

DEPARTMENT OF PHYSICAL EDUCATION

Mugberia Gangadhar Mahavidyalaya,

Under

Vidyasagar University

Midnapore 721102

West Bengal

Syllabus Distribution

For

Master of Physical Education

(M. P. Ed.)

Session: 2022-2024

Teachers Shorts Name	Teachers Full Name
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MS1	Ms. Moumita Sen
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MPCC-101: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIT 1 – Introduction to Research (BSP)

- 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 (BSP)

- 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 (SK)

- 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 (SK)

- 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

UNIT 1 – Skeletal Muscles and Exercise (DR)

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

UNIT 2 – Cardiovascular System and Exercise (BD)

- 2.1 Conduction System of the Heart- Blood Supply to the Heart- Stroke Volume- CardiacOutput.
- 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 (DR)

- 3.1 Mechanism of Breathing –Respiratory Muscles, Pulmonary- Ventilation at Rest and DuringExercise.
- 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 (MS)

- 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 LastingSeveral Minutes- Long Duration Exercises.
- 4.4 Measurement of energy cost of an activity.

UNIT 5 – Climatic conditions and sports performance and ergogenic aids (BD)

- 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 hormoneon sports performance.
- 5.4 Doping agents: Narcotics, Stimulants, Amphetamines, Caffeine, Ephedrine,Sympathomimetic amines. Stimulants and sports performance.

MPCC-103: YOGIC SCIENCE

UNIT 1 – Introduction of Yoga (ANA)

- 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 (ANA)

- 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 (ANA)

- 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 (ANA)

- 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)

UNIT 1– Introduction (MS)

- 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 (MB)

- 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 (MS)

- 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 (MB)

- 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-II

Theory Courses

MPCC-201: APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

UNIT 1 – Introduction to Applied Statistics (DR)

- 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 (DR)

- 2.1 Meaning of probability, Normal curve, Principle of Normal Curve– Properties of normal Curve.
- 2.2 Divergence from 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 (DR)

- 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 (DR)

- 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 KINSESIOLGY

UNIT 1 – Introduction (BSP)

- 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 (ANA)

- 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 (ANA)

- 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 (BSP)

- 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 1 – Introduction (SD)

- 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 (SD)

- 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 (BD)

- 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 (BD)

- 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)

UNIT 1 – Introduction to Sports Management (AM)

- 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 (AM)

- 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 (SK)

- 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 (SK)

- 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-III

Theory Courses

MECC-301: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT 1 – Introduction to Sports Training (AM)

- 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 (AK)

- 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 (AK)

- 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 (AM)

- 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

UNIT 1 – Introduction (BD)

- 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 (SD)

- 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 (SD)

- 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 (BD)

- 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

UNIT 1 – Health Education (DG)

- 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 (DR)

- 2.1 Hypokinetic Diseases-Obesity, Cardio Vascular Diseases and Diabeties.
- 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 (DG)

- 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 (DR)

- 4.1 Meaning and Definition of Sports Nutrition and its role, Role of Macro and Micro-nutrition 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)

UNIT 1 – Introduction (MS1)

- 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 (MS1)

- 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 (SK)

- 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 (SK)

- 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-IV

Theory Courses

MPCC-401: ICT IN PHYSICAL EDUCATION AND SPORTS

UNIT 1 – Fundamentals of Computers (DR)

- 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 (MS1)

- 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 (DR)

- 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 (MS1)

- 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

UNIT 1 – Introduction (MB)

- 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: (MB)

- 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: (BSP)

- 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: (BSP)

- 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 (ALL TEACHERS)

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)

UNIT 1 – Introduction to Value Education. (ANA)

- 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 (ANA)

- 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 (BD)

- 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.

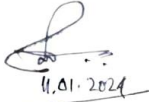
UNIT 4 – Natural Resources and related environmental issues: (BD)


- 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.

Practical Courses

Cours Code e	Subject	Teacher
SEM - I		
MPPC 101	Track & Field – I: Sprint, Middle & Long Distance Running, Relay and Hurdles. Developing essential Components like Physical and Motor Fitness, Technical and Tactical aspects.	AM
MPPC 102	Sports Major – I: Swimming And Gymnastics (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)	DR & ANA&BSP& SD
MPPC 103	Karate / Self Defense and Adventure Sports	SK
MPPC 104	Class Room Teaching Lessons (4+1) one from each theory subject and one for External	ALL TEACHERS
SEM - II		
MPP 201 C	Track & Field – II: Shot put Discus and Javelin Throws, High, Long and Triple Jump	AM & ANA
MPP 202 C	Sports Major – II: Basketball and Cricket (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)	SK&MS1
MPP 203 C	Yoga: Asanas, Pranayam and Kriyas	ANA&BD
MPP 204 C	Teaching Lessons: Sports Major – 4 Lessons Track Field- 4 Lessons	ALL TEACHERS
SEM - III		
MPP 301 C	Sports Major – III: Football and One Racket Sports (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)	BSP&MS
MPP 302 C	Sports Major – IV: Volleyball and Handball (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)	BD&MB
MPP 303 C	Officiating of Track & Fields and Sports Activities – Taught in SEM – I, II, III and IV	AK&MS1
MPP 304 C	Internshi on a Team Game*/ Project Work on Practical Activities *	ALL TEACHERS
SEM - IV		
MPP 401 C	Hammer or Pole Vault or Combined Events – Triathlon, Pentathlon, Heptathlon and Decathlon: (Fundamental Skills, Individual Tactics, Officiating)	AM
MPP 402 C	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.	ALL TEACHERS
MPP 403 C	Coaching Lessons on Sports Specialization Five internal practice lessons and one Final Lesson	ALL TEACHERS

MPP 404 C	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	ALL TEACHERS
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11.01.2024
HEAD
Dept. of Physical Education
Mugheria Gangadhar Mahavidyalaya
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11-01-2024
Principal
Mugheria Gangadhar Mahavidyalaya



