

DEVI AHILYA VISHWAVIDYALAYA, INDORE SCHOOL OF PHYSICAL EDUCATION

MPES (2 Years / 1 Years)
(MASTER OF PHYSICAL EDUCATION & SPORTS)

&


PGDPES (1 Year)
(PG Diploma in Physical Education and Sports)

SCHEME OF EXAMONATION & SYLLABUS

As per the recommendations of NEP 2020 relevant to Postgraduate Education &
Based on the UGC Guidelines of

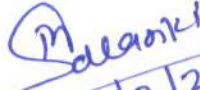
Curriculum & Credit Framework for Postgraduate Programmes (June - 2024)

With effect from the session: 2025-2026


16/07/2025


15/7/25


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ORDINANCE FOR POSTGRADUATE PROGRAMMES

MPES (Master of Physical Education & Sports)

1.0 INTRODUCTION

- 1.1 This ordinance is 2-year and 1-year MPES (Master of Physical Education and Sports) postgraduate programmes based on the National Education Policy - 2020 (NEP-2020) and Learning Outcome-based Curriculum Framework (LOCF) and is in accordance with the Curriculum and Credit Framework for PG Programmes (CCF PG) of University Grants Commission (UGC). This ordinance shall come into effect from the Academic Session 2025-26.
- 1.2 The duration of the programme for the award of a Master of Physical Education and Sports (MPES) Degree will be two / one academic year(s) and for the award of a Postgraduate Diploma in a subject, it will be one academic year i.e. 1st and 2nd Sem program of a two years P.G. Program after 3 years of BPES. Each academic year will be divided into two semesters. i.e., July to December and January to June.
- 1.3 There shall be a teaching of minimum 15 weeks in each semester.
- 1.4 The nomenclature of the Master Degree and PG Diploma in Physical Education and Sports will be as under:
- **MPES (2 Years)** - After 3-year BPES / UG Course in Phy.Edu.
 - **MPES (1 Year)** - After 4-year B.P.E.S. / UG Course in Phy.Edu with CGPA ≥ 7.5 – for Honours with Research and CGPA < 7.5 for Honours
 - **PGDPES (1 Year)** - **After completing 1 – year (2 Semester) of MPES 2 – Years course. ***

* A student is allowed to take an exit option after passing 1st academic year of the **2 – Years MPES (Master of Physical Education) programme** and will be awarded **PGDPES (Post Graduate Diploma in Physical Education.)**

2.0 ELIGIBILITY

2.1 2 - Year PG Programme

A student may be admitted to a **2-year MPES (Master of Physical Education) programme** after completing 3-Year Bachelor's Degree in Physical Education subject to eligibility conditions of that PG programme. The students having the CGPA ≥ 7.5 may have the choice to opt Research (Dissertation) and others will go for course work with Field Project. A student will study course work in the first and second semester and can choose to study:

- (a) course work in the third and fourth semester, OR
- (b) course work and research work in the third and fourth semester.

2.2 1-Year PG Programme

As per NEP, a student may be admitted to a **1-year MPES (Master of Physical Education and Sports) programme** (i.e. Third Semester of a 2-year MPES programme) after a 4-year Bachelor Degree (Honours) or 4-year Bachelor Degree (Honours with Research) in Physical Education or after completing 1-year PG Diploma (under this ordinance) with minimum 40 credits. A student can choose to study:

- (a) course work in the third and fourth semester, OR
- (b) course work and research work in the third and fourth semester.

2.3 1-Year PG Diploma

The students who have taken admission in a 2-Years MPES have the choice to leave the course after 1-Year (2-Semester) and be awarded **1-year PGDPES (PG Diploma in Physical Education and Sports)** as per NEP. HEIS can run **1-year PG Diploma in Physical Education** independently after obtaining due approval from the affiliating University.

3.0 INTAKE & RESERVATION

- 3.1 15 Seats will be available in MPES 2 – Years Programme and 15 Seats will be available for MPES 1 – Year Programme for the session 2025-26. Seats may be interchangeable in any seats are vacant in any course.
- 3.2 Reservation of seats are applicable as per the state govt. rules from time to time.

4.0 ADMISSION CRITERIA

- 4.1 The selection of candidates for admission to the M.P.E.S Course shall be based on the merit.

The merit of the candidate shall be determined based on the following criteria:

a.	Written test:	:	50 Marks
	(Based on BPES / UG Course in Physical Education Syllabus)		
b.	6 th Sem /8 th Sem CGPA Score	:	10 Marks
c.	Game Proficiency	:	30 Marks
d.	Sports achievement Bonus	:	10 Marks
Total		:	100 Marks

- 4.2 Test will only be conducted if the applications are more than the available seats. If the applicants are less than the number of seats available merit will be prepared by adding CGPA Score and Sports Achievement Bonus.

4.3 SPORTS ACHIEVEMENT BONUS CRITERIA: (During UG Course)

- | | | |
|--|---|-----------|
| a. International Participation and above | - | 10 marks, |
| b. National / Inter Univ. Medal | - | 8 Marks |
| c. National / Inter Univ. Participation | - | 6 Marks |
| d. State / State Univ. Medal | - | 4 Marks |
| e. State /State Univ. Participation | - | 2 Marks |

5.0 ASSESSMENT AND EVALUATION

- 5.1 For student progression each student shall be examined in the course(s) to help their progression through the programme as laid down in the scheme, syllabus, and learning outcomes through a system of Continuous Comprehensive Evaluation (COE) using a mix of Internal and End-Term Examinations.
- 5.2 Internal Assessment will be broadly 40% of the total marks and weightage of 60% shall be given to evaluation of End-Term examination(s).
- 5.3 Absence from Internal Assessment test and/or Mid-Term examination will lead to award of zero marks in that component of Internal Assessment.
- 5.4 The pass percentage will be 40% (Grade "P") both for theory and practicum. A student must obtain minimum 40% marks in Internal Assessment as well as in End-Term Examination separately to qualify a course.
- 5.5.A Internal Assessment marks of a course shall be carried forward in case of re-appear examination of that course.

6.0 ELIGIBILITY FOR EXAMINATION

- 6.1 The Semester End-Term Examination is permitted to a regular student who:
- has been on the rolls of the University/HEI during the semester.
 - has her/his examination form submitted on the University/HEI's portal.
 - has attended not less than 75% of the lectures in a course. This requirement shall be fulfilled separately for each course of the programme. A short-attendance in the prescribed course (Lectures/Practicum, etc.) may be condoned by the HOD of UTDs or Principal/Director of the colleges in deserving cases up to 15%.
- 6.2 The condonation up to 15% shall also include the loss of attendance due to participation in the cultural and sports assignments, etc. Provided further that, a student who participates in the Inter University Tournaments or Inter University Youth Festivals or Republic Day Parade may be allowed additional condonation on this ground up to 10% in each paper on a certificate from the Director, Physical Education and Sports; Director, Youth and Cultural Affairs; Programme Coordinator. NSS and NCC as the case may be, subject to the condition that such a student shall not be allowed to appear in the examination if her / his attendance, after condonation on all counts, falls below 50%.
- 6.3 If a student passes in all the courses offered in any semester, then she/he will be declared pass in that semester. If a student secures at least 40% of the total credits in a semester and fails in some courses offered in that semester then she / he will be provisionally promoted to the subsequent semesters with ATKT in those courses in which she/he failed.

- 6.4 A candidate who could not complete or has failed in a Dissertation / Seminar / Project-work / Internship / Apprenticeship, she / he will get two chances to repeat in the next two semesters respectively. Further, if the candidate still fails or remains absent in the Dissertation / Seminar / Project / Internship, then she / he will not be eligible for the award of the concerned PG Degree / Diploma

7.0 EXAMINATIONS AND RESULT

- 7.1 End-Term Examinations for the odd semesters shall ordinarily be held in November/December and for the even semesters in May/June, on such dates as may be notified by the Registrar / Director / Principal / Controller of Examinations from subject to the amendments made by the University or the Autonomous HEI from time to time.
- 7.2 ATKT examinations of theory / practicum will be held for re-appear candidates as under:

ATKT of -	When held
1 st Semester (1 st attempt)	Along with Third Semester
2 nd Semesters (1 st attempt)	Along with Fourth Semester
3 rd & 4 th Semesters (1 st attempt)	Special ATKT Examination after the 4 th Semester
Backlog of 1 st & 2 nd Semester	

- 7.3 The minimum Semester Grade Point Average (SGPA) to qualify a semester shall be 4.00 and minimum Cumulative Grade Point Average (CGPA) required for the award of the PG Degree / Diploma shall be 4.00.

Note:

1. The rules which are not covered in this ordinance will be applicable as per NEP 2020 Govt New Ordinance of PG Course 14 (2).
2. The fee for this course will be as applied to MPED Course.

ACADEMIC PROGRAMME
MPES
2-Year and 1-Years Post Graduate Program in Physical Education
&
PGDPES (Post Graduate Diploma in Physical Education & Sports)

3-Years Undergraduate students will join from Semester-I
 4-Years Under-graduate students will join from Semester-III

M.P.E.S. SEMESTER – I

Courses in Various Categories		No. of classes per hour per week			No. of Credits	Type of Course
		Lectures	Tutorials	Practical / Project Work		
Part A - Theory						
T101	Research Process in Physical Education and Sports Sciences	03	01	-	04	CC
T102	Exercise Physiology	03	01	-	04	CC
T103	Sports Entrepreneurship				04	EESC
T104	Test & Measurement	03	01		03	VAC
Total Credits (Theory)					15	
Part -B (Practical's)						
P101	Conditioning* & Match Practice	-	-	05	02	PC
D101	Dissertation (Synopsis Preparation) OR	-	-	05	03	Research Project / Field Project
FP101	Field Project / Experience at HEI & Mid-term Presentation.					
C101	Comprehensive Viva				01	
Total Credits (Practical's)					06	
Total Credits (Theory + Practical's)					21	

*Conditioning class will not be conducted in morning session whereas students will practice themselves during match practice period.

M.P.E.S. SEMESTER – II

Courses in Various Categories		No. of classes per hour per week			No. of Credits	Type of Course
		Lectures	Tutorials	Practical / Project Work		
Part A - Theory						
T201	Sports Biomechanics & Kinesiology	03	01	-	04	CC
T202	Sports Psychology	03	01		04	CC
T203	Sports Technology	03	01		04	EESC
T204	Applied Statistics in Physical. Education. & Sports	03			03	VAC
Total Credits (Theory)					15	
Part -B (Practical's)						
P201	Conditioning* & Match Practice	-	-	05	02	PC
D201	Dissertation (Practical Training)	-	-	05	03	Research Project / Field Project
FP201	OR Field Project / Experience at HEI & Final Report Submission.					
C201	Comprehensive Viva				01	
Total Credits (Practical's)					06	
Total Credits (Theory + Practical's)					21	

*Conditioning class will not be conducted in morning session whereas students will practice themselves during match practice period.

M.P.E.S. SEMESTER – III

Courses in Various Categories		No. of classes per hour per week			No. of Credits	Type of Course
		Lectures	Tutorials	Practical / Project Work		
Part A - Theory						
T301	Scientific Principles of Sports Training	03	01	-	04	CC
T302	Sports Medicine	03	01		04	CC
T303	MOOCs /Swayam Courses (Paper – I) (In Lieu of Dissertation)	03	01		04	EESC
T304	Sports Specialization Theory - I				03	VAC
Total Credits (Theory)					15/11	
Part -B (Practical's)						
P301	Conditioning & Match Practice	-	-	05	02	PC
P302	Sports Specialization (Skill Proficiency & Practical Work)			05	03	VAC
D301	Dissertation (Mid Term Presentation)	-	-	06 to 08	04	Research Project
C301	Comprehensive Viva				01	
Total Credits (Practical's)					06/10	
Total Credits (Theory + Practical's)					21	

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M.P.E.S. SEMESTER – IV

Courses in Various Categories		No. of classes per hour per week			No. of Credits	Type of Course
		Lectures	Tutorials	Practical / Project Work		
Part A - Theory						
T401A	Health Education	03	01	-	04	CC
T401B	OR Athletic Care & Rehabilitations					
T402	Sports Management	03	01		04	CC
T403	MOOCs /Swayam Courses (Paper – II) (In Lieu of Dissertation)			05	04	EESC
T404	Sports Specialization Theory - II	03			03	VAC
Total Credits (Theory)					15/11	
Part -B (Practical's)						
P401	Conditioning & Match Practice	-	-	05	02	PC
P402	Sports Specialization (Coaching Lesson)			05	03	VAC
D401	Dissertation (Final Presentation)	-	-	05	04	Research Project
C401	Comprehensive Viva				01	
Total Credits (Practical's)					06/10	
Total Credits (Theory + Practical's)					21	

SCHEME OF EXAMINATION

As per Ordinance 14(2)*


M.P.E.S. SEMESTER – I

Course Code	Nomenclature of Courses (Theory)	Max Marks		Max Marks
		External	Internal	Total
T101	Research Process in Physical Education and Sports Sciences	60	40	100
T102	Exercise Physiology	60	40	100
T103	Sports Entrepreneurship	60	40	100
T104	Test & Measurement	60	40	100
Total Marks (Theory)		240	160	400
Course Code	Nomenclature of Courses (Practical's)			
P101	Conditioning & Match Practice	-	100	100
D101	Dissertation (Synopsis Preparation) OR Field Project / Experience at HEI & Mid-Term Presentation	60	40	100
FP101				
C101	Comprehensive Viva	100	-	100
Total Marks (Practical's)		160	140	300
Total Marks (Theory + Practical's)		400	300	700

M.P.E.S. SEMESTER – II

Course Code	Nomenclature of Courses (Theory)	Max Marks		Max Marks
		External	Internal	Total
T201	Sports Biomechanics & Kinesiology	60	40	100
T202	Sports Psychology	60	40	100
T203	Sports Technology	60	40	100
T204	Applied Statistics in Physical. Education. & Sports	60	40	100
Total Marks (Theory)		240	160	400
Course Code	Nomenclature of Courses (Practical's)			
P201	Conditioning & Match Practice	-	100	100
D201	Dissertation (Practical Training) OR Field Project / Experience at HEI & Final Report Submission.	60	40	100
FP201				
C201	Comprehensive Viva	100	-	100
Total Marks (Practical's)		160	140	300
Total Marks (Theory + Practical's)		400	300	700







M.P.E.S. SEMESTER – III

Course Code	Nomenclature of Courses (Theory)	Max Marks		Max Marks
		External	Internal	Total
T301	Scientific Principles of Sports Training	60	40	100
T302	Sports Medicine	60	40	100
T303	MOOCs /Swayam Courses (Paper – I) (In Lieu of Dissertation)	60	40	100
T304	Sports Specialization Theory - I	60	40	100
Total Marks (Theory)		240/180	160/120	400/300
Course Code	Nomenclature of Courses (Practical's)			
P301	Conditioning & Match Practice	-	100	100
P302	Sports Specialization (Skill Proficiency & Practical Work)	60	40	100
D301	Dissertation (Mid Term Presentation)	60	40	100
C301	Comprehensive Viva	100	-	100
Total Marks (Practical's)		160/220	140/180	300/400
Total Marks (Theory + Practical's)		400	300	700

M.P.E.S. SEMESTER – IV

Course Code	Nomenclature of Courses (Theory)	Max Marks		Max Marks
		External	Internal	Total
T401A	Health Education	60	40	100
T401B	OR Athletic Care & Rehabilitations			
T402	Sports Management	60	40	100
T403	MOOCs /Swayam Courses (Paper – II) (In Lieu of Dissertation)	60	40	100
T404	Sports Specialization Theory - II	60	40	100
Total Marks (Theory)		240/180	160/120	400/300
Course Code	Nomenclature of Courses (Practical's)			
P401	Conditioning & Match Practice	-	100	100
P402	Sports Specialization (Coaching Lesson)	60	40	100
D401	Dissertation (Final Presentation)	60	40	100
C401	Comprehensive Viva	100	-	100
Total Marks (Practical's)		160/220	140/180	300/400
Total Marks (Theory + Practical's)		400	300	700

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Semesters	Maximum Marks
Semester - I	700
Semester - II	700
Semester - III	700
Semester - IV	700
GRAND TOTAL	2800

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M.P.E.S SEMESTER - I

Theory Paper Code - (T101)

RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

UNIT I – Introduction

Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

UNIT II – Methods of Research

Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

UNIT III – Experimental Research

Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT IV – Sampling

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

UNIT V – Research Proposal and Report

Chaptalization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.

REFERENCE:

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
- Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
- Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London Routledge Press
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
- Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
- Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
- Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
- Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

M.P.E.S SEMESTER - I
Theory Paper Code - (T102)

PHYSIOLOGY OF EXERCISE

UNIT I - Skeletal Muscles and Exercise

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fiber. Muscle Tone, Chemistry of Muscular Contraction - Heat Production in the Muscle, Effect of exercises and training on the muscular system.

UNIT II - Cardiovascular System and Exercise

Heart Valves and Direction of the Blood Flow - Conduction System of the Heart - Blood Supply to the Heart - Cardiac Cycle - Stroke Volume - Cardiac Output - Heart Rate - Factors Affecting Heart Rate - Cardiac Hypertrophy - Effect of exercises and training on the Cardio vascular system.

UNIT III - Respiratory System and Exercise

Mechanics of Breathing - Respiratory Muscles, Minute Ventilation - Ventilation at Rest and During Exercise. Diffusion of Gases - Exchange of Gases in the Lungs -Exchange of Gases in the Tissues - Control of Ventilation - Ventilation and the Anaerobic Threshold. Oxygen Debt - Lung Volumes and Capacities - Effect of exercises and training on the respiratory system.

UNIT IV - Metabolism and Energy Transfer

Metabolism - ATP - PC or Phosphagen System - Anaerobic Metabolism - Aerobic Metabolism - Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises - High Intensity Exercise Lasting Several Minutes - Long Duration Exercises.

UNIT V - Climatic Conditions and Sports Performance and Ergogenic Aids

Variation in Temperature and Humidity - Thermoregulation - Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

Note: Laboratory Practical's in Physiology be designed and arranged internally.

REFERENCES:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Sandhya Tiwai. (1999). Exercise Physiology. Sports Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

M.P.E.S SEMESTER - I
Theory Paper Code - (T103)

SPORTS ENTREPRENEURSHIP

UNIT I - Entrepreneurship

Defining what is an entrepreneur? Identifying commonly shared entrepreneurial characteristics
 Assessing personal entrepreneurial traits, Strengths, and capabilities, Determining types of entrepreneurs, Evaluating risks vs. Rewards of entrepreneurship

UNIT II - The Entrepreneurial Process

Finding early mentors/resources, Recognizing the stages of the Five-stage Entrepreneurial Process, Identifying sport entrepreneurial ventures/companies, Securing early-stage funding, Appraise personal and commercial sources of funding for a potential sport business venture

UNIT III - Innovation

Developing ideas and business opportunities within the sports industry, Identifying types of innovation, Finding and assessing ideas, Converting an idea into an opportunity

UNIT IV - Market Analysis

Analysing the market, customers, and competition, Preparing a sales and pricing strategy, Identifying a market penetration strategy, Explaining rationale for starting a business by utilizing market research

UNIT V - Business Plan

Determining the most suitable business plan, Reviewing typical business plan formats, Identifying common business plan failures.

REFERENCE:

- Ramachandran, Entrepreneurship Development, Mc Graw Hill
- Katz, Entrepreneurship Small Business, Mc Graw Hill
- Byrd Megginson, Small Business Management an Entrepreneur's Guidebook 7th ed, McGraw Hill
- Fayolle A (2007) Entrepreneurship and new value creation. Cambridge, Cambridge University Press
- Hougard S. (2005) The business idea. Berlin, Springer
- Lowe R & S Mariott (2006) Enterprise: Entrepreneurship & Innovation. Burlington,
- Butterworth Heinemann Léo-Paul Dana, World Encyclopaedia of Entrepreneurship, Edward Elgar
- R.D. Hishrich., Peters, M., Entrepreneurship: Irwin
- Barringer, B.R. and R. Duane Ireland, Entrepreneurship, Pearson Prentice Hall
- Kuratko, D.F., and Rao, T. V., Entrepreneurship: A South-Asian Perspective, Cengage
- Shankar, R., Entrepreneurship Theory and Practice, Tata McGraw Hill
- Vanessa Ratten João J. Ferreira, (2016), Sport Entrepreneurship and Innovation, Routledge,
- **Ratten**, Vanessa (2018), Sport Entrepreneurship, Developing and Sustaining an Entrepreneurial Sports Culture Springer International Publishing
- Vanessa Ratten, (2017) Sports Innovation Management Routledge
- Dilwyn Porter and Wray Vamplew, (2020) Sport and Entrepreneurship Routledge
- Peter Thiel and Blake Masters (2014), Zero to One: Notes on Startups, or How to Build the Future, Currency
- Eric Ries, (2011), The Lean Startup: How Today's Entrepreneurs Use Continuous Innovation to Create Radically Successful Businesses Currency

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M.P.E.S SEMESTER - I
Theory Paper Code - (T104)

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

UNIT I - Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection - Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.

UNIT II - Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls, and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test - Newton Motor Ability Test - Muscular Fitness - Kraus Weber Minimum Muscular Fitness Test.

UNIT III - Physical Fitness Tests

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's physical fitness Index. Cardio vascular test; Harvard Step Test, 12 minutes run / walk test, Multi-Stage Fitness Test (Beep test)

UNIT IV - Anthropometric and Aerobic-Anaerobic Tests

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Supra-iliac.

UNIT V - Skill Tests

Specific Sports Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliffe Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

Note: Practical's of indoors and out-door tests be designed and arranged internally.

REFERENCES:

- Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
- Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
- Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
- Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
- Clayne R and Cynthia, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc
- Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
- Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
- Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research








- Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publication.

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M.P.E.S SEMESTER - I
Subject Code - (D101)

Dissertation (Synopsis Preparation)

Introduces students to the fundamentals of research in physical education and sports sciences. Students will identify a relevant research problem, conduct a thorough literature review, and develop a research proposal including objectives, hypotheses, methodology, tools of data collection, and proposed statistical techniques. Emphasis will be placed on ethical considerations in research, referencing styles (APA/MLA), and framing a coherent and feasible synopsis. Students will be guided to finalize their research topic in consultation with their supervisor and present their synopsis before a departmental review committee.

M.P.E.S SEMESTER - I
Subject Code - (FP101)

Field Project at Higher Education Institutions
(for students not opting for Dissertation)

In the first semester, students will undertake a field-based project at a recognized higher education institution, focusing on practical aspects of physical education, sports training, fitness management, or sports administration. Under faculty supervision, students will engage in structured observation, data collection, and active participation in ongoing institutional programs. The aim is to enhance their understanding of the operational frameworks, pedagogical practices, and administrative functioning in real-time environments. Students are required to maintain a detailed project diary documenting their learning outcomes and field experiences, which will be evaluated at the end of the semester.



M.P.E.S SEMESTER - II
Theory Paper Code - (T201)

SPORTS BIOMECHANICS AND KINESIOLOGY

UNIT I - Introduction

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

UNIT II - Muscle Action

Origin, Insertion, and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

UNIT III - Motion and Force

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components, Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

UNIT IV - Projectile and Lever

Freely falling bodies -Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy, and potential energy. Leverage -classes of lever - practical application. Water resistance - Air resistance -Aerodynamics. Note:

UNIT V - Movement Analysis

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis - Qualitative, Quantitative, Predictive.

Note: Laboratory Practical's be designed and arranged internally.

REFERENCE:

- Deshpande S.H. (2002). Manav Kriya Vigyan - Kinesiology (Hindi Edition) Amravati: Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology. Human Kinesiology publication In.2005.
- Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall.
- Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill.
- Uppal A.K. Lawrence Mamta MP (2004) Kinesiology. Delhi, Friends Publication.
- Uppal, A K. (2004), Kinesiology in Physical Education and Exercise Science, Delhi, Friends publications.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

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M.P.E.S SEMESTER - II
Theory Paper Code - (T202)

SPORTS PSYCHOLOGY

UNIT I - Introduction

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning - Motor Perception: Factors Affecting Perception - Perceptual Mechanism. Personality: Meaning, Definition, Structure - Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II - Motivation & Mental State

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement.

UNIT III - Goal Setting

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test - Tachistoscope-Reaction timer - Finger dexterity board - Depth perception box - Kinesthesio-meter board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

UNIT IV - Psychological aspects of Competition:

Defining competition, determinants of competitive behaviour, psychological characteristics of pre-competition, during competition and post competition. Selected psycho regulative techniques technique for relaxation and activation. Psychological aspects of long term and short-term preparation for competition, psychological care of injuries, sports person, responses to injuries, prevention, and coping techniques.

UNIT V - Psycho-Social Facilitation:

Presence of others, co action effect and audience effect in sports. Factors mediating social facilitations. Volitional regulation actions in sports: Meaning, Characteristics and Factors affecting volitional regulated behaviour. Development of volitional qualities.

Note: Laboratory Practical's be designed and arranged internally.

REFERENCES:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- Jay Coakley. (2001) Sports in Society - Issues and Controversies in International Education, Mc-Craw Seventh Ed.
- John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prentice Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

- Mirosław Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

M.P.E.S SEMESTER - II
Theory Paper Code - (T203)

SPORTS TECHNOLOGY

UNIT I - Sports Technology

Meaning, definition, purpose, advantages and applications, General Principles, and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

UNIT II - Science of Sports Materials

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

UNIT III - Surfaces of Playfields

Modern surfaces for playfields, construction, and installation of sports surfaces. Types of materials - synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern play equipment's. Use of computer and software in Match Analysis and Coaching.

UNIT IV - Modern equipment

Playing Equipment's: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipment's: Throwing and Jumping Events. Protective equipment's: Types, Materials and Advantages. Sports equipment with nano technology, Advantages.

UNIT V - Training Gadgets

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

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

REFERENCE:

- Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
- Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
- John Mongilo, (2001), "Nano Technology 101" New York: Green wood publishing group.
- Kochar, S.K. (1982) Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd.)
- Kozman, Cassidy and Jackson. (1952) Methods in Physical Education (W.B. Saunders Company, Philadelphia, and London)
- Walia, J.S. (1999) Principles and Methods of Education (Paul Publishers, Jalandhar)

M.P.E.S SEMESTER - II
Theory Paper Code - (T204)

APPLIED STATISTIC IN PHYSICAL EDUCATION & SPORTS

UNIT I – Introduction

Meaning and Definition of Statistics. Function, need, and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data.

Variables; Discrete, Continuous. Parametric and non-parametric statistics.

UNIT II – Data Management

Data Classification, Tabulation and Measures of Central Tendency Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation, and advantages of Measures of central tendency – Mean, median and mode.

UNIT III – Measures of Dispersions and Scales

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation, and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

UNIT IV – Probability Distributions and Graphs

Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence from normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

UNIT V – Inferential and Comparative Statistics

Tests of significance; Independent “t” test, Dependent “t” test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Note: It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

REFERENCE:

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc
- Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;
- Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc
- Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
- Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

M.P.E.S SEMESTER - II
Subject Code - (D201)

Dissertation (Practical Training)

During this semester, students will engage in field-based or institutional research training related to their approved dissertation topic. They will gain hands-on experience in administering research tools, collecting, and recording data, and managing logistics of fieldwork or laboratory work. Practical training will include the use of software for data entry and basic statistical analysis. Students will be required to maintain a research logbook and submit a detailed report of their training experience, demonstrating the application of research methods in real-world or institutional settings.

M.P.E.S SEMESTER - II
Practical Code - (FP201)

Field Project at Higher Education Institutions & Mid Term Presentation
(for students not opting for Dissertation)

Building upon the foundational experience of the first semester, students will continue their field engagement with a more focused and analytical approach. They are expected to identify specific challenges or areas of improvement within the host institution and design small-scale intervention strategies or studies related to sports performance, physical education delivery, or institutional policy. The final component involves the submission of a comprehensive field project report, integrating literature review, methodology, analysis, and reflections. This report will demonstrate the student's ability to apply theoretical knowledge to practical contexts and contribute meaningfully to the field of physical education and sports.



M.P.E.S SEMESTER - III
Theory Paper Code - (T301)

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

UNIT I - Introduction

Sports training: Definition - Aim, Characteristics, Principles of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures - Super Compensation - Altitude Training - Cross Training

UNIT II - Components of Physical Fitness

Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training, Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints, Endurance, Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training

UNIT III - Flexibility

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

UNIT IV - Training Plan

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long-Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.

UNIT V - Doping

Definition of Doping - Side effects of drugs - Dietary supplements - IOC list of doping classes and methods. Blood Doping - The use of erythropoietin in blood boosting - Blood doping control - The testing programmes - Problems in drug detection - Blood testing in doping control - Problems with the supply of medicines Subject to IOC regulations: over the- counter drugs (OTC) - prescription only medicines (POMs) - Controlled drugs (CDs). Reporting test results - Education

REFERENCES:

- Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
- Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis
- C. V. Mosphy Company Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
- David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University
- Gary, T. Moran (1997) - Cross Training for Sports, Canada: Human Kinetics
- Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications
- Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia
- Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
- Yograj Thani (2003), Sports Training, Delhi: Sports Publications

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M.P.E.S SEMESTER - III
Theory Paper Code - (T302)

SPORTS MEDICINE

UNIT I- Introduction (New)

Meaning and Concept of Sports Medicine, Scope of sports medicine in Physical Education & Sports, Brief history of sports medicine, Injuries: acute, sub-acute, chronic. Role of athletic care providers in sports medicine.

UNIT II - Basic Rehabilitation of General Sports Medical Problems (New)

Tissue response to injuries, Concept of PRICE therapy, General Rehabilitation process in sports medical problems: Goals of Rehabilitation, steps of Rehabilitation Management. Strapping /Tapping in sports injuries
Therapeutic Principles: Principles of injuries prevention, Principles of diagnosis, Principles of treatment. **Exercise:** Stretching, Strengthening, Coordination and Balance training exercise.

UNIT III- Specific and Regional Injuries and their Management (New)

Soft tissue and Musculo - skeletal injuries: Abrasion, Laceration, Contusion, Sprain. **Stress related injuries:** Strain, Tendinitis, Stress fracture, Shin Splint. **Injuries of head and face:** Hematoma, Haemorrhage, Concussion, Skull Fracture, Facial Cuts, Knocked out teeth, Nosebleeds, Eye Injuries, Bleeding from Ears. **Visceral injuries:** Visceral Blunt trauma includes abdominal wall injuries, Spleen injuries, Liver injuries, Kidney injuries, Testicular and penile injuries.

UNIT IV- Sports Medical Extension Services (New)

Sports Medical Extension Services: Low back problem and their management. Sex problems in athletes. Role of exercise, before and after the pregnancy. Common old age problems. Obesity and its management. Management of Heart Problem and Diabetes.

UNIT V- Athletic Nutrition, Doping and Sports Homeopathy (New)

Nutrition: Nutrition, Balance diet and calorie count, Concept of nutritional supplements, **Doping** – Meaning and Doping classification, its use and misuse, **Sports Homeopathy:** Principle of homeopathy, Homeopathy for sports medical problems.

Practical's:

- Visit to Physiotherapy Centre to observe treatment through various therapeutic modalities.
- Strapping and Taping in sports injuries
- Calculating caloric count for various activity level and your own.
- Preparing a chart of sports related homeopathy medicine and their symptoms.
- Calculating max heart rate and target heart rate of various age level persons.

REFERENCES:

- Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
- James, A. Gould & George J. Davies. (1985) Physical Therapy. Toronto: C.V. Mosby Company.
- Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
- Pande. (1998). Sports Medicine. New Delhi: Khel Shitya Kendra
- The Encyclopaedia of Sports Medicine. (1998).
- The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications. Practical: Anthropometric Measurements,

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M.P.E.S SEMESTER - III
Theory Paper Code - (T 03)
MOOCs / Swayam Courses (Paper – I)
(In Lieu of Dissertation)

The student who has not opted for dissertation will opt a course of equal credit from MOOCs through SWAYAM and other such portals approved by the UGC and registered on ABC/APAAR or Online /ODL courses offered by the Centre for Distance and Online Education (CDOE) duly approved by the state govt. Fee for such online courses has to be paid by the students her / himself.

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M.P.E.S SEMESTER - III
Theory Paper Code - (T304)
SPORTS SPECIALIZATION

ATHLETICS SPECIALIZATION

Unit I: Coaching

- (A) Philosophy of Coaching
- (B) Basic principles of coaching
- (C) Qualities of coaches

Unit II: Organization

- (A) Organization of Coaching Camps
- (B) Preparing Schedules
- (C) Organization of a Competition

Unit III: Sports Training

- (A) Aims of Sports Training
- (B) Characteristics of Sports Training
- (C) Principles of Sports Training

Unit IV: Various Means and Methods of Training

- (A) Interval Training
- (B) Repetition Training
- (C) Fartlek
- (D) Competition Method
- (E) In and Out
- (F) Hill Running
- (G) Drag Running
- (H) Aqua Training
- (I) Weight Training
- (J) Polymeric Exercises
- (K) Circuit Training

Unit V: Mechanics of Athletics

- (A) Analysis of scientific principles applied to sprinting and jumping.
- (B) Analysis of scientific principles applied to throwing.



BADMINTON SPECIALIZATION

Unit I: National Championships

- (a) Junior and National Team Championships
- (b) Open National Championships - Midget, Sub junior, junior senior, and veterans

Unit II: Competition Regulations

- (a) Thomas and under Cup
- (b) Competition Regulations for Seeding and League System
- (c) Indian Ranking System

Unit III: Advance Tactics and strategy

- (a) Singles
- (b) Doubles
- (c) Mixed Doubles

Unit IV: Training in Badminton

- (a) Sports Training Principles in Badminton.
- (b) Training load and adaptation
- (c) Requirement of the game – physical fitness components i.e. strength speed Endurance flexibility and coordinative Abilities.

Unit V: Tests in Badminton

- (a) Tests of skills and knowledge, physical fitness, and strategy – Lockhart and Mc pherson, Miller, French Poole, Sebolt, Hicks, S.A.I Chang and other available Badminton tests.
- (b) Selection of a Badminton Team At school / college/ university Level, At District/ State/National Level.

REFERENCES:

- Ballou Rulph. B. Teaching Badminton Delhi: Surjeet Publications, 1982
- Downey Jack, Badminton for Schools New Delhi S Chand, and Co Ltd 1981
- Downey Jack, Winning Badminton Singles, London: Adam and Charles Black.
- Downey Jack, Winning Badminton Doubles London: Adam and Charles Black.
- Downey Jack, How to Coach Badminton, London: William Collins Sons and Co. Ltd 1990.
- Hushman Judy, And Jones C.M. Beginning Badminton New York Arco Publishing Company Inc 1977
- Roper Peter, Badminton: The Skills of the Game, Wiltshire the Crowood Press, 1987
- Davis, Pat Badminton – A Complete Practical Guide Revised Edition (North Pomfret David and Charles Publishers 1988)
- Davis Pat The Encyclopaedia of Badminton London Robert Hale Limited 1987
- Talbot, Derek Top Coach Badminton, London McDonald and Co. Publisher Ltd. 1989
- Bloss Margaret Varner and Hales R. Stanion Badminton 5 Th Ed Iowa: WM C Brown Publishes 1987
- Downey Jack C. And Brodie David Get Fit for Badminton London Pelham Books Ltd 1980
- Eaton Richard Sports Action Badminton London: Ocopus Books 1982
- Rogers Wynn Advanced Badminton Iowa: Wm/ C Brow Publishers 1970
- www.badminionindia.org
- www.internationalbadminton.org

CRICKET SPECIALIZATION

UNIT I -Foundation

- a. National and International bodies, controlling the sports/game and their function.
- b. Qualities and Qualification of coaches /officials and their duties and responsibilities
- c. Role of Cricket for the overall welfare of the human society

UNIT II - Tactical Training

- a. Meaning and aims of tactics.
- b. Offensive and defensive tactical patterns

UNIT III -Evaluation of Training

- a. Requirements for evaluation of techniques.
- b. Types of evaluation in training.
- c. Working documents for evaluation in training.

Talent Identification and Development

- a. Principles of Talent Identification.
- b. Organization of training for children.

UNIT IV – Field Management

Lay out, construction and maintenance of cricket field.

UNIT V - Laws

Laws (Rules) and their impact on the game.

REFERENCES:

- Frank Tyson, Manual for cricket coaching.
- Tom Smith umpiring and scoring
- E.B. Elbloria Cricket Coaching.



GYMNASTICS SPECIALIZATION

Unit I: Advance skills (at least one exercise on each apparatus)

Unit II: Officiating

Unit III:

- (A) Lay out and maintenance of gymnasium and apparatus
- (B) Structure & function of F.I.G. & G.F.I
- (C) Organization & conduct of competition

Unit IV: Analysis of scientific principles applied to different skills

Unit V: Training methods for improving the performance



FOOTBALL SPECIALIZATION

Unit – I

Origin of football ancient football, modern football, in India

Unit – II

History of major international and national football championship

(A) World Cup, confederation cup (B) Santosh trophy, National football league, Subroto Mukherjee trophy, B.L. Roy Trophy

Unit – III

Basic and advance skills of football – (A) Various types of receiving.

(B) Various types of kicking.

(C) Running with, and without the ball.

(D) Heading

(E) Throwing – in

(F) Dribbling

Unit – IV

Meaning of sports training, definition of sports training, aims of sports training objectives of sports training characteristics of sports training principles of sports training periodization.

Unit – V

(a) Drill and test in football

(b) Construction, layout, and maintenance of play fields and equipment's.

HOCKEY SPECIALIZATION

UNIT I: Origin of Hockey

Ancient hockey, modern hockey, hockey in India.

Unit II: History of Major International and National Hockey Championship

- (a) World cup Hockey, Olympic Games, Championship trophy and Asia Cup.
- (b) Rangaswami Cup, Benghton Cup.

Unit III: Basic and Advance Skills of Hockey

Rolling, Pushing, Hitting, Stopping, Dribbling, Receiving, Flick, Scoop, Dodging and Tacking.

Unit IV: Sports Training

Meaning of sports training Definition of sports training aims of sports training objectives of sports training characteristics of sports training principle of sport training.

Unit V: Hockey Drills and Ground Management

- (a) Drills and Test in Hockey
- (b) Construction, Layout and Maintenance of Playfields & Equipment's.



KHO-KHO SPECIALIZATION

Unit-I

Modern trends and devolvement in Kho-Kho, international or national organization, executive committees, structure of federations and function of federation.

Unit-II

Aims and importance of officiating, officiating mechanism, officiating performance analysis, methods of collecting data, analysis of performance of opponent team.

Unit-III

Rules and their interpretation, duties of officials and signals of various officials.

Unit-IV

Coaching, philosophy of coach, personal training pre-game, during game, post-game, planning of team, selection of player, selection of captain.

Unit-V

Protection and maintenance of ground, methods of marking the ground, flood light, advantages, and disadvantages, warm up and general and specific exercises before the game, fixtures of tournaments.

M.P.E.S SEMESTER - III
Practical Code - (P302)

Sports Specialization
(Skill Proficiency & Practical Work)

Students will improve their self-skills and performance during match practice period. During end semester exam skill proficiency test will be conducted by external and internal examiners.

M.P.E.S SEMESTER - III
Practical Code - (D301)

Dissertation (Mid Term Presentation)

Students will present the progress of their dissertation work including data collection status, preliminary analysis, and encountered challenges. The presentation will be evaluated by a panel of faculty members to ensure that students are on track with their research timeline. Constructive feedback will be provided for refinement of methodology, analysis, or structure of the dissertation. This stage is critical for mid-course correction and intellectual engagement with the research community, enabling students to strengthen the quality and relevance of their work.



M.P.E.S SEMESTER - IV
Theory Paper Code - (T401-A)

HEALTH EDUCATION AND SPORTS NUTRITION

UNIT I- Health Education

Concept, Dimensions, Spectrum and Determinants of Health Definition of Health, Health Education, Health Instruction, Health Supervision Aim, objective and Principles of Health Education Health Service and guidance instruction in personal hygiene

UNIT II- Health Problems in India

Communicable and Non-Communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools Objective of school health service, Role of health education in schools Health Services -Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc

UNIT III - Hygiene and Health

Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress

UNIT IV- Sports Nutrition

Nutrition Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

UNIT V- Weight Control Management

Concept of BMI (Body mass index), Obesity and its hazard, dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

REFERENCES:

- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended.
- Angus and Robertson. 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". Hanlon, John J. "Principles of Public Health Administration" 2003.
- 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 Encyclopaedia, edited by Delores C.S. James, The Gale Group, Inc.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.
- Turner, C.E. "The School Health and Health Education".











M.P.E.S SEMESTER - IV
Theory Paper Code - (T401-B)

ATHLETIC CARE AND REHABILITATION

UNIT I - Corrective Physical Education

Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good posture, Drawbacks and causes of bad posture. Posture test - Examination of the spine.

UNIT II - Posture

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

UNIT III - Rehabilitation Exercises

Passive, Active, Assisted, Resisted Exercise for Rehabilitation, Stretching, PNF techniques and principles.

UNIT IV - Massage

Brief history of massage - Massage as an aid for relaxation - Points to be considered in giving massage - Physiological, Chemical, Psychological effects of massage - Indication / Contra indication of Massage - Classification of the manipulation used massage and their specific uses in the human body - Stroking manipulation: Effleurage - Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling - Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

UNIT V - Sports Injuries Care, Treatment and Support

Principles pertaining to the prevention of Sports injuries - care and treatment of exposed and unexposed injuries in sports - Principles of apply cold and heat, infrared rays - Ultrasonic, Therapy - Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.

Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure. (To be assessed internally)

REFERENCES:

- Doherty. J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.
- Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
- Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century.
- Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.
- Rathbome, J.L. (1965) Corrective Physical education, London: W.B. Saunders & Co.
- Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York

M.P.E.S SEMESTER - IV
Theory Paper Code - (T402)

SPORTS MANAGEMENT

UNIT I- Management:

Meaning and Functions, The skills of management, the universal nature of the management process, Management and Administration, Principles and Theories of Management.

UNIT II- Organisation:

Classical Principles, Bureaucracy; Bureaucracy in Democracy and in sports organizations. Open systems perspectives. The constitution of a national sports organization, office holders of an organization and their functional meetings.

UNIT III- Human resource management:

Definition & Aspect of HRM, Job analysis and its process. Human resource planning, Recruitments, Manpower Planning, Personal Management and its principles, Appraisals & Public Relation in physical education.

UNIT IV- Management of performance:

Evaluation and its techniques in physical education. Sports competition and its system, Training structure & performance. Injury management, Ethics of sports.

UNIT V- Management of finance, Facilities, and material:

Financial administration in sports and physical education, Sources of funds in sports. Budgeting in sports and games, purpose, and principles of budgeting. Material Management: Improvisation and Standardization of Sports equipment's and materials. Scientific purchasing. Storekeeping, inventory control and value analysis. Facility (outdoor and indoor) Planning, Construction, and maintenance of sports facilities.

REFERENCE:

- Bucher Carles, A. (1987) Administration of Physical Education and Athletic programs. London, The C.V. Mosby Co.
- Chelladurai P. (1985) Sports Management Macro perspective. Canada Sports Dynamics
- Earle F. Zeigler & Gary W. Bowie (1993): Management competency Development in sports and physical education Philadelphia: W. Leo and Fibiger.
- Heph Bucher and Earnest Koerigeberg (1968): Scientific Inventory Management. New Delhi: Prentice Hall of India Pvt. Ltd.,
- Morson James G and Jimpaul (1988) Modern Sports Administration. Englewood Cliffs, New Jersey: Prentice Hall, Inc.
- Scholar Rondoll S and Nicholas. J (1983) Personal Management. New York, West Publishing company.
- Vanderwag Harold. J (1984) Sports Management (New York: Mac Millon publishing company.

M.P.E.S SEMESTER - III
Theory Paper Code - (T403)
MOOCs / Swayam Courses (Paper – II)
(In Lieu of Dissertation)

The student who has not opted for dissertation will opt a course of equal credit from MOOCs through SWAYAM and other such portals approved by the UGC and registered on ABC/APAAR or Online /ODL courses offered by the Centre for Distance and Online Education (CDOE) duly approved by the state govt. Fee for such online courses has to be paid by the students her / himself.



M.P.E.S SEMESTER - III
Theory Paper Code - (T404)
SPORTS SPECIALIZATION

ATHLETICS SPECIALIZATION

UNIT – I

Technical Rules – Officials

Technical Rules – General Competition Rules

UNIT – II

Technical Rules – Track Events

UNIT – III

Technical Rules – Field Events

UNIT – IV

Technical Rules – Combined Events

UNIT – V

Technical Rules – Race Walking

Technical Rules – Road Races

Technical Rules – Cross Country



BADMINTON SPECIALIZATION

UNIT I - Organizations

B.A.I. structure and functions

B.W.F. structure and functions

UNIT II - Organization of Competitions

School/College/District

State/National/University level

International level

UNIT III - Competition Planning

Sudiraman Cup & World Championship

Grand Prix and super service Tournaments

World ranking system

UNIT IV - Competition Planning

Training plan for competition

Build up competitions

Periodization, Micro, Meso Macro and Macro Cycle plan

Psychological Preparation for Badminton Competition

UNIT V- Miscellaneous

Evaluation of Badminton players during competition

Most common injuries in Badminton and their immediate treatment

Mechanical analysis of Fundamental skills

REFERENCES:

- Balluo Ralph B. Teaching Badminton Delhi: Surjeet Publications, 1982.
- Downey, Jack Badminton for School New Delhi: S. Chand and Co. Ltd. 1981.
- Downey, Jack Winning Badminton Singles London: Adam and Charles Black.
- Downey, Jack Winning Badminton Doubles London Adam, and Charles Black.
- Downey, Jack How to Coach Badminton London William Collins Sons and Co.Ltd., 1990
- Hashman, Judy and Jones, C.M. Beginning Badminton, New York: Arco Publishing Company, Inc. 1977.
- Roper, Peter Badminton: The Skills of the Game. Wiltshire: The Crowood Press, 1987
- Davis, Pat Badminton: A complete practical guide revised edition (North Pomfret: David and Charles Publishers, 1988.
- Davis, Pat The Encyclopaedia of Badminton London: Robert Hale Limited, 1987.
- Talbot, Derek Top Coach Badminton, London: McDonald and Co. Publisher Ltd. ,1989.
- Blass, Margaret Varner and Hales, R. Stanton Badminton 5th Ed. Iowa: Wm. C. Brown publishes, 1987.
- Downey, Jack C. Batter Badminton for all 3rd Ed. London: Pelham Books Ltd. 1982.
- Eaton, Richard Sports action badminton London: Octopus Books, 1982.
- Rogers, Wynn Advanced Badminton IOWA: Wm. C. Brown Publishers, 1970.
- IBF Event Organization Manual
- www.badmintonindia.org
- www.internationalbadminton.org

CRICKET SPECIALIZATION

UNIT I - Advance Skills.

Batting: Vertical Bat Shots, Horizontal Bat Shorts

Bowling: Medium Pace, Out swing, In swing, Leg cutters, Off cutters

Spin- Leg Spin with variation, Off spin with variation

Fielding: Methods, Techniques, Wickets. Keeping, Running between the wickets.

UNIT II – Sports Training in Cricket

Major Components associated with Cricket, their development and inter –relationship.

Training load and adaptation.

Judgment of training load –objectives and Subjective means.

UNIT III - Training Means and Methods

Principles means of training.

Additional means of training.

Psychological means of training.

Bio-mechanical means of training.

UNIT IV - Laws

Rules and their interpretation

Duties of umpire before, after and during the match.

UNIT V - Competition

Major National and International Competitions.

REFERENCES:

- Frank Tyson, Manual for cricket coaching.
- Tom Smith umpiring and scoring
- E.B. Elbloria Cricket Coaching.

FOOTBALL SPECIALIZATION

UNIT I - Federation

FIFA structure and functions.

AIFF structure and functions.

UNIT II - Coaching

Fitness and coaching in football

Skill acquisition

System of play

UNIT III - Mechanical Basis of Football

Mechanical and muscular analysis of skills.

Mechanics of officiating. Rule and their interpretation

UNIT IV - Training Method

Warming up (General and Specific)

Training of Motor Qualities

Unit V – Techniques and Tactics

Advance skill and techniques,

General mechanical principals applied to skill techniques

GYMNASTICS SPECIALIZATION

UNIT - I

Advance skills (at least one Exercise of "D" value on each apparatus.)

UNIT - II

Scoring: - Methods of Determining scores sheet.

UNIT - III

National and International camp.

Organization of coaching camps.

UNIT - IV

Basic Principles for the competition programme.

Sequence of performance on apparatus.

Right of participation and size of delegations.

UNIT - V

Code of Ethics F.I.G.

Awards: - The design of medals and Diplomas, Timing of Award Ceremony

HOCKEY SPECIALIZATION

UNIT I

F.I.H Structure and functions
H.I.F. Structure and functions.

UNIT II

Fitness and Coaching in Hockey
Skill Acquisition.
System of play

UNIT III

Mechanical and muscular analysis of skills.

UNIT IV

Mechanics of officiating.

UNIT V

Rules and Their interpretation.

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KHO-KHO SPECILIZATION

UNIT I

Skill & training

Basic skill& Technique Attacking & Defensive Skill

Drills for Skill development

Lead up games for beginners in Kho-Kho

General &specific warm-up related in Kho-Kho

Development of motor component related with specific reference in Kho-Kho

UNIT II

Rules & their interpretation

Rule about match coach managers & players

Official their duties & signs

UNIT III

Biomechanical principle

Biomechanical principles analysis of various attacker, defender skill

UNIT IV

Competition planning /coaching, physiological/psychological quality of player

Diet and nutrition

Preparation for competition

Principle of practice & coaching preparation pre match.

Coaching lesson plan

UNIT V

Rehabilitation

Injury related with Kho-Kho

Major injuries in Kho-Kho

Prevention & safety measurement

Rehabilitation of injury

M.P.E.S SEMESTER - IV **Practical Code - (P402)**

SPORTS SPECIALIZATION (COACHING LESSONS)

The students need to develop proficiency in taking coaching lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of coaching in selected game specialization. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level. Each student teacher is expected to take at least four lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, all the parts of the lesson covered progressively.

M.P.E.S SEMESTER - IV **Practical Code - (D401)**

Dissertation (Final Presentation)

In the final semester, students will complete data analysis, derive conclusions, and compile their dissertation in the prescribed format. The final presentation will involve a detailed defines of the research before an external examiner and internal committee. The dissertation must reflect originality, depth of understanding, critical analysis, and relevance to the field of physical education and sports. Students will also be evaluated on their ability to communicate findings effectively, respond to queries, and highlight the implications and limitations of their research.

CONDITIONING & MATCH PRACTICE **(Common for all 4 semester)**

In the 1st and 2nd semester the students will only attend the evening match practice classes because they will be involved in Synopsis preparation and their field Project. But their conditioning test will be conducted at the end of semester so they will themselves do the conditioning activity during their match practice class. In the 3rd and 4th semester they will join the morning conditioning class and in evening match practice classes.

COMPREHENSIVE VIVA-VOCE **(Common for all 4 semester)**

At the end of a semester, a COMPREHENSIVE VIVA-VOCE Examination for theory and practical will be conducted in all the four semesters by the Board of 4 members, at least ONE of whom shall be external. The board shall also review the Standard of Courses, Teaching, Assignments, Assessment and shall give its opinion in writing to the Head and the Vice-Chancellor.
