT 3 – Effects of Yogic Practices 3.1 Effects of Kriya on various systems of human body. 3.2 Effects of Asana on various systems of human body. 3.3 Effects of Pranayama on various systems of human body. 3.4 Effects of Meditation on various systems of human body.

UNIT 4 – Applied Aspect of Yoga 4.1 Yoga for Health and Wellness 4.2 Yoga as therapy 4.3 Yoga for Sports Performance 4.4 Yoga and Relaxation

MPEC-101: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)

Credit: 3

UNIT 1– Introduction 1.1. Meaning and Definition of Test, Measurement and Evaluation. 1.2. Need and Importance of Measurement and Evaluation, Principles of Evaluation, Criteria of a good Test. 1.3. Define Norms. Meaning, Definition and Classification of Validity, Reliability and Objectivity. 1.4. Grading in Physical Education: Kinds of Grade, Basis of Grading.

UNIT 2 –Physical Fitness Test and Motor Fitness Tests 2.1 Meaning and Definition of Motor Fitness. Test for Motor Fitness: Indiana Motor Fitness Test (For elementary and high school boys, girls and College Men), JCR test, Oregon Motor Fitness Test, Canadian Motor Fitness Test. Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test. 2.2 Motor Ability Test: Barrow Motor Ability Test. 2.3 Health Related Fitness Test: AAHPERD Health Related Fitness Battery, Rogers's Physical Fitness Index. 2.4 Cardiovascular Test: Harvard Step Test, Cooper 12 Minutes Run and Walk Test, Beep Test.

UNIT 3 – Physiological and Anthropometric Test 3.1 Aerobic Capacity: The Bruce Treadmill Test Protocol. 3.2 Anaerobic Capacity: Margaria- Kalamen Test, Wingate anaerobic test. 3.3 Method of Measuring Standing Height and Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh and Skin folds: Biceps, Triceps, Sub scapular, Suprailiac. 3.4 Assessment of Body Composition, Measurement of Somatotyping.

UNIT 4 – Skill Tests 4.1 Badminton Test: Miller Wall Volley Test. Basketball Test: Johnson Basketball Test, Harrison Basketball Ability Test. Tennis Test: Dyer Tennis Test. 4.2 Football Test: Mc-Donald Volley Soccer Test. Volleyball Test: Russel Lange Volleyball Test, Brady Volleyball Test. 4.3 Hockey Test: Friendel Field Hockey Test, Harban's Hockey Test. 4.4

Psychological test - Kinesthetic Perception, Reaction Ability Test, SCAT, Achievement Motivation.

SEMESTER-I PRACTICAL COURSE

MPPC 101 Track & Field –

Credit: 3

I: Sprint, Middle & Long Distance Running, Relay and Hurdles. Developing essential Components like Physical and Motor Fitness, Technical and Tactical aspects.

MPPC 102 Sports Major –

Credit: 3

I: Swimming And Gymnastics (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)

MPPC 103 Karate / Self Defense and Adventure Sports

Credit: 3

MPPC 104 Class Room Teaching

Credit: 3

Lessons (4+1) one from each theory subject and one for External

SEMESTER-IITHEORY COURSES

MPCC-201: APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Credit: 3

UNIT 1 – Introduction to Applied Statistics 1.1 Meaning, Definition, Function, need and importance of applied Statistics and concept of Bio-statistics. 1.2 Meaning of the terms- Population, Sample, Data-types, and Variables-types. Constructions of Frequency table. Graphical representation- Cumulative, Ogive and Percentile, Parametric and Non-Parametric statistics. 1.3 Measures of Central Tendency (Mean, median and mode): Meaning, Purpose, Calculation and advantages. 1.4 Measures of Variability and its type (Range, Quartile Deviation, Average Deviation, Standard Deviation): Meaning, Purpose, Calculation and advantages of variability.

UNIT 2 – Probability Distributions and Standard Scale 2.1 Meaning of probability, Normal curve, Principle of Normal Curve– Properties of normal Curve. 2.2 Divergence form normality –

Skewness and Kurtosis. 2.3 Calculation and advantage of Scale: Sigma scale, Z-Scale, Hull Scale and T- scale. 2.4 Level of Significance and Degree of Freedom.

UNIT 3 – Comparative Statistics 3.1 Correlation: Meaning, Types and Magnitude. Co-efficient of correlation. 3.2 Calculation of correlation-Rank difference and Product moment (Grouped data and ungrouped data). 3.3 Construction of Norms. 3.4 Concept: Regression and Prediction, Biserial, Partial and Multiple Correlation.

UNIT 4 – Inferential Statistics/ Significance of means and other statistic 4.1 Standard error, type-I & type II error, one tailed and two tailed test. 4.2 Dependent and independence “t”- test with interpretation of the results. 4.3 Nonparametric test: Chi Square test. 4.4 Concept of ANOVA and ANCOVA.

MPCC-202: SPORTS BIOMECHANICS AND KINSEIOLOGY

Credit: 3

UNIT 1 – Introduction 1.1 Meaning, Nature, Role and Scope of Applied Kinesiology and Sports Biomechanics. 1.2 Historical Development of Sports Biomechanics. 1.3 Statics, Dynamics: Kinematics, Kinetics. Stability, Equilibrium, Work, Power and Energy. 1.4 Centre of gravity -Line of Gravity, Plane and Axis, Vectors and Scalars.

UNIT 2 – Kinesiological Aspects of Human Movement 2.1 Concept of Origin, Insertion and Action of muscles. 2.2 Origin and Insertion: Muscles of Upper Extremities- Pectoralis Major and Minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, Serratus, Abdominis. 2.3 Origin and Insertion: Muscles of Lower Extremities- Sartorius, Rectus femoris, Quadriceps, Hamstring, Gastrocnemius. 2.4 Action of muscles: Upper and Lower Extremities.

UNIT 3 – Mechanical Concept 3.1 Motion & Force: Meaning, Definition and Types. 3.2 Lever: Meaning, Definition, Types, Principles and Body Levers. 3.3 Projectile: Concept, Types and Factors Influencing Projectile Motion. Equations and Principles of Projectile Motion. 3.4 Pressure, Friction & Fluid Resistance: Water Resistance, Air Resistance-Aerodynamics.

UNIT 4 – Movement Analysis 4.1 Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. 4.2 Methods of analysis – Qualitative, Quantitative, Predictive. 4.3 Analysis of Fundamental Movements-Walking & Running. 4.4 Analysis of Games and Sports Techniques-Throwing (Putting the shot) & Jumping (Horizontal and Vertical).

Note: Laboratory Practical should be designed and arranged for Students Internally. Biomechanics Practical: 1. Determination of Average and Instantaneous Velocity. 2. Drawing (S-T) Curve and (V-T) Curve. 3. Determination of Co-efficient of Elasticity of Different Balls. 4. Determination of Cg by Reaction Board/ Mass Centre method. 5. Determination of Work done for a Vertical Jump. 6. Scientific Filming of a Movement. 7. Drawing a Kinegram of a Movement. 8. Analysis of Distance and Time of a Movement. 9. Measurement of Angle using Goniometer. 10. Measurement of Centrifugal Force.

MPCC-203: ATHLETIC CARE AND REHABILITATION UNIT

Credit: 3

Unit 1 – Introduction 1.1 Meaning, Definition and Importance of Rehabilitation. 1.2 Steps of Rehabilitation. 1.3 Types of Rehabilitation. 1.4 Guiding Principles of Rehabilitation.

UNIT 2 – Basic Rehabilitation 2.1 Definition, Principles Precaution, Indication & Contraindication of Strapping/ Tapping. 2.2 Objectives and Principles of rehabilitation 2.3 Rehabilitation Techniques: Proprioceptive Neuromuscular Facilitation (PNF), Isotonic, Isometric, Isokinetic Stretching. 2.4 Rehabilitation exercises: Passive, Active, Assisted and Resisted, Continuous Passive Movement (CPM).

UNIT 3 – Corrective Physical Education 3.1 Definition and objective of corrective Physical Education. 3.2 Standard of Standing Posture, Value of Good Posture. 3.3 Posture Test: Examination of Spine. 3.4 Deviation of Posture: Kyphosis, Lordosis, Flat Back, Scoliosis, Round Shoulder, Knock Knee, Bow Leg, Flat Foot, Symptom ,Causes and Treatment with exercises.

UNIT 4 – Therapeutic Modalities 4.1 Meaning, Need Importance of Physiotherapy. 4.2 Guiding Principles of Therapeutic Modalities. 4.3 Different Types of Therapeutic Modalities (Cryotherapy, Superficial thermotherapy, Penetrating thermotherapy, Electrical Stimulation). 4.4 Massage: Principles and Classification of massage of massage, Physiological, Chemical and Psychological effects of massage.

MPEC-202: SPORTS MANAGEMENT (Elective)

Credit: 3

UNIT 1 – Introduction to Sports Management 1.1 Concept of Management and Sports Management-Early and Modern Concept. 1.2 Principles and Functions of Sports Management. 1.3 Objectives of Personnel Management, Role of Personnel Manager in an organization, Personnel recruitment and selection. 1.4 Programme development, Factors of programme development, Importance and steps in programme development.

UNIT 2 – Organizations and Management in Sports 2.1 Public Sector of Sports- Role of Government and Governmental Organizations 2.2 Private Sector of Sports- Concept of Professional Sports 2.3 Strategic Management in Sports 2.4 Performance Evaluation in Sports

UNIT 3 – Sports Sponsorship, Sports Economics and Financial Aspects 3.1 Definition of Sponsorship, Process and Objectives of Sponsorship. 3.2 Structure of Sponsorship, Categories of Sponsorship, Role of Intermediaries, Sponsorship Proposal and Brand Management 3.3 Basic Understanding of Sports Economics, Micro & Macro Economic analysis of Sports. 3.4 Basic Understanding of Sports Finance, Preparation of Budget.

UNIT 4 – Competitive Sports and Public Relations 4.1 Concept of Competitive Sports, Management Guidelines for School, College and University Sports Program. 4.2 Guidelines for Selection of Equipments and Supplies, Guidelines for checking, storing, issuing, care and maintenance of Equipments and Supplies. 4.3 Principles of Public Relations Programme,

Planning the Public Relations Programme. 4.4 Public Relations in School and Communities, Public Relations and Media.

SEMESTER-II PRACTICAL COURSE

MPPC 201 Track & Field – II: Shot put Discus and Javelin Throws, High, Long and Triple Jump

Credit: 3

MPPC 202 Sports Major – II: Basketball and Cricket (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)

Credit: 3

MPPC 203 Yoga: Asanas, Pranayam and Kriyas

Credit: 3

MPPC 204 Teaching Lessons: Sports Major – 4 Lessons Track Field- 4 Lessons

Credit: 3

SEMESTER-III THEORY COURSES

MECC-301: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Credit: 3

UNIT 1 – Introduction to Sports Training 1.1 Meaning and definition of Sports Training and Sports Coaching. 1.2 Aims and characteristics of Sports Training. 1.3 Principles of Sports Training. 1.4 Philosophy of Sports Training and Coaching.

UNIT 2 – Training Load and Adaptation 2.1 Meaning, definition of Training Load and components of Training Load and variation of Load distribution. 2.2 Training load and adaptation process. Concept of Super Compensation. Factors affecting recovery process. 2.3 Concept of Overload causes of Overload, symptoms of Overload and remedial measures of Overload. 2.4 Principles of overload.

UNIT 3 – Components of Motor Fitness and Training Method 3.1 Strength: Meaning and Forms of Strength. Factors determining Strength. Methods to improve Strength- Weight Training, Isometric, Isotonic, Circuit Training. 3.2 Speed: Meaning and Forms of Speed. Factors determining speed. Methods to improve speed Repetition method, Downhill Run, Parachute Running, Wind Sprints (In's and Out's method) Pace Runs and Differential Paces. 3.3 Endurance: Meaning and forms of Endurance. Factors determining Endurance, Methods to improve Endurance- Continuous method, Interval method, Repetition method, Cross country, Fartlek Training, Altitude Training. 3.4 Coordinative Abilities and Flexibility: Meaning and

Forms. Factors determining coordinative abilities and flexibility (plyometric Training, Sensory Method, different types of Stretching).

UNIT 4 – Periodization, Planning and Tactical Training 4.1 Periodization- Meaning and Types of Periodization. Different phases of Periodization and their contents. 4.2 Training plan- Meaning, Principles and types of Training (Micro, Meso and Macro), Short term and Long Term. 4.3 Tactical Training- Meaning of Tactics and Strategy. Difference between Tactics and Strategy. Different types of Tactics (Individual and Team Tactics). Training through Competition Importance of Competition as Method of Training. 4.4 Psychological preparation during training phase. Types of doping and their bad effects.

MCC-302: SPORTS MEDICINE

Credit: 3

UNIT 1 – Introduction 1.1 Meaning, definition and importance of Sports medicine. 1.2 Historical Development of Sports Medicine as a Discipline. 1.3 Sports Medicine as a Profession. 1.4 Sports Medicine as an Inter disciplinary Subject: Physiological Psychological and Sociological Aspect.

UNIT 2 – Doping 2.1 Drugs in Sports: Use, Misuse and Abuse in Sports. 2.2 Doping Agents: Classification, Drugs banned by WADA, Dope Test. 2.3 Effects and adverse effects of doping agents. 2.4 Guideline of Controlling Doping.

UNIT 3 – Head and Spine Injuries and Management 3.1 Head, Neck and Spine Injuries, Causes, symptom, Degrees of Injury. 3.2 Prevention of Injuries of Head, Neck and Spine. 3.3 Exercises injury management: Flexion, Compression, Hyper extension, Rotation, Spinal range of Motion and Free hand exercises. 3.4 Treatment of Injuries of Head, Neck and spine.

UNIT 4 – Upper and Lower Extremity Injuries and Management 4.1 Causes and Symptoms of Various Injuries of Upper and Lower extremities. 4.2 Prevention of Injuries: Supporting and adding Techniques and Equipment for Lower and Upper extremities. 4.3 Exercise for Injuries Management: Breathing Exercises, Relaxation Techniques, Free hand Exercises, Stretching and Strengthening exercise of various parts of upper and Lower extremities. 4.4 Treatment of common upper and lower extremity's injuries: Sprain, Strain, Dislocation, Fracture and Contusion.

MPCC-303 HEALTH EDUCATION AND SPORTS NUTRITION

Credit: 3

UNIT 1 – Health Education 1.1 Concept, Dimensions, Spectrum and Determinants of Health. 1.2 Definition of Health, Health Education, Objectives and principles of health Education. 1.3 Mental Health. 1.4 Population Health, Social Health and Occupational Health.

UNIT 2 – Health Problems in India 2.1 Hypokinetic Diseases-Obesity, Cardio Vascular Diseases and Diabetics. 2.2 Degenerated Diseases- Aging, Arthritis, Spondylosis. 2.3 Various

health organizations and their Role. 2.4 Problems of Healthful School and Community Environment.

UNIT 3 – Health and Hygiene 3.1 Meaning and Type of Hygiene. 3.2 Effect of Alcohol and tobacco on Health. 3.3 Components of Lifestyle Management. 3.4 Management of Blood Pressure and Stress.

UNIT 4 – Sports Nutrition 4.1 Meaning and Definition of Sports Nutrition and its role, Role of Macro and Micronutrition in Exercise. 4.2 Concept and pattern of BMI. 4.3 Maintenance of Healthy Life style. 4.4 Role of Diet and Exercise in Weight Management.

MPEC-301: PHYSICAL FITNESS AND WELLNESS (Elective)

Credit: 3

UNIT 1 – Introduction 1.1 Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, 1.2 Principles of physical fitness, Physiological principles involved in human movement. 1.3 Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. 1.4 Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

UNIT 2 – Nutrition and aerobic exercise 2.1 Nutrients; Food Choices, Food Guide Pyramid, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration 2.2 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. 2.3 Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. 2.4 Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

UNIT 3 – Anaerobic Exercise 3.1 Resistance Training for Muscular Strength and Endurance; principles of resistance training, 3.2 Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). 3.3 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) 3.4 . Modern concept of weight training, Advanced techniques of weight training.

UNIT 4 – Flexibility Exercise 4.1 Flexibility Training, Relaxation Techniques and Core Training. 4.2 Safety techniques (stretching protocol; breathing and relaxation techniques) 4.3 types of flexibility exercises (i.e. dynamic, static), 4.4 Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

SEMESTER-III PRACTICAL COURSE

MPPC 301 Sports Major – III: Football and One Racket Sports (Fundamental Skills, Individual Tactics, Officiating and Leadup Games)

Credit: 3

MPPC 302 Sports Major – IV: Volleyball and Handball (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)

Credit: 3

MPPC 303 Officiating of Track & Fields and Sports Activities – Taught in SEM – I, II, III and IV

Credit: 3

MPPC 304 Internship on a Team Game*/ Project Work on Practical Activities*

Credit: 3

Semester-IV Theory Courses

MPCC-401: ICT IN PHYSICAL EDUCATION AND SPORTS

Credit: 3

UNIT 1 – Fundamentals of Computers 1.1 Characteristics, Types, Functions, Advantages & Applications of Computers. 1.2 Hardware of Computer: Input, Output & Storage Devices. 1.3 Software of Computer: Concept & Types application in Physical Education and Sport. 1.4 Concepts, Types & Functions of Computer Networks, Internet and its applications, Web Browsers & Search Engines, Legal & Ethical Issues.

UNIT 2– Communication & Classroom Interaction 2.1 Concept, Elements, Process & Types of Communication, Communication Barriers & Facilitators of Communication and cloud computing. 2.2 Communicative Skills in English - Listening, Speaking, Reading & Writing. 2.3 Concept & Importance of ICT, Need of ICT in Education, Scope of ICT: Teaching Learning Process, Publication, Evaluation, Research and Administration. 2.4 Challenges in Integrating ICT in Physical Education.

UNIT 3 – MS Office Applications 3.1 Word: Main Features & their uses in Physical Education. 3.2 Excel: Main Features & their applications in Physical Education. 3.3 Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education. 3.4 Power Point: Preparation of Slides with Multimedia Effects, MS Publisher: Newsletter & Brochure.

UNIT 4 – ICT Integration in Teaching Learning Process, E-Learning & Web Based Learning 4.1 Approaches to Integrating ICT in Teaching Learning Process. 4.2 Project Based Learning (PBL), Co- Operative Learning, Collaborative Learning. 4.3 ICT and Constructivism: A Pedagogical Dimension. 4.4 E-Learning, Web Based Learning, Visual Classroom. MPCC-

402: PSYCHOLOGY AND SOCIOLOGY OF SPORTS

Credit: 3

UNIT 1 – Introduction 1.1 Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. 1.2 Motor Learning: Basic Considerations in Motor Learning Theories. 1.3 Motor Perception – Factors Affecting Perception – Perceptual Mechanism. 1.4 Personality: Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT 2 – Psychological Factors Affecting Sports Performance: 2.1 Motivation: Meaning, Definition and Types, Motivation and sports performance. 2.2 Anxiety and Stress: Meaning, Definition, Nature, Types, Causes and Sports Performance. 2.3 Aggression: Meaning and Definition, Aggression and Sports Performance. 2.4 Goal Setting- Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation.

UNIT 3 – Sports Sociology: 3.1 Meaning and definition of Sports Sociology. 3.2 Sports as Social Institutions, Sports and Socialization. National Integration through Sports. 3.3 Fans and Spectators: Meaning and definition, Effects of Audience on Sports performance. Sports Aggression and Violence. Sports and Politics. 3.4 Leadership: Meaning, Definition, types. Leadership and Sports Performance, Leadership Theories.

UNIT 4 – Social Structure of Sports: 4.1 Group: Definition, Meaning and Types. 4.2 Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics. 4.3 Sports Social Crisis Management – Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports. 4.4 Socio Economic Status and Sports. Current Problems in Sports and Future Directions.

Practicals: At least five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.) Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger dexterity board – Depth perception box – Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety Test (SCAT). PST.

MPCC-403 DISSERTATION

Credit: 3

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.

MPEC-401 VALUE AND ENVIRONMENTAL EDUCATION (Elective)

Credit: 3

UNIT 1 – Introduction to Value Education. 1.1 Values: Meaning, Definition, Concepts of Values. Value Education: Need, Importance and Objectives. 1.2 Moral Values: Need and Theories of Values. Classification of Values: Basic 1.3 Values of Religion, Classification of Values. 1.4 Meaning and Definition, Personal and Communal Values, Consistency, Internally consistent, internally inconsistent, Judging Value System, Commitment, Commitment to values.

UNIT 2 – Environmental Education 2.1 Definition, Scope, Need and Importance of environmental studies., 2.2 Concept of environmental education, Historical background of environmental education, 2.3 Celebration of various days in relation with environment, Plastic recycling & prohibition of plastic bag / cover, 2.4 Role of school in environmental conservation and sustainable development, Pollution free ecosystem.

UNIT 3 – Rural Sanitation and Urban Health 3.1 Rural Health Problems, Causes of Rural Health Problems, 3.2 Points to be kept in Mind for improvement of Rural Sanitation, 3.3 Urban Health Problems, Process of Urban Health, Services of Urban Area, 3.4 Suggested Education Activity, Services on Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

UNIT 4 – Natural Resources and related environmental issues: 4.1 Water resources, food resources and Land resources, 4.2 Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution 4.3 Management of environment, Sustainable development of environment 4.4 Govt. policies and Role of pollution control board.

SEMESTER-IV PRACTICAL COURSE

MPPC 401 Hammer or Pole Vault or Combined Events – Triathlon, Pentathlon, Heptathlon and Decathlon: (Fundamental Skills, Individual Tactics, Officiating)

Credit: 3

MPPC 402 Sports Specialization (One): Among Track & Field, Yoga and Sports Major (Technique of Officiating, Fundamental and Advanced Skill, Tactics, Strategies, Game Practice and Lead-up Games.

Credit: 3

MPPC 403 Coaching Lessons on Sports Specialization Five internal practice lessons and one Final Lesson

Credit: 3

MPPC 404 Lab Practical (25 marks in each subject)(Any Four) A) Physiology of Exercise B) Kinesiology and Sports Biomechanics C) Sports Psychology D) Measurement & Evaluation in Physical Education E) Sports Management

Credit: 3

Mapping of Cos with POs & PSO

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PO8 | PO9 | PO10 | PSO1 | PSO2 | PSO3 |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|
| CO1 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 |
| CO2 | 3 | 3 | 3 | 1 | 2 | 1 | 3 | 2 | 3 | 2 | 3 | 2 | 2 |
| CO3 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 2 | 3 | 2 | 2 |
| CO4 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 |
| CO5 | 3 | 3 | 2 | 1 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 1 | 2 |
| CO6 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 |
| CO7 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 3 |
| CO8 | 3 | 3 | 3 | 2 | 2 | 3 | 1 | 3 | 3 | 1 | 3 | 2 | 3 |
| CO9 | 3 | 3 | 2 | 1 | 3 | 3 | 1 | 3 | 1 | 1 | 2 | 3 | 3 |
| CO10 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 |
| CO11 | 3 | 3 | 3 | 2 | 1 | 1 | 3 | 2 | 3 | 3 | 2 | 2 | 2 |
| CO12 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 3 | 2 |
| CO13 | 3 | 3 | 2 | 2 | 1 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 |
| CO14 | 3 | 3 | 3 | 2 | 1 | 2 | 1 | 2 | 3 | 2 | 3 | 2 | 2 |
| CO15 | 3 | 2 | 3 | 2 | 1 | 1 | 1 | 3 | 1 | 1 | 3 | 2 | 1 |
| CO16 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 |
| CO17 | 3 | 3 | 2 | 1 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 3 |
| CO18 | 3 | 3 | 1 | 1 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 |
| CO19 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 1 | 1 | 3 | 2 | 2 |
| CO20 | 3 | 3 | 2 | 1 | 2 | 1 | 1 | 2 | 3 | 2 | 3 | 2 | 2 |
| CO21 | 3 | 3 | 2 | 1 | 3 | 3 | 2 | 1 | 3 | 2 | 1 | 2 | 3 |
| CO22 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 |
| CO23 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 1 | 1 | 1 | 3 | 3 |
| CO24 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 |
| CO25 | 3 | 3 | 2 | 3 | 3 | 1 | 2 | 2 | 1 | 1 | 1 | 3 | 3 |

| | | | | | | | | | | | | | |
|---------------|----------|----------|------------|------------|------------|----------|----------|------------|----------|------------|------------|----------|----------|
| CO26 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 1 | 3 |
| CO27 | 3 | 3 | 3 | 3 | 2 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 2 |
| CO28 | 2 | 2 | 2 | 2 | 3 | 1 | 1 | 2 | 1 | 1 | 3 | 3 | 3 |
| CO29 | 3 | 3 | 2 | 1 | 2 | 3 | 1 | 3 | 2 | 2 | 2 | 3 | 3 |
| CO30 | 3 | 3 | 3 | 1 | 2 | 5 | 2 | 2 | 3 | 2 | 3 | 2 | 2 |
| CO31 | 3 | 3 | 3 | 2 | 3 | 3 | 1 | 2 | 3 | 2 | 3 | 1 | 2 |
| CO32 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 1 | 2 | 3 | 2 |
| Target | 3 | 3 | 2.8 | 2.5 | 2.6 | 2 | 3 | 2.5 | 3 | 1.3 | 2.7 | 3 | 3 |

Based on the score put on every column and row, we have evaluated the marks of each CO, PO, and PSO

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 | PSO6 | Average of CO |
|------|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|---------------|
| CO1 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 2.46 |
| CO2 | 3 | 3 | 3 | 1 | 2 | 1 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2.31 |
| CO3 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 2.31 |
| CO4 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2.46 |
| CO5 | 3 | 3 | 2 | 1 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 1 | 2 | 2.15 |
| CO6 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2.62 |
| CO7 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 3 | 2.54 |
| CO8 | 3 | 3 | 3 | 2 | 2 | 3 | 1 | 3 | 3 | 1 | 3 | 2 | 3 | 2.46 |
| CO9 | 3 | 3 | 2 | 1 | 3 | 3 | 1 | 3 | 1 | 1 | 2 | 3 | 3 | 2.23 |
| CO10 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2.54 |
| CO11 | 3 | 3 | 3 | 2 | 1 | 1 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2.31 |
| CO12 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 2.31 |
| CO13 | 3 | 3 | 2 | 2 | 1 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2.31 |
| CO14 | 3 | 3 | 3 | 2 | 1 | 2 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 2.23 |
| CO15 | 3 | 2 | 3 | 2 | 1 | 1 | 1 | 3 | 1 | 1 | 3 | 2 | 1 | 1.85 |

| | | | | | | | | | | | | | | |
|---------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| CO16 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2.46 |
| CO17 | 3 | 3 | 2 | 1 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2.46 |
| CO18 | 3 | 3 | 1 | 1 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 2.31 |
| CO19 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 1 | 1 | 3 | 2 | 2 | 2.23 |
| CO20 | 3 | 3 | 2 | 1 | 2 | 1 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 2.08 |
| CO21 | 3 | 3 | 2 | 1 | 3 | 3 | 2 | 1 | 3 | 2 | 1 | 2 | 3 | 2.23 |
| CO22 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2.46 |
| CO23 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 1 | 1 | 1 | 3 | 3 | 2.23 |
| CO24 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2.46 |
| CO25 | 3 | 3 | 2 | 3 | 3 | 1 | 2 | 2 | 1 | 1 | 1 | 3 | 3 | 2.15 |
| CO26 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 1 | 3 | 2.46 |
| CO27 | 3 | 3 | 3 | 3 | 2 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2.38 |
| CO28 | 2 | 2 | 2 | 2 | 3 | 1 | 1 | 2 | 1 | 1 | 3 | 3 | 3 | 2.00 |
| CO29 | 3 | 3 | 2 | 1 | 2 | 3 | 1 | 3 | 2 | 2 | 2 | 3 | 3 | 2.31 |
| CO30 | 3 | 3 | 3 | 1 | 2 | 5 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2.54 |
| CO31 | 3 | 3 | 3 | 2 | 3 | 3 | 1 | 2 | 3 | 2 | 3 | 1 | 2 | 2.38 |
| CO32 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 1 | 2 | 3 | 2 | 2.38 |
| Average of PO & PSO | 2.94 | 2.91 | 2.34 | 1.94 | 2.31 | 2.25 | 2.09 | 2.34 | 2.38 | 1.81 | 2.34 | 2.25 | 2.38 | |

**DEPARTMENT OF PHYSICAL EDUCATION, MUGBERIA GANGADHAR MAHAVIDYALAYA,
BHUPATINAGAR, PURBA MEDINIPUR-721425**

Department of Physical Education

Attainment of Course & Programme Outcomes For the academic year 2018-2019

In the Outcome Based Education (OBE), assessment is done through one or more than one processes, carried out by the department, that identify, collect, and prepare data to evaluate the achievement of course outcomes (CO's).

The process for finding the attainment of Course outcomes uses various tools/methods. These methods are classified into two types: Direct methods and indirect methods.

Direct methods display the student's knowledge and skills from their performance in the class/assignment test, internal assessment tests, assignments, semester examinations, seminars, laboratory assignments/practicals, mini projects etc. These methods provide a sampling of what students know and/or can do and provide strong evidence of student learning.

Indirect methods such as course exit survey and examiner feedback to reflect on student's learning. They are used to assess opinions or thoughts about the graduate's knowledge or skills.

Following tables show the various methods used in assessment process that periodically documents and demonstrates the degree to which the Course Outcomes are attained. They include information on:

- a) Listing and description of the assessment processes used to gather the data, and
- b) The frequency with which these assessment processes are carried out.

| Sr.No. | Direct Assessment Method | Assessment frequency | Description |
|---------------|---------------------------------|-----------------------------|---|
| 1. | Internal Assessment Test | Twice in a Semester | The Internal Assessment marks in a theory paper shall be based on two tests generally conducted at the end of 6 th and 11 th weeks of each semester. It is a metric used to continuously assess the attainment of course outcomes w.r.t course objectives. Average marks of two tests shall be the Internal Assessment Marks for the relevant course. |
| 2. | Assignments /experiments | Once in a week | Lab Assignment/Experiment is a qualitative performance assessment tool designed to assess students' practical knowledge and problem solving skills. Minimum ten experiments need to be Conducted for every lab course. |
| 3. | End Semester Examination | Once in | End Semester examination (theory or practical) |

| | | | |
|----|------------------------------|---|--|
| 4. | PracticalSemesterExamination | aSemester | It is a metric used to assess whether all the course outcomes are attained or not framed by the course in charge. End Semester Examination is more focused on attainment of all course outcomes and uses a descriptive questions. |
| 5. | HomeAssignments | Twice in aSemester | Assignment is a metric used to assess student's analytical and problem solving abilities. Every student is assigned with course related tasks & assessment will be done based on their performance. Grades are assigned depending on their innovation in solving/deriving the problems. |
| 6. | Class/AssignmentTest | Twice in a Semester | It is a metric used to continuously assess the student's understanding capabilities. |
| 7. | PreliminaryExamination | Once in a semester | Preliminary examination is the metric to assess whether all the course outcomes are attained or not by asking descriptive questions. |
| 8. | Presentations | As per the requirement | Presentation is the metric used to assess student's communication and presentation skills along with depth of the subject knowledge. Seminars topics are given to the students that cover topics of current interest or provide in-depth coverage of selected topics from the core courses. |
| 9. | ClassAttendance | As Per Vidyasagar University Guideline. | Total 5 Marks allotted for every Course The marks obtained of every course from Class Attendance by the students is following manner. <ol style="list-style-type: none"> 1. 05 Marks if he/she attained greater than or equal to 95%. 2. 04 Marks if he/she attained greater than or equal to 90%. 3. 03 Marks if he/she attained greater than or equal to 85%. 4. 02 Marks if he/she attained greater than or equal to 80%. 5. 01 Marks if he/she attained greater than or equal to 75%. |

| Table2:IndirectAssessmenttool usedforCO attainment | | | |
|---|---|-----------------------------|---|
| Sr. No. | Indirect AssessmentMethod | Assessment frequency | MethodDescription |
| 1 | Course Exit Survey /Students FeedbackSurvey | End ofSemester | Collect variety of information aboutcourse outcomes from the studentsafterlearningentirecourse. |

The attainment of course Outcomes (Cos) and Programme Outcomes (Pos)is evaluated based on the aforementioned tools, and therefore, the evaluation of marks in a particular course is relevant here. Details can be found below:

Marks Distribution

| Examination pattern for Theory & Practical Papers | |
|---|---|
| Theory Examination | Practical Examination |
| For each theory paper for every Semester University written examination Marks: 70 Internal Assessment: 30 Marks | For each theory paper for every Semester Universitypractical examination Marks: 70 Internal Assessment: 30 Marks |

DIRECTMETHOD

AcademicSession: 2018-2019

SemesterIV

ProgrammeName:M.P.Ed

ATTAINMENTLEVELSFOR

| Resultof M.P.EdSEM 4 of the academic year 2018-2019 | | |
|--|------------------|-------------|
| Sl. No. | Name | CGPA |
| 1. | Bankim Roy | 6.22 SQ |
| 2. | Subhodip Mondal | 6.76 SQ |
| 3. | Barindam Mahajan | 6.40 SQ |
| 4. | Madhukar Debnath | 6.87 SQ |

| | | |
|-----------|----------------------|---------|
| 5. | Amal Tripathy | 7.56 SQ |
| 6. | Koushik Kayal | 6.61 SQ |
| 7. | Unmesh Utthasani | 7.20 SQ |
| 8. | Suwendu Maity | 6.65 SQ |
| 9. | Souvick Kundu | 6.39 SQ |
| 10. | Gokul Chandra Mondal | 6.22 SQ |
| 11. | Moupiya Das | 6.99 SQ |
| 12. | Tahamina Khatun | 6.50 SQ |
| 13. | Debanjan Sengupta | 6.42 SQ |
| 14. | Sucheta Das | 7.27 SQ |
| 15. | Rina Das | 6.39 SQ |
| 16. | Pispev Mistri | 6.45 SQ |
| 17. | Joyashree Dolai | 6.18 SQ |
| 18. | Manika Bhunia | 6.59 SQ |
| 19. | Minakshy Saha | 6.29 SQ |
| 20. | Sujata Majhi | SNC |
| 21. | Kapila Roy | 5.81 SQ |
| 22. | Nirmalya Manna | 6.13 SQ |
| 23. | Mousumi Pal | 6.41 SQ |
| 24. | Kaushik Sheet | XS |
| 25. | Sukdeb Mondal | 6.49 SQ |
| 26. | Bristi Das | 6.38 SQ |

MUGBERIA GANGADHAR MAHAVIDYALAYA, MUGBERIA 721425
DEPARTMENT OF PHYSICAL EDUCATION
PO & PSO ATTAINMENT INDIRECT METHOD Academic Session: 2018-2019 Semester IV
Programme Name: M.P.Ed

STUDENTS' FEEDBACK FORM
MUGBERIA GANGADHAR MAHAVIDYALAYA
 BHUPATINAGAR ★ PURBA MEDINIPUR-721425

PLEASE HELP US AT WHAT WE DO BY COMPLETING THIS FEEDBACK FORM. WE WANT YOU TO BE HONEST ABOUT WHAT YOU THOUGHT AND HELP ABOUT THE SESSION

INDICATE YOUR GENERAL LEVEL OF SATISFACTION WITH THE FOLLOWING ITEMS
 PLEASE TICK (✓) IN THE APPROPRIATE BOX

Name of your Department :: M.P.Ed

| | |
|---|--|
| <p>1. Classes are regular in your department <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>2. General Classes are as regular as Honours Classes <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>3. Do you get library facilities properly? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>4. Assessment Tests are regular as per University Guidelines <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>5. Do you get Internet Service & Computer Facilities in your Department? (Only applicable for Science, Commerce, B.P.Ed, Music and Geography Departments) <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>6. Do you get Laboratory facilities (Access of Apparatus/Equipments etc) properly? (Only applicable for lab based subjects only) <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>7. Syllabus is taught according to University Guidelines <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>8. Syllabus is completed within scheduled time <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> | <p>9. Teachers are regular in their classes <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>10. Do you think teachers of your department are up-to-date according to recent research activities <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>11. Do your departmental teachers use Teaching Aids in the class room? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>12. Tutorial Classes and Remedial Classes are arranged in your Department <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>13. Are you engaged in any extracurricular activity? (Fresher's Welcome, Raksha Bandhan, Departmental Tour, NSS, NCC Programmes, Blood Donation Camp etc.) <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>14. Did you take any participation in District / State Level Sports or Cultural Competition? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>15. Provide names of your departmental teachers chronologically according to their Teaching Ability (Proficiency, Efficiency, Responsibility, Punctuation, Discipline)</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>16. Any Remarks</p> |
|---|--|

Moupiya Das
Signature of the Student
Year: 2017-2019

STUDENTS' FEEDBACK FORM
MUGBERIA GANGADHAR MAHAVIDYALAYA
 BHUPATINAGAR ★ PURBA MEDINIPUR-721425

PLEASE HELP US AT WHAT WE DO BY COMPLETING THIS FEEDBACK FORM. WE WANT YOU TO BE HONEST ABOUT WHAT YOU THOUGHT AND HELP ABOUT THE SESSION

INDICATE YOUR GENERAL LEVEL OF SATISFACTION WITH THE FOLLOWING ITEMS
 PLEASE TICK (✓) IN THE APPROPRIATE BOX

Name of your Department :: M.P.Ed

| | |
|---|--|
| <p>1. Classes are regular in your department <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>2. General Classes are as regular as Honours Classes <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>3. Do you get library facilities properly? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>4. Assessment Tests are regular as per University Guidelines <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>5. Do you get Internet Service & Computer Facilities in your Department? (Only applicable for Science, Commerce, B.P.Ed, Music and Geography Departments) <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>6. Do you get Laboratory facilities (Access of Apparatus/Equipments etc) properly? (Only applicable for lab based subjects only) <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>7. Syllabus is taught according to University Guidelines <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>8. Syllabus is completed within scheduled time <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> | <p>9. Teachers are regular in their classes <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>10. Do you think teachers of your department are up-to-date according to recent research activities <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>11. Do your departmental teachers use Teaching Aids in the class room? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>12. Tutorial Classes and Remedial Classes are arranged in your Department <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>13. Are you engaged in any extracurricular activity? (Fresher's Welcome, Raksha Bandhan, Departmental Tour, NSS, NCC Programmes, Blood Donation Camp etc.) <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>14. Did you take any participation in District / State Level Sports or Cultural Competition? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO</p> <p>15. Provide names of your departmental teachers chronologically according to their Teaching Ability (Proficiency, Efficiency, Responsibility, Punctuation, Discipline)</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>16. Any Remarks</p> |
|---|--|

Bani Kim Roy
Signature of the Student
Year: 2017-2019

**EXIT FORM SURVEY IS CONDUCTED THROUGH QUESTIONNAIRE METHODS. A
SAMPLE FORM IS GIVEN BELOW:**

MUGBERIA GANGADHAR MAHAVIDYALAYA, MUGBERIA 721425

DEPARTMENT OF PHYSICAL EDUCATION

Percentage of POs AND PSOs WITH QUESTIONNARIE

| No. | Questions | Percentage of 77 Students |
|------------|---|----------------------------------|
| 1. | Classes are regular in your department | 92.30 |
| 2. | General classes are as regular as Honours classes | 96.15 |
| 3. | Do you get library facilities properly? | 88.46 |
| 4. | Assessment test are regular as per university guidelines | 80.76 |
| 5. | Do you get internet service & computer facilities in your department? | 84.61 |
| 6. | Do you get Laboratory facilities (access of apparatus/Equipment' setc) properly? | 76.92 |
| 7. | Syllabus is taught according to University Guidelines | 80.76 |
| 8. | Syllabus is completed within schedule time | 84.61 |
| 9. | Teacher are regular in their classes | 84.61 |
| 10. | Do you think teachers of your department are up-to-date according to recent research activities | 88.46 |
| 11. | Do your departmental teachers use Teaching Aids in the class room? | 96.15 |
| 12. | Tutorial classes and remedial Classes are arranged in your department | 92.30 |
| 13. | Are you engaged in any extramural activity? (Fresher's welcome, RakshaBandhan, Departmental Tour, NSS, NCC Programmes, Blood donation camp, etc.) | 92.30 |
| 14. | Did you take any participation in District/State level Sports or cultural competition? | 76.92 |

The report is prepared by Dr. MrityunjayBiswas under the guidance of Dr. Debasish Ray, HOD, and Department of Physical Education.




Dr. Swapan Kr. Misra
(Principal)
Principal
Mugberia Gangadhar Mahavidyalaya