



राष्ट्रीय खेल विश्वविद्यालय
मणिपुर
केन्द्रीय विश्वविद्यालय
युवाकार्यक्रम एवं खेलमंत्रालय
भारत सरकार

NATIONAL SPORTS UNIVERSITY
MANIPUR, INDIA
Central University
Ministry of Youth Affairs and Sports
Government of India

Master of Physical Education and Sports
(M.P.E.S)

SCHEME OF EXAMINATION, STRUCTURE & COURSE
CONTENT

Two Years: Four Semesters, Regular Degree Programme

Following UGC-CBCS Guidelines

2021-22 to 2022-23

Department of Sports Coaching 28-09-2021

SCHEME OF EXAMINATION
MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)
SEMESTER – I

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/101	Current Trends in Physical Education, Exercise and Sports	3	48	30	45	75
MPES/CC/102	Advanced Exercise and Sports Training	3	48	30	45	75
MPES/CC/103	Applied Exercise and Sports Physiology	3	48	30	45	75
Elective (choose any one)						
MPES/EC/101 Elective	Sports Journalism	2	32	20	30	50
MPES/EC/102 Elective	Sports Event Management					
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/102	Advanced Exercise and Sports Training	1	32	10	15	25
MEPS/CC(P)/103	Applied Exercise and Sports Physiology	1	32	10	15	25
MPES/EC(P)/101	Sports Journalism	1	32	10	15	25
MPES/EC(P)/102	Sports event Management					
PART-C (SPORTS PRACTICAL)						
MPES/PC/104 (I,II,III)	Specialization Sports (Any One) I-Athletics / II- Swimming / III- Gymnastics	4	128	50	50	100
MPES/PC/105 (I,II,III, IV)	Specialization Games(any one) I-Football/II-Volleyball / III- Basketball/IV-Handball	4	128	50	50	100
MPES/PC/106	Fitness and Conditioning Training	2	64	25	25	50
TOTAL		24	592	265	335	600

SCHEME OF EXAMINATION
MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)
SEMESTER – II

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/201	Research Methodology and Statistics	3	48	30	45	75
MPES/CC/202	Applied Exercise and Sports Psychology	3	48	30	45	75
MPES/CC/203	Applied Exercise & Sports Kinesiology and Biomechanics	3	48	30	45	75
Elective (choose any one)						
MPES/EC/201	Sports Law, Policy and Risk Management	2	32	20	30	50
MPES/EC/202	Introduction to Adventure, and Recreation Sports					
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/202	Applied Exercise and Sports Psychology	1	32	10	15	25
MPES/CC/(P)203	Applied Exercise and Sports Kinesiology and Biomechanics	1	32	10	15	25
MPES/EC(P)/201	Sports Law, Policy and Risk Management	1	32	10	15	25
MPES/EC(P)/202	Introduction to Adventure, and Recreation Sports					
PART-C (SPORTS PRACTICAL)						
MPES/PC/204(I,II,II)	Specialization Sports (Any One) I-Athletics / II-Swimming / III-Gymnastics /	4	128	50	50	100
MPES/PC/205(I,II,II,IV, V)	Specialization Games (Any one) I-Badminton / II-TT/ III-Kho-Kho/ Kabaddi / IV-Cricket	4	128	50	50	100
MPES/PC/206(I,II, III, IV, V, VI)	Field Training: I-Organizing tournament / II-Officiating/ III-Sports Photography/ IV-Sports Commentary/ V-Performance analysis/ VI-Rehabilitation Exercise	2	64	25	25	50
TOTAL		24	592	265	335	600

SCHEME OF EXAMINATION
MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)
SEMESTER – III

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/301	Test, Measurement and Evaluation in Physical Education & Sports	3	48	30	45	75
MPES/CC/302	Sports Medicine and Rehabilitation	3	48	30	45	75
MPES/CC/303	Sports Technology and Innovation	3	48	30	45	75
Elective (choose any one)						
MPES/EC/301	Gender and Inclusive Sport Education	2	32	20	30	50
MPES/EC/302	Traditional Exercise and Sports					
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/302	Sports Medicine and Rehabilitation	1	32	10	15	25
MPES/CC(P)/303	Sports Technology and Innovation	1	32	10	15	25
MPES/EC(P)/301	Gender and Inclusive Sport Education	1	32	10	15	25
MPES/EC(P)/302	Traditional Exercise and Sports					
PART-C (PRACTICAL) Concerned Sports						
MPES/PC/304	Games and Sports Specialization Organizing Games & Sports/Officiating (Any one)	4	128	50	50	100
MPES/PC/305	Yoga and Naturopathy	4	128	50	50	100
MPES/PC/306	Field Training (Community Coaching)	2	64	25	25	50
TOTAL		24	592	265	335	600

SCHEME OF EXAMINATION
MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)
SEMESTER – IV

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/401	Sports Nutrition	3	48	30	45	75
MPES/CC/402	Sports Performance Analysis	3	48	30	45	75
Elective (choose any one)						
MPES/EC/401	Sports Entrepreneurship	2	32	20	30	50
MPES/EC/402	Health Club Management					
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/401	Sports Nutrition	1	32	10	15	25
MPES/CC(P)/402	Sports Performance Analysis	1	32	10	15	25
MPES/EC(P)/401	Sports Entrepreneurship	1	32	10	15	25
MPES/EC(P)/402	Health Club Management					
PART-C (PRACTICAL) Concerned Sports						
MPES/PC/403	Internship	6	192	-----	150	150
MPES/CC/404	Dissertation	7	112	75	100	175
TOTAL		24	528	185	415	600

Essence of program:

This popular course specified by UGC is ideal for those who love sports and who wishes to coach individual athletes and teams at all levels of ability. The course content will suit those who not only want to gain practical experience, but who also wishes to learn about the science of sports and innovation in coaching aspects. A strong practical approach is also at the heart of the course and students have been able to apply the theory learnt in the classroom laboratory on real life clients. Students are also encouraged to seek work placement in sports school, colleges, universities, professional sports club, academy, high

performance centre, sports science centre, sports management company and grade chance in sports industry. Student will get professional knowledge to become sports entrepreneur and develop business in sports sector by increasing their skills and put their scientific knowledge into practice.

Course objectives:

This course helps you to develop the knowledge, practical skills and experience needed for a professional career in sports and fitness coaching. Students will explore sports coaching theories and their applications to practice in areas such as sports physiology, sports psychology, sports bio-mechanics and super special knowledge and professional competence in coaching particular sports and games. Work placement and internship in sports industry will allow you to gain practical coaching experience in different sports, sports settings and scenarios. There are also opportunity to develop your skill in personal fitness and rehabilitation, the strength and conditioning of elite athletes in lab/field and in coaching of specific sports and games.

Throughout this course you will allow to access to the extensive lab and sports facilities in our campus and internship facilities **at your area of interest and location.**

Career and Employability:

This course will provide you with the opportunity to develop a career in many field/areas of different sports and games and industry working in different sports sectors.

- Assistant Director in college and university
- Sports manager in sports management companies
- Strength and conditioning coach in sports science lab
- Fitness and wellness expert in gym industry
- Able to work as an entrepreneur in sports management company or fitness industry.
- Exercise health and fitness consultancy in fitness industry
- Sports performance analysts of different sports and games
- Able to work as sports councillor and mentor in community coaching centre and
- Sports administrator/officer in government/private sports schools, college and universities

SEMESTER – I

CURRENT TRENDS IN PHYSICAL EDUCATION, EXERCISE AND SPORTS

COURSE CODE: MPES/CC/101

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/101	Current Trends in Physical Education, Exercise and Sports	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Identify current trends, issues and challenges facing physical education and sports
- Critically analyze the development of current practices in physical education
- Explore new trends in physical education and sports
- Explore opportunities future prospects trends in physical education and sports

UNIT – I

Issue and Challenges in Physical Education

- 1.1. Issues and challenges of physical education and sports in Primary, Secondary and Higher Secondary Educational Institution.
- 1.2. Issues and challenges of physical education and sports at colleges and Universities
- 1.3. Strategy and development taken by government and private agencies towards physical education and sports programme.
- 1.4. Current practices of physical education and sports programme at educational institutions in Global level
(Students should go to educational institute and explore issue and challenges)

UNIT - II

Development of Appropriate Practice of Physical Education and Sports

- 2.1. Developing 21st Century's Skills and Competencies in physical education and Sport, keeping in mind our ancient exercises and sports science

2.2. Implementation of active and effective teaching & learning system in physical education and Sports

2.3. Development of Physical education and sports teaching model for various age groups

2.4. Development and introduction of various types of physical activities programme for different age groups

(Student should prepare self-instructional teaching and learning material and present before the class and rest of the students will have peer discussion and critically analyze the teaching learning contents)

UNIT – III

Current Trends in Physical Education and Sports

3.1. Organization of different physical activities and fitness Programme at educational institution

3.2. Motivational aspects for development of life long physical activities and exercise habits

3.3“Fitness for Life” physical education Programme A critically analysis of fitness programme for different age group

3.4. Development of physical fitness and wellnessand sports culture from community to District, State and National level

(Students should go to educational institute and explore and analyze the issue and challenges)

UNIT – IV

Future Prospects of Physical Education:

4.1. Procedure on engaging all students on fun and lifetime fitness skill

4.2. Designing physical literacy programme: tracking of individual physical fitness with digital tools like sportZGrid, Fitness Gram, Khelo India Mobile App online training

4.3. Changes required to develop physical education Curricula both in School and Higher education as per National Education Policy 2020

4.4. Explore opportunities in mass participation through Physical activities to develop health and wellness, Role of Fit India movement, Traditional and Spiritual Dance and International Day of Yoga.

Suggested Reading:

1. Aplin, N. Editor (2009). Perspectives on physical education and sports in Singapore. An eye on the Youth Olympics 2010. McGraw Hill Education (Asia).
2. Babu, N Satihish, Recent trends in Physical education, Lulu.com, 2021.
3. Darling-Hammond, L. & Bransford, J. Editors (2005). Preparing teachers for a changing world. Josey-Bass, San Francisco, California.
4. Darst, P.W., & Pangrazi, R.P. (2006). Dynamic physical education for secondary school students. San Francisco: Benjamin Cummings.
5. Deborah Tannehill, Building effective Physical education programmes, Jones & Bartlett Learning; Pap/Pscdition (November 4, 2013)
6. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
7. Inez Rovegno and Dianna Bandhauer, Elementary Physical education Curriculum and Instructions, Jones & Bartlett Learning; 2nd edition (February 29, 2016),
8. Kelly, L.E., & Melograno, V. (2004) Developing the physical education curriculum: an achievement based approach. Human Kinetics
9. Launder, A. (2001) Play practice. The games approach to teaching and coaching sports. Human Kinetics.
10. Metzler, M.W. (2005). Instructional models for physical education. Scottsdale, Arizona: Holcomb Hathaway.
11. Siedentop, D., & Tannehill, D. (2000). Developing teaching skills in physical education. Mountain View, CA: Mayfield.
12. Singh Ajmir and Jagdish (2016) Essentials of Physical Education, Kalyani Publications, New Delhi.

SEMESTER – I
ADVANCED EXERCISE AND SPORTS TRAINING
COURSECODE: MPES/CC/102

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/102	Advanced Exercise and Sports Training	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understand Resistance Training and Spotting Techniques – Equipment: Body Weight Exercises
- Understanding of Programming for Development of Motor Components
- Adaptation and Recovery, Super Compensation, Training Structure - Volume, Intensity
- Periodization Planning and Assessment

UNIT – I

Planning and Programming Resistance, Flexibility Training and Spotting Techniques – Equipment: Body Weight Exercises

- 1.1.Planning and Assessment of Free Weight Exercise, Variable Resistance Training (VRT), Exercise and Spotting – Technique, Explosive Lifts
- 1.2.Planning and Assessment of Resistance Training Programming for General Fitness - Exercise Selection, Training Intensity and Frequency.
- 1.3.Planning and Assessment of Resistance Training Programming for Performance Enhancement – Training Protocol, Functional training, PNF stretching exercises
- 1.4.Planning and Assessment of Flexibility Exercise, Core Strengthening Exercise, Pilates Exercise and Swiss Ball exercise.

UNIT – II

Exercise Motor Components Development

- 2.1.Training programming and Assessment for Balance, Speed and Reaction Ability
- 2.2.Training programming and Assessment of Endurance
- 2.3.Training programming and Assessment for Coordination and Agility Training
- 2.4.Exercise guideline for Geriatric populations. Introduction to Masters Sports, Ageing and Performance

Unit – III

Scientific Basis of Sports Training

- 3.1.Principles of Sports Training - Overload, Specificity, Progression and Reversibility; Meaning and concept of Training load
- 3.2.Adaptation and Recovery, Super Compensation, Training Structure - Volume, Intensity, Frequency
- 3.3.Peaking and tapering, Errors in Training
- 3.4.Adaptations to Aerobic and Anaerobic Training

UNIT – IV

Preparation for Sports Competition

- 4.1.Concept and classification of competition, Competition system and preparation for competition, the number and frequency of competition
- 4.2.Technical and Tactical preparation – Meaning and Methods
- 4.3.High performance training planning and programming for elite athletes
- 4.4.Designing Periodization through IT support

SEMESTER – I
PRACTICAL
ADVANCED EXERCISE SPORTS TRAINING
COURSE CODE: MPES/CC (P)/102

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/102	Advanced Exercise and Sports Training	1	32	10	15	25

UNIT-I

- 1.1.Designing Resistance training programme for beginners, advanced and elite Sportsman
- 1.2.Designing and Evaluation for Variable Resistance Training (VRT) with intensity and volume
- 1.3.Designing and Evaluation for Balance, speed and agility training exercises
- 1.4.Designing Flexibility training schedule, PNF stretching

UNIT- II

- 2.1.Designing and Evaluation of Endurance Training programme (continuous, Interval and fartlek training)
- 2.2.Designing and Evaluation of Circuit training programme
- 2.3.Designing and Evaluation of Plyometric training Programme
- 2.4.Tapering planning for athletes

Suggested Readings

1. Dick W. Frank, (2002) Sports Training Principles, 4thed. London: A&C BlackLtd...
2. Harre, D. (1982) Principles of Sports Training, Berlin: SportVeulag.
3. K. Chandra Shekar, (2004) Sports Training, KhelSahityaKendra.
4. Matveyev, L.P. (1977) Fundamentals of Sports Training, Moscow: Progress Publishers.
5. Singh, Hardayal. (1991) Science of Sports Training, New Delhi: DVS Publications.

6. Tudor B. Bompa & Mihai C. Carera, (2005) Periodization Training for Sports, Human Kinetics, (2nd Edition).
7. Uppal, A.K. (2001) Principles of Sports Training, Delhi: Friends Publication.
8. Yograj Thani, (2003) Sports Training, Sports Publication.
9. William E. Amonette, Kirk L. English and William J. Kraemer, Evidence-Based Practice in Exercise Science, Human Kinetics, 2016.
10. Essentials of Exercise Science, by American Council on Exercise; 4th edition (January 1, 2010)



SEMESTER –I
PRACTICAL
COURSE CODE: MPES/CC/103

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/103	Applied Exercise and Sports Physiology	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understanding muscular system and effect of exercise and sports on it
- Knowledge about cardio respiratory system and effect of exercise and sports on it
- Learning fitness and physiological testing for various groups
- Understanding climatic conditions: Exercise and sports performance Study of aging, and exercise and doping in sports

UNIT –I

Physiology of Exercise and Sport: Muscular System

- 1.1. Meaning and Definition of Exercise and sport Physiology; Applied role of Exercise and sport Physiology in the field of Physical Education & Sports Science
- 1.2. Macro & Micro Structure of the Skeletal Muscle, Types of Muscle fiber, Muscle Tone, Chemical Composition, Nerve and Blood supply to muscle, Motor unit, neuromuscular junction
- 1.3. Concept of nerve impulse transmission, Sliding Filament theory of Muscular Contraction, Chemistry of muscular contraction
- 1.4. Effect of acute and chronic exercises and sports training on the neuromuscular system.

UNIT – II

Introduction to Cardiovascular and Bioenergetics System

- 2.1. Introduction to Cardiovascular system, Factors affecting Heart Rate, Stroke volume and cardiac output, Cardiac hypertrophy
- 2.2. Application Heart rate variability in training, Effect of acute & chronic exercises and sport training on the cardiovascular system
- 2.3. Energy sources for muscular work: ATP- PC system, Glycolytic system, and Oxidative system; aerobic and anaerobic metabolism
- 2.4. Energy release from carbohydrate, fat and protein, Measurement of energy expenditure at rest and during exercise and Sport and recovery

UNIT – III

Respiratory System and Recovery Process

- 3.1. Overview of respiratory system
- 3.2. Factors affecting Respiratory rate, Tidal volume and pulmonary ventilation; anaerobic threshold
- 3.3. Effect of acute and chronic exercise and sport training on respiratory system
- 3.4. Recovery process after exercise, traditional concept of oxygen debt and contemporary concept of excess post-exercise oxygen consumption (EPOC), Restoration of energy stores

UNIT –IV

Environmental Issues during Exercise and Sports

- 4.1. Thermoregulation Exercise and – Sports performance in hot and cold Climate and its, physiological response
- 4.2. Altitude and sports performance
- 4.3. Acclimatization Process
- 4.4. Introduction to Cryo Chamber Recovery, Oxygen Chamber Recovery.

SEMESTER – I

PRACTICAL

COURSE CODE: MPES/CC (P) 103

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MEPS/CC(P)/103	Applied Exercise and Sports Physiology	1	32	10	15	25

UNIT-I

- 1.1. Use of 3D Bone & Organ (anatomy) and virtual introduction
- 1.2. Measurement of blood haemoglobin, total count and differential count of blood cells and measurement of blood biochemistry
- 1.3. Measurement of Heart rate and blood pressure etc. in rest, exercise and recovery time
- 1.4. Measurement of Respiratory rate, pulmonary ventilation etc.; Measurement of anaerobic and aerobic capacity

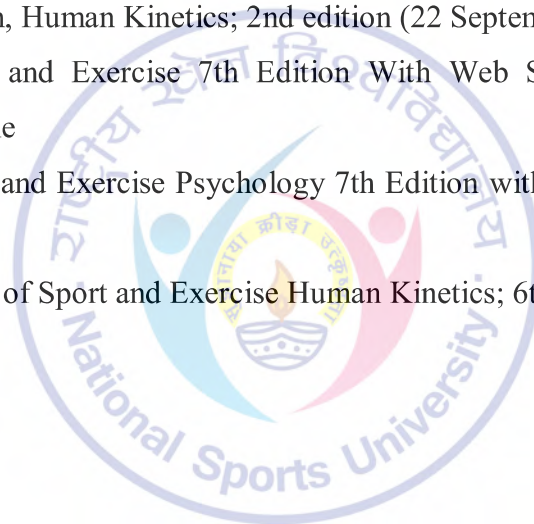
UNIT-II

- 2.1. Measurement of Body composition: Body fat, Body mass, bone density, body water, body electrolytes etc.
- 2.2. Evaluation of Physical and Physiological Efficiency
- 2.3. Exercise and Sport for All: Individual Prescription
- 2.4. Dope test report and analysis

Suggested Reading:

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
2. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
3. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
4. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.

5. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
6. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
7. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
8. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
9. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
10. William, D. McAradle, F.I. Katch & V.L. Katch (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
11. Weinberg, Foundations of Sport and Exercise Psychology, Human Kinetics, Inc. Champaign IL 6th Ed. 2015.
12. Practical Guide to Exercise Physiology: The Science of Exercise Training and Performance Nutrition, Human Kinetics; 2nd edition (22 September 2020)
13. Physiology of Sport and Exercise 7th Edition With Web Study Guide by W. Larry Kenney Product Bundle
14. Foundations of Sport and Exercise Psychology 7th Edition with Web Study Guide-Paper by Robert S.
15. Physiology Weinberg of Sport and Exercise Human Kinetics; 6th edition (19 May 2015)



SEMESTER – I
ELECTIVE PAPER
SPORTS JOURNALISM
COURSE CODE: MPES/EC/101

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
Elective (choose any one)						
MPES/EC/101 Elective	Sports Journalism	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Know about evolution of Sports on media front, rise of Journalism in sports
- Know about the Sports journalism and Media, Know about the concept and ethics in sports journalism
- Learn and be familiarize with the News print, broad casting, and sports business
- Have knowledge about Sports Laws and policies, sports article and electronic media

UNIT – I

Introduction

- 1.1. Introduction to Mass Communication/Media and Journalism, Principles of communication and theories
- 1.2. Brief history of journalism in India (rise of mass media - traditional and online)
- 1.3. Introduction to Sports Journalism, Definition of Sports News, Characteristics of Sports Journalist
- 1.4. Sports Journalism: Trends and ethics in Sports Journalism.

UNIT – II

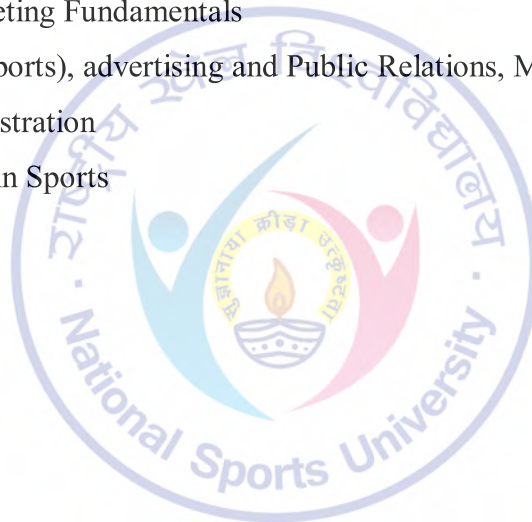
Writing Sports News/Stories and Feature Articles

- 2.1. News, concepts of reporting and writing, classification of news, sports news
- 2.2. News writing (sports) and editing, headline writing, feature writing, interviews, columns
- 2.3. Script writing, sports news writing for Television and Radio, news reading, commentary and presentation
- 2.4. Writing for sports magazine and online platforms (sports news website and blogs) and Statistics and data use in sports journalism.

UNIT – III

Event management, PR, Sports Business and Management

- 3.1. Management & Marketing Fundamentals
- 3.2. Event management (sports), advertising and Public Relations, Media management
- 3.3. Sports Law & Administration
- 3.4. Contemporary Issues in Sports



SEMESTER – I

PRACTICAL

COURSE CODE: MPES/EC (P)/101

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/EC(P)/101	Sports Journalism	1	32	10	15	25

UNIT – I

- 1.1. Handling of various equipment related to sports journalism
- 1.2. Writing various types of reports, leads, headlines and news stories
- 1.3. Conducting interviews and writing stories on it
- 1.4. Conducting and covering pre-event and post event press meet.

UNIT – II

- 2.1. Writing and publishing Blogs
- 2.2. Record videos by using various camera movements and Angles
- 2.3. Interview with National repute sports person
- 2.4. Experiment on various types of shots and angle.

Suggested Reading:

1. Andrews Phil (2013). "Sports Journalism: A practical introduction". SAGE Publications Ltd; second edition. ISBN-13:978-1446253373.
2. Chouhan Bhupindar Singh and Hitesh Chandra Rawal, Sports Journalism and Mass Media,
3. Sports Publication, New Delhi, 2019.
4. Motiz, Brian (December 2014). "Rooting for the story: Institutional sports journalism in the digital age". Syracuse University.
5. Stofer, Kathryn T. et al., (October 2009). "Sports Journalism: An introduction to reporting and writing". Rowman & Littlefield Publishers.
6. Singh Hoshiyar, Sports Journalism and Mass media, Khel Sahitya Kendra, 1917.

SEMESTER – I

SPORTS EVENT MANAGEMENT

COURSE CODE: MPES/EC/102

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
Elective (choose any one)						
MPES/EC/102 Elective	Sports Event Management	1	32	10	15	25

Course Learning Outcome:

After completing this course, the students will be able to

- Understanding the Sports event industry
- Understanding sports event conceptualization and planning process
- Understanding budgeting and identifying sponsors
- Advertising of sports events

UNIT - I

Introduction to Sports Event Industry

- 1.1.Introduction to Sports Event Industry, Evolution of Sports Events
- 1.2.Variety of Sports events, Role of Event organizations and sports event manager
- 1.3.Sports events vs. Non-sports events; Sports Tourism
- 1.4.Challenges in Sports event management, Future Trends in Sports Event Management and Marketing

UNIT – II

Sports Event Conceptualization and Planning Process

- 2.1.Defining and developing objectives for the event; planning components – type of sport Requirements, concept and design
- 2.2.Event flow, setting operational timelines, Creating checklists, Logistics plans, Safety and Security planning
- 2.3.Selecting and soliciting host City / Venues – understanding and managing expectations, finding the right people, identify and analyze management tasks for Staff, Vendors and Volunteers

2.4. Identify Sponsors, Designing sponsorship programme– media partnerships, Strength, weakness opportunity and challenges (SWOC) Analysis.

UNIT – III

Budgeting Process and advertising

3.1. Identifying costs – Facility cost, Event operations cost, marketing expenses, Guest Management and Hospitality expenses. Miscellaneous expenses

3.2. Controlling costs and Contingency planning, identifying revenue streams – Ticket Sales, Hospitality partnerships

3.3. Sponsorships and Advertising; Broadcasting, tournament and participation fees, Grants and Donations

3.4. Sports event marketing, advertising, advertising through Sports celebrities



SEMESTER – I
PRACTICAL
CODE: MPES/EC(P)/102

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/EC(P)/102	Sports event Management	1	32	10	15	25

UNIT – I

- 1.1. Assignment on Sports Event Preparation & Sports Tourism
- 1.2. Creating procurement checklist for the Sports event
- 1.3. Organizing Intramural Sports
- 1.4. Organising Extramural Sports

UNIT – II

- 2.1. Field trip and Reviewing the sports event – Pre and Post games Review
- 2.2. Post-event promotions and media coverage, preparing a budget
- 2.3. Procedures for following-up with Sponsors, Post-event briefing
- 2.4. Report writing on Evaluating and outcome of Sport Event

Suggested Readings:

1. Jacquelyn Cuneed & M. Joy Sidwell, (1994) Sports Management Field Experiences, Fitson Information Technology, Inc.
2. L. Mathis & John H. Jackson (2000) Human Resource Management (Ninth Edition) South Western College Publishing.
3. Milena M. Parent, Sharon Smith-Swan, (2012) Managing Major Sports Events Theory and Practice – Routledge.
4. Paul M. Pedersen and Lucie Thibault, (2018), contemporary sports management, Human kinetics.
5. Supovitz Frank, (2013) .The sports event Management and marketing Play book. 2nd edition, Wiley.
6. Solomon Jerry, Managing Sporting Events Human Kinetics Publishers.

7. T. Christopher Greenwell, Leigh Ann Danzey-Bussell and David J. Shonk, (2013)Managing sports events, Human kinetics.
8. Thomas J. Aicher, Brianna L. (2015) Sports facilities and event Management, Jones&Bartlett Learning;



SEMESTER – I

I ATHLETICS, II GYMNASTICS, III SWIMMING (ANY ONE)

COURSE CODE: MPES/PC/104(I)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/104 (I,II,III)	Specialization Sports (Any One) I-Athletics / II- Swimming / III- Gymnastics	4	128	50	50	100
TOTAL		24	592	265	335	600

Course Learning Outcome:

After completing this course, the students will be able to

Understand and practically involved in track marking in athletics

- To provide knowledge of Athletics regarding rules, regulation skills, tactics and strategies, to enhance performance of Athletics event with regular practices.
- To provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of Athletics events
- To develop officiating qualities concerning the duties and responsibilities of official in Athletics events.

ATHLETICS

COURSE CODE: MPES/PC/104(I)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/104 (I,II,III)	Specialization Sports (Any One) I-Athletics / II- Swimming / III- Gymnastics	4	128	50	50	100
TOTAL		24	592	265	335	600

UNIT – I

- 1.1.AAF - Standard Track and Field Marking, Drills and Conditioning exercise
- 1.2.Sprint events, starting technique – standing start, crouch start and its variations, proper use of blocks and finishing techniques
- 1.3.Kinesiological and biomechanical analysis of the sprint events
- 1.4.Physiological changes of sprinters, Psychological preparation.

Unit – II

- 2.1.Fundamental of Running – Aims –techniques. Middle and Long distance run, mechanical Analysis and physiological changes of long distance athletes
- 2.2.Relays: batten exchange skill with mechanical analysis
- 2.3.Hurdles techniques; approach, clearance over the Hurdle lead leg action, Trail leg action and recovery, Mechanical principle involved in hurdles events
- 2.4.Psychological preparation of athletes

Unit – III

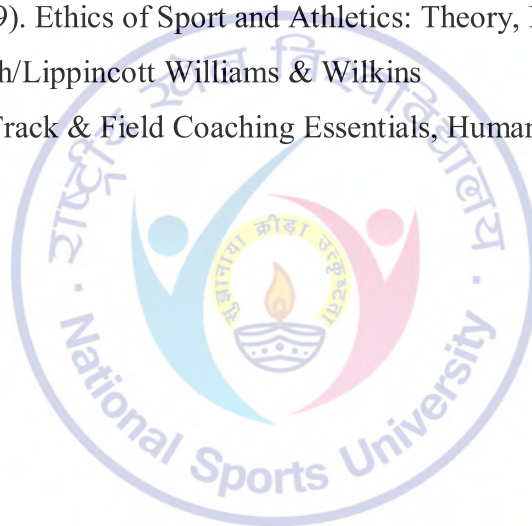
- 3.1.IAAF rules and tie breaking interpretations, walking events
- 3.2.Finishing Techniques – Run through, forward lunging, shoulder shrug.
- 3.3.Finishing techniques of middle and long distance running events Mechanical analysis of walking and running events
- 3.4. Psychological preparation involved in long distance athletes

Unit – IV

- 4.1. Basic-Training Schedule Preparation for athletic events
- 4.2. Fundamentals of coaching in athletics
- 4.3. Officiating of athletic events
- 4.4. Organization and administration of athletic events

Suggested Readings:

1. Brewer, Clive, Athletic Movement Skills, Human Kinetics, USA, 2017.
2. Cartwright, L.A. Fundamentals of Athletics Training, Human Kinetics, 2011.
3. David H. Perrin, Athletic Tapping and Bracing, Third Edition, Human Kinetics, 2012.
4. Freeman, W. Track and Field Coaching Essentials, AADI Books, Delhi, 2015
5. Gupta, U.C. Athletic- Skills & Techniques, Human Kinetics, 2016.
6. Schneider, R. C. (2009). Ethics of Sport and Athletics: Theory, Issues, and Application.
7. Wolters Kluwer Health/Lippincott Williams & Wilkins
8. USA Track & Field, Track & Field Coaching Essentials, Human Kinetics, 2017



GYMNASTICS

COURSE CODE: MPES/PC/104(II)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/104 (I,II,III)	Specialization Sports (Any One) I-Athletics / II- Swimming / III- Gymnastics	4	128	50	50	100
TOTAL		24	592	265	335	600

Course Learning Outcome:

After completing this course, the students will be able to

- To obtain knowledge of gymnastics regarding rules, regulation skills, tactics and strategies, to enhance performance of Gymnastics event with regular practices.
- To provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of Gymnastics events
- To develop officiating qualities concerning the duties and responsibilities of official in Gymnastics events.

UNIT – I

1.1. Developmental Exercises common for Men and Women

1.2. Exercises on wall bars

1.3. Exercises on balance beam

1.4. Rope climbing, Exercises with medicine ball.

UNIT – II

2.1. Pyramid formations and stunts

2.2. Floor Exercises: Forward roll, backward roll, sideward roll, cart wheel, hand stand and forward roll, backward roll to hand stand

2.3. Diving forward roll, side split, head stand, different kind of scale, dive roll from best board and round off

2.4. Mechanical analysis of floor exercises

UNIT – III

3.1. Parallel Bars, Mount from one bar, straddle walking on parallel bars

- 3.2. Single and double step walk, perfect swing and shoulder stand on one bar roll forward, roll side
- 3.3. Shoulder stand and front on back vault to the side (dismount)
- 3.4. Mechanical analysis of the parallel bar event

UNIT – IV

- 4.1. Basic-Training Schedule Preparation for floor and parallel bar events
- 4.2. Fundamentals of coaching with psychological preparation
- 4.3. Officiating of Floor and parallel bar events
- 4.4. Organization and administration of gymnastics events

(WOMEN SECTION)

UNIT – I

- 1.1. Developmental Exercises common for Men and Women
- 1.2. Exercises on wall bars
- 1.3. Exercises on balance beam
- 1.4. Rope climbing, Exercises with medicine ball.

UNIT – II

- 2.1. Floor Exercise Rolls-forward and backward
- 2.2. Hand stand and roll forward, cartwheel and cat leap
- 2.3. Mechanical analysis of floor exercises

UNIT – III

- 3.1. Uneven Bars
- 3.2. Long higher bar to squat forward to rear support
- 3.3. Swan, one leg squat rise to scale and under wing dismount
- 3.4. Mechanical analysis of the event

UNIT – IV

- 4.1. Basic Training Schedule Preparation for floor and uneven bar events
- 4.2. Fundamentals of coaching with psychological preparation
- 4.3. Officiating of Floor and uneven bar events
- 4.4. Organization and administration of gymnastics events

Suggested Readings:

1. Chakraborty, S. (2006). Activities for children teaching gymnastics Pyramids. Sports Publication.
2. Negi, Teach Yourself Women Gymnastics, Sports Publication, 2016.
3. Kunal Negi, Teach Yourself Men Gymnastics, Sports Publication, 2016.
4. Lokesh Thani, Skill & Tactics Gymnastics, Sports Publication, 2020
5. Mohit, How to play Floor exercises Gymnastics, Sports Publication, 2016
6. O. P. Aneja, Teach Yourself Rhythmic Gymnastics, Sports Publication, 2016



SWIMMING

COURSE CODE: MPES/PC/104(III)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/104 (I,II,III)	Specialization Sports (Any One) I-Athletics / II- Swimming / III- Gymnastics	4	128	50	50	100
TOTAL		24	592	265	335	600

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of swimming regarding rules, regulation skills, tactics and strategies
- To enhance performance of swimming event with regular practices, to provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of swimming events
- To develop officiating qualities concerning the duties and responsibilities of official in swimming events.

UNIT – I

Introduction of Swimming

- 1.1.Front crawl drills
- 1.2.Back stroke drills
- 1.3.Arm and leg movements, synchronization and fault correction
- 1.4.Health and hygiene rules, Safety Rules

UNIT – II

Competitive Strokes

- 2.1.Teaching of competitive swimming strokes (Free style)
- 2.2.Body position, Leg Kick, Arm Pull,Breathing and Co-ordination
- 2.3.Starts and turns of Front crawl
- 2.4.Mechanical principles involve in free style swimming

UNIT – III

Back stroke

- 3.1. Teaching of competitive swimming back stroke
- 3.2. Body Position, Leg Kick, Arm Pull, Breathing and Co-ordination
- 3.3. Starts and turns of back stroke
- 3.4. Mechanical principles involve in back stroke

UNIT – IV

Turning Skill of Front Crawl and Backstroke

- 4.1. Basic-Training Schedule Preparation for Front crawl and backstroke events
- 4.2. Fundamentals of coaching with psychological preparation
- 4.3. Officiating of Front crawl and back stroke events
- 4.4. Organization and administration of swimming events

Evaluation

Full marks 100 marks

Internal Assessment: 50 marks

External Assessment 50 marks

Evaluation criteria	Internal Examiners mark	External Examiners Mark
Teaching & Coaching ability	15	15
Performance and Skill proficiency	15	15
Officiating ability	10	10
Record book and Viva	10	10
Total	50	50

Suggested Readings:

1. A.K. Srivastava, Teach Yourself Breaststroke Swimming, Sports Publication, 2016.
2. Ak.K. Srivastava, Teach Yourself Backstroke Swimming, Sports Publication, 2016.
3. Aneja Om Prakash. (2010). Swimming Skills & Rules. Khel Sahitya Kendra, New Delhi.
4. Dick Hannula. (2003). Coaching Swimming Successfully. (Second edition) Friends Publication, (India).

5. Jain, D. (2003). Swimming Skill & Rules. Khel Sahitya Kendra, New Delhi, 2003.
6. Kanika, K. (2005) Swimming Coaching Manual, Sports Publication, New Delhi.
7. Kelvin Juba, (2002),swimming for fitness. The Lyons Press
8. Ruben Guzman, Swimming Drill book, Human Kinetics, 2017.



SEMESTER – I
SPECIALIZATION GAMES (ANY ONE)
FOOTBALL(I)/VOLLEYBALL(II)/BASKETBALL (III)/HANDBALL (IV)/CRICKET
(V)
COURSE CODE: MPES/PC/105
(I, II, III, IV, V)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/105 (I, II, III, IV)	Specialization Games (any one) I-Football/II-Volleyball / III- Basketball/IV-Handball	4	128	50	50	100



FOOTBALL (I)

COURSE CODE: MPES/PC/105 (I)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/105 (I, II, III, IV)	Specialization Games (any one) I-Football/II-Volleyball / III- Basketball/IV-Handball	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of Football regarding rules, regulation skills, tactics and strategies of Football.
- To enhance performance of Football with regular practices.
- To provide teaching and coaching opportunities to the students, to provide opportunities to organize and officiating of Football
- To develop officiating qualities concerning the duties and responsibilities of official in Football.

UNIT – I

Introduction

- 1.1.Introduction, Structure and functions of National & International controlling Bodies of Football
- 1.2.General and Specific warming – up routines of Football
- 1.3.Supplementary exercise and weight training exercises required for games
- 1.4.Fundamental drills. Lead up Games

UNIT – II

Offensive Techniques and Tactics

- 2.1.Practical application of different Offensive Techniques, Tactics patterns applicable to game
- 2.2.Tactical Training-patterns applicable to offensive skills, advance drills associated to skill (Teaching and learning ability)

2.3.Mechanical analysis of the various offensive skills

2.4.Psychological preparation

UNIT – III

Defensive Techniques and Tactics

3.1.Practical application of different Defensive Techniques, Tactics patterns applicable to game

3.2.Tactical Training-patterns applicable to defensive and attacking game, advance drills associated to skill (Teaching and learning ability)

3.3.Mechanical analysis of the various defensive and attacking skills

3.4.Psychological preparation

UNIT – IV

Officiating and Coaching

4.1.Skills Tests (Applicable to Game)

4.2.Coaching Schedule and practice applicable to game

4.3. Officiating of football games

4.4.Organisation and administration of basketball match and tournament

Full marks 100 marks

Internal Assessment: 50 marks

External Assessment 50 marks

Evaluation criteria	Internal Examiner's mark	External Examiner's Mark
Teaching & Coaching ability	15	15
Playing ability	15	15
Skill proficiency	10	10
Record book and Viva	10	10
Total	50	50

Suggested Readings:

1. Bill Beswick. (2010). Focused for Soccer. 2nd Edition, Human Kinetics.
2. Bobby Moffat. (1985), the Basic Soccer Guide. Collier Books.
3. Dylan Joseph, Soccer Coaching: A Step-by-Step Guide on How to Lead Your Players, Manage Parents, and Select the Best Formation, Understand, LLC , 2019
4. John Hughson, Handbook of Football Studies Routledge, 2018
5. Jacob Danial, The Complete Guide to Coaching Soccer Systems and Tactics, Reedswain (October 1, 2003)
6. Nelson McAvoy, Teaching soccer fundamentals, Human Kinetics; 1st edition (August 24, 1998)
7. Robert Koger 101 Great Youth Soccer Drills McGraw-Hill Education; 1st edition (2005).
8. Thomas Reilly & Mark Williams. (2003), Science and Soccer. Routledge, London.
Thomson, W. Teaching Soccer



VOLLEYBALL (II)

COURSE CODE: MPES/PC/105 (II)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/105 (I, II, III, IV)	Specialization Games (any one) I-Football/II-Volleyball / III- Basketball/IV-Handball	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of Volleyball regarding rules, regulation skills, tactics and strategies of Volleyball
- To enhance performance of Volleyball with regular practices, to provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of Volleyball
- To develop officiating qualities concerning the duties and responsibilities of official in Volleyball

UNIT – I

Introduction

- 1.1.Introduction, Structure and functions of National & International controlling Bodies of Volleyball
- 1.2.General and Specific warming – up routines of Volleyball
- 1.3.Supplementary exercise and weight training exercises required for games
- 1.4.Fundamental drills. Lead up Games

UNIT – II

Offensive Techniques and Tactics

- 2.1.Practical application of different Offensive Techniques, Tactics patterns applicable to game

- 2.2.Tactical Training-patterns applicable to offensive skills, advance drills (Teaching and learning ability)
- 2.3.Mechanical analysis of the various offensive skills
- 2.4.Psychological preparation

UNIT – III

Defensive techniques and tactics

- 3.1.Practical application of different Defensive Techniques, Tactics patterns applicable to game
- 3.2.Tactical Training-patterns applicable to defensive and attacking game, advance drills (Teaching and learning ability)
- 3.3.Mechanical analysis of the various defensive and attacking skills
- 3.4.Psychological preparation

UNIT – IV

Officiating

- 4.1.Skills Tests (Applicable to Game)
- 4.2.Coaching Schedule and practice applicable to game
- 4.3.Officiating of Volleyball games
- 4.4.Organisation and administration of basketball match and tournament

Full marks 100 marks

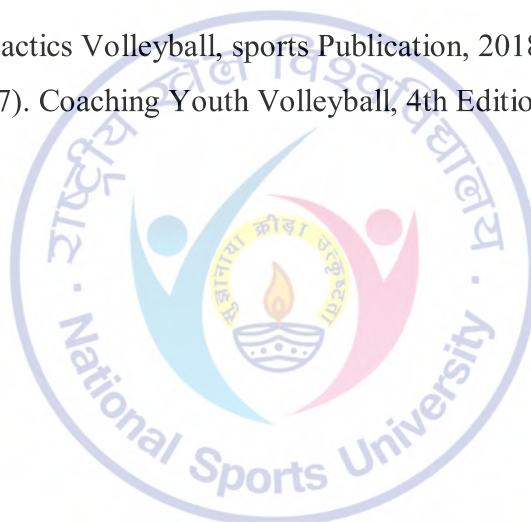
Internal Assessment: 50 marks

External Assessment 50 marks

Evaluation criteria	Internal Examiner's mark	External Examiners' Mark
Teaching & Coaching ability	15	15
Playing ability	15	15
Skill proficiency	10	10
Record book and Viva	10	10
Total	50	50

Suggested Reading:

1. Anthony C. Varghese., &Lowrence V. (2009). Volleyball Player. Handbook Friends Publication, New Delhi
2. Bob Bertucci, Toshiaki Yoshida, MakotoKattsumoto, The Complete Volleyball, Coaches Choice (December 7, 2011)
3. Becky Schmidt, Volleyball: Steps to Success, Human Kinetics; First edition September 29, 2015)
4. Dumphy Mary & Wilde Rad (2000). Volleyball Today. 2nd Edition, Fritz/Brett.
5. Ranganathan P.P. (2003). Volleyball, a Guide to Playing and Coaching. FriendsPublication, Delhi.
6. Soudhu S. Gurbaksh (1982). Volleyball Basic and Advanced. Sports People, Chandigarh.
7. Sagar, S.K. Skills & Tactics Volleyball, sports Publication, 2018.
8. USA Volleyball. (2007). Coaching Youth Volleyball, 4th Edition, Human Kinetics



BASKETBALL (III)

CODE: MPES/PC/105 (III)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/105 (I, II, III, IV)	Specialization Games (any one) I-Football/II-Volleyball / III- Basketball/IV-Handball	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of Basketball regarding rules, regulation skills, tactics and strategies of Basketball.
- To enhance performance of Basketball with regular practices. to provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of Basketball
- To develop officiating qualities concerning the duties and responsibilities of official in Basketball.

UNIT – I

Introduction

- 1.1.Introduction, Structure and functions of National & International controlling Bodies of Basketball
- 1.2.General and Specific warming – up routines of Basketball
- 1.3.Supplementary exercise and weight training exercises required for games
- 1.4.Fundamental and advanced skills and drills. Lead up Games.

UNIT – II

Offensive Techniques

- 2.1.Practical application of different Offensive Techniques, Tactics patterns applicable to game

2.2.Tactical Training-patterns applicable to offensive skills (Teaching and learning ability)

2.3.Mechanical analysis of the various offensive skills

2.4.Psychological preparation

UNIT – III

Defensive Techniques

3.1.Practical application of different Defensive Techniques, Tactics patterns applicable to game

3.2.Tactical Training-patterns applicable to defensive and attacking game. (Teaching and learning ability)

3.3.Mechanical analysis of the various defensive and attacking skills

3.4.Psychological preparation

UNIT – IV

Officiating and Coaching

4.1.Skills Tests (Applicable to Game)

4.2.Coaching Schedule and practice applicable to game

4.3.Officiating of basketball games

4.4.Organisation and administration of basketball match and tournament

Full marks 100 marks

Internal Assessment: 50 marks

External Assessment 50 marks

Evaluation criteria	Internal Examiner's mark	External Examiner's Mark
Teaching & Coaching ability	15	15
Playing ability	15	15
Skill proficiency	10	10
Record book and Viva	10	10
Total	50	50

Suggested Readings:

1. Brian T. McCormick, The 21st Century Basketball Practice: Modernizing the
2. basketball practice to develop the global player, Independently published, 2020.
3. DeVenio, Stuff Good Players Should Know: Intelligent Basketball From A to Z, Pgc Basketball; 4th ed. edition (2014).
4. Geyer Dick (1977). Full Court Control Basketball. Parker Publishing Company, Inc. New York
5. Jerry Krause, Craig R. Nelson Basketball skills and Drills, Human Kinetics; Fourth edition , 2018.
6. Laszlo, N. Basketball skill of the games, Crowood Press (March 1, 2002)
7. Rose. H. Lee (2004). The Basketball Handbook. Human kinetics, USA.
8. Reynolds, H. Teaching Basketball,
9. Wissel, H. Basketball steps to success, Human Kinetics, 1994.



HANDBALL (IV)

COURSE CODE: MPES/PC/105(IV)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/105 (I,II,III, IV)	Specialization Games(any one) I-Football/II-Volleyball / III- Basketball/IV-Handball	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of Handball regarding rules, regulation skills, tactics and strategies of Handball.
- To enhance performance of Handball with regular practices, to provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of Handball
- To develop officiating qualities concerning the duties and responsibilities of official in Handball.

UNIT – I

Introduction

- 1.1.Introduction, Structure and functions of National & International controlling Bodies of Handball.
- 1.2.General and Specific warming – up routines of Handball
- 1.3.Supplementary exercise and weight training exercises required for games
- 1.4.Fundamental drills. Lead up Games.

UNIT -II

- 2.1.Offensive techniques and tactics
- 2.2.Practical application of different Offensive Techniques, Tactics patterns applicable to game
- 2.3.Tactical Training-patterns applicable to offensive skills, Advanced drills training, (Teaching and learning ability)

2.4.Mechanical analysis of the various offensive skills

Psychological preparation

UNIT – III

Defensive Techniques and Tactics

3.1.Practical application of different Defensive Techniques, Tactics patterns applicable to game

3.2.Tactical Training-patterns applicable to defensive and attacking game, advance drill training, (Teaching and learning ability)

3.3.Mechanical analysis of the various defensive and attacking skills

3.4.Psychological preparation

UNIT – IV

Officiating

4.1.Skills Tests (Applicable to Game)

4.2.Coaching Schedule and practice applicable to game

4.3.Officiating of Handball games

4.4.Organization and administration of Handball match and tournament

Evaluation

Full marks 100 marks

Internal Assessment: 50 marks

External Assessment 50 marks

Evaluation criteria	Internal Examiner's mark	External Examiner's Mark
Teaching & Coaching ability	15	15
Playing ability	15	15
Skill proficiency	10	10
Record book and Viva	10	10
Total	50	50

Suggested Readings:

1. Bernath E Phillips, Fundamental Handball, (2011), Createspace Independent Publishing Platform
2. Baha M. H and James D. L (1994). Team Handball: Skills, Strategies and Training. Eddie Bowers Publishing Company.
3. Bernath E. Phillips (2013). Fundamentals of Handball. Literary Licensing publisher.
4. Narang Priyanka, (2016)Teach yourself Handball, Sports Publication.
5. Reita Clanton & Mary P. D. (1996). Team Handball: Steps to Success: Steps to Success Sports. Human Kinetics Publishers.
6. Nikola Radicc; AndrazRepar; Primoz Pori; DussanKrizzman&MitjaIlc. (2013). Handball: from beginner to top player. Self-publishing N. Radic Publisher.



CRICKET (V)

COURSE CODE: MPES/PC/105 (V)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/105 (I,II,III, IV)	Specialization Games(any one) I-Football/II-Volleyball / III- Basketball/IV-Handball	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Understanding the game of Cricket, its laws and opportunities in Cricket
- Impart knowledge regarding Fitness and Techniques
- To provide adequate wisdom about the Science of Cricket: Physiology and Biomechanics
- To introduce latest cricketing training including Psychology its application and technology

UNIT – I

Introduction

- 1.1.Genesis of Cricket: National &International Cricket bodies, Understanding laws of Cricket
- 1.2.Cricket physical fitness protocol; Officiating and Coaching in Cricket
- 1.3.Application of Technology, Skill acquisition and goal setting in cricket
- 1.4.Women Cricket, Cricket for Persons with Disability and Veteran Cricket and Cricket rules for disability

UNIT – II

Batting Techniques

- 2.1.Bating Set-up, Vertical Shots, Horizontal Shots and Batting Improvisations
- 2.2.Physiological and Mechanical analysis, Common Errors & Rectification Drills in Batting

- 2.3.Tactics& strategy, Perceptual cues and mental conditioning in batting
- 2.4.Strength and conditioning, General and specific warm-up for batsman and lead up games
- 2.5.Skill Test and Effective conduct of batting practice session and lead up games

UNIT – III

Bowling Techniques

- 3.1.Basics and variations of Pace and Spin bowling
- 3.2.Physiological and Mechanical analysis, Common Errors & Rectification Drills in Pace and Spin bowling
- 3.3.Tactics & strategy, Perceptual cues and mental conditioning in Pace and Spin bowling and Strength and conditioning, General and specific warm-up for Pace and Spin bowlers
- 3.4.Skill Test and Effective conduct of bowling practice session and lead up games.

UNIT – IV

Fielding and Wicket Keeping Techniques

- 4.1.Basics of fielding and wicket keeping
- 4.2.Physiological and Mechanical analysis, Common Errors & Rectification Drills for fielding and wicket keeping
- 4.3.Effective conduct of fielding practice session and lead up games
- 4.4.Introduction of modern Cricket training equipment and practice aids and Fielding positions during different format in Cricket

Evaluation

Full marks 100 marks

Internal Assessment: 50 marks

External Assessment 50 marks

Evaluation criteria	Internal Examiners mark	External Examiners Mark
Teaching & Coaching ability	15	15
Playing ability with fielding	15	15
Skill proficiency	10	10
Record book and Viva	10	10
Total	50	50

Suggested Readings:

1. Woolmer, B., Noakes, T., Moffett, H., & Lewis, F. (2008). Bob Woolmer's art and science of cricket. London: New Holland.
2. Don Bradman (1960) The Art of Cricket: The University of California
3. Arun Kumar. (2021). Cricket drills to become champs: Manisha publication
4. Ian Pont Coaching Youth Cricket (2010): Human Kinetics
5. <https://www.bcci.tv/about/playing-conditions>
6. <https://www.icc-cricket.com/>



SEMESTER – I
FITNESS AND CONDITIONING TRAINING
COURSE CODE: MPES/PC/106

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/PC/106	Fitness and Conditioning Training	2	64	25	25	50

Course Learning Outcome:

After completing this course, the students will be able to

- Students will develop knowledge of fitness and conditioning exercises
- Enhance teaching ability of fitness and conditioning programme
- Assessment of fitness test
- Design and administer fitness, strength, conditioning programme for different age group

UNIT – I

Fitness Training

- 1.1. Aerobic fitness training
- 1.2. Strength training exercises and core strength training
- 1.3. Speed, flexibility, balance training programme
- 1.4. A complete fitness training workout

UNIT-II

Conditioning Exercise Training

- 2.1. General Conditioning exercise programme, coordination, agility and reaction
- 2.2. Conditioning training programme for explosive power
- 2.3. Cross fit training programme
- 2.4. Complex conditioning exercise programme

UNIT-III

Teaching and designing of fitness & conditioning programme

3.1.Methods of Teaching of fitness and conditioning class

3.2.Designing fitness and conditioning programme for beginners and various age group

3.3.Intermediate, advanced and sports specific conditioning workouts

3.4.Assessment and Administration of fitness test

Evaluation

Full marks 50 marks

Internal Assessment 25 marks

External Assessment 25 marks

Evaluation criteria	Internal Examiners mark	External Examiners Mark
Students own fitness test	10	15
Fitness and conditioning class (teaching and designing programme)	15	10
Total	25	25

Suggested Readings:

1. Agrawal, M. (2016). Aerobics Fitness & Style. Friends Publications.
2. Corbin, C. (2011). Concepts of Physical Fitness. McGraw-Hill Higher Education.
3. Fahey D. Thomas (2005). Weight Training Basis, a Complete Guide for Men and Women. Mcgraw- Hill Companies.
4. Greenberg, J., Dintiman, G., & Myers Oakes, B. (2004). Physical Fitness and Wellness. Champaign, IL: Human Kinetics.
5. Hoeger, W., &Hoeger, S. (2013). Fitness & Wellness. Wadsworth, Cengage Learning.
6. Prabha, S. (2015). Basic Fitness Assessment. Friends Publications.
7. Rath S. S. (2017). Physical Fitness and Wellness, Sports Publications.
8. Robert Malt. (2001). 90-Day Fitness Plan. D.K. publishing, Inc. 95, Madison Avenue.
9. Exercise Technique Manual for Resistance Training Author: National Strength and Conditioning Association Publisher: Human Kinetics Year: 2016 Edition: 3rd
10. Uppal, A.K. (2016). Physical Fitness and Wellness. Friends Publications.

SCHEME OF EXAMINATION
MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)
SEMESTER – II

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/201	Research Methodology and Statistics	3	48	30	45	75
MPES/CC/202	Applied Exercise and Sports Psychology	3	48	30	45	75
MPES/CC/203	Applied Exercise & Sports Biomechanics	3	48	30	45	75
Elective (choose any one)						
MPES/EC/201	Sports Law, Policy and Risk Management	2	32	20	30	50
MPES/EC/202	Introduction to Adventure, and Recreation Sports					
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/202	Applied Exercise and Sports Psychology	1	32	10	15	25
MPES/CC/(P)203	Applied Exercise and Sports Biomechanics	1	32	10	15	25
MPES/EC(P)/201	Sports Law, Policy and Risk Management	1	32	10	15	25
MPES/EC(P)/202	Introduction to Adventure, and Recreation Sports					
PART-C (SPORTS PRACTICAL)						
MPES/PC/204 (I,II,III)	Specialization Sports (Any One) I-Athletics / II-Swimming / III-Gymnastics /	4	128	50	50	100
MPES/PC/205 (I,II,III,IV, V)	Specialization Games (Any one) I-Badminton / II-TT/ III-Kho- kho/ IV-Kabaddi /	4	128	50	50	100
MPES/PC/206 (I,II, III, IV, V, VI)	Field Training: I-Organizing tournament / II-Officiating/ III-Sports Photography/ IV-Sports Commentary/ V-Performance analysis/ VI-Rehabilitation Exercise	2	64	25	25	50
TOTAL		24	592	265	335	600

SCHEME OF EXAMINATION
MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)
SEMESTER – II
RESEARCH METHODOLOGY AND STATISTICS IN PHYSICAL EDUCATION
AND SPORTS
COURSE CODE: MPES/CC/201

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/201	Research Methodology and Statistics	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- To understand Research ethical issues and plagiarism
- To provide knowledge of writing a research problem, review of related literature, and drafting the research problem and its ethical considerations
- To provide knowledge of Sampling, hypothesis testing
- Understanding the use of different statistical methods in data analysis.

UNIT – I

Research, Ethical Issue and Plagiarism

- 1.1. Nature and Characteristics of Research Process
- 1.2. Types of Research: Basic & Applied, Quantitative & Qualitative Research
- 1.3. Ethical Issues in Research, WHO and ICMR guideline of human research
- 1.4. Plagiarism and Copyright violations, Plagiarism Software, UGC Guidelines on Research

UNIT – II

Process of Dissertation/Thesis Writing

- 2.1. Identifying the Research Problem, Meaning and Formulation of Research
- 2.2. Hypothesis, Delimitations and Limitations, Needs of Significance of the Study, Kinds and Steps of Literature Review, Guidelines of Review of related literature

2.3.Methods of Data Collection: Participants, Variables & Instruments Selection, Research Design

2.4.Writing of Research Proposal, Dissertation/Thesis Format

UNIT – III

Application of Statistical Technique and Hypothesis Testing

3.1.Statistics – Definition, Types. Measures of Central Tendency & Measures of Dispersion, Graphical Representation of Data

3.2.Normal Curve: Meaning of probability – Principles of normal curve – Properties of normal curve

3.3.Sampling distributions, sampling techniques, standard error of mean

3.4.Testing of Hypothesis - Region of Acceptance & Region of Rejection of Null and Alternative Hypothesis, Level of Significance, Type I and Type II Errors, One Tailed and Two Tailed test

UNIT – IV

Application of Parametric and Non-Parametric Test

4.1.Tests of significance: Independent “t” test, Dependent “t’ test, chi - square test, Wilcoxon Signed Rank Test, Mann Whitney U Test

4.2.One way and two way ANOVA, ANCOVA

4.3.Meaning of correlation - co-efficient of correlation

4.4.Correlation analysis, estimation of regression line, Using SPSS to analyse the data and STATA data analyse software

SUGGESTED READINGS:

1. Ahlawat, R. P. (2016). Research Process in Physical Education & Sports Sciences. Friends Publication.
2. Flick, U. (2017). Introducing Research Methodology. Sage Publications.
3. Flick, U. (2019). An Introduction to Qualitative Research. Sage Publications.
4. Kahn, J. V. (2016). Research in Education (Vol. 10). Pearson Education Inc.
5. Kamlesh, D. M. (2019). Methodology of Research in Physical Education and Sports. Sports Publication.
6. Kothari, C. (2019). Research Methodology: Methods and Techniques. New Age International Publishers.

6. Mishra, P. D. (2018). Research and Statistics in Physical Education. Sports Publication.
7. Thomas, J. R. (2016). Research Method in Physical Activity. US: Human Kinetics.
8. Verma J.P. (2013). Data Analysis in Management with SPSS Software Springer.
9. Verma, J.P. (2011). Statistical Methods for Sports and Physical Education. TataMcGraw Hill Education, New Delhi.
10. Verma,J.P. and Ghufran,M.(2012).Statistics for Psychology: A comprehensive Text. Tata McGraw Hill Education, New Delhi.
11. W. J. Best. (1981). Research in Education. Prentice Hall of India Private Limited.



SEMESTER – II
APPLIED EXERCISE AND SPORTS PSYCHOLOGY
COURSE CODE: MPES/CC/202

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/202	Applied Exercise and Sports Psychology	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- To understand intervention strategies in sports and physical activity
- Applying intervention strategies to regulate emotions, stress and anxiety
- Energy management in sports and physical activities
- Developing top performance

UNIT – I

Intervention Psychological Strategies

- 1.1. Relaxation Procedures – Progressive Relaxation – Autogenic Training
- 1.2. Transcendental Meditation, Biofeedback, Activation Techniques Visual Motor Behavior Rehearsal (VMBR), Hypnotherapy)
- 1.3. Cognitive Strategies: Imagery, Thought Stopping and Centering, Self-Talk
- 1.4. Psyching up strategies.

UNIT – II

Emotion and Performance

- 2.1 Types of emotions and their effects on performance
- 2.2 Types of Anxiety and its effect on performance
- 2.3 Meaning, Definition and Nature of Stress, Theories Drive theory, Inverted –U theory & Individual Zone of optimal Functioning (IZOF)
- 2.4 Role of Group Dynamics

UNIT – III

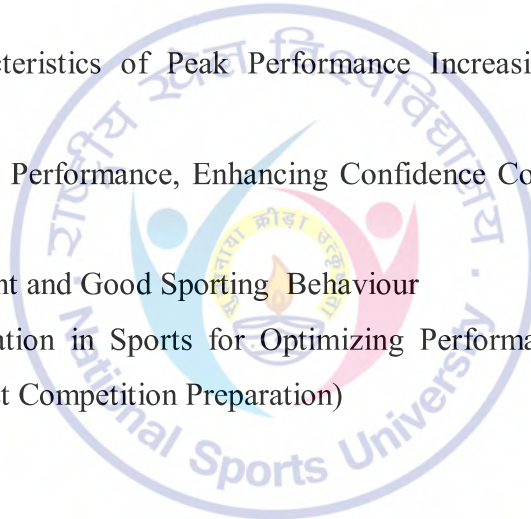
Energy Management among Athletes

- 3.1. Understanding Energy Management – Arousal affecting Performance, Effects of Under arousal and Over arousal in Performance; Developing Athlete Energy Management Skills
- 3.2. Phases in energy management – Education Phase, Acquisition Phase and Implementation Phase
- 3.3. Athletes choking under pressure, preparatory routines in self-paced events (Beginner to skilled athletes)
- 3.4. Psychological Aspect of Overtraining

UNIT – IV

Psychology of Peak Performance

- 4.1. Psychological Characteristics of Peak Performance Increasing Awareness for Sport Performance
- 4.2. Goal Setting for Peak Performance, Enhancing Confidence Concentration and Attention Focus
- 4.3. Character Development and Good Sporting Behaviour
- 4.4. Psychological Preparation in Sports for Optimizing Performance (Short Term, Long Term, Pre-during- Post Competition Preparation)



SEMESTER – II
PRACTICAL
COURSE CODE: MPES/CC(P)/202

UNIT– I

- 1.1. Assessment of Motivation, Goal Setting Techniques
- 1.2. Stress Management, Relaxation Procedures, Biofeedback Training
- 1.3. Developing Schedule of Psychological Skill Training (PST) Programme
- 1.4. Group Dynamics and developing Cohesion

UNIT – II

- 2.1. Steadiness tester, Finger dexterity board
- 2.2. Finder maze with 6 digit counter in box
- 2.3. Depth perception apparatus and training
- 2.4. Computerized psychological test

Suggested Readings

1. Andersen, M. B. (Ed.). (2005). Sport psychology in practice. Human Kinetics. Andersen, M. B. (Ed.). (2005). Sport psychology in practice. Human Kinetics.
2. Anshel, M.H.(2002). Sport Psychology: From Theory to Practice. Scottsdale, AZ: Gorsuch Scarbrick.
3. Blumenstein, B., Bar-Eli, M., & Tenenbaum, G. (Eds.) (2002). Brain and body in sport and exercise: Biofeedback applications in performance enhancement. Wiley Publishing.
4. Blumenstein, B., Bar-Eli, M., & Tenenbaum, G. (Eds.) (2002). Brain and body in sport and exercise: Biofeedback applications in performance enhancement. Wiley Publishing, Inc. ESSENCE OF THE BURTON, Damon, Thomas D. Raedeke (2008) Sport Psychology For Coaches Human Kinetics Publishers, Champaign Illinois.
5. Burton, D., & Raedeke, T. (2008). Introduction to mental skills training. Sport psychology for coaches. Human Kinetics.
6. Burton, D., & Raedeke, T. (2008). Introduction to mental skills training. Sport psychology for coaches. Human Kinetics.
7. Cox, Richard H (2006) Sport Psychology Concept and Application, 3rd ed Wm.C. Brown Publishers.

8. Horn, Thelma (2008) Advances in Sport Psychology Human Kinetics Publishers, Inc Champaign IL.
9. Kamlesh, M.L. (2001) Psychology in Physical Education and Sport, 3rd ed. Metropolitan Book Co.Pvt.Ltd Delhi.
10. Tenenbaum, Gershon (2001)The Practice of Sport Psychology Fitness Information Technology, INC,US
11. Weinberg, R. S., & Gould, D. (2015). Foundations of Sport and Exercise Psychology (6th ed.). Human Kinetics.
12. Williams, J. M. (2010). Applied sport psychology: Personal growth to peak performance. McGraw-Hill.
13. Williams, J.M., & Krane, V. (2014). Applied Sport Psychology: From Personal Growth to Peak Performance (7th ed.). McGraw-Hill.



SEMESTER – II
APPLIED EXERCISE AND BIOMECHANICS
COURSE CODE: MPES//CC/203

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/203	Applied Exercise & Sports Biomechanics	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Acquaintance of kinetics and kinematics of movement
- Analyses of external factors influencing human movement
- Understanding nature of biomechanical analysis
- Having knowledge about qualitative and quantitative analysis of human motion

UNIT – I

Kinematics and Kinetics of Motion

- 1.1. Projectile motion: concept from the field of sports, types of projectiles, factors influencing projectile motion, principle of projectile motion for application in sports
- 1.2. Newton's laws of motion: Law of Inertia and its application in sports
- 1.3. Newton's laws of motion: Law of Acceleration and its application in sports
- 1.4. Newton's laws of motion: law of Action and Reaction and its application in sports

UNIT – II

External Forces Influencing Human Movement

- 2.1. Force – concept, characteristics and types; Internal and External forces, vector property of force
- 2.2. Force of Gravity as an external force: Basic concept of force of Gravity, Mass and Weight, Centre of Gravity and line of Gravity, Body weight as a performance variable
- 2.3. Frictional force as an external force: Definition of friction and frictional force, types of friction, Factors influencing solid friction, Frictional force as a performance variable

2.4.Fluid friction: Nature of fluid friction, Factors influencing fluid friction, Principles of aerodynamics and principles of hydrodynamics

UNIT – III

Fundamentals of Biomechanical Analysis of Human Movement

3.1.Nature and importance of biomechanical analysis of human Movements

3.2.Types of biomechanical analysis – Qualitative and Quantitative analysis

3.3.Qualitative analysis of human movement – basic nature, steps of analysis (Preparation, Observation, Evaluation, Intervention)

3.4.Biomechanical analysis of fundamental movements – walking, running and jumping etc.

UNIT – IV

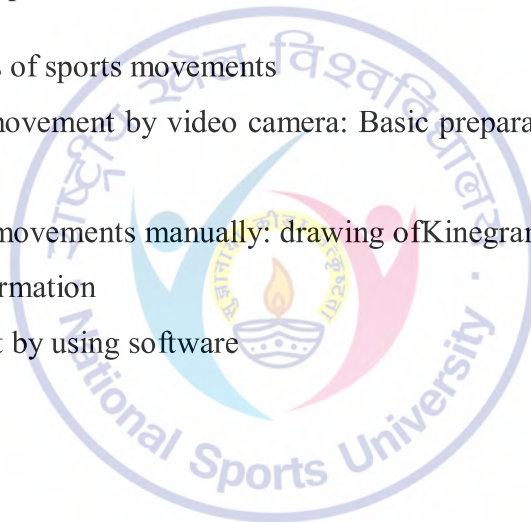
Mechanical Analysis of Sports Movements

4.1.Image/picture analysis of sports movements

4.2.Recording of sports movement by video camera: Basic preparations, scientific principles to be followed

4.3.Analysis of recorded movements manually: drawing of Kinegram, analysis of kinegram for distance and time information

4.4.Analysis of movement by using software



SEMESTER – II
PRACTICAL
APPLIED EXERCISE AND SPORTS BIOMECHANICS
COURSE CODE: MPES/CC (P)/203

UNIT – I

- 1.1.Measurement of body weight, Mass, and line of Gravity
- 1.2.Determination of position of Centre of Gravity by Reaction Board method
- 1.3.Measurement of ‘Work done’
- 1.4.Qualitative analysis of human movement

UNIT – II

- 2.1.Recording and analysis by Video camera
- 2.2.Drawing the Kinegram of recorded movement and analysis of distance-time information
- 2.3.Biomechanical Analysis of various exercise
- 2.4.Biomechanical Analysis of Various sports movement

Suggested Readings:

1. A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
2. Broer, M.R. Efficiency of Human Movement (Philadelphia : W.B. Saunders Co., 1966)
3. Bunn, John W. Scientific Principles of Coaching (Engle wood cliffs : N.J. Prentice Hall Inc., 1966)
4. Duvall, E.N. Kinesiology (Engle wood cliffs : N.J. Prentice Hall Inc., 1956)
5. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005)
6. Uppal Rasch and Burke, Kinesiology and Applied Anatomy (Philadelphia : Lea and Fibger, 1967)
7. Scott, M. G. Analysis of Human Motion, New York.
8. Wells, K. P. Kinesiology (Philadelphia : W.B. Saunders Co. 1966) Cooper, John M. and Glasgow, R.B. Kinesiology (St. Louis : C.V. Mosby Co., 1963)

9. Robert Frost Ph.D. George J. Goodheart Jr. D.C. Applied Kinesiology, Revised Edition: A Training Manual and Reference Book of Basic Principles and Practices Paperback – Illustrated, 20 August 2013
10. Donald A. Neumann and Paul Jackson Mansfield, Essentials of Kinesiology for the Physical Therapist Assistant E-Book
11. Duane Knudson, Fundamentals of Biomechanics
12. Yuan-Cheng Fung, Biomechanics: Motion, Flow, Stress, and Growth



SEMESTER – II
SPORTS LAW, POLICY AND RISK MANAGEMENT

COURSE CODE: MPES/EC/201

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
Elective (choose any one)						
MPES/EC/201	Sports Law, Policy and Risk Management	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the origin sports law and regulation in India
- Understand the sports policy and Sports Code in India
- Apply risk management concepts and principles in activity-specific settings

UNIT – I

Introduction to Sports Law

- 1.1.Introduction of Sports Law and Regulation in India.Court of Arbitration for Sport (CAS)
- 1.2.Regulation of the sports coach/child (athlete) relationship
- 1.3.Legal support for women's participation in sport
- 1.4. Introduction of Judicial pronouncement of Indian as well as International Courts

UNIT – II

Sports Policy in India

- 2.1.Present Sports Policy: Integration with education and infrastructure development
- 2.2.National Sports Code in context of National Sports Federations and their policy
- 2.3.Comparative study of State Sports Policy of India
- 2.4.Development Sports Ecosystem in context of NEP 2020

UNIT – III

Introduction to Risk Management

- 3.1.Introduction to Risk Management

- 3.2. Management of Risk and Safety, Sports Participant Safety in different sports arena and stadium (athletic field, swimming pool, fitness center, etc.)
- 3.3. Sports spectators safety caution
- 3.4. Risk management planning (crowd control, transportation, selection)



SEMESTER – II
PRACTICAL
COURSE CODE: MPES/EC/201

UNIT – I

- 1.1. Field Visit
- 1.2. Assignment/Project
- 1.3. Arrangement of special lecture class / presentations amongst the students

UNIT – II

- 2.1. Incidental Analysis reports writing
- 2.2. Internal and External Survey on legal awareness
- 2.3. Feedback collection and interpretation

Suggested Readings:

1. Sports law in India, by Mohammed Naseem, - Kluwer Law International (1 November 2011)
2. Sport Law: A Managerial Approach, Third Edition. Sharp, Linda, et al., Holcomb Hathaway Publishers, Scottsdale, Arizona.
3. Cotten, D. J., & Wolohan, J. T. (2017). Law for recreation and sport managers. (7th Ed.). Dubuque, IA: Kendall Hunt.
4. Shubham Borkar and Parimal Kashyap, Sports Law in India, Khurana and Khurana, 2019.
5. John J. Miller and Kristi L. Schoepfer, JD Legal aspects of sports, Cengage Publishers 2017, USA.
6. Lovely Dasgupta and Shameek Sen, Sports Law in India, policy Regulation and Commercialisation, SAGE Publications, 2019
7. Deborah Healey, Sports and the Law, UNSW Press, 2009. Australia.

SEMESTER – II

INTRODUCTION TO ADVENTURE AND RECREATION SPORTS

COURSE CODE: MPES/EC/202

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
Elective (choose any one)						
MPES/EC/202	Introduction to Adventure, and Recreation Sports	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the concept of Adventure Sports and Recreation.
- Understand the concept of Mountaineering, Trekking, Camping, Rock Climbing, Mountain manners and Safety measures.
- Understand about water sports
- Understand different Recreational Schemes and activities.

UNIT - I

Introduction to Adventure Sports

- 1.1. Definition, Importance and Classification of Adventure Sports
- 1.2. History and development of Adventure Sports, New trends, Job opportunities
- 1.3. Scope of Adventure Sports, Adventure Sports Training Institutes in India
- 1.4. Ethics and Qualities of Adventure Experts.

UNIT – II

Land, Aero and Water Adventure Sports

- 2.1. Introduction to Land Adventure activities, (Mountaineering, Trekking, Camping, Rock Climbing, Mountain manners and Safety measures)
- 2.2. Introduction to Aero adventure sports activities in India and Aboard
- 2.3. Introduction to water adventure sports activities in India and Aboard
- 2.4. Scope of entrepreneurship in adventure activities

UNIT – III

Introduction to Recreation Sports

- 3.1. Definition, Concept of Recreation and Philosophy
- 3.2. Work, Relaxation and Recreation, Importance of recreation for Individual, Groups, Society, Nature of Recreation activities
- 3.3. Recreational Schemes of State and National Government, Recreational institutions. Facilities for training
- 3.4. Recreational therapy and recreational sports event planning for different age and senior citizen



SEMESTER – II
PRATICAL
COURSE CODE: MPES/EC (P)/202

UNIT – I

- 1.1. Visit to the Adventure institutes for minimum three days to one-week basic adventure event as per the choice of the students
- 1.2. Visit to the adventure parks
- 1.3. Practical training on various equipment required for adventure sports
- 1.4. Submission of a project on adventure sports

UNIT – II

- 2.1. Recreation Sports for Children – Individual and Groups
- 2.2. Recreation Sports for Youth – Individual and Groups
- 2.3. Recreation Sports for Middle Aged People – Individual and Groups
- 2.4. Recreation Sports for Aged People – Individual and Groups

Suggested Readings:

1. Dheer .S. & Radhika Kamal, Organization and Administration of Physical Education, Friends Publication, New Delhi – 1991.
2. Two Experienced Professors, Organization, Administration and Recreation in Physical Education, Parkash brothers, Educational Publishers, Ludhiana 1986.
3. Butler G.O. introduction to "Community Recreation" NewyorkMcGraw-hill Co. Inc.1959
4. H.D. Meyer and C.K. Bright bill community Recreation', A guide to its organization. New Zercy, 1964.
5. "A Recreation". Professor Shri C.H. Dubey L.N.C.P.E. Gwalior.(M.P.)
6. Mood Dale P., Judith E. Rink and Frank F. Musker, Sports and Recreational Activities McGraw-Hill Education; 15th edition, 2011
7. Matt Berry, Adventure Sports Coaching, Routledge, 2015
8. Matt Berry and Chris Hodgson, Adventure Education An Introduction, Routledge; 2011
9. Smith Paul, Coaching adventure sports, Adventure Sports Media House, 2020.
10. Tyler Tapps, and Mary Sara Wells, Introduction to Recreation and Leisure Human Kinetics; Third edition, 2018.

11. Hiking: The Essential Guide to Equipment and Techniques (Adventure Sports), New Holland Publishers Ltd (30 January 2009).



SEMESTER – II

PART C- SPORTS PRACTICAL

COURSE NAME: ATHLETICS(I), GYMNASTICS (II), SWIMMING (III) (ANY ONE)

COURSE CODE: MPES/PC/204

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/204(I,II,I II)	Specialization Sports (Any One) I-Athletics / II-Swimming / III-Gymnastics /	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Understand specific warming up of different field events of athletics
- To provide knowledge of rules, regulation skills, tactics and strategies of field events
- To enhance performance of Athletics event with regular practices
- To provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of Athletics field events
- To develop officiating qualities concerning the duties and responsibilities of official in Athletics field events

ATHLETICS

COURSE CODE: MPES/PC/204(I)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/204(I,II,I II)	Specialization Sports (Any One) I-Athletics / II-Swimming / III-Gymnastics /	4	128	50	50	100

UNIT – I

Shot put and Discus

- 1.1. Specific Warming-up and cooling down Exercises for Various Jumping and throwing events
- 1.2. Drills and Conditioning exercise for throwing Events, Shot put and Discus throw techniques
- 1.3. Mechanical analysis of all the throwing techniques
- 1.4. IAAF rules and ties breaking interpretations of throwing events

UNIT – II

Javelin and Hammer Throw

- 2.1. Fundamental of s throwing techniques of Javelin and Hammer
- 2.2. Advantages of technical characteristics of Javelin and Hammer
- 2.3. IAAF rules and ties breaking interpretations of Javelin and Hammer throwing events
- 2.4. Mechanical principle of Javelin and Hammer throw, Psychological preparation, Officiating and coaching

UNIT– III

Long Jump and Triple Jump

- 3.1. Fundamental of Jumping techniques: long jump, Triple jump Advantages of technical characteristics of long jump and triple jump events
- 3.2. IAAF rules and ties breaking interpretations of long jump and triple jump
- 3.3. Mechanical principle of long jump and triple jump, Psychological preparation
- 3.4. Officiating and coaching of long jump and triple jump

UNIT – IV

High Jump Pole Vault

- 4.1.Fundamental of Jumping techniques: high jump and Pole vault
- 4.2.Advantages of technical characteristics of high jump and pole vault
- 4.3.IAAF rules and ties breaking interpretations of High jump and Pole vault
- 4.4.Mechanical principle of high jump and Pole vault, Psychological preparation, Officiating and coaching of long jump and triple jump

Suggested Readings:

1. Brewer, Clive, Athletic Movement Skills, Human Kinetics, USA, 2017.
2. Cartwright, L.A. Fundamentals of Athletics Training, Human Kinetics, 2011.
3. David H. Perrin, Athletic Tapping and Bracing, Third Edition, Human Kinetics, 2012.
4. Freeman, W. Track and Field Coaching Essentials, AADI Books, Delhi, 2015
5. Gupta, U.C. Athletic- Skills & Techniques, Human Kinetics, 2016.
6. Schneider, R. C. (2009). Ethics of Sport and Athletics: Theory, Issues, and Application. Wolters Kluwer Health/Lippincott Williams & Wilkins, xxi, 392 p.: ill.; 24 cm.
7. USA Track & Field, Track & Field Coaching Essentials, Human Kinetics, 2017

GYMNASTICS

COURSE CODE: MPES/PC/204(II)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/204(I,II,I II)	Specialization Sports (Any One) I-Athletics / II-Swimming / III-Gymnastics /	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Understand specific warming up of different gymnastic events
- To provide knowledge of rules, regulation skills, tactics and strategies of gymnastics events
- To enhance performance of gymnastic event with regular practices.
- To provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of gymnastics events
- To develop officiating qualities concerning the duties and responsibilities of official in gymnastics field events

UNIT – I

Vaulting Table

- 1.1 Specific Warming-up and cooling down Exercises for Vaulting events
- 1.2 Approach run and jump from the beat board
- 1.3 Cat vault, Squat vault and straddle vault
- 1.4 Teaching and coaching of Vaulting, Horizontal bar and roman ring events.

UNIT – II

Horizontal Bars

- 2.1. Warming-up and cooling down Exercises for Horizontal bar events
- 2.2. Perfect swing on horizontal bars
- 2.3. Single leg up start with swing, Mill circle forward, and mill circle backward.
- 2.4. Teaching and coaching of, Horizontal bar events.

UNIT – III

Roman Ring

- 3.1.Warming-up and cooling down Exercises for ring events
- 3.2.Basic position on ring, Swing
- 3.3.Static strength hold,T and L position, dismount
- 3.4.Teaching and coaching of Ring events

UNIT – IV

- 4.1.Rules and regulations of Vault, horizontal bar and ring events
- 4.2.Officiating Principles of Vault events
- 4.3.Officiating of Horizontal bar
- 4.4.Officiating of Roman ring

WOMEN

UNIT – I

- 1.1.History of Gymnastic events (W) World wide- Indian Athletes
- 1.2.Fundamentals of vaulting and Beam events
- 1.3.Specific warming up and cool down exercises
- 1.4.Various types drills for improving performance

UNIT – II

- 2.1.Fundamental of vaulting techniques
- 2.2.Squat vault: run-up, take up and landing
- 2.3.Rules of the vaulting events
- 2.4.Mechanical principle of vaulting techniques

UNIT – III

- 3.1.Fundamental of Beam techniques
- 3.2.Jump to squat stand, knee scale with support
- 3.3.Walk on the beam, standing scale front ways and cat leap
- 3.4.Rules of the vaulting events, Mechanical principles

UNIT – IV

- 4.1. Drills and Conditioning exercise for Vault and Beam Events
- 4.2. Basic-Training Schedule Preparation
- 4.3. Officiating of vault and beam events
- 4.4. Organization and administration of vault and Beam events

Suggested Readings:

1. Carle, D.T. (1963). Hand book of progressive gymnastics. Englewood Cliffs: N.J. Prentice Hall.
2. Chakraborty, S. (2006). Activities for children teaching gymnastics Pyramids. Sports Publication.
3. Negi, Teach Yourself Women Gymnastics, Sports Publication, 2016.
4. Kunal Negi, Teach Yourself Men Gymnastics, Sports Publication, 2016.
5. Lokesh Thani, Skill & Tactics Gymnastics, Sports Publication, 2020
6. Mohit, How to play Floor exercises Gymnastics, Sports Publication, 2016
7. O. P. Aneja, Teach Yourself Rhythmic Gymnastics, Sports Publication, 2016



SWIMMING

COURSE CODE: MPES/PC/204(III)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/204(I,II,I II)	Specialization Sports (Any One) I-Athletics / II-Swimming / III-Gymnastics /	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- Understand specific warming up of different events of swimming
- To provide knowledge of rules, regulation skills, tactics and strategies of swimming vents
- To enhance performance of swimming events with regular practices, to provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of swimming events
- To develop officiating qualities concerning the duties and responsibilities of official in swimming events.

UNIT – I

Butterfly Stroke

- 1.1. Teaching of competitive swimming butterfly strokes
- 1.2. Body Position, Leg Kick, Arm Pull, Breathing and Co-ordination
- 1.3. Starts and turns of Back strokes
- 1.4. Mechanical principle involved in butterfly

UNIT – II

Breast Stroke

- 2.1. Teaching of competitive swimming Breast stroke
- 2.2. Body Position, Leg Kick, Arm Pull, Breathing and Co-ordination
- 2.3. Starts and turns of breast stroke

2.4.Mechanical principles involve in breast stroke

UNIT – III

Tactics in Relay Swimming & Individual Medley Switch Over Turns

3.1.Importance of tactics and Basic traits of a relay swimmer, Offensive and Defensive strategy

3.2.Relay race pattern and change over.

3.3.Individual Medley switch over turns (The four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle

3.4.Mechanical principle involved in medley and Relay

UNIT – IV

Different Competitions and Training Preparation

4.1.Management of Competitions, Officials, Seeding, The Start, Breaststroke, Butterfly, Medley Swimming

4.2.The Race, Timing, and Automatic Officiating Procedure

4.3.Basic-Training Schedule Preparation

4.4. Fundamentals of coaching

Suggested Readings:

1. A.K. Srivastava, Teach Yourself Breaststroke Swimming, Sports Publication, 2016.
2. Ak.K. Srivastava, Teach Yourself Backstroke Swimming, Sports Publication, 2016.
3. Aneja Om Prakash. (2010). Swimming Skills & Rules. Khel Sahitya Kendra, New Delhi.
4. Dick Hannula. (2003). Coaching Swimming Successfully. (Second edition) Friends Publication, (India).
5. Jain, D. (2003). Swimming Skill & Rules. Khel Sahitya Kendra, New Delhi, 2003.
6. Kanika, K. (2005) Swimming Coaching Manual, Sports Publication, New Delhi.
7. Kelvin Juba, (2002), Swimming for fitness. The Lyons Press
8. Ruben Guzman, Swimming Drill book, Human Kinetics, 2017.

SEMESTER II

SPECIALIZATION GAMES (Any one)

**BADMINTON (I) / TABLE TENNIS(II)/ KHO-KHO (III)/KABADDI (IV) / HOCKEY
(V)**

COURSE CODE: MPES/PC/205

(I, II, III, IV, and V)

BADMINTON (I)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/205(I, II, III, IV, V)	Specialization Games (Any one) I-Badminton / II-TT/ III-Kho-Kho/ Kabaddi / IV-Cricket	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of badminton regarding rules, regulation skills, tactics and strategies
- To enhance performance of badminton with regular practices, to provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of badminton
- To develop officiating qualities concerning the duties and responsibilities of official in badminton.

UNIT – I

Introduction and Laws of the Game

- 1.1.Introduction, Structure and functions of National & International controlling Bodies of Badminton. Laws of the game
- 1.2.Conditioning exercises and Specific warming – up routines of Badminton
- 1.3.Supplementary exercise and weight training exercises required for games
- 1.4.Fundamental drills. Lead up Games

UNIT – II

Offensive Technique and Tactical Application

- 2.1. Practical application of different Offensive Techniques, Tactics patterns applicable to game
- 2.2. Tactical Training-patterns applicable to offensive skills, advance drills associated to skill (Teaching and learning ability)
- 2.3. Mechanical analysis of the various offensive skills
- 2.4. Psychological preparation

UNIT– III

Defensive Technique and Tactical Application

- 3.1. Practical application of different Defensive Techniques, Tactics patterns applicable to game
- 3.2. Tactical Training-patterns applicable to defensive and attacking game, advance drills associated to skill (Teaching and learning ability)
- 3.3. Mechanical analysis of the various defensive and attacking skills
- 3.4. Psychological preparation for defensive skills

UNIT – IV

Skill and Officiating

- 4.1. Badminton Skills Tests
- 4.2. Coaching Schedule and practice applicable to game
- 4.3. Factors affecting Technique training, Phases of Technique training and their implications
Officiating of badminton games
- 4.4. Organisation and administration of badminton tournament

Suggested Readings:

1. Aneja O P. (2012). How to play badminton. Prerna Prakashan.
2. Brahams. (2010). Badminton handbook. Meyer and Meyer sports.
3. Kumar S. (2010). Badminton skills and rules. Vishalkanishk printers.
4. Grice T. (2008). Badminton steps to success (2nded.). Human kinetics.
5. Singh M K. (2007). Comprehensive badminton. Friend's publication, India.

6. Jain A. (2005). Badminton coaching manual. Jain media graphics.
7. Narang P. (2005). Play and learn badminton. Jain media graphics.
8. Jain D. (2003). Badminton skills and rules. Chawla offset printers.
9. Robert G. (2003). Ultimate guide to weight training for badminton. Price world enterprises



TABLE TENNIS (II)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/205(I,II,III,IV, V)	Specialization Games (Any one) I-Badminton / II-TT/ III-Kho-Kho/ Kabaddi / IV-Cricket	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of table tennis regarding rules, regulation skills, tactics and strategies
- To enhance performance of table tennis with regular practices, to provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of table tennis
- To develop officiating qualities concerning the duties and responsibilities of official in table tennis.

UNIT –I

Introduction

- 1.1 Introduction, Structure and functions of National & International controlling Bodies of Table tennis. Laws of the game
- 1.2 Conditioning exercises and Specific warming – up routines of Table tennis
- 1.3 Supplementary exercise and weight training exercises required for games
- 1.4 Fundamental drills. Lead up Games.

UNIT –II

Offensive Technique and Tactical Application

- 2.1. Practical application of different Offensive Techniques, Tactics patterns applicable to game
- 2.2. Tactical Training-patterns applicable to offensive skills , advance drills associated to skill (Teaching and learning ability)
- 2.3. Mechanical analysis of the various offensive skills

2.4. Psychological preparation for table tennis players

UNIT – III

Defensive Technique and Tactical Application

- 3.1. Practical application of different Defensive Techniques, Tactics patterns applicable to game
- 3.2. Tactical Training-patterns applicable to defensive and attacking game, advance drills associated to skill (Teaching and learning ability)
- 3.3. Mechanical analysis of the various defensive and attacking skills
- 3.4. Psychological preparation for defensive skills

UNIT – IV

Skill Test and Officiating

- 4.1. Table tennis Skills Tests
- 4.2. Designing Coaching Schedule and practice applicable to game
- 4.3. Factors affecting Technique training, Phases of Technique training and their Implications
- 4.4. Officiating of Table tennis games and organisation and administration of Table tennis tournament

Suggested Readings:

1. Bose, Tapan & Mukherjee, Bhawani (2000). Table Tennis Training Manual. (Phulkian Press Pvt. Ltd., SAI, NSNIS, Patiala, India).
2. Jain Anoop, Table Tennis Rule Book Sports Publication, 2017
3. Priyanka, Teach Yourself Table Tennis, Sports publication, 2016
4. Larry Hodges, Table Tennis Tactics for Thinkers, CreateSpace Independent Publishing Platform (2013)
5. Lodziak Tom, SPIN: Tips and tactics to win at table tennis, Independently published (2020)
6. Richard McAfee, Table Tennis: Steps to Success, Human Kinetics; First edition (2009)
7. Sam Priestley Expert In A Year: The Ultimate Table Tennis Challenge ISBN-13 : 978-1515184492, Independent Publishing, 2015.
8. Verma Hemant, How to Play Table Tennis, sports publication, 2016.

KHO-KHO (III)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/205(I,II,III,IV, V)	Specialization Games (Any one) I-Badminton / II-TT/ III-Kho-Kho/ Kabaddi / IV-Cricket	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of kho-kho game rules, regulation skills, tactics and strategies
- To enhance performance of kho-kho with regular practices.
- To provide teaching and coaching opportunities to the students, to provide opportunities to organize and officiating of kho-kho game
- To develop officiating qualities concerning the duties and responsibilities of official in kho-kho and coaching programme

UNIT – I

Introduction

- 1.1.Introduction, Structure and functions of National & International controlling Bodies of Kho-Kho and kabaddi. Laws of the game
- 1.2.Conditioning exercises and Specific warming – up routines of Kho-Kho
- 1.3.Supplementary exercise and weight training exercises required for games
- 1.4.Fundamental drills. Lead up Games.

UNIT -II

Offensive Technique and Tactical Application

- 2.1.Practical application of different Offensive Techniques, Tactics patterns applicable to Kho-Kho game
- 2.2.Tactical Training-patterns applicable to offensive skills , advance drills associated to skill (Teaching and learning ability)

2.3.Mechanical analysis of the various offensive skills

2.4.Psychological preparation for kho-kho players

UNIT – III

Defensive technique and tactical application

3.1.Practical application of different Defensive Techniques, Tactics patterns applicable to game

3.2.Tactical Training-patterns applicable to defensive and attacking game, advance drills associated to skill (Teaching and learning ability)

3.3.Mechanical analysis of the various defensive and attacking skills

3.4.Psychological preparation for defensive skills

UNIT – IV

Skill Test and Officiating

4.1. Kho-Kho Skills Tests

4.2.Coaching Schedule and practice applicable to game

4.3.Factors affecting Technique training, Phases of Technique training and their Implications

4.4. Officiating of Kho-Kho games and organisation and administration of Kho Kho tournament

Suggested Readings:

1. Lap Lambert Academic Publishing... Yogesh Yadav. (1969). Kho-Kho. Maharashtra Kho-Kho Association.
2. Khalatkar. (2016). Kho-Kho Paperback. NachiketPrakashan; First Edition, 2016.
3. Naval Kishore, (2016), How to play Kho-Kho, Sports Publication, New Delhi
4. Verma Kavita, (2015) Text book on Kho-Kho, International E Publication.

KABADDI (IV)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/205(I,II,III,IV, V)	Specialization Games (Any one) I-Badminton / II-TT/ III-Kho-Kho/ Kabaddi / IV-Cricket	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of Kabaddi game rules, regulation skills, tactics and strategies
- To enhance performance of Kabaddi with regular practices, to provide teaching and coaching opportunities to the students
- To provide opportunities to organize and officiating of Kabaddi game
- To develop officiating qualities concerning the duties and responsibilities of official in kabaddi and coaching programme

UNIT – I

Introduction

- 1.1.Introduction, Structure and functions of National & International controlling Bodies of Kabaddi, Laws of the game
- 1.2.Conditioning exercises and Specific warming – up routines of Kabaddi
- 1.3.Supplementary exercise and weight training exercises required for games
- 1.4.Fundamental drills. Lead up Games

UNIT – II

Offensive Technique and Tactical Application

- 2.1.Practical application of different Offensive Techniques, Tactics patterns applicable to Kabaddi game
- 2.2.Tactical Training-patterns applicable to offensive skills, advance drills associated to skill (Teaching and learning ability)

2.3.Mechanical analysis of the various offensive skills

2.4.Psychological preparation for Kabaddi players

UNIT – III

Defensive Technique and Tactical Application

3.1.Practical application of different Defensive Techniques, Tactics patterns applicable to game

3.2.Tactical Training-patterns applicable to defensive and attacking game, advance drills associated to skill (Teaching and learning ability)

3.3.Mechanical analysis of the various defensive and attacking skills

3.4.Psychological preparation for defensive skills

UNIT – IV

Skill Test and Officiating

4.1.Kabaddi Skills Tests

4.2.Coaching Schedule and practice applicable to game

4.3.Factors affecting Technique training, Phases of Technique training and their Implications

4.4. Officiating of Kabaddi games and organisation and administration of Kabaddi tournament

Suggested Readings:

1. Prasad Rao (2002). Kabaddi the complete hand book. Jagadamba Publications, Vizianagaram.
2. Deshmukh Anil A, Kabaddi, (2020) Sports Publication, New Delhi.
3. Karikalan. I, (2021) the book of Kabaddi, Sports Publications, New Delhi.
4. Mishra. S.C. Kabaddi,(2016) teach Yourself Kabaddi, Sports Publication, New Delhi.
5. Muniraju, S. (2015). A Text Book on Kabaddi: LAP Lambert Academic Publishing.
6. Sudhakara. G. and Ravindra Gouda S. (2020) Kabaddi (Skills, Drills, Tactics and Strategies), sports publication, New Delhi.

HOCKEY (V)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (SPORTS PRACTICAL)						
MPES/PC/205(I,II,I II,IV, V)	Specialization Games (Any one) I-Badminton / II-TT/ III-Kho-Kho/ Kabaddi / IV-Cricket	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- To provide knowledge of Hockey game rules, regulation skills, tactics and strategies
- To enhance performance of Hockey with regular practices.
- To provide teaching and coaching opportunities of Hockey to the students, to provide opportunities to organize and officiating of Hockey game
- To develop officiating qualities concerning the duties and responsibilities of official in Hockey and coaching programme

UNIT – I

Introduction

- 1.1.Introduction, Structure and functions of National & International controlling Bodies of Hockey, Laws of the game
- 1.2.Conditioning exercises and Specific warming – up routines of Hockey
- 1.3.Supplementary exercise and weight training exercises required for games
- 1.4.Fundamental and advance drills. Lead up Games

UNIT – II

Offensive Technique and Tactical Application

- 2.1.Practical application of different Offensive Techniques, Offensive zone strategies
- 2.2.Tactical Training-patterns applicable to offensive skills , fore checking system and zone entries, Set tactics
- 2.3.Mechanical analysis of the various offensive skills
- 2.4.Psychological preparation for Hockey players

UNIT – III

Defensive Technique and Tactical Application

- 3.1. Practical application of different Defensive Techniques, Defensive zone coverage
- 3.2. Tactical Training-patterns applicable to defensive and attacking game, power play strategies, Penalty corner strategies, Goal keeping skills
- 3.3. Mechanical analysis of the various defensive and attacking skills
- 3.4. Psychological preparation for defensive skills

UNIT – IV

Skill Test and Officiating

- 4.1. Hockey Skills Tests
- 4.2. Designing Coaching Schedule (Micro and Meso plan) for beginners, intermediate and advance players
- 4.3. Factors affecting Technique training, Phases of Technique training and their Implications
- 4.4. Officiating and coaching of Hockey games
- 4.5. Organisation and administration of Hockey tournament

Suggested Readings:

1. Bertagna Joe, The Hockey Coaching Bible, Human Kinetics 2015
2. Dave Chambers, The hockey drill book, Human Kinetics; Second edition, 2016
3. Jain Deepak, How to play Hockey, Prerana Prakashana, 2016
4. Johnston Mike, Hockey Plays and Strategies, Human Kinetics; Second edition, 2018
5. Lokesh Thani, Skill and Tactics in Hockey, sports Publication, 2020
6. Sean Skahan, Total Hockey Training, Human Kinetics; First edition, 2016
7. Tiger Ramesh, Indian Hockey, Sports Publication, 2018

SEMESTER – II
FIELD TRAINING

COURSE CODE: MPES/PC/206(I,II, III, IV, V, VI)

**ORGANIZING TOURNAMENT (I) /OFFICIATING (II)/SPORTS
PHOTOGRAPHY(III)/SPORTS COMMENTARY(IV)/ PERFORMANCE
ANALYSIS(V)/REHABILITATION PROGRAMME(VI) (ANY ONE)**

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/PC/206(I,II, III, IV, V, VI)	Field Training:I-Organizing tournament /II-Officiating/III-Sports Photography/IV-Sports Commentary/ V-Performance analysis/VI-Rehabilitation Exercise	2	64	25	25	50

Course Objectives:

The students will choose any one of the field training programme and they will visit various places like school, college, and rehabilitation center. They will involve their activities and submit one report after the events. In this way they will involve practically and get practical experience. In future they may motivate to choose it as a profession.

Course Learning Outcome:

After completing this course, the students will be able to

- Better practical experience and knowledge
- Students have varieties of option to choose activities
- Field practical exposure performance analyst, sports commentators, sports photographer
- Field practical exposure Sports event manager and sports official (Referee, Umpire)

ORGANIZING TOURNAMENT (I)

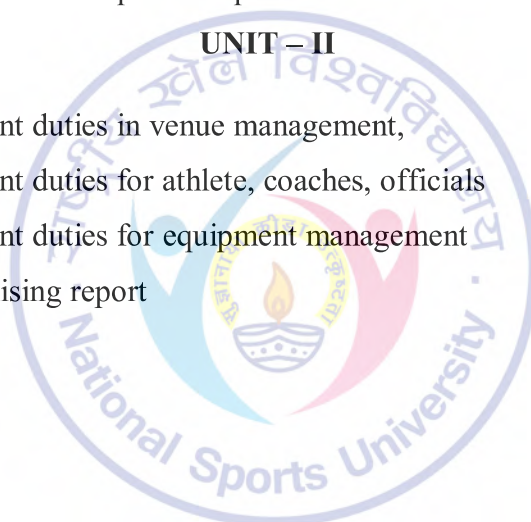
Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/PC/206(I,II, III, IV, V, VI)	Field Training:I-Organizing tournament /II-Officiating/III-Sports Photography/IV-Sports Commentary/ V-Performance analysis/VI-Rehabilitation Exercise	2	64	25	25	50

UNIT – I

- 1.1. Organising inter class / intramurals tournament
- 1.2. Performing different duties pre competition time
- 1.3. Performing different duties post competition tournament

UNIT – II

- 2.1 Performing different duties in venue management,
- 2.2 Performing different duties for athlete, coaches, officials
- 2.3 Performing different duties for equipment management
- 2.4 Preparing of organising report



OFFICIATING (II)

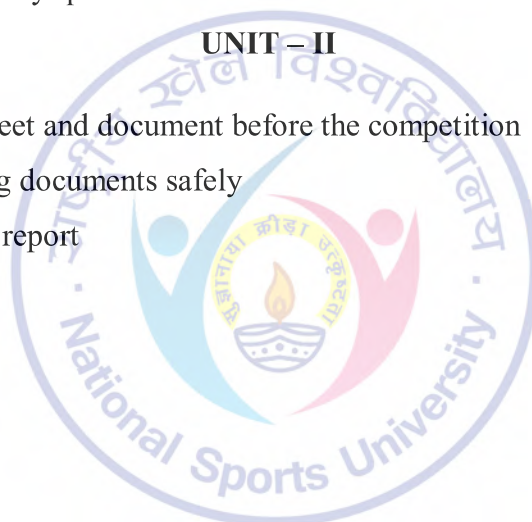
Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/PC/206(I,II, III, IV, V, VI)	Field Training:I-Organizing tournament /II-Officiating/III-Sports Photography/IV-Sports Commentary/ V-Performance analysis/VI-Rehabilitation Exercise	2	64	25	25	50

UNIT – I

- 1.1.Active participation as a technical officials in different level of competitions
- 1.2.Officiating in different position of the game like Umpire, Referee Asst. Referee
- 1.3.Officiating at Community sports centre

UNIT – II

- 2.1.Preparing the score sheet and document before the competition
- 2.2.Keeping the officiating documents safely
- 2.3.Preparing aofficiating report



SPORTS PHOTOGRAPHY (III)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/PC/206(I,II, III, IV, V, VI)	Field Training:I-Organizing tournament /II-Officiating/III-Sports Photography/IV-Sports Commentary/ V-Performance analysis/VI-Rehabilitation Exercise	2	64	25	25	50

UNIT – I

- 1.1.Introduction of Photo Journalism, Forms of Photo Journalist, Methods of Photography and videography, Selection of visuals, visuals in Mass Communication and its Impact
- 1.2.Technique of Photography: Light, Camera and Film, Photography and Camera, Editing of Photo.

UNIT – II

- 2.1.Audio-visual mediums for sports, audio editing, technology audio recording
- 2.2.Introduction of new media. Impact and uses of new media. Writing for web and new media. Impact of social media

Suggested Readings:

1. Bergin: Photo Journalism Manual.
2. Cyernshem G R: History of Photography.
3. Jack: Price News Photography.
4. John: Newspaper Photography: A Professional View of Photo Journalism today.
5. Kebre: Photo Journalism: The Professional's Approach.
6. Milten Feinberg: Techniques of Photo Journalism.
7. Newnes: Basic Photography.
8. Rnede and Mc Cal: Press Photography.
9. Rothsteline: Photo Journalism

SPORTS COMMENTARY (IV)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/PC/206(I,II, III, IV, V, VI)	Field Training:I-Organizing tournament /II-Officiating/III-Sports Photography/IV-Sports Commentary/ V-Performance analysis/VI-Rehabilitation Exercise	2	64	25	25	50

UNIT – I

- 1.1.Active participation in different level of competitions for sports commentary
- 1.2.Reading and communication skill development for sports commentary
- 1.3.Sports commentary practice and involvement technical discussions for match analysis
- 1.4.Observing previous match recording video and practicing match analysis

UNIT – II

- 2.1.Explore the amazing moment in during match for the audience
- 2.2.Explore own style of commentary on a sporting event
- 2.3. Preparing report for a social media / radio and TV commentary
- 2.4. Preparing a commentary reports and technical observations

PERFORMANCE ANALYSIS (V)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/PC/206(I,II, III, IV, V, VI)	Field Training:I-Organizing tournament /II-Officiating/III-Sports Photography/IV-Sports Commentary/ V-Performance analysis/VI-Rehabilitation Exercise	2	64	25	25	50

UNIT – I

- 1.1.Active participation in different level of competitions for match analysis
- 1.2.Use of Nacsport software as part of a video analysis protocol in team and individual based sports
- 1.3.Use of Kenovea software to evaluate movement and skill in sports

UNIT – II

- 2.1.Notational Analysis
- 2.2.Positioning systems
- 2.3.Match analysis report



REHABILITATION (VI)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/PC/206(I,II, III, IV, V, VI)	Field Training:I-Organizing tournament /II-Officiating/III-Sports Photography/IV-Sports Commentary/ V-Performance analysis/VI-Rehabilitation Exercise	2	64	25	25	50

UNIT – I

- 1.1.Active participation in treatment of injury under the guidance of physiotherapist
- 1.2.Active participation in different level of rehab protocols under guidance of physiotherapist
- 1.3.Active participation in designing Strengthening and flexibility exercises for injury joint
- 1.4.Active participation in prehab exercises

UNIT – II

- 2.1.Active participation in designing functional mobility, balance and proprioception
- 2.2.Active participation in designing Cardio respiratory exercises
- 2.3.Active participation in planning of corrective with the help of Physiotherapist
- 2.4.Report writing on injury management

Evaluation

Total Marks 50

Internal 25 marks

External 25 marks

Event	Internal assessment	External Assessment
Proficiency part of the selected event	20 marks	20 marks
Record book Viva	5 marks	5 marks
Total	25 Marks	25 marks

SCHEME OF EXAMINATION
MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)
SEMESTER – III
MPES

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/301	Test, Measurement and Evaluation in Physical Education & Sports	3	48	30	45	75
MPES/CC/302	Sports Medicine and Rehabilitation	3	48	30	45	75
MPES/CC/303	Sports Technology and Innovation	3	48	30	45	75
Elective (choose any one)						
MPES/EC/301	Gender and Inclusive Sport Education	2	32	20	30	50
MPES/EC/302	Traditional Exercise and Sports					
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/302	Sports Medicine and Rehabilitation	1	32	10	15	25
MPES/CC(P)/303	Sports Technology and Innovation	1	32	10	15	25
MPES/EC(P)/301	Gender and Inclusive Sport Education	1	32	10	15	25
MPES/EC(P)/302	Traditional Exercise and Sports					
PART-C (PRACTICAL) Concerned Sports						
MPES/PC/304	Games and Sports Specialization Organizing Games & Sports/Officiating (Any one)	4	128	50	50	100
MPES/PC/305	Yoga and Naturopathy	4	128	50	50	100
MPES/PC/306	Field Training (Community Coaching)	2	64	25	25	50
TOTAL		24	592	265	335	600

Add on Credit Course: Students should choose one add on course of two credits.

SEMESTER – III

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION AND SPORT

COURSECODE – MPES/CC/301

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/301	Test, Measurement and Evaluation in Physical Education & Sports	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- After completing this course, the students will be able to
- Understand about the concept of Test, Measurement and Evaluation in Physical Education and Sport
- Discuss the construction of administration of testing programme and its procedure in Physical Education and Sport
- Identify the suitable test for motor abilities, specific Sport Skills, and psycho-physiological assessment

UNIT– I

Introduction to Test, Measurement and Evaluation

- 1.1.Modern concepts in Tests, Measurements and Evaluation in Physical Education and Sport
- 1.2.Measurement and Evaluation in Physical Education and Sport for qualitative and quantitative development
- 1.3.Construction and administration of test, measurement and evaluation in Physical Education and Sport
- 1.4.Data interpretation/analysis

UNIT– II

Reliability and Validity Theory

- 2.1.Norm-Referenced Reliability and Validity
- 2.2.Applied Reliability and Validity Measures, Estimating Agreement between Measures
- 2.3.Developing Criterion-Referenced Standards, Development of Criterion-Referenced Testing

2.4. Statistical Analysis of Criterion Referenced Tests (CRTs), Statistical Techniques to Use with CRTs, CRT Examples, Applying Criterion-Referenced Standards to Epidemiology

UNIT – III

Physical Fitness and Activity Assessment in Youth and Adults

3.1. Health-Related Physical Fitness

3.2. Anthropometric and Body composition

3.3. Performance related Fitness Batteries for Youth and Adults, Physical Fitness Assessment in Youth and Older Adults, Fitness gram

3.4. Construction of test Special Populations (Divyangjan) fitness measuring test, Elderly persons fitness test

UNIT – IV

Assessment of Motor Abilities and Sport Skills

4.1. Motor Abilities and Sport Skills Testing and its interpretation

4.2. SOP for Motor Performance tests and measurements

4.3. SOP Human Performance Analysis; Sport performance Analytics by using ICT

4.4. SOP Psycho-physiological Testing Procedures, Psychomotor Tests for Sport Persons

Suggested Readings:

1. Morrow Jr., James. R. (2016). Measurement and Evaluation in Human Performance. Human Kinetics.
2. Safrit, Margaret J. (1986). Introduction to Measurement in Physical Education & Exercise Science. Times Mirror/Mosby College Publishing: Santa Clara.
3. Baumgartner Ted A., Jackson Andrew S., Mahar Matthew T., and Rowe David A. (1999). Measurement for Evaluation in Physical Education and Exercise Science. Mc Graw Hill.
4. Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
5. James Morrow Jr., Dale Mood, James Disch, Minsoo Kang (2016) Measurement and Evaluation in Human Performance 5th Edition, Human Kinetics.
6. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.

7. Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.



SEMESTER – III
SPORTS MEDICINE AND REHABILITATION
COURSE CODE: MPES/CC/302

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/302	Sports Medicine and Rehabilitation	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understanding the classification of sports injury
- Understand the List of the Drugs banned by WADA
- Understanding injuries and rehabilitation in sports
- Understand the concept of first aid, hydrotherapy, thermotherapy and different electrotherapeutic modalities

UNIT – I

Introduction to Sports Medicine and Rehabilitation

- 1.1. Definition and aims objectives of Sports Medicine
- 1.2. Need and Importance of Sports Medicine
- 1.3. Definition & Concept of Athletic care Rehabilitation
- 1.4. Action plan of Athletic Care Rehabilitation.

UNIT – II

Injury, Tissue Response and its Classification

- 2.1. Classification of sports injuries. (Common sports injury -abrasion, Contusions, Wounds & Fractures, Muscle Cramp, and Sprains & Strains) and Stages of healing
- 2.2. First Aid for Specific Injuries: Unconsciousness: ABC, CPR, AED, Respiratory and Inflammation. (Cardinal signs)
- 2.3. Acute and Chronic injury and its Management
- 2.4. Common and overuse injury in sports. Principle of PRICE and POLICE

UNIT – III

Hydrotherapy & Thermotherapy Electrotherapeutic Modalities

- 3.1. Brief Explanation of Cryotherapy and Hydrotherapy – Whirlpool bath, contrast bath
- 3.2. Thermotherapy modalities-Shortwave Diathermy, Microwave Diathermy, IRR and Ultraviolet Rays
- 3.3. Concept & Use of Electrical Muscle Stimulation
- 3.4. Brief Description of TENS, Diapulse & LASER therapies Ultrasound and their combined Utility, Manual Therapy and Sports Massage

UNIT – IV

- 4.1. Dope history
- 4.2. Classifications of Drugs banned by WADA
- 4.3. Procedure and sampling at National and Inter National levels.
- 4.4. Role of WADA and NADA



SEMESTER-III

PRACTICAL

CODE: MPES/CC(P)/302

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/302	Sports Medicine and Rehabilitation	1	32	10	15	25

UNIT – I

- 1.1.Orientation of most commonly used Therapeutic Modalities (Infrared, Wax bath, Ultrasound, Short wave Diathermy, TENS, LASER Therapy)
- 1.2.Orientation of Active and Passive exercises for rehabilitation
- 1.3. Common exercise for upper limb and lower limb, core stability exercise
- 1.4. Stretching of major muscles. Massage therapy

UNIT – II

- 2.1.Isotonic, Isometric & other Rehabilitative exercises
- 2.2.Application of strapping/tapping and bandage for major joints and body parts
- 2.3.Practical learning of Cryotherapy techniques
- 2.4.Acquainted with Rehabilitation equipment (Traction units, sliding sheet, shoulder wheel, quadriceps table, wrist rotators, leg curl, wall pulley, finger board). Maintaining a record book

Suggested Readings:

1. Carolyn Kisner & Lynn Allen Colby, (2004) Therapeutic Exercise: Foundation & Techniques, New Delhi.
2. Dr. P.K. Pandey, (2003) Sports Medicine Curious Queries KhelSahityaKendra New Delhi.
3. Freddie H. Fu, David A. Stone,(2001) Sports Injuries: Mechanism, Prevention, Treatment, Lippincott Williams & Wilkins.
4. Jayant Joshi, PrakashKotwal; B.I. Churchill Livingstone (2008) Essential of orthopedics& Applied Physiotherapy, New Delhi.

5. Peggy A. Houglum(2001)Therapeutic Exercise of Athletic Injuries, , Athletic Training Education Series.
6. Stevan Roy and Richard Irvin (2001) Sports Medicine: Prevention, Evaluation, Management & Rehabilitation Official website of International sports Medicine.



SEMESTER – III
SPORTS TECHNOLOGY AND INNOVATION
COURSE CODE: MPES/CC/303

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/303	Sports Technology and Innovation	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understanding the importance of sports technology on sports performance
- Analysis of sports material science
- different surfaces of playfields and types of materials used
- Understand modern sports Equipment.

UNIT – I

Introduction to Sports Technology

- 1.1. Meaning, Objectives, purpose and advantages of applications of sports technology
- 1.2. Impacts of technology on sport and performance
- 1.3. General Principles and purpose of instrumentation in sports
- 1.4. Workflow of instrumentation and business aspects

UNIT – II

Science of Sports Materials

- 2.1. Adhesives- Nano glue, Nano moulding technology, Nano turf
- 2.2. Foot wears production, Factors and application in sports, constraints
- 2.3. Foams- Polyurethane, Polystyrene, Styrofoam, closed-cell and open-cell foams, Neoprene, Foam
- 2.4. Smart Materials – Shape Memory Alloy (SMA), Thermo chromic film, High-density modeling foam.

UNIT – III

Science behind the Surfaces of Playfields

- 3.1.Modern surfaces for playfields, construction and installation of sports surfaces
- 3.2.Types of materials – synthetic, wood, polyurethane
- 3.3.Artificial turf and Modern technology in the construction of indoor and outdoor facilities, technology in manufacture of modern play Equipments
- 3.4.Use of computer and software in Match Analysis and Coaching.

UNIT – IV

Introduction to Innovative Sports Equipment

- 4.1.Sport Equipments: Balls/Bat/stump/Racquets: Types, Materials and Advantages
- 4.2.Analytic Equipments and software
- 4.3.Measuring Equipments: Throwing and Jumping Events
- 4.4.Personal Equipments: Types, Materials and Advantages. Sports equipment with nano technology, Clothing and shoes: Types, Materials and Advantages



SEMESTER-III
PRACTICAL
COURSE CODE: MPES/CC(P)/303

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/303	Sports Technology and Innovation	1	32	10	15	25

UNIT – I

- 1.1.Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop
- 1.2.Field visit sports technology factory/sports goods manufacturers
- 1.3.Assignment

UNIT – II

- 2.1.Modern sports technology (Hawk-Eye Technology, Instant Replay, Sensor Tools, RFID Chips, HANS device, Video Technology, GPS etc.)
- 2.2.Observing various types of materials used in sports arena surface

Suggested Readings:

1. Routledge Handbook of Sports Technology and Engineering (2013) Edited by: Franz Konstantin Fuss, Aleksandar Subic, Martin Strangwood, Rabindra Mehta Print ISBN: 9780415580458
2. Stewart Ross (2011) Sports Technology (New Technology) Technology-New-Stewart-Ross/doi/0237540770
3. ThorsteinssonGsl i an Examination of the Impact of Modern Technology on Sport? ISBN: 9783838381251, 3838381254LAP Lambert Academic Publishing

SEMESTER – III
ELECTIVE SUBJECT
GENDER AND INCLUSIVE EDUCATION AND SPORTS
COURSE CODE: MPES/EC/301

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
Elective (choose any one)						
MPES/EC/301	Gender and Inclusive Education and Sport	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand about need and importance of Gender studies
- Understand about gender policies of sports in the country
- Understand of inclusive education and sports
- Understand about special and inclusive education

UNIT – I

Defining and Meaning of Gender Equality

- 1.1. Gender equality issue in sports
- 1.2. Inclusive education in India –patriarchy and its socio cultural origins
- 1.3. Gender issues in access to education & physical education, Gender in the physical education classroom and peer interactions
- 1.4. Impact of gender as a social construct. Gender roles and the female stereotype in India, The Global Gender Equality Agenda

UNIT – II

Concept and Importance of Inclusive Education in Sports

- 2.1. Definition, concept and importance of inclusive education
- 2.2. Historical perspectives on education of children with diverse needs
- 2.3. Difference between special education, integrated education and inclusive education
- 2.4. Advantages of inclusive sports education for all children

UNIT – III

Inclusive Education Learning, Facilities and Role of Teacher

- 3.1. Educational approaches and measures for meeting the diverse needs
- 3.2. Building inclusive learning friendly sports facilities, overcoming barriers for inclusion
- 3.3. Creating and sustaining inclusive practices
- 3.4. Role of teachers, parents and other community members for supporting inclusion of children with diverse needs for participation in sports



SEMESTER-III
PRACTICAL
COURSE CODE: MPES/EC(P)/301

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/EC(P)/301	Gender and Inclusive Sport Education	1	32	10	15	25

UNIT – I

- 1.1.Field visit to special school
- 1.2.Prepare various models of physical activities for inclusive children
- 1.3.Design various types of physical fitness exercises

UNIT – II

- 2.1.Designing Recreational sports
- 2.2.Designing teaching strategies for inclusive education
- 2.3.List out various Equipments for inclusive students
- 2.4.Maintaining practical record book

Suggested Readings:

1. Chanana, Karuna (ed) Socialisation, Education and Women, Orient Longman, New Delhi,1988
2. Mandell, Nancy (ed), Feminist Issues: Race, Class and Sexuality, Prentice Hall,Ontario,1995
3. Nambissan, Geeta B, Gender and Education: The Social Context of schooling Girl Children in India, 1995.
4. Erik Olin Wright, "From Paradigm Battles to Pragmatist Realism: towards an integrated class analysis", New Left Review (forthcoming)
5. Daryl Glaser, 'Should An Egalitarian Support Black Economic Empowerment?',Politikon, vol. 34, no. 2, 105-123, 2007.
6. Michael Marmot, Richard Wilkinson, Social Determinants of Health: The Solid Facts Gomberg, How to make opportunity equal (Blackwell, 2007)

7. Ainscow, M., Booth. T (2003): The Index for Inclusion: Developing Learning and Participation in Schools. Bristol: Center for Studies in Inclusive Education.
8. Ahuja. A, Jangira, N.K. (2002): Effective Teacher Training; Cooperative Learning Based Approach: National Publishing house 23 Daryaganj, New Delhi 110002.
9. Jangira N.K. and Mani, M.N.G. (1990): Integrated Education for Visually Handicapped, Gurgaon, Old Subjimandi, Academic Press.
10. Jha. M.(2002) Inclusive Education for All: Schools Without Walls, Heinemann Educational publishers, Multivista Global Ltd, Chennai,India.
11. Sharma, P.L. (1990) Teachers handbook on IED-Helping children with special needs N. C. E R T Publication.
12. Sharma P.L (2003) Planning Inclusive Education in Small Schools, R .I E. Mysor.



SEMESTER – III
ELECTIVE SUBJECT
TRADITIONAL EXERCISE AND SPORTS
COURSE CODE: MPES/EC/302

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
MPES/EC/302	Traditional Exercise and Sports	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Understand the importance of history and evolution of Traditional Exercise and Sports
- Understand its scope and social values Traditional Exercise and Sports
- Illustrate techniques and competition rules

UNIT – I

Introduction to Traditional Exercise and Sports

- 1.1. History of Traditional Exercise and Sports in Bharat (India) and abroad; Its Social values
- 1.2. Importance of Traditional Exercise and Sports: Its Scope and Job opportunity
- 1.3. UNECSO: Intangible Cultural Heritage-Traditional Sports and Games (TSG)
- 1.4. National and International Organization of Traditional Sports and Games (TSG) and their activities

UNIT – II

Mallakhamb and Thang-Ta

- 2.1. History of Mallakhamb in Bharat (India): Its social values and modern developments
- 2.2. Types of Mallakhamb: Pole, Rope, Water etc.; its techniques and competition rules
- 2.3. History of Thang-Ta in Bharat (India): Its social values and modern developments
- 2.4. Types of Thang-Ta: Phunaba and KanglonChatpaetc.; its techniques and competition rules

UNIT – III

Kalaripayattu and Gatka

3.1.History of Kalaripayattu in Bharat (India): Its social values and modern developments

3.2.Types of Kalaripayattu:Its major techniques and competition rules

3.3.History of Gatka in Bharat (India): Its social values and modern developments

3.4.Types of Gatka: Its techniques and competition rules



SEMESTER-III
PRATICAL
COURSE CODE: MPES/EC (P)/302

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/EC(P)/302	Traditional Exercise and Sports	1	32	10	15	25

UNIT – I

- 1.1.Mallakhamb: Traditional Vyayamas (Exercises) related with Mallakhamb
- 1.2.Mallakhamb: Pole, Rope and Water etc.
- 1.3.Thang-Ta: Traditional Vyayamas (Exercises) related with Thang-Ta
- 1.4.Thang-Ta: Phunaba and Kanglon Chatpa etc.

UNIT – II

- 2.1.Kalaripayattu: Traditional Vyayamas (Exercises) related with Kalaripayattu
- 2.2.Kalaripayattu: Its major techniques
- 2.3.Gatka: Traditional Vyayamas (Exercises) related with Gatka
- 2.4.Gatka: Its major Techniques

Suggested Readings:

1. www.unesco.org : Traditional Games and Sports (TSG)
2. www.tafisa.org
3. Encyclopaedia of Traditional Games, Gremese International; 192nd ed. edition (1 March 1995)
4. Traditional Games, Sports Publication (1 December 2015)
5. www.mallakhambindia.com
6. Rath. ShyamSundar, Martial Arts A critical Analysis of Orissa, KalpazPublisher, New Delhi, 2005.
7. L. Kokngang, Thang- Ta, 2008
8. KonjengbamBiren Singh, Meitei HuyenLanlong, Manipur State Kala Academy, 1985.
9. sgfibharat.com/images/stories/RULES/Rules_Thangta.pdf
10. https://www.keralatourism.org/kalaripayattu/origin
11. https://gatkaa.com

12. <https://themanipurpage.tripod.com/culture/thangta.html>

13. blog.globalindianschool.org

14. www.sportanddev.org

15. www.chaseyoursport.com



SEMESTER – III
GAMES AND SPORTS SPECIALIZATION
COURSE CODE: MPES/PC/304
GAMES & SPORTS SPECIALISATION (ANY ONE)

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (PRACTICAL) Concerned Sports						
MPES/PC/304	Games and Sports Specialization Organizing Games & Sports/Officiating (Any one)	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to choose one specialization sports /Games that he/she has studied in first and second semester. The Sports and Game specialization is designed to enhance both teaching and coaching ability of the game and also it enhances their performance and officiating ability. It must focus on both psychological and mechanical aspects of athlete's performance training. In this specialization, the students will learn essential leadership skills, including how to inspire and motivate players, manage talent, influence without authority, and lead teams.

UNIT – I

- 1.1. Drills and Conditioning exercise for concerned Sports/Game
- 1.2. Basic and advanced training Schedule Preparation
- 1.3. Training intensity, volume and load
- 1.4. Specific training related to the sports/game circuit training, plyometric training etc.

UNIT – II

- 2.1. Teaching and coaching ability of the Sports /Game
- 2.2. Teaching and coaching lesson plan practice (10 Lesson)
- 2.3. Improvement of Demonstration and explanation of skill
- 2.4. Mechanical and Kinesiological analysis of various skill

UNIT – III

- 3.1. Rules and regulation and their interpretation of concerned Sports and Games
- 3.2. Defensive and offensive techniques of sports/games
- 3.3. Tactical aspects related to the Sports/games
- 3.4. Learning officiating ability of Sports/Games

UNIT – IV

- 4.1. Psychological preparation of the sportsman
- 4.2. Skill test associated to concerned Sports/game
- 4.3. Test for different fitness components
- 4.4. Prognostic and performance analysis of the concerned Sports and games

N.B. The students will submit a record book of their specialization game/sports.

Evaluation

Full marks 100 marks

Internal Assessment: 50 marks

External Assessment 50 marks

Evaluation criteria	Internal Examiner's mark	External Examiner's Mark
Teaching & Coaching ability of the Specialization Sports/Game	15	15
Officiating ability	15	15
Skill proficiency	10	10
Record book and Viva	10	10
Total	50	50

SCHEME OF EXAMINATION
MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)
SEMESTER – III
YOGA AND NATUROPATHY
COURSE CODE: MPES/PC/305

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (PRACTICAL) Concerned Sports						
MPES/PC/305	Yoga and Naturopathy	4	128	50	50	100

Course Learning Outcome:

After completing this course, the students will be able to

- For own health benefits of students
- To prepare students to serve the common people
- To take care the injured and ill subjects
- To give best practices to the sport person community

UNIT – I

- 1.1.Yogic Kriya (Shatkarma)
- 1.2.Kriya- a. kapalbhati and Trataka
- 1.3.Neti and Dhouti
- 1.4.Nouli and Basti

UNIT – II

Yogasana

- 2.1.SukshmaVayayama and SthullaVayayama
- 2.2.Asana- a. Standing, Sitting, Laying position
- 2.3.Cultural, Relaxing, Meditative
- 2.4.Physiological Classifications

UNIT – III

Pranayama and Dhayana

- 3.1.Cooling (Sitali and Sitakari)
- 3.2.Heating (Vastrika and Kapalvati)
- 3.3.Balancing (anulomebilom and Bharmari)
- 3.4.Vipasyana for biginners, intermediate and advance

UNIT- IV

Naturopathy (Nisargopachar)

- 4.1.Hydrotherapy (Jalchikitsa)- Hot, Cool, Moving
- 4.2.Heat Therapy (TejChikitsa)- Dry and Moisture
- 4.3.Mardan Therapy/Indian Massage (Abhyanga Chikitsa)
- 4.4.Mud therapy

Evaluation

Full marks 100 marks

Internal Assessment: 50 marks

External Assessment 50 marks

Evaluation criteria	Internal Examiners mark	External Examiners Mark
Performance of Yoga Asana Pranayama, Kriya and Sruyanamaskar	15	15
Ability to take Yoga Class	15	15
Yogic asana and pranayama Prescription for different aliments	10	10
Record book and Viva	10	10
Total	50	50

Suggested Readings:

1. Muktibodhananda S. (2013). Hatha Yoga Pradipika, Munger, Bihar School of YogaPublication (3rd ed.). ISBN-10:9788185787381
2. Niranjananda S. S. GherandaSamhita. (2012).Munger, Bihar School of Yoga. PublicationISBN-9789381620199
3. Maheshananda S, Sharma B.R., Sahay GS, BodhaR.K, Jha B.L, Bharadwaj C.L. (2009).SivaSamhita.Lonavalla,Kaivalyadhama Publication. ISBN: 9788189485535

4. Maheshananda S, Sharma B.R, Sahay G.S. (2005). VasisthaSamhita, Lonavalla, Kaivalyadhama Publication. ISBN:8189485377
5. Kuvalayananda S. (1993). Asanas. Lonavala,KaivalyadhamaPublication, India.
6. Satyananda S.S. (2004). Asana Pranayama Mudra Bandha,Munger,Yoga Publications Trust,Bihar,India. ISBN: 8186336141
7. Nagarathna R, Nagendra H.R. (2008).Yoga for Promotion of Positive Health. Vivekananda
8. Yoga Research Foundation Swami Vivekananda Yoga Prakashana. ISBN:9788187313083
9. Iyengar B.K.S. (2003). Light on Yoga, USA, HarperCollins. ISBN: 8172235011
10. Mondal S. (2013). Science of exercise: ancient Indian origin. J Assoc Physicians India 61:40-42.



SEMESTER – III
COMMUNITY COACHING
COURSE CODE: MPES/PC/306

Subject Code	Subject Name	Credit	Learning Hours	Internal Marks	External Marks	Total Marks
PART-C (PRACTICAL) Concerned Sports						
MPES/PC/306	Field Training (Community Coaching)	2	64	25	25	50
TOTAL		24	592	265	335	600

Course Learning Outcome:

After completing this course, the students will be able to

This Course will offer an opportunity to learn more about coaching as an approach to community and organizational change work. The course will provide opportunity to share Physical education and sports knowledge for community people. It provides information about need and importance of physical activities in our daily life.

Outcome of Practical Community Coaching

- Describe the role of coaching Physical education in community and there change processes.
- Identify what communities get from a Physical education teacher and describe how communities can benefit from a PE Teacher, Practice skills related to coaching activities.
- Identify issues, concerns about Physical Education andSports among community members.
- Safely conduct a coaching session, ensuring fun, learning and maximum participation through games and activity, Benefit of community coaching for the development of society

Practical

The students will practice theory and practical lesson at community center and there they will take two classes (one theory and one practical).

UNIT – I

Theory Lesson May Be Any Topic Related To Subject Mentioned Below

- 1.1.Physical fitness, wellness, Health and Hygiene
- 1.2.Diet, Nutrition, Balanced diet and their benefits
- 1.3.Importance of regular exercises in our daily life
- 1.4.Life style and health problem, Obesity and exercise programme

UNIT – II

- 2.1.Fitness programme for different age group
- 2.2.Stretching exercises, Weight loss exercises/programme
- 2.3.Aerobics, Jumba
- 2.4.Yoga and Stress management

UNIT – III

Group Discussion with Community Members

- 3.1.Group discussion with community member about benefits of health, fitness, &hygiene
- 3.2.Observation of the sports facilities available in the community
- 3.3.Observation of active participation level of physical activities (community people)
- 3.4.Report writing on Community coaching

Evaluation

Full marks 50 marks

Internal Assessment: 25 marks

External Assessment 25 marks

Evaluation criteria	Internal Examiners mark	External Examiners Mark
Theory Lesson class	10	10
Practical lesson Class	10	10
Repot writing and Viva	5	5
Total	25	25

SCHEME OF EXAMINATION
MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)
SEMESTER – IV
MPES

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/401	Sports Nutrition	3	48	30	45	75
MPES/CC/402	Sports Performance Analysis	3	48	30	45	75
Elective (choose any one)						
MPES/EC/401	Sports Entrepreneurship	2	32	20	30	50
MPES/EC/402	Health Club Management					
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/401	Sports Nutrition	1	32	10	15	25
MPES/CC(P)/402	Sports Performance Analysis	1	32	10	15	25
MPES/EC(P)/401	Sports Entrepreneurship	1	32	10	15	25
MPES/EC(P)/402	Health Club Management					
PART-C (PRACTICAL) Concerned Sports						
MPES/PC/403	Internship	6	192	-----	150	150
MPES/CC/404	Dissertation	7	112	75	100	175
TOTAL		24	528	185	415	600

SEMESTER – IV
SPORTS NUTRITION
COURSE CODE: MPES/CC/401

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/401	Sports Nutrition	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- Understanding Sports Nutrition, balance diet, macro and micro nutrients
- Metabolism and fluid requirement
- Sports Specific Nutritional Requirement
- Understand Carbohydrate loading

UNIT – I

Introduction to Sports Nutrition

- 1.1. Sports Nutrition, Food and its functions
- 1.2. Classification, Sources and requirements of Macro Nutrients
- 1.3. Classification, Sources and requirements of Micro Nutrients
- 1.4. Balance Diet and Malnutrition of various nutrients

UNIT – II

Metabolism and Fluid Requirements

- 2.1. Energy intake and Energy expenditure, Energy requirements for athletes, Calorific value of food
- 2.2. Basal Metabolism, Thermal Effect of Food
- 2.3. Maintenance of fluid and electrolyte balance
- 2.4. Hydration, dehydration and electrolyte imbalance

UNIT – III

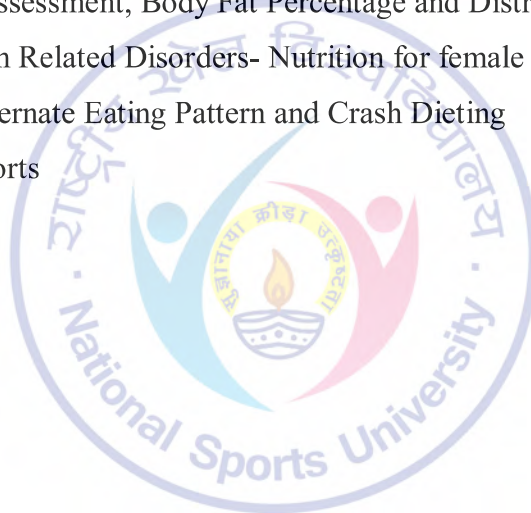
Sports Specific Nutritional Requirement

- 3.1.Nutritional Requirements for team sports(Hockey, football, volleyball, cricket, etc.),
Nutrition for Athletics (Sprinters, middle and long distance), Racket Sports, Nutrition for
Endurance sports, Nutrition for strength and power athletes
- 3.2.Carbohydrate loading
- 3.3.Pre, Post and during competition/training diet
- 3.4.Weight management in athletes

UNIT – IV

Sports Supplement and Ergogenic Aid

- 4.1.Body Composition: Assessment, Body Fat Percentage and Distribution of fat
- 4.2.Athletes with Nutrition Related Disorders- Nutrition for female athletes triad
- 4.3.Food Supplement, Alternate Eating Pattern and Crash Dieting
- 4.4. Ergogenic Aids in sports



SEMESTER-IV

PRACTICAL

COURSE CODE: MPES/CC(P)/401

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/401	Sports Nutrition	1	32	10	15	25

UNIT – I

- 1.1.Menu planning and nutritive value calculation for strength athletes, endurance athletes
- 1.2.Menu planning and nutritive calculation for Team sports athletes, athletic groups
- 1.3.Methods measuring various dietary recalls- food recall
- 1.4.24 hours dietary recall, Hydration recall

UNIT – II

- 2.1.Measuring body composition using various techniques
- 2.2.To calculate energy intake and energy expenditure
- 2.3.Pre, post, and during diet
- 2.4.Designing carbohydrate loading diet

Suggested Readings:

1. Campbell, B. (2013). Sports Nutrition: Enhancing Athletic Performance. CRC Press.
2. Eberle, S. G. (2013). Endurance Sports Nutrition (Ed. 3). Human Kinetics.
3. Fink, H. H., & Mikesky, A. E. (2017). Practical Applications in Sports Nutrition. Jones & Bartlett Learning.
4. Kumar.P (2020). Changing the Lifestyle of Present Health Care: A Much Required Step for A Secured Future the Transmission or Reminder Ancestor's Way of Life once again. Alochana Chakra Journal. Vol. IX. Issue-V
5. Maughan, R. J., & Shirreffs, S. M. (Eds.). (2013). Food, Nutrition and Sports Performance. Routledge.
6. Reaburn, P. R. (Ed.). (2014). Nutrition and Performance In Masters Athletes. CRC Press.

7. Ryan, M. (2012). Sports Nutrition for Endurance Athletes. Velo Press.
8. Sharma, O.P., (2010). Handbook of Health Education & Sports. Khel Sahitya Kendra .
9. Zinner, C., & Sperlich, B. (Eds.). (2016). Marathon Running: Physiology, Psychology, Nutrition and Training Aspects (pp. 1-171). Springer.



SEMESTER – IV
SPORTS PERFORMANCE ANALYSIS
COURSE CODE: MPES/CC/402

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MPES/CC/402	Sports Performance Analysis	3	48	30	45	75

Course Learning Outcome:

After completing this course, the students will be able to

- After completing this course, the students will be able to analyze and interpretation the data through the application of different software in the field of sports.
- Develop your expertise as a performance analyst
- Understand relevant techniques and procedures for a number of different scenarios
- Utilize the various modern technology in sports

UNIT – I

Introduction to Sports Performance Analysis

- 1.1. Introduction and need for Performance Analysis, Meaning and definition of notational analysis and modelling
- 1.2. Levels of analysis - team, subsidiary units and individuals
- 1.3. Development of notational analysis system (Hand, Technology based)
- 1.4. Sports performance analysis: National and International

UNIT – II

Sports Performance Indicators and Performance Profiling

- 2.1. Meaning and definition of performance indicators
- 2.2. Types of indicators (Temporal, Technical, Tactical, Biomechanical)
- 2.3. Systematic approach to categorize the performance indicators, the use of performance indicators in performance analysis
- 2.4. Performance profiling, Processes in creating performance profiles, establishing normative profiles in performance analysis

UNIT – III

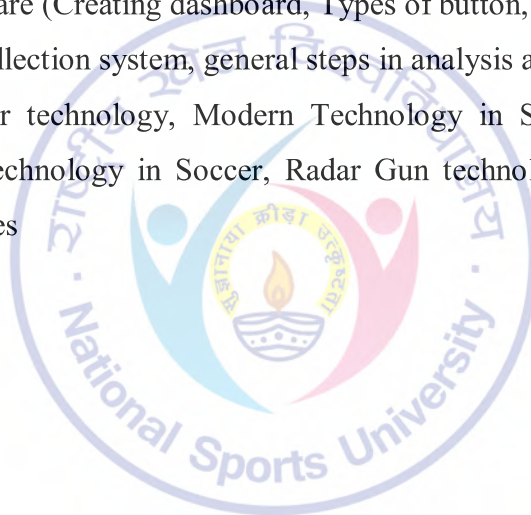
Feedback Technology and Sports Performance

- 3.1. Meaning, definition and types of feedback
- 3.2. Video feedback, presenting visual feedback to athletes, Precision and timing of feedback
- 3.3. Different feedback technologies in sports, Video technology and temporal feedback
- 3.4. The role of analyst in sports coaching process, applications of analysis systems to sports coaching practice

UNIT – IV

Technology in Sports Performance Analysis

- 4.1. Filming Equipments (Camera, Capture Device, Storage, Tripod)
- 4.2. Sports Analysis software (Creating dashboard, Types of button, Tagging)
- 4.3. Types of data, data collection system, general steps in analysis and visualization
- 4.4. Introduction to sensor technology, Modern Technology in Sports (Stump Camera in cricket, Goal Line Technology in Soccer, Radar Gun technology in Tennis, Wearable swimming technologies)



SEMESTER-IV
PRACTICAL
COURSE CODE: MPES/CC(P)/402

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/CC(P)/402	Sports Performance Analysis	1	32	10	15	25

UNIT – I

- 1.1. Software & Latest Technology
- 1.2. Sports Analysis software (Creating dashboard, Types of button, Tagging)
- 1.3. Notational Analysis
- 1.4. Global positioning systems

UNIT – II

- 2.1. Automatic player tracking systems
- 2.2. Sensor technology companies
- 2.3. Tele-remote training and analysis
- 2.4. Laser technology in static and dynamic conditions

Suggested Readings:

1. Carling, C., Williams, A. M., & Reilly, T. (2007). Handbook of soccer match analysis: A systematic approach to improving performance.
2. Mike Hughes, Ian M. Franks and Henriette Dancs, (2019) Essentials of Performance Analysis in Sport, Routledge.
3. Peter O'Donoghue, (2014) Data Analysis in Sport, Routledge
4. Routledge. Hughes, M., & Franks, I. (2007). The essentials of performance analysis: an introduction. M., & Franks, I. M. (Eds.). (2004).
5. Notational analysis of sport: Systems for better coaching and performance in sport. Psychology Press. McGarry, T., O'Donoghue, P., & de Eira Sampaio, A. J. (Eds.). (2013).

SEMESTER – IV
SPORTS ENTREPRENEURSHIP
COURSE CODE: MPES/EC/401

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
Elective (choose any one)						
MPES/EC/401	Sports Entrepreneurship	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Identify, investigate and synthesis relevant information about the sport entrepreneurship process
- Develop the knowledge and skills to manage and implement a sport venture;
- Use creativity, critical thinking, analysis and research skills to solve theoretical and realworld sport entrepreneurship problems, Adopt an informed and balanced approach on sport entrepreneurship
- Reflect on their own sport entrepreneurship practice, updating and adapting their knowledge and skills for continual professional and academic development.

UNIT – I

Nature and Types of Sports Entrepreneurships

- 1.1.Nature and importance of entrepreneurship
- 1.2.Types of entrepreneurships
- 1.3.Sport as a catalyst for entrepreneurialism
- 1.4.Mindset, Intentions of corporate entrepreneurship

UNIT – II

New Entries, Creativity and Business Ideas in Exercise and Sports

- 2.1.Generating and exploiting new entries in sports field
- 2.2.Creativity the Business Idea in Sports, identifying opportunities for innovation in sport
- 2.3. Characteristics of individual entrepreneurs in sport
- 2.4.Entrepreneurialism within large sporting organizations

UNIT – III

Business Plan and Marketing Strategies in Exercise and Sports

- 3.1.Domestic and international opportunities and Legal issues
- 3.2.Business plan and Marketing, Strategies for Growth and Accessing resources for growth from external sources
- 3.3.Organizational plan, financial plan, identifying opportunities for innovation in sport
- 3.4.Scheme and encouragement for entrepreneurship (Atam Nirbhar Bharat)



SEMESTER – IV
PRACTICAL
COURSE CODE: MPES/EC(P)/401

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/EC(P)/401	Sports Entrepreneurship	1	32	10	15	25

UNIT – I

- 1.1. Project on Business plan, idea marketing strategy
- 1.2. Field trip: visited local small-scale sports industries
- 1.3. Invite a successful entrepreneur and arrangement of motivational lecturer class for students

UNIT – II

- 2.1. Arrangement of Guest lecture form finance personal about budget planning
- 2.2. Market survey and submission a report
- 2.3. Developing goal setting skill

Suggested Readings:

1. Aldrich, H.E. (2005) Entrepreneurship. In Handbook of Economic Sociology, N. Smelser and R. Swedberg (Eds), Princeton, NJ: Princeton University Press, pp. 451-577.
2. Ansoff, I.H. (1968) Corporate Strategy, Penguin Books: London.
3. Baker, T., Gedajlovic, E. and Lubatkin, M. (2005) A Framework for Comparing Entrepreneurship Processes Across Nations. Journal of International Business Studies, Vol. 36, pp. 492-504.
4. Dorene Ciletti, Sports Enterprenuership theory and practice, Fitness Information Technology, Inc, U.S.; UK ed. edition (24 January 2012)
5. Harms, R., Schulz, A. and Kraus, S. (2009) The Conceptualization of ‘Opportunity’ in Strategic Management Research. International Journal of Entrepreneurial Venturing, Vol. 1, No. 1, pp. 57-71.

6. Hills, G.E. and Shrader, R.C. (1998) Successful Entrepreneurs Insights into Opportunity Recognition. In Reynolds, P.D. et al. (Eds) Frontiers of Entrepreneurship Research, pp. 30-43, Wellsley, MA: Babson College
7. Ratten Vanessa, Sport Entrepreneurship: Developing and Sustaining an Entrepreneurial Sports Culture (Management for Professionals) 1st ed. 2018 Edition, Kindle Edition
8. Ratten Vanessa and Joao J. Ferreira, Sport Entrepreneurship and Innovation, Routledge; 1st edition (22 November 2016),



SEMESTER – IV
HEALTH CLUB MANAGEMENT
COURSE CODE: MPES/EC/402

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
Elective (choose any one)						
MPES/EC/402	Health Club Management	2	32	20	30	50

Course Learning Outcome:

After completing this course, the students will be able to

- Define the different types of clubs and club memberships
- Understanding effective leadership techniques for club managers
- understanding the roles of club and membership marketing
- Understand the roles of club operations including food and beverage, financial management, facility management etc.
- Operations and maintenance and club fitness, spa, aquatic, and tennis operations.

UNIT – I

Introduction

- 1.1. Define different types of clubs in relation to health, recreation etc and their objectives
- 1.2. Modern Equipment required to established a health club
- 1.3. Different department and modern facilities available in a sophisticated health club
- 1.4. Health club timing, rules and regulations for members, keeping customer happy

UNIT – II

Health Club Management

- 2.1. Health club operation including food beverage, swimming pool and other facilities
- 2.2. Club Membership, Marketing and incentives for staffs, corporate membership
- 2.3. Staff requirements and Manages responsibility, effective front desk
- 2.4. Financial management of health club,

UNIT – III

Health Club Maintenance and Responsibility of Staffs

- 3.1. Health Club Equipment and Maintenance
- 3.2. Maintenance contract, Maintenance staffs and responsibility
- 3.3. Qualification of trainer/instructor and their periodic training programme
- 3.4. Club Fitness, Spa, Aquatics and Tennis court Maintenance



SEMESTER-IV
PRACTICAL
COURSE CODE: MPES/EC(P)/402

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- B (Lab. PRACTICAL)						
MPES/EC(P)/402	Health Club Management	1	32	10	15	25

UNIT – I

- 1.1.Field Trip: Visit Various Health Clubs nearby Localities and Submit a Report
- 1.2.List out the equipment manufacturer company and their supply /after sales service system
- 1.3.Practical knowledge of maintenance of Equipment
- 1.4.Practical knowledge of operation of steam bath sauna and Jacuzzi

UNIT – II

- 2.1.Practical knowledge of health club membership registers
- 2.2.Knowledge of Latest health club software
- 2.3.Financial management system
- 2.4.Preparing an assignment on Health club

Suggested Readings:

1. Perdue, Joe & Koenigsfield, Jason, Contemporary Club Management, 3rd Ed. American Hotel & Lodging Association.
2. Steve main, Total Health Club Management, Kindle edition. 2016.
3. Mike Bates, Health Fitness Management: A Comprehensive Resource for Managing and Operating Programs and Facilities Second Edition, Human Kinetics.
4. ACSM's Health/Fitness Facility Standards and Guidelines Fourth Edition, American College of Sports Medicine, Human Kinetics, 2012.
5. Mike Bates, H Mike Spezzano, Guy Danhoff Health fitness management , Human Kinetics, 3rd ed.,2018.

SEMESTER – IV
PART C - SPORTS PRACTICAL
COURSE CODE: MPES/PC/403
INTERNSHIP

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART-C (PRACTICAL) Concerned Sports						
MPES/PC/403	Internship	6	192	-----	150	150

Internship is an important component of MPES Programme that provides students with the opportunity to gain applied practical experience in the field of Physical Education and Sports. It allows a student to employ what is learned in class in a supervised environment, which is critical in order to further develop professional skills and assure quality practice in PE and Sports. Each student admitted to the MPES shall undergo 6 Credits (192 hours) compulsory internship programme at different colleges or university under the Department of Physical Education. The internship programme shall be of 150 marks, out of which 75marks shall be internal and 100 marks shall be external.

Course learning outcomes:

The Masters internship would examine the implementation of curriculum based knowledge acquired by the Post Graduate Students which includes the following Course Course learning objectives:

Observation of Physical education and Sports conditioning, training and competition programme of College/University.

Observe the job responsibilities of Director PE and Sports of respective college and University.

Actively involved in teaching and coaching programme of College and University.

Observing Records, Registers, Maintenance of play fields and Sports equipments.

Methods and ways to carry out Physical education teaching and sports coaching programme through lesson plan at College/ university level athletes.

Officiating and coaching experience at college and University level.

To acquire knowledge of the challenges faced by PE professionals at College and University.

Managerial and organizational skills relevant for PE and Sports.

Assessment of sportspersons and organizing fitness and conditioning programme.

Applying counselling skills on different level of sportspersons.

ASSESSMENT CRITERIA FOR INTERNSHIP SUPERVISOR:

Sr. No.	Please evaluate this student intern on the following items:	Max. Marks
1	Arrived to work on-time (Punctuality, sincerity, dedication and devotion towards work)	10
2	Behaved in a professional manner	10
3	Effectively performed Assignments given by Director PE and Sports of concerned College/University.	10
4	Communication skills PPT presentation to college athletes (Sports related topic)	10
5	Teaching lesson Ability (5 lesson)	10
6	Coaching lesson Ability (5 lesson)	10
7	Conditioning class taken Ability	10
8	Officiating ability	10
9	Observation of records and register of the PE department and report writing on records and registers	10
10	Observation and report writing on Maintenance of Equipments and Play fields	10
Total		100

ASSESSMENT CRITERIA FOR INTERNAL EXAMINER:

Sr. No.	Component	Max. Marks
1	Internship Report	25
2	Viva-Voce	25
Total		50



SEMESTER-IV
DISSERTATION
COURSECODE: MPES/D/404

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART-C (PRACTICAL) Concerned Sports						
MPES/CC/404	Dissertation	7	112	75	100	175

Course Learning Outcomes:

By completing the Master's dissertation, students will demonstrate their academic ability, i.e. their ability to think critically, write according to academic standards, and conduct independent research that is critical, methodical, and systematic.

A student admitted to MPES shall submit a thesis at the end of IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of Department Research Committee (DRC).

The beginning of the process of Thesis will start in the beginning of IV Semester in form of preparation and submission of synopsis, facing and getting final approval from the DRC.

The thesis must be submitted not less than one week before the beginning of the IV Semester End Examination.

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

Structure of the Thesis:

Title Page

Certificate

Abstract (200-250 words)

Acknowledgements

Table of Contents

List of Figures, Tables, Illustrations,

Chapter 1: Introduction

Chapter 2: Review of Literature

Chapter 3: Methods

Chapter 4: Results and Discussion

Chapter 5: Summary, Conclusion and recommendations

References

The detail would be given from the Department



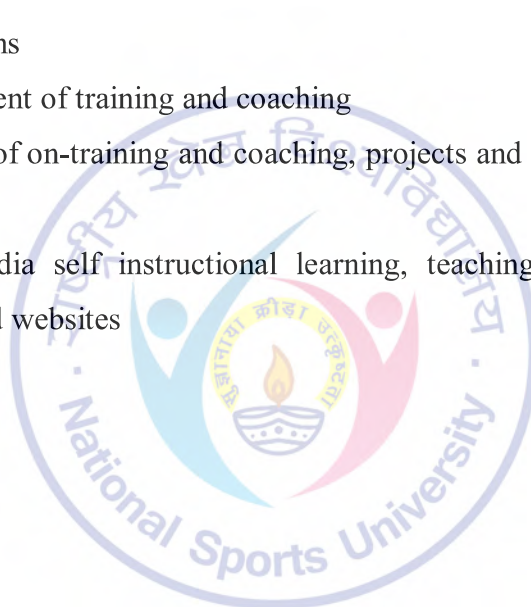
Evaluation

Total marks 150

The student will present their Dissertation through PPT where both supervisor and examiner will evaluate at the time of examination. The Internal and external assessment consists of 75 marks each.

Assessment rubrics

- Coursework
- Written reports
- Reflective writing
- Group presentations
- Practical Assessment of training and coaching
- PPT presentation of on-training and coaching, projects and research teaching learning coaching software
- Creating multimedia self instructional learning, teaching and coaching materials resources apps and websites



Prof. (Dr.) G.L. Khanna (Chairman)

Prof.(Dr.) Jatin Soni(Member)

Prof.(Dr.)Samiran Mondal (Member)

Prof. (Dr.) T. Inaobi Singh (Member)

Prof. (Dr.) R. Subramanin (Member)

Dr. Shyam Sundar Rath (Member Secy.)

