## Semester - I

### Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Core Course</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPCC-101</td>
<td>Research Process in Physical Education &amp; Sports Sciences</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-102</td>
<td>Physiology of Exercise.</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-103</td>
<td>Yogic Sciences</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td><strong>Elective Course (Anyone)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPEC-101</td>
<td>Tests, Measurement and Evaluation in Physical Education</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-102</td>
<td>Sports Technology</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Part-B Practical Course</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPPC-101</td>
<td>Track and Field (I) : Running Events</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-102</td>
<td>Sports Major – I: Swimming And Gymnastics</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-103</td>
<td>Karate / Self Defense and Adventure Sports</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-104</td>
<td>Class Room Teaching Lessons (4+1) one from each theory subject and one for External</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
</tbody>
</table>

**Total**

320 480 800

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*Course content as per NCTE regulation-2014*
# Syllabus for M.P.Ed course (2-years) of Calcutta University

## Semester - II

### Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td><strong>Core Course</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPCC-201</td>
<td>Applied Statistics in Physical Education &amp; Sports</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-202</td>
<td>Sports Biomechanics &amp; Kinesiology</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-203</td>
<td>Athletic Care and Rehabilitation</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td><strong>Elective Course (Anyone)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPEC-201</td>
<td>Sports Journalism and Mass Media</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-202</td>
<td>Sports Management and Curriculum Designs in Physical Education</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### Part-B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPPC-201</td>
<td>Track &amp; Field – II: Shot put Discus and Javelin Throws, High, Long and Triple Jump</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-202</td>
<td>Sports Major – II: Basketball and Cricket (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-203</td>
<td>Yoga: Asanas, Pranayam and Kriyas</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-204</td>
<td>Teaching Lessons: Sports Major – 4 lessons Track &amp; Field- 4 lessons</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
</tbody>
</table>

**Total**  320  480  800

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*Course content as per NCTE regulation-2014*
**Syllabus for M.P.Ed course (2-years) of Calcutta University**

### Semester - III

#### Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
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<tbody>
<tr>
<td><strong>Core Course</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPCC-301</td>
<td>Scientific Principles of Sports Training</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-302</td>
<td>Sports Medicine</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-303</td>
<td>Health Education and Sports Nutrition</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td><strong>Elective Course (Anyone)</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>MPEC-301</td>
<td>Sports Engineering And Technology</td>
<td></td>
<td></td>
<td>100</td>
</tr>
<tr>
<td>MPEC-302</td>
<td>Physical Fitness and Wellness</td>
<td>30</td>
<td>70</td>
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</table>

#### Part–B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPPC-301</td>
<td>Sports Major – III: Football and One Racket Sports (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-302</td>
<td>Sports Major – IV: Volleyball and Handball (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-303</td>
<td>Officiating of Track &amp; Fields and Sports Activities – Taught in SEM – I, II, III and IV</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-304</td>
<td>Internship on a Team Game*/Project Work on Practical Activities*</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
</tbody>
</table>

**Total**  
320  
480  
800

*Course content as per NCTE regulation-2014*
### Semester – IV

#### Part A: Theoretical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPCC-401</td>
<td>Information &amp; Communication Technology (ICT) in Physical Education And Sports</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-402</td>
<td>Psychology and Sociology of Sports</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPCC-403</td>
<td>Dissertation</td>
<td>30</td>
<td>70</td>
<td>100</td>
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</tbody>
</table>

#### Elective Course (Anyone)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPEC-401</td>
<td>Value and Environmental Education</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPEC-402</td>
<td>Education Technology in Physical Education and Sports</td>
<td>30</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>MPEC-403</td>
<td>Gender Studies In Physical Education And Sports</td>
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</tbody>
</table>

#### Part-B Practical Course

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Papers</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPPC-401</td>
<td>Hammer or Pole Vault or Combined Events – Triathlon, Pentathlon, Heptathlon and Decathlon: (Fundamental Skills, Individual Tactics, Officiating )</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-402</td>
<td>Sports Specialization (One): Among Track &amp; Field, Yoga and Sports Major (Technique of Officiating, Fundamental and Advanced Skill, Tactics, Strategies, Game Practice and Lead-up Games.</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-403</td>
<td>Coaching Lessons on Sports Specialization</td>
<td>50</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>MPPC-404</td>
<td>Lab Practical (25 marks in each subject)(Any Four)</td>
<td>50</td>
<td>50</td>
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</tbody>
</table>

A) Physiology of Exercise  
B) Kinesiology and Sports Biomechanics  
C) Sports Psychology  
D) Measurement & Evaluation in Physical Education  
E) Sports Management

<table>
<thead>
<tr>
<th>Total</th>
<th>320</th>
<th>480</th>
<th>800</th>
</tr>
</thead>
</table>

#### Total

| Total       | 1280         | 1920         | 3200        |

# Course content as per NCTE regulation-2014
Syllabus for M.P.Ed course (2-years) of Calcutta University

PART-A

THEORY COURSES

Semester-I

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

UNIT 1 – Introduction to Research
1.1 Meaning and Definition of Research.
1.2 Need, Nature and Scope of Research in Physical Education & Sports.
1.3 Classification of Research- Basic, Action and Applied Research.
1.4 Location of Research Problem, Criteria for selection of a research problem. Method of collecting data and its salient features.

UNIT 2 – Methods of Research & Experimental Research
2.1 Descriptive Methods of Research - Survey Study, Case study.
2.2 Historical Research – Meaning, Sources and criticism of Historical Research: Primary Data and Secondary Data.
2.4 Experimental Design, Meaning & Types.

UNIT 3 – Sampling
3.1 Meaning and Definition of Sample and Population, Statistic and parameter.
3.2 Sampling and its importance.
3.4 Non- Probability Sampling: Purposive, Judgment, Quota Sampling.

UNIT 4 – Research Proposal and Report
4.1 Research Proposal: Meaning, Significance, Method of Writing Research proposal
4.2 Hypothesis: Meaning Characteristics, Types, and testing of hypothesis
4.4 Research report: Format, writing style, common faults and characteristics of Research report. Style of writing foot notes and bibliography.

REFERENCE :
Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

Course content as per NCTE regulation-2014
MPCC-102: PHYSIOLOGY OF EXERCISE

UNIT 1 – Skeletal Muscles and Exercise
1.1 Macro & Micro Structure of the Skeletal Muscle, Chemical Composition, Types of Muscle fiber, Muscle Tone.
1.2 Nerve supply to muscle, concept of neuromuscular transmission.
1.3 Sliding Filament theory of Muscle Contraction, Chemistry of Muscular Contraction – Heat Production in the Muscle.
1.4 Effect of exercises and training on the muscular system.

UNIT 2 – Cardiovascular System and Exercise
2.1 Conduction System of the Heart- Blood Supply to the Heart- Stroke Volume- Cardiac Output.
2.2 Blood Flow at rest and during exercise – hemodynamic principle.
2.3 Heart Rate- Factors Affecting Heart Rate- Regulation of Heart rate, Cardiac Hypertrophy.
2.4 Effect of exercises and training on the Cardiovascular system. Cardiac diseases and therapeutic exercises.

UNIT 3 – Respiratory System and Exercise
3.1 Mechanism of Breathing – Respiratory Muscles, Pulmonary- Ventilation at Rest and During Exercise.
3.2 Exchange of Gases in the Lungs – Exchange of Gases in the Tissues- Control of Ventilation- Oxygen Debt / EPOC.
3.3 Vo2 max: concept, determination and its implication in sports performance.
3.4 Effect of exercises and training on the respiratory system.

UNIT 4 – Metabolism and Energy Transfer
4.1 Metabolism- ATP-PC or Phosphagen System-Lactic Acid System – Anaerobic Metabolism- Aerobic Metabolism.
4.2 Aerobic and Anaerobic Systems during Rest and Exercise.
4.3 Energy supply at Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes- Long Duration Exercises.
4.4 Measurement of energy cost of an activity.

UNIT 5 – Climatic conditions and sports performance and ergogenic aids
5.1 Variation in Temperature and Humidity- Thermoregulation.
5.2 Sports performance in hot climate, Cool Climate, high altitude.
5.3 Ergogenic Aid- Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance.
5.4 Doping agents: Narcotics, Stimulants, Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

REFERENCES:
MPCC-103: YOGIC SCIENCE

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

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

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

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

REFERENCE:

# Course content as per NCTE regulation-2014
MPEC-101: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)

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

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

UNIT 3 – Physiological and Anthropometric Test
3.4. Assessment of Body Composition, Measurement of Somatotyping.

UNIT 4 – Skill Tests
4.2. Football Test: Mc-Donald Volley Soccer Test. Volleyball Test: Russel Lange Volleyball Test, Brady Volleyball Test.
4.3. Hockey Test: Friendel Field Hockey Test, Harban’s Hockey Test.
4.4. Psychological test - Kinesthetic Perception, Reaction Ability Test, SCAT, Achievement Motivation.

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

# Course content as per NCTE regulation-2014
MPEC-102: SPORTS TECHNOLOGY (Elective)

UNIT I – Sports Technology
1.1 Meaning, definition, purpose, advantages and applications,
1.2 General Principles and purpose of instrumentation in sports,
1.3 Workflow of instrumentation and business aspects, Technological impacts on sports.
1.4 Adhesives- Nano glue, nanomoulding technology, Nano turf. Foot wear production, Factors and application in sports, constraints.

UNIT II – Surfaces of Playfields
2.1 Modern surfaces for playfields, construction and installation of sports surfaces.
2.2 Types of materials – synthetic, wood, polyurethane. Artificial turf.
2.3 Modern technology in the construction of indoor and outdoor facilities.
2.4 Technology in manufacture of modern play equipments.

UNIT III – Modern Equipment
3.2 Clothing and shoes: Types, Materials and Advantages.
3.3 Measuring equipments: Throwing and Jumping Events.
3.4 Protective equipments: Types, Materials and Advantages. Sports equipment with nano technology, Advantages.

UNIT IV – Training Gadgets
4.2 Lighting Facilities: Method of erecting Flood Light and measuring luminous.
4.3 Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.
4.4 Use of computer and software in Match Analysis and Coaching.

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

REFERENCE:
3. Publisher.

# Course content as per NCTE regulation-2014
Syllabus for M.P.Ed course (2-years) of Calcutta University

**Semester-II**

**Theory Courses**

**MPCC-201: APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS**

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

**UNIT 2 – Probability Distributions and Standard Scale**
2.1 Meaning of probability, Normal curve, Principle of Normal Curve– Properties of normal Curve.
2.2 Divergence form normality – Skewness and Kurtosis.
2.3 Calculation and advantage of Scale: Sigma scale, Z-Scale, Hull Scale and T-scale.
2.4 Level of Significance and Degree of Freedom.

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

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

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

# Course content as per NCTE regulation-2014
MPCC-202: SPORTS BIOMECHANICS AND KINESIOLOGY

UNIT 1 – Introduction
1.2 Historical Development of Sports Biomechanics.
1.4 Centre of gravity -Line of Gravity, Plane and Axis, Vectors and Scalars.

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

UNIT 3 – Mechanical Concept
3.1 Motion & Force: Meaning, Definition and Types.
3.2 Lever: Meaning, Definition, Types, Principles and Body Levers.
3.3 Projectile: Concept, Types and Factors Influencing Projectile Motion. Equations and Principles of Projectile Motion.

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

Note: Laboratory Practical should be designed and arranged for Students Internally.

Biomechanics Practical:
1. Determination of Average and Instantaneous Velocity.
2. Drawing (S-T) Curve and (V-T) Curve.
3. Determination of Co-efficient of Elasticity of Different Balls.
4. Determination of Cg by Reaction Board/ Mass Centre method.
5. Determination of Work done for a Vertical Jump.
7. Drawing a Kinegram of a Movement.
8. Analysis of Distance and Time of a Movement.

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

# Course content as per NCTE regulation-2014
MPCC-203: ATHLETIC CARE AND REHABILITATION

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

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

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

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

REFERENCES:
Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.

# Course content as per NCTE regulation-2014
MPEC-201: SPORTS JOURNALISM AND MASS MEDIA (Elective)

UNIT 1 – Introduction
1.1 Meaning and Definition of sports Journalism, History, objectives and obligations of sports journalism.
1.2 Reporting of Sports Events- Traditional and open source reporting.
1.3 Concept of Sports Bulletin: Structure of sports bulletin – Compiling a bulletin – Types of bulletin.
1.4 Role of Journalism in the Field of Physical Education – General news reporting and sports reporting.

UNIT 2 – Mass Media
2.1 Concept, Characteristics and function of Mass Media.
2.2 Commentary – Running commentary on the radio – Sports expert’s comments.
2.3 Role of Advertisement in Journalism.
2.4 Sports Photography: Equipment- Editing – Publishing.

UNIT 3 – Report Writing on Sports
3.1 Brief review of Olympic Games, Asian Games, Commonwealth Games, World Cup, National Games and Indian Traditional Games.
3.2 Preparing report of an Annual Sports Meet for Publication in Newspaper.
3.3 Methods of editing a Sports report, Critical Appraisal of Reported News.
3.4 Sports ethics and sponsorship.

UNIT 4 – Journalism
4.1 Sports organization and Sports Journalism.
4.2 Organization of Press Meet, Press Release.
4.3 Interview with Elite Player and Coach.
4.4 Practical assignments to observe the matches and prepare report and news of the same.

REFERENCE:
Padmanabhan. A &Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
MPEC-202: SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION (Elective)

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

UNIT 2 – Sports Sponsorship and Sports Economics
2.1 Definition of Sponsorship, Process and Objectives of Sponsorship.
2.2 Structure of Sponsorship, Categories of Sponsorship, Role of Intermediaries, Sponsorship Proposal.
2.3 Basic Understanding of Sports Economics, Micro & Macro Economic analysis of Sports.
2.4 Basic Understanding of Sports Finance, Preparation of Budget.

UNIT 3 – Competitive Sports and Public Relation
3.1 Concept of Competitive Sports, Management Guidelines for School, College and University Sports Program.
3.2 Guidelines for Selection of Equipments and Supplies, Guidelines for checking, storing, issuing, care and maintenance of Equipments and Supplies.
3.3 Principles of Public relation Programme, Planning the Public Relation Programme.
3.4 Public Relation in School and Communities, Public Relation and Media.

UNIT 4 – Curriculum
4.1 Meaning and Definition of curriculum.
4.2 Principles of Curriculum Construction: Students centered, Activity centered, Community centered.
4.3 Theories of Curriculum Development.
4.4 Factors affecting Curriculum and Evaluation of Curriculum.

REFERENCE:

# Course content as per NCTE regulation-2014
Syllabus for M.P.Ed course (2-years) of Calcutta University

**Semester-III**

Theory Courses

**MPCC-301: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

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

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

**UNIT 3 – Components of Motor Fitness and Training Method**
3.4 Coordinative Abilities and Flexibility: Meaning and Forms. Factors determining coordinative abilities and flexibility (plyometric Training, Sensory Method, different types of Stretching).

**UNIT 4 – Periodization, Planning and Tactical Training**
4.1 Periodization- Meaning and Types of Periodization. Different phases of Periodization and their contents.
4.2 Training plan- Meaning, Principles and types of Training (Micro, Meso and Macro), Short term and Long Term.
4.4 Psychological preparation during training phase. Types of doping and their bad effects.

**REFERENCES**:
David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
MPCC-302: SPORTS MEDICINE

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

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

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

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

REFERENCES:
Practical: Anthropometric Measurements.

# Course content as per NCTE regulation-2014
MPCC-303 HEALTH EDUCATION AND SPORTS NUTRITION

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

UNIT 2 – Health Problems in India
2.1 Hypokinetic Diseases-Obesity, Cardio Vascular Diseases and Diabeties.
2.2 Degenerated Diseases- Aging, Arthritis, Spondylosis.
2.3 Various health organizations and their Role.
2.4 Problems of Healthful School and Community Environment.

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

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

REFERENCES:
Bucher, Charles A. "Administration of Health and Physical Education Programme".
Delbert, Oberteuffer, et. al. "The School Health Education".
Ghosh, B.N. "Treaties of Hygiene and Public Health".
Turner, C.E. "The School Health and Health Education".
Moss and et. At. "Health Education" (National Education Association of U.T.A.)
Nemir A. "The School Health Education" (Harber and Brothers, New York).
Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
Syllabus for M.P.Ed course (2-years) of Calcutta University

MPEC-301: SPORTS ENGINEERING AND TECHNOLOGY (Elective)

UNIT 1 - Introduction
1.1 Meaning of Sports Engineering.
1.2 Human motion detection and recording, human performance assessment.
1.3 Equipment and facility designing.
1.4 Sports related instrumentation and measurement (Fitness gadgets and Software/applications).

UNIT 2 - Mechanics of Engineering Materials
2.1 Concept of internal force, axial force, shear force, bending movement, torsion, energy expenditure, strain energy.
2.2 Method to find displacement of structure.
2.3 Biomechanics of daily and common activities – Gait, Posture, Body levers, Ergonomics.
2.4 Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

UNIT 3 - Sports Dynamics
3.1 Introduction to Dynamics.
3.2 Kinematics of particles – rectilinear plane and curvilinear motion Coordinate system.
3.3 Kinetics of particles – Newton’s laws of Motion.
3.4 Work, Energy, Impulse and momentum.

UNIT 4 - Infrastructural Development, Maintenance and life cycle costing
4.1 Sports Infrastructure: Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostel, etc.
4.2 Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Sound System (echo-free), Internal arrangement according to need and nature of performed activity, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration.
4.3 Building process and maintenance phase: design phase (including brief documentation), construction phase functional (occupational) life, Re-evaluation, refurnish, demolish. Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.
4.4 Facility life cycle costing: Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation.

REFERENCE:
Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)

# Course content as per NCTE regulation-2014
MPEC-302: PHYSICAL FITNESS AND WELLNESS (Elective)

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

UNIT 2 – Nutrition and aerobic exercise
2.1 Nutrients; Food Choices, Food Guide Pyramid, food sources, Comparison of food values. Weight
Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration
2.2 Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm
movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates
during activity.
2.3 Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels.
2.4 Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline
running, distance running, aerobics and circuits.

UNIT 3 – Anaerobic Exercise
3.1 Resistance Training for Muscular Strength and Endurance; principles of resistance training,
3.2 Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness.
and proper breathing techniques).
3.3 Weight training principles and concepts; basic resistance exercises (including free hand
exercise, free weight exercise, weight machines, exercise bands and tubing, medicine balls, fit
balls)
3.4 . Modern concept of weight training, Advanced techniques of weight training.

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

REFERENCE:
2. Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford
row, London 1998
6. Emily R. Foster, Karin Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers
2002.
8. Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 200
Syllabus for M.P.Ed course (2-years) of Calcutta University

Semester-IV

Theory Courses

MPCC-401: ICT IN PHYSICAL EDUCATION AND SPORTS

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

UNIT 2– Communication & Classroom Interaction
2.1 Concept, Elements, Process & Types of Communication, Communication Barriers & Facilitators of Communication and cloud computing.
2.2 Communicative Skills in English - Listening, Speaking, Reading & Writing.
2.4 Challenges in Integrating ICT in Physical Education.

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

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

REFERENCES:
3. Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
5. ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
7. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999

# Course content as per NCTE regulation-2014
MPCC-402: PSYCHOLOGY AND SOCIOLOGY OF SPORTS

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

UNIT 2 – Psychological Factors Affecting Sports Performance:
  2.1 Motivation: Meaning, Definition and Types, Motivation and sports performance.
  2.3 Aggression: Meaning and Definition, Aggression and Sports Performance.

UNIT 3 – Sports Sociology:
  3.1 Meaning and definition of Sports Sociology.
  3.4 Leadership: Meaning, Definition, types. Leadership and Sports Performance, Leadership Theories.

UNIT 4 – Social Structure of Sports:
  4.1 Group: Definition, Meaning and Types.
  4.2 Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics.


REFERENCES:
  1. B. J. Cratty. Psychology of Contemporary sports Champaign: Human Kinetics Publishers,
MPCC-403 DISSERTATION

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

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

3. The candidate has to face the Viva-Voce conducted by DRC.
MPEC-401 VALUE AND ENVIRONMENTAL EDUCATION (Elective)

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

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

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

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

REFERENCE:
1. Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)
4. Townsend C. and others, Essentials of Ecology (Black well Science)
8. Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)
MPEC-402: EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS (Elective)

UNIT 1 – Nature, Scope and Systems Approach to Physical Education and Communication
1.1 Educational technology-concept, Nature and Scope. Forms of educational technology: teaching technology, instructional technology.
1.2 Usage of educational technology: integrated, complementary, supplementary stand-alone (independent); programmed learning stage.
1.4 Effectiveness of Communication in instructional system; Communication - Modes, Barriers and Process of Communication.

UNIT 2 – Instructional Design
2.1 Instructional Design: Concept, Views.
2.2 Process and stages of Development of Instructional Design.
2.3 Overview of Models of Instructional Design; Instructional Design for Competency Based Teaching.
2.4 Models for Development of Self Learning Material.

UNIT 3 – Audio Visual Media
3.1 Audio-visual media - meaning, importance and various forms Audio/Radio: Broadcast and audio recordings.
3.2 Script writing, pre-production, post-production process and practices, Audio Conferencing and Interactive Radio Conference.
3.3 Video/Educational Television: Telecast and Video recordings Strengths and limitations, Use of Television and CCTV in instruction and Training.
3.4 Use of animation films for the development of children's imagination.

UNIT 4 – New Horizons of Educational Technology
4.1 Recent innovations in the area of ET interactive video - Hypertext, video-texts, optical fiber technology - laser disk, computer conferencing.
4.2 Procedure and organization of Teleconferencing/Interactive video-experiences of institutions, schools and universities.
4.3 Recent experiments in the third world countries and pointers for, India with reference to Physical education.
4.4 Recent trends of Research in Educational Technology and its future with reference to education.

REFERENCE:
1. Amita Bhardwaj, New Media of Educational Planning”. Sarup of Sons, New Delhi-2003
3. ‘Communication and Education’, D. N. Dasgupta, Pointer Publishers
5. ‘Essentials of Educational Technology’, Madan Lal, Anmol Publications
7.
MPEC-403: GENDER STUDIES IN PHYSICAL EDUCATION AND SPORTS

UNIT 1 - Introduction
1.1 Meaning of Gender, Transgender and third Gender,
1.2 The role of Physical Education and Sports in addressing Gender issues:
1.3 Women’s an Girl’s health and wellbeing, Self esteem, Self empowerment;
1.4 Social inclusion and social integration of Women and Girls.

UNIT 2 – Gender Issues and Curriculum
2.1 Gender Identity and Gender Issues in Curriculum and Physical Education
2.2 Gender Identities and Socialization Practices in family, schools, other formal and informal institutions,
2.3 Physical Education curriculum and the gender question,
2.4 Construction of gender in curriculum framework since Independence,

UNIT 3 – Gender Equity
3.1 Concept of gender equity, importance, objectives
3.2 Attitude of Women toward Physical Education and Sports,
3.3 Teacher as an agent of change, Challenging and transforming Gender norms.
3.4 Promoting Gender equity through Physical Education and Sports:

UNIT 4 – Application and Research of Gender Studies
4.1 Claiming space, access to resources, structures and leadership.
4.2 Choice of Sports, Traditional Games and Competitions, Incentives,
4.3 Women in sports and media (print and electronic),
4.4 Review of researches on Gender studies in Physical Education and Sports.

REFERENCES:

# Course content as per NCTE regulation-2014
## PART-B
### PRACTICAL COURSES

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Subject</th>
<th>Cumulative Internal Assessment</th>
<th>End SEM external assessment</th>
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<tr>
<td><strong>SEM - I</strong></td>
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<tr>
<td>MPPC 101</td>
<td>Track &amp; Field – I: Sprint, Middle &amp; Long Distance Running, Relay and Hurdles. Developing essential Components like Physical and Motor Fitness, Technical and Tactical aspects.</td>
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<tr>
<td>MPPC 102</td>
<td>Sports Major – I: Swimming And Gymnastics (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)</td>
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<td>MPPC 103</td>
<td>Karate / Self Defense and Adventure Sports</td>
<td>50</td>
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<td>MPPC 104</td>
<td>Class Room Teaching Lessons (4+1) one from each theory subject and one for External</td>
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<td><strong>SEM - II</strong></td>
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<tr>
<td>MPPC 201</td>
<td>Track &amp; Field – II: Shot put Discus and Javelin Throws, High, Long and Triple Jump</td>
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<td>MPPC 202</td>
<td>Sports Major – II: Basketball and Cricket (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)</td>
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<td>MPPC 203</td>
<td>Yoga: Asanas, Pranayam and Kriyas</td>
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<td>MPPC 204</td>
<td>Teaching Lessons: Sports Major – 4 No and Track&amp; Field- 4 No</td>
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<td><strong>SEM - III</strong></td>
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<td>MPPC 301</td>
<td>Sports Major – III: Football and One Racket Sports (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)</td>
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<td>MPPC 302</td>
<td>Sports Major – IV: Volleyball and Handball (Fundamental Skills, Individual Tactics, Officiating and Lead-up Games)</td>
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<td>MPPC 303</td>
<td>Officiating of Track &amp; Fields and Sports Activities – Taught in SEM – I, II, III and IV</td>
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<tr>
<td>MPPC 304</td>
<td>Internship on a Team Game*/ Project Work on Practical Activities*</td>
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<tr>
<td><strong>SEM - IV</strong></td>
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<tr>
<td>MPPC 401</td>
<td>Hammer throw or Pole Vault or Combined Events – Triathlon, Pentathlon, Heptathlon and Decathlon: (Fundamental Skills, Individual Tactics, Officiating )</td>
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<td>MPPC 402</td>
<td>Sports Specialization (One): Among Track &amp; Field, Yoga and Sports Major (Technique of Officiating, Fundamental and Advanced Skill, Tactics, Strategies, Game Practice and Lead-up Games.</td>
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<td>MPPC 403</td>
<td>Coaching Lessons on Sports Specialization Five internal practice lessons and one Final Lesson</td>
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| MPPC 404    | Lab Practical (25 marks in each subject)(Any Four)  
  A) Physiology of Exercise  
  B) Kinesiology and Sports Biomechanics  
  C) Sports Psychology  
  D) Measurement & Evaluation in Physical Education  
  E) Sports Management | 50 | 50 | 100 |

*Preparation and maintenance of grounds, care of equipments, learn the office procedure of organizing Inter College / University / State Level Competition. Assist in regular Teaching / Training Programme and necessary event management.

# Course content as per NCTE regulation-2014
The theoretical part of the course is divided into the following parts: lexicology, morphology, syntax, phonology. Lexicology is that part of the theoretical course which deals with the vocabulary of a language, the words that comprise it. The vocabulary is the most obvious part of a language: it is immediately apprehended by the users of language. The course of English lexicology, is of great practical importance. It helps to acquire a better understanding of the facts of the language, a more conscious approach to them and therefore a sounder practical knowledge. Language as a social phenomenon is connected with thought (thinking) and with the social life of the speech community in question. Language directly and immediately reacts to changes in social life. English phonetics a theoretical course. 324 Pages·1970·8.81 MB·1,186 Downloads·English. by V. A. Vassilyev. English phonetics and phonology: a practical course: second edition = 英è¯†è¯†æ°éŸ³ç³»ï¿½ï¿½ A Manual of English Phonetics and Phonology: Twelve Lessons with an Integrated Course in Phonetic. 183 Pages·2005·9.61 MB·6,417 Downloads·English. A Manual of English Phonetics and Phonology: Twelve Lessons with an Integrated Course in Phonetic. 307 Pages 2013·3.98 MB·64,748 Downloads. The following course of theoretical grammar serves to describe the grammatical structure of the English language as a system where all parts are interconnected. The difference between theoretical and practical grammar lies in the fact that practical grammar prescribes certain rules of usage and teaches to speak (or write) correctly whereas theoretical grammar presents facts of language, while analyzing them, and gives no prescriptions. Unlike school grammar, theoretical grammar does not always produce a ready-made decision. In language there are a number of phenomena interpreted differently by