



MAHATMA GANDHI UNIVERSITY

NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

**MAHATMA GANDHI UNIVERSITY**

**SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES**

**REGULATION, SCHEME OF EXAMINATION AND SYLLABUS FOR THE  
MASTER OF PHYSICAL EDUCATION AND SPORTS (M.P.E.S.)  
PROGRAMME- 2021ADMISSION ONWARDS**

**VISION**

To create ideal academic environment in sports and games & related streams of studies, enabling talents to keep abreast with international standards in academics, sports & games and to promote strikingly fresh societal culture conducive for healthy society.

**MISSION**

Our mission is to expand the student's learning experience by involving them in the development of sports by creating a dynamic environment and to in-still passion among the students in sports and games through networking of expertise and resources.

**1. OBJECTIVE:**

The main objective of the M.P.E.S. programme is to provide opportunity for Professional training in Physical Education to students with physical education background and aptitude for higher studies.

M.P.E.S. Degree is one of the qualifications for appointment as Physical Education Teachers and lectures in Schools, Colleges, and Universities etc. They can also work as instructors, trainers and coaches in fitness centres, health clubs, in companies and sports clubs.

**2. DURATION OF THE PROGRAMME:**

The duration of the programme shall be two academic years with four semesters.

**3. ELIGIBILITY FOR ADMISSION:**

A candidate for admission to the two-year Master of Physical Education and Sports (M.P.E.S) degree programme shall fulfil the following conditions:

- (a) Should have passed the Bachelor degree in Physical Education (B.P.E/B.P.E. S) of any university recognized by the Mahatma Gandhi University OR have passed a post graduate degree (B.P.Ed.) in Physical Education of at least one year duration of an Indian or Foreign University or Board appointed by the Education Department of the State or Union Territory recognized by the Mahatma Gandhi University, with a minimum of 50% marks in aggregate.



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(b) Should be physically fit for daily heavy load of physical activities and should not have physical deformity or mental disability.

**4. SELECTION CRITERIA:** The candidate shall be selected for admission from the rank list prepared on the basis of the following criteria.

(a) Written Test(Based on.B. P.E/B.P.E. S/ B.P.Ed.Syllabus)	- 50 marks
(b) GameProficiency&Achievement	- 25 marks
(c) Physical fitness test(AAHPERD)	- 15 marks
(d) Sports Achievement	- 10 marks
Total	- 100 marks

### **PROGRAMME OF STUDY**

The Programme of study for the MPES. programme will have two Parts

- i. Part–A Theory
- ii. Part –B Elective(Theory Practical) General Conditioning, Major Games
- iii. Part-A Theory First Semester

Paper I Research Methodology and Statistics in Physical Education , Paper II Measurement and Evaluation in Physical Education, Paper III Sports Management

### **Second Semester**

Paper IV Physiology of Sports and Exercise, Paper V Sports Training and Talent Identification, Paper VI Health and Fitness Education

### **Third Semester**

Paper VII Exercise Psychology, Paper VIII Sports Biomechanics, Paper IX Exercise Prescription and Programme design, Paper X Sports Specialization, Paper XI Sports Specialization

### **Fourth Semester**

Paper XII Sports Medicine, Paper XIII Professional Preparation and Curriculum Design in Physical Education, Paper XIV Thesis/Dissertation, Paper XV Sports Specialization

### **I. Part-B ELECTIVE**



**Practical:** General Conditioning, and Match Practice is compulsory for all and apart from these 6 Major Games activities can be selected out of the 10 Electives depending up on the facilities available in the school.

- (1) General Conditioning and Match Practice (Compulsory)
- (2) Basketball
- (3) Judo
- (4) Track And Field

- (5) Handball
- (6) Yoga
- (7) Volleyball
- (8) Football
- (9) Tennis
- (10) Softball
- (11) Cricket

**a. Sports Specialization (Theory & Practical)** – Any Two Sports discipline from the following activities shall be allotted subject to the availability of facilities and experts.

- 1. Track And Field.
- 2. Volleyball
- 3. Yoga.
- 4. Basketball
- 5. Judo
- 6. Handball
- 7. Cricket
- 8. Football

**b) Advanced Coaching Ability (Theory & Practical)** in any one of the following major games (Handball, Basketball, Judo, Football, Cricket, Volleyball, Track And Field)

**c) EFFICIENCY IN SKILL EXECUTION & OFFICIATING (Practical)** in anyone of the following major games (Handball, Basketball, Judo, Football, Cricket, Volleyball, Track And Field)

**d) One week Leadership Training Camp,** is mandatory within or outside the state in the span of 2 years course duration.

**6. LIST OF COURSES FOR MPES DEGREE PROGRAMME**

Sl.No.	SEMESTER	PART	COURSE CODE	TITLE	CORE/ELECTIVE	CREDITS
1	I	A	PEM21C01	RESEARCH METHODOLOGY STATISTICS &	CORE	4
2			PEM21C02	MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION	CORE	4
3			PEM21C03	SPORTS MANAGEMENT CORE	CORE	4
4		B	PEM21E04	GENERAL	ELECTIVE	2



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				CONDITIONINGMATCH H PRACTICE &		
5			PEM21E05	Major Game I (Basketball)	ELECTIVE	2
6			PEM21E06	Major Game II (Judo)	ELECTIVE	2
7			PEM21E07	Major Game III (TrackandField)	ELECTIVE	2
8			PEM21E08	Major Game IV (Handball)	ELECTIVE	2
9			PEM21E09	Major Game V (Yoga)	ELECTIVE	2
10			PEM21E10	Major Game VI (Volleyball)	ELECTIVE	2
11			PEM21E11	Major Game VII (Football)	ELECTIVE	2
12			PEM21E12	Major Game VIII (Tennis)	ELECTIVE	2
13			PEM21E13	Major Game IX (Softball)	ELECTIVE	2
14			PEM21E14	Major Game X (Cricket)	ELECTIVE	2
15	II	A	PEM21C10	PHYSIOLOGY OF SPORTS & EXERCISE	CORE	4
16			PEM21C11	SPORTS TRAINING &TALENT IDENTIFICATION	CORE	4
17			PEM21C12	HEALTH & FITNESS EDUCATION	CORE	4
18		B	PEM21E15	GENERAL CONDITIONING & MATCH	ELECTIVE	2



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				PRACTICE		
19			PEM21E16	Major Game I (Basketball)	ELECTIVE	2
20			PEM21E17	Major Game II (Judo)	ELECTIVE	2
21			PEM21E18	Major Game III (Track and Field)	ELECTIVE	2
22			PEM21E19	Major Game IV (Handball)	ELECTIVE	2
23			PEM21E20	Major Game V (Yoga)	ELECTIVE	2
24			PEM21E21	Major Game VI (Volleyball)	ELECTIVE	2
25			PEM21E22	Major Game VII (Football)	ELECTIVE	2
26			PEM21E23	Major Game VIII (Tennis)	ELECTIVE	2
27			PEM21E24	Major Game IX (Softball)	ELECTIVE	2
28			PEM21E25	Major Game X (Cricket)	ELECTIVE	2
29	III	A	PEM21C19	EXERCISE PSYCHOLOGY	CORE	4
30			PEM21C20	SPORTS BIOMECHANICS	CORE	4
31			PEM21C21	EXERCISE PRESCRIPTION & PROGRAMME DESIGN	CORE	4
32			PEM21C22	SPORTS SPECIALIZATION BASKETBALL		
33			PEM21C23	SPORTS	CORE	4



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				SPECIALIZATION- JUDO		
34			PEM21C24	SPORTS SPECIALIZATION - TRACK AND FIELD		
35			PEM21C25	SPORTS SPECIALIZATION HANDBALL		
36			PEM21C26	SPORTS SPECIALIZATION FOOTBALL		
37			PEM21C27	SPORTS SPECIALIZATION CRICKET	CORE	4
38			PEM21C28	SPORTS SPECIALIZATION VOLLEYBALL		
39			PEM21C29	SPORTS SPECIALIZATION YOGA		
40		B	PEM21E30	ADVANCED COACHING ABILITY - BASKETBALL		
41			PEM21E31	ADVANCED COACHING ABILITY- JUDO		
42			PEM21E32	ADVANCED COACHING ABILITY FOOTBALL		

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43			PEM21E33	ADVANCED COACHING ABILITY - CRICKET	ELECTIVE	2
44			PEM21E34	ADVANCED COACHING ABILITY- TRACK & FIELD		
45			PEM21E35	ADVANCED COACHING ABILITY HANDBALL		
46			PEM21E36	ADVANCED COACHING ABILITY- VOLLEYBALL		
47			PEM21E37	ADVANCED COACHING ABILITY- YOGA		
48			PEM21E38	EFFICIENCY IN SKILLEXECUTIO N & OFFICIATING -BASKETBALL		
49			PEM21E39	EFFICIENCY IN SKILL EXECUTION & OFFICIATING- JUDO		
50			PEM21E40	EFFICIENCY IN SKILL EXECUTION & OFFICIATING- FOOTBALL		



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51			PEM21E41	EFFICIENCY IN SKILL EXECUTION & OFFICIATING - CRICKET		
52			PEM21E42	EFFICIENCY IN SKILL EXECUTION & OFFICIATING – TRACK AND FIELD		
53			PEM21E43	EFFICIENCY IN SKILL EXECUTION & OFFICIATING– HANDBALL		
54			PEM21E44	EFFICIENCY IN SKILL EXECUTION & OFFICIATING - VOLLEYBALL		
55			PEM21E45	EFFICIENCY IN SKILL EXECUTION & OFFICIATING – YOGA		
56	IV	A	PEM21C46	SPORTS MEDICINE	CORE	4
57			PEM21C47	PROFESSIONAL PREPARATION CURRICULUM DESIGN IN PHYSICAL EDUCATION	CORE	4
58			PEM21C48	THESIS/DISSERTATION	CORE	4
59			PEM21C49	SPORTS SPECIALIZATION BASKETBALL		
60			PEM21C50	SPORTS SPECIALIZATION		





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				JUDO		
61			PEM21C51	SPORTS SPECIALIZATION TRACK AND FIELD	CORE	4
62			PEM21C52	SPORTS SPECIALIZATION HANDBALL		
63			PEM21C53	SPORTS SPECIALIZATION FOOTBALL		
64			PEM21C54	SPORTS SPECIALIZATION CRICKET		
65			PEM21C55	SPORTS SPECIALIZATION VOLLEYBALL		
66			PEM21C56	SPORTS SPECIALIZATION YOGA		
67		B	PEM21E57	ADVANCED COACHING ABILITY- BASKETBALL		
68			PEM21E58	ADVANCED COACHING ABILITY- JUDO		
69			PEM21E59	ADVANCED COACHING ABILITY- FOOTBALL		
70			PEM21E60	ADVANCED COACHING ABILITY- CRICKET	ELECTIVE	2



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71			PEM21E61	ADVANCED COACHING ABILITY- TRACK AND FIELD		
72			PEM21E62	ADVANCED COACHING ABILITY- HANDBALL		
73			PEM21E63	ADVANCED COACHING ABILITY- VOLLEYBALL		
74			PEM21E64	ADVANCED COACHING ABILITY- YOGA		
75			PEM21E65	EFFICIENCY IN SKILL EXECUTION & OFFICIATING - BASKETBALL		
76			PEM21E66	EFFICIENCY IN SKILL EXECUTION & OFFICIATING- JUDO		
77			PEM21E67	EFFICIENCY IN SKILLEXECUTION & OFFICIATING - FOOTBALL		
78			PEM21E68	EFFICIENCY IN SKILL EXECUTION & OFFICIATING- CRICKET		
79			PEM21E69	EFFICIENCY SKILL EXECUTION & OFFICIATING–TRACK AND FIELD		



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80			PEM21E70	EFFICIENCY IN SKILL EXECUTION & OFFICIATING- HANDBALL		
81			PEM2171	EFFICIENCY IN SKILL EXECUTION & OFFICIATING - VOLLEYBALL		
82			PEM21E72	EFFICIENCY IN SKILL EXECUTION & OFFICIATING - YOGA		

## 7. ATTENDANCE

Each semester will have a minimum of 90 working days and each working day will have three theory classes and five practical hours. Candidates must secure at least 85% of attendance in the lecture delivered in each of the theory subjects in the Part –A and the Theory and Practical of Part –B and complete the prescribed course of laboratory works, tutorials, seminars, projects, assignments etc. to appear for the university examinations.

## 8. EVALUATION

### External & Internal Evaluation:

Evaluation of the post graduate courses for the first and third semester examinations shall be done by the faculty members themselves on the basis of continuous internal assessment and end semester examinations. Evaluation for all the courses of the second and the fourth semester examinations of the postgraduate programmes, except for practical examination in science subjects, shall be conducted both externally and internally. In the Centres/Institutes, the evaluation of answer books are carried out by External Examiners and evaluation pattern for all the semesters of Institutes/Centres shall be decided by the concerned Faculty Council of the Centre/Institutes. The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade points.

### Methodology:

Students who secure a minimum attendance of 85% and above in a semester, and who pass the Internal Examinations of all the courses of the semester, alone, will be allowed to appear for the end semester examination and continue in the programme to the



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next higher semester. A student who obtains a minimum of 45% of marks for each course and an aggregate of 50% marks for the end semester examination will pass.

A separate minimum of 45% is required in both internal and external examinations for a pass in a course. Students who fail to obtain a minimum of 45% marks in the internal examinations, can request the Faculty Council for a chance to improve the marks. Faculty Council may permit students to secure the minimum marks in CA by taking written tests. However, only one chance will be given to improve CA marks.

**Question Paper Setting:** The Faculty Council of each School shall prepare the panel of question paper setters for each programme and get it approved by the Vice Chancellor. The Director/Head of the Schools/Centre/Institute Will make arrangements for getting the Question papers set by external experts who shall be selected from the panel approved by the Vice-Chancellor

The Faculty Council shall as far as possible recommend teachers of other Universities as External Examiners Only in emergencies, senior Associate Professors of Colleges may be recommended as External Examiners of a University Programme.

**Process of Evaluation:** The double valuation of answer scripts in the second and the fourth semester courses shall be done by External Examiners and the faculty concerned respectively as decided by the Director.

The Director/Head of the School/Department/Centres/Institutes will make arrangements for the evaluation of the answer scripts. The Project/Dissertation shall be evaluated by two examiners, one of them the Faculty member who supervised the Project and the other an external examiner to be decided by the Director from a panel approved by the Vice Chancellor. The comprehensive viva-voce, if any, must be carried out along with Project Evaluation in the fourth semester.

**Internal Assessment:** The student's attendance and classroom performance as well as the feedback received from tests, tutorials, assignments and term papers shall form the basis for internal assessment. The internal assessment will be a Continuous Assessment (CA) that accounts for 40% of the evaluation in both theory and practical.

**Continuous Assessment(CA):** This assessment shall be set on a predetermined transparent system involving periodic written tests, assignments and seminars in respect of theory courses, and lab based contests, lab skill, records/viva and attendance in respect of practical courses.

The percentage of marks assigned to various components for Internal Evaluation is as follows:

**(a) Theory**

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Components % of internal marks

i)	Two test papers	60%
ii)	Assignments/Book Review/Debates	20%
iii)	Seminars/Presentation Of case study	20%

**(b) Practical**

Components % of internal marks

i)	Two test paper	40%
ii)	LabSkill	25%
iii)	Records/Viva	25%
iv)	Attendance	10%

For each course there shall be at least two class tests during a semester. Best of the marks obtained in the two tests will be counted as the internal test component of CA. The probable dates of the tests shall be announced at the beginning of each semester. Marks should be displayed on the noticeboard. Valued answer scripts shall be made available to the students for perusal within 10 working days from the date of the tests.

**Assignments:** Each student shall be required to do 2 assignments/book reviews for each course. Assignments/book review after valuation must be returned to the students. The teacher shall define the expected quality of the above in terms of structure, content, presentation and the like, and inform the students of the same. Punctuality in submission of assignments/records is to be given a weightage in the internal evaluation.

**Seminar:** Every student shall deliver one seminar as an internal component of every course and must be evaluated by the respective course teacher in terms of structure, content, presentation and interaction. The soft and hard copies of the seminar report are to be submitted to the teacher incharge.

**Practical Records:** All the records of continuous assessment (CA) must be kept in the department and that must be made available for verification. For Sports Specializations each student should maintain a record book and take at least 20 coaching classes internally and externally, to appear for the University examination.

**Results of Internal Assessment:** The results of the CA shall be displayed on the notice board within 5 working days from the last day of semester. It should be counter signed by

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the candidates. The marks awarded for various components of the CA shall not be rounded off, if it has a decimal part. The total marks of the CA shall be rounded off to the nearest whole number.

Once the Score-Sheet for CA duly attested by the Director is forwarded to the CSS office for issue of mark lists, no further change in the grades entered in the same will be entertained. Improvement in the internal assessment grade will not be possible in any circumstance for a student after the completion of a semester programme.

**End-Semester Examination:** The end semester examination will account for the remaining 60% of the evaluation which will be done by the School/Department/Center/Institute in accordance with the provisions in Section 8.1.

The evaluation of the end-semester examination of the first and third semesters shall generally be done by the faculty who taught the course, though a School/Department/Center/Institute can opt to have the examiner from outside the university, if the faculty council so decides. Evaluation of the 2nd and 4th semester courses based on questions set by external question paper setters shall be evaluated by two examiners; one, the external (as far as possible the question paper setter shall evaluate the examination paper as well) and the other, internal examiners.

**Project Work:** There shall be a project/dissertation to be undertaken by all students. The Dissertation entails field work, lab work, report writing, presentation and viva voce. The class hours allotted for project work may be clustered into a single slot so that students can do their work at a centre /location for a continuous period of time. However, appropriate changes can be made by the faculty council in this regard.

**Project/Dissertation** shall be carried out under the supervision of a teacher in the parent School/Centre/ Institute Or other research institutes or industrial establishment or University Departments if they permit the students to do so, after getting permission from the Department Head.

In such cases, one of the teachers from the schools/centres/institutes would be the co-supervisor/internal guide and an expert from the industry/ research organization concerned shall act as supervisor/ external guide. Project/Dissertation shall be submitted to the Head of the Department two weeks before the commencement of the end semester examination of the final semester.

**External Evaluation of Theory Answer Scripts:** The external evaluation shall be done after the examination at the earliest, preferably in centralized evaluation. As far as possible barcoded.



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Answer Books shall be used to ensure confidentiality. The evaluation of the answer scripts shall be done by examiners based on a well-defined scheme of valuation. There shall be a double valuation system of answer books in the 2nd and 4th Semester evaluations. The final marks awarded will be the average of two. If there is a variation of more than 10 % of the maximum marks, the answer books shall be valued by a third external examiner appointed by the Director. The final marks to be awarded shall be the average of the nearest two out of three awarded by the examiners.

**External Evaluation of Practical Courses:** End semester evaluation in practical courses shall be conducted and evaluated by two examiners; one internal and one external or both internal as may be decided by the Faculty Council. Duration of practical external examinations shall be decided by the concerned Faculty Council.

Evaluation of the project work shall be carried out at the end of the programme. The title and the credit with marks awarded for the project work should be entered in the grade/mark sheet approved by the University

**Process of evaluation of project work:**

1. The end semester evaluation of the Project/Dissertation shall be done both internally and externally; external evaluation shall be conducted by external examiner as per clause 7.3, paragraph-2.
2. Evaluation of the Project Report shall also be one under numerical mark system.

**The evaluation of the project will be done at two stages:**

1. Continuous Assessment (CA)(supervising teacher/will assess the project and award Internal Marks).
2. External evaluation(by external examiner).
3. Marks secured for the project will be awarded to candidates, combining the internal and external Marks.
4. The internal to external component is to be taken in the ratio 1:1.

Internal Assessment of project work shall be completed within 2 weeks before the last working day of a semester. Internal Assessment marks should be published in the Department/Centre noticeboard.

**Conditions of Passing the Project:**

1. Submission of the Project/Dissertation and Viva compulsory for internal evaluation.



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2. A student shall be declared to have passed in the Project/Dissertation Only if she/he secures minimum C grade (45% marks for both internal & external and 50% aggregate in total).

## 9. GRADING SYSTEM

The grading system followed is that of relative grading on a ten-point scale. The following table indicates the performance range and the relative value of the grades (grade point) on the scale

LETTER GRADE	PERFORMANCE	GRADE POINT
O	Out Standing	10
A Plus	Excellent	9
A Only	Very Good	8
B Plus	Good	7
B Only	Above Average	6
C	Average/Pass	5
F	Fail	0
Ab	Absent	0

## 10. MINIMUM GRADE FOR PASSING IN A COURSE OR PROGRAMME:

The minimum grade for passing a particular course will be 'C'. The minimum CGPA for a pass in the M.P.E.S programmes will be 5.

## 11. ISSUE OF GRADE CARD:

Grade card will be given to the student at the end of each semester that will indicate the grade she/he has obtained as well as the Semester Grade Point Average (SGPA) which is the weighted average of the numerical value (grade point) obtained by him/her in the semester. Weighted average is calculated by dividing the sum of the product of the grade point or numerical value obtained for each course and the credits that it carries by the total number of credits earned. The Cumulative Grade Point Average (CGPA) for the whole





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programme will be calculated in the same way, which will also be indicated in the GradeCard.

Minimum SGPA in all semesters is not an assurance to minimum CGPA for the entire programme.

## 12. PERCENTAGE EQUIVALENCE OF GRADE

## 13. CALCULATION OF SEMESTER GRADE POINT AVERAGE (SGPA):

Credit Points for the Course = No. of Credits assigned for the course x Grade Point secured for that course. SGPA indicates the performance of a student in a given Semester. SGPA is based on the total credit points earned by a student in all the courses divided by the total number of credits assigned to the courses required in a Semester. Note: SGPA is computed only if the candidate passes in all the required courses (gets a minimum required grade for a pass in all the required courses as per the specific curriculum). Securing SGPA in all semesters may not enable students to have minimum required CGPA for a pass in the programme.

Range of % of Marks	Grade Letter	Grade Point
95 -<100	O	10
85 -<95	A plus	9
75 -<85	A only	8
65 -<75	Bplus	7
55 -<65	Bonly	6
45 -<55	C	5
Below 45	F	0
Absent	Ab	0

SGPA=Total credit points earned by the student from all the required courses of Semester



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Total Credits Of all courses required in a semester

#### 14. CALCULATION OF CUMULATIVE GRADE POINT AVERAGE(CGPA):

CGPA refers to the Cumulative Grade Point Average weighted across all the semesters (4 Semesters). CGPA is obtained by dividing the total number of credit points earned by the student in all the semesters by the total number of required credits of all the Semesters as per curriculum.

$CGPA = \frac{\text{Total Cpts of Semester-S1} + 2 + 3 + 4 \dots}{\text{Total Credits of Semester-S1} + 2 + 3 + 4 \dots}$

OR

$CGPA = \frac{[SGPA \text{ of I Semester} \times \text{Total Credits of I Sem}] + [SGPA \text{ of II Semester} \times \text{Total Credits of II Sem}] + [SGPA \text{ of III Semester} \times \text{Total Credits of III Sem}] + [SGPA \text{ of IV Semester} \times \text{Total Credits of IV Sem}]}{\text{Total Credits of I Sem} + \text{Total Credits of II Sem} + \text{Total Credits of III Sem} + \text{Total Credits of IV Sem}}$

#### 15. CONVERSION OF SGPA/CGPA TO GRADE

Total Credits of I Semesterr+Total credits of IISemester+Total credits of II Semester+Total

10	O
9.0 - < 10	A Plus
8.0- < 9	A only
7.0- < 8	B plus
6.0- < 7	B only
5.0- < 6	C
< 5	F
Absent	Ab

#### 16. CONVERSION OF CGPA TO PERCENTAGE

Equivalent Percentage= $\frac{CGPA \text{ obtained} \times 100}{\text{Maximum}}$

CGPA (=10)

#### 17. POSITION CERTIFICATE:



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The position certificate shall be given for the 1st five positions. Students who have completed the course by availing of the improvement examinations for a course or reappearance for a course will not be eligible for a position certificate.

If a Rank certificate in a prescribed format is demanded by institutions for awarding a specific fellowship/scholarship such as for DST Inspire Fellowship etc, the rank certificate may be given for such students as a special case in the prescribed format.

This formula shall be printed on the Grade Card issued to the student with a note that it could be used to convert the grades into mark-percentages. (The details of the grading system as indicated in section 11 & 12 above shall also be printed on the Grade Card).

#### **18. CONSOLIDATION AND DECLARATION OF RESULTS:**

All work pertaining to the examinations shall be held in the Schools/ Centres/Institute of study and research under the direct control and supervision of the Directors/Heads of the Departments. The Director of each School/Centre/Institute will, in consultation with the Faculty Council, directly control the Internal/External examinations and evaluations or nominate a teacher as the Chief Examiner who will assist him/her in the matter. The marks awarded for internal assessment will be displayed in the School's notice board at the end of each semester. If a student has any complaint regarding the marks received in internal assessment, he/she should report it to the Faculty Member concerned within 3 working days from the date of publication of the same on the notice board. Thereafter, complaints against internal marks will not be entertained under any circumstance. The Pass Board of a School/ Centre/Institute will consist of selected teachers/ the entire Faculty of the School/Department/Centre/Institute Concerned and will be constituted by the Director in consultation with the Faculty Council. The tabulated grade sheets will be forwarded after each end-semester examination to the office of the Controller of Examinations. The CSS section in the Controller's office will check the Grade card forwarded from the Department/School/Centre/Institute and notify the results after consolidating them and issue a statement of credits. On completion of the final semester a Consolidated Grade Card showing the details of all the courses taken will be prepared. The Consolidated Grade Card containing the details of all the courses with their titles, credits, grades obtained, the total credits earned, the SGPA and the CGPA will be issued to students.

#### **19. Issue Of Certificates:**

On completion of a semester (when results are ready) the Director/Coordinators of all programmes shall forward tabulated grade sheets along with the minutes of the Pass Board



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meeting showing details to the CSS Section; in the case of final semester, consolidated details of all semesters showing total number of candidates registered, appeared and passed in the prescribed format shall be furnished.

Grade cards to all students who have undergone the courses under the CSS are issued by the office of the Controller of Examinations through the Departments/Schools concerned. Consolidated Grade Cards are also issued. Fee for the issue of grade cards will be announced by the University from time to time.

20. SCHEME OF EXAMINATION

M.P.E.S FIRST SEMESTER

Table with 9 columns: PART, COURSE CODE, TITLE, NO. OF TEACHING HOURS, DURATION OF EXAM, INTERNAL MARKS, UNIVERSITY EXAM MARKS, TOTAL MARKS, CREDITS. Rows include course details for Part A (PEM21C01-04) and Part B (PEM21E05-10).



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	PEM21E11	Major Game VII (Football)	100	3	40	60	100	2
	PEM21E12	Major Game VIII (Tennis)	100	3	40	60	100	2
	PEM21E13	Major Game IX (Softball)	100	3	40	60	100	2
	PEM21E14	Major Game X (Cricket)	100	3	40	60	100	2
	<b>TOTAL (PART B)</b>	<b>400</b>		<b>160</b>	<b>240</b>	<b>400</b>	<b>8</b>	
	<b>TOTAL(PART A AND PART B)</b>	<b>700</b>		<b>280</b>	<b>420</b>	<b>700</b>	<b>20</b>	

**M.P.E.S SECOND SEMESTER**

PART	COURSE CODE	TITLE	NO. OF TEACHING HOURS	DURATION OF EXAM	INTERNAL MARKS	UNIVERSITY EXAM MARKS	TOTAL MARKS	CREDITS
A	PEM21C10	PHYSIOLOGY OF	100	3	40	60	100	4
	PEM21C11	SPORTS TRAINING & TALENT	100	3	40	60	100	4
	PEM21C12	HEALTH & FITNESS EDUCATION	100	3	40	60	100	4
	<b>TOTAL (PART A)</b>		<b>300</b>		<b>120</b>	<b>180</b>	<b>300</b>	<b>12</b>
	PEM21E15	GENERAL CONDITIONING & MATCHPRACTICE	100	3	40	60	100	2
	PEM21E16	Major Game I (Basketball)	100	3	40	60	100	2
	PEM21E17	Major Game II (Judo)	100	3	40	60	100	2
	PEM21E18	Major Game III (Track and Field)	100	3	40	60	100	2
	PEM21E19	Major Game IV (Handball)	100	3	40	60	100	2
	PEM21E20	Major Game V (Yoga)	100	3	40	60	100	2
B	PEM21E21	Major Game VI (Volleyball)	100	3	40	60	100	2

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	PEM21E22	Major Game VII (Football)	100	3	40	60	100	2
	PEM21E23	Major Game VIII (Tennis)	100	3	40	60	100	2
	PEM21E24	Major Game IX (Softball)	100	3	40	60	100	2
	PEM21E25	Major Game X (Cricket)	100	3	40	60	100	2



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**M.P.E.S THIRD SEMESTER**

PART	COURSE CODE	TITLE	NO. OF TEACHING HOURS	DURATION OF EXAM	INTERNAL MARKS	UNIVERSITY EXAM MARKS	TOTAL MARKS	CREDITS
	PEM21IC19	EXERCISE PSYCHOLOGY	100	3	40	60	100	4
	PEM21IC20	SPORTS BIOMECHANICS	100	3	40	60	100	4
	PEM21IC21	EXERCISE PRESCRIPTION PROGRAMME DESIGN	100	3	40	60	100	4
A	PEM21C22	SPORTS SPECIALIZATION BASKETBALL	100	3	40	60	100	4
	PEM21C23	SPORTS SPECIALIZATION JUDO	100	3	40	60	100	2
	PEM21E24	SPORTS SPECIALIZATION TRACK AND FIELD	100	3	40	60	100	2
	PEM21C25	SPORTS SPECIALIZATION HANDBALL	100	3	40	60	100	4
	PEM21IC26	SPORTS SPECIALIZATION FOOTBALL	100	3	40	60	100	4
	PEM21IC27	SPORTS SPECIALIZATION CRICKET	100	3	40	60	100	4
	PEM21IC28	SPORTS SPECIALIZATION VOLLEYBALL	100	3	40	60	100	4
	PEM21C29	SPORTS SPECIALIZATION YOGA	100	3	40	60	100	4
	<b>TOTAL(PARTA)</b>			<b>500</b>		<b>160</b>	<b>240</b>	<b>400</b>
B	PEM21E30	ADVANCED	100	3	40	60	100	2



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		COACHING ABILITY- BASKETBALL						
	PEM21E31	ADVANCED COACHING ABILITY - JUDO	100	3	40	60	100	2
	PEM21E32	ADVANCED COACHING ABILITY- FOOTBALL	100	3	40	60	100	2
	PEM21E33	ADVANCED COACHING ABILITY - CRICKET	100	3	40	60	100	2
	PEM21E34	ADVANCED COACHING ABILITY TRACK & FIELD	100	3	40	60	100	2
	PEM21E35	ADVANCED COACHING ABILITY - HANDBALL	100	3	40	60	100	2
	PEM21E36	ADVANCED COACHING ABILITY VOLLEYBALL	100	3	40	60	100	2
	PEM21E37	ADVANCED COACHING ABILITY YOGA	100	3	40	60	100	2
	PEM21E38	EFFICIENCY IN SKILL EXECUTION & OFFICIATING - BASKETBALL	100	3	40	60	100	2
	PEM21E39	EFFICIENCY IN SKILL EXECUTION & OFFICIATING -JUDO	100	3	40	60	100	2
	PEM21E40	EFFICIENCY IN SKILL EXECUTION & OFFICIATING- FOOTBALL	100	3	40	60	100	2
	PEM21E41	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-CRICKET	100	3	40	60	100	2
	PEM21E42	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-TRACK AND FIELD	100	3	40	60	100	2





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	PEM21E43	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-HANDBALL	100	3	40	60	100	2
	PEM21E44	EFFICIENCY IN SKILL EXECUTION & OFFICIATING - VOLLEYBALL	100	3	40	60	100	2
	PEM21E45	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-YOGA	100	3	40	60	100	2
	<b>TOTAL (PART B)</b>		<b>100</b>		<b>80</b>	<b>120</b>	<b>200</b>	<b>4</b>
	<b>TOTAL (PART A AND PART B)</b>		<b>600</b>		<b>240</b>	<b>360</b>	<b>600</b>	<b>20</b>

**M.P.E.S FOURTH SEMESTER**

PART	COURSE CODE	TITLE	NO. OF TEACHING HOURS	DURATION OF EXAM	INTERNAL MARKS	UNIVERSITY EXAM MARKS	TOTAL MARKS	CREDITS
	PEM21C46	SPORTS MEDICINE	100	3	40	60	100	4
	PEM21C47	PROFESSIONAL PREPARATION & CURRICULUM DESIGN IN PHYSICAL EDUCATION	100	3	40	60	100	4
	PEM21C48	THESIS/ DISSERTATION	100	3	40	60	100	4
A	PEM21C49	SPORTS SPECIALIZATION BASKETBALL	100	3	40	60	100	4
	PEM21C50	SPORTS SPECIALIZATION JUDO	100	3	40	60	100	2
	PEM21C51	SPORTS SPECIALIZATION TRACK AND FIELD	100	3	40	60	100	2



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	PEM21C52	SPORTS SPECIALIZATION HANDBALL	100	3	40	60	100	4
	PEM21C53	SPORTS SPECIALIZATION FOOTBALL	100	3	40	60	100	4
	PEM21C54	SPORTS SPECIALIZATION CRICKET	100	3	40	60	100	4
	PEM21C55	SPORTS SPECIALIZATION VOLLEYBALL	100	3	40	60	100	4
	PEM21C56	SPORTS SPECIALIZATION YOGA	100	3	40	60	100	4
	<b>TOTAL(PARTA)</b>		<b>500</b>		<b>160</b>	<b>240</b>	<b>400</b>	<b>16</b>
B	PEM21E57	ADVANCED COACHING ABILITY & OFFICIATING BASKETBALL	100	3	40	60	100	2
	PEM21E58	ADVANCED COACHING ABILITY & OFFICIATING JUDO	100	3	40	60	100	2
	PEM21E59	ADVANCED COACHING ABILITY & OFFICIATING FOOTBALL	100	3	40	60	100	2
	PEM21E60	ADVANCED COACHING ABILITY & OFFICIATING CRICKET	100	3	40	60	100	2
	PEM21E61	ADVANCED COACHING ABILITY & OFFICIATING TRACK AND FIELD	100	3	40	60	100	2
	PEM21E62	ADVANCED COACHING ABILITY & OFFICIATING	100	3	40	60	100	2

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		HANDBALL						
	PEM21E63	ADVANCED COACHING ABILITY & OFFICIATING VOLLEYBALL	100	3	40	60	100	2
	PEM21E64	ADVANCED COACHING ABILITY & OFFICIATING YOGA	100	3	40	60	100	2
	PEM21E65	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-BASKETBALL	100	3	40	60	100	2
	PEM21E66	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-JUDO	100	3	40	60	100	2
	PEM21E67	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-FOOTBALL	100	3	40	60	100	2
	PEM21E68	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-CRICKET	100	3	40	60	100	2
	PEM21E69	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-TRACK AND FIELD	100	3	40	60	100	2
	PEM21E70	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-HANDBALL	100	3	40	60	100	2
	PEM21E71	EFFICIENCY IN SKILL EXECUTION & OFFICIATING-VOLLEYBALL	100	3	40	60	100	2
	PEM21E72	EFFICIENCY IN SKILL EXECUTION & OFFICIATING- YOGA	100	3	40	60	100	2



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	TOTAL (PART B)	100		80	120	200	4
	TOTAL (PART A AND PART B)	600		240	360	600	20

**21. MEDIUM OF INSTRUCTION AND EXAMINATION:** The medium of instruction and examination shall be English.

**Graduate Attributes of Mahatma Gandhi University**

<b>Critical thinking and analytical reasoning</b>	Capability to analyse, evaluate and interpret evidence, arguments, claims, beliefs on the basis of empirical evidence; reflect relevant implications to the reality; formulate logical arguments; critically evaluate practices, policies and theories to develop knowledge and understanding; able to envisage the reflective thought to the implication on the society
<b>Scientific reasoning and Problem Solving</b>	Ability to analyse, discuss, interpret and draw conclusions from quantitative/qualitative data and experimental evidences; and critically evaluate ideas, evidence and experiences from an unprejudiced and reasoned perspective; capacity to extrapolate from what one has learned and apply their competencies to solve problems and contextualise in to research and apply one's learning to real life situations.
<b>Multidisciplinary/ Interdisciplinary/ Transdisciplinary approach</b>	Acquire interdisciplinary /multidisciplinary/ trans disciplinary knowledge base as a consequence of the learning they engage with their programme of study; develop a collaborative-multidisciplinary/interdisciplinary/transdisciplinary-approach for formulate constructive arguments and rational analysis for achieving common goals and objectives.
<b>Intra and Interpersonal skills</b>	Ability to work effectively and respectfully with diverse teams; facilitate collaborative and coordinated effort on the part of a group, and act together as a group or a team in the interests of a common cause and work efficiently as a member of a team; lead the team to guide people to the right destination, in a smooth and efficient way.



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<b>Digital literacy</b>	Capability to use ICT in a variety of learning situations, demonstrate ability to access, choose, collect and evaluate, and use a variety of relevant information sources; structure and evaluate those data for decision making.
<b>Global Citizenship</b>	Building a sense of belonging to a common humanity and to become responsible and active global citizens. Appreciation and adaptation of different socio cultural setting
<b>Social Competence</b>	Possess knowledge of the values and beliefs of multiple cultures, appreciate and adapt to a global perspective; and capability to effectively engage in a multicultural society and interact respectfully, manage and lead with diverse groups.
<b>Equity, Inclusiveness and Sustainability</b>	Appreciate and embrace equity, inclusiveness and sustainability and diversity; acquire ethical and moral reasoning and values of unity, secularism and national integration to enable to act as dignified citizens; able to understand and appreciate diversity
<b>Lifelong learning</b>	

### **Programme Outcomes (PO) of Mahatma Gandhi University**

#### **PO1:Critical Thinking and Analytical Reasoning**

Capability To Analyse,evaluate and interpret evidence,arguments, claims, beliefs on the basis of empirical evidence; reflect relevant implications to the reality; formulate logical arguments; critically evaluate practices, policies and theories to develop knowledge and understanding; able to envisage the reflective thought to the implication on the society.

#### **PO2:ScientificReasoning and Problem Solving**

Ability To Analyse, discuss, interpret and draw conclusions from quantitative/qualitative data and experimental evidences;and critically evaluate ideas, evidence and experiences from an unprejudiced and reasoned perspective;capacity to extrapolate from what one has learned and apply their competencies to solve problems and contextualise into research and apply one's learning to real life situations.

#### **PO3: Multidisciplinary/Interdisciplinary/Transdisciplinary Approach**



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Acquire interdisciplinary /multidisciplinary/ trans disciplinary knowledge base as a consequence of the learning they engage with their programme of study; develop a collaborative-multidisciplinary/ interdisciplinary/ trans disciplinary-approach for formulate constructive arguments and rational analysis for achieving common goals and objectives.

#### **PO4: Communication Skills**

Ability to reflect and express thoughts and ideas effectively in verbal and nonverbal way; Communicate with others using appropriate channel; confidently share one's views and express herself/himself; demonstrate the ability to listen carefully, read and write analytically, and present complex formation in a clear and concise manner and articulation a specific context of communication.

#### **PO5:Leadership Skills**

Ability to work effectively and lead respectfully with diverse teams;setting direction, formulating a goal, building a team who can help achieve the goal,motivating and inspiring team members to engage with that goal,and using management skills to guide people to the right destination, in a smooth and efficient way.

#### **PO6:Social Consciousness and Responsibility**

Ability to contemplate the impact of research findings on conventional practices, and a clear understanding of responsibility towards societal needs and reaching the targets for attaining inclusive and sustainable development.

#### **PO7: Equity, Inclusiveness and Sustainability**

Appreciate equity, inclusiveness and sustainability and diversity; acquire ethical and moral reasoning and values of unity, secularism and national integration to enable dignified citizens; able to understand and appreciate diversity, managing diversity and use of an inclusive approach to the extent possible.

#### **PO8:Moral and Ethical Reasoning**

Ability to embrace moral/ethical values in conducting one's life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work. Capableof demonstrating the ability to identify ethical issues related to one's work and living as a dignified person in society.

#### **PO9:Networking and Collaboration**



Acquire skills to be able to collaborate and network with scholars in educational institutions, professional organisations, research organisations and individuals in India and Abroad.

**PO10: Lifelong Learning**

Ability to acquire knowledge and skills, including “learning how to learn”, that are necessary for participating in learning activities throughout life, through self-paced and self-directed learning aimed at personal development, meeting economic, social and cultural objectives, and adapting to changing trades and demands of work place through knowledge/ skill development/ reskilling.

**PROGRAMME SPECIFIC OUTCOMES (PSOs)**

No.	Outcome	Link to Pos
1	Health and Fitness Expertise Integration: Acquire, develop, and effectively implement comprehensive knowledge about human health and fitness, integrating these principles into practical strategies for personal and community well-being.	1, 2, 3, 4, 6, 10
2	Scientific Mastery and Execution: Focus on instilling a deep understanding of scientific principles and fostering the ability to effectively apply in various contexts.	1, 2, 3, 4
3	Strategic Organization Mastery: Equip individuals with the skills and knowledge necessary for strategic planning and the effective management of organizations.	1, 2, 3, 4, 5, 6, 7, 8
4.	Research and Extension: Develop expertise in research methodologies and extension activities within the field of physical education, fostering a holistic approach to enhance knowledge, promote healthy lifestyles, and contribute to the broader community.	1, 2, 3, 4
5.	Transformative Practical Application: Facilitate the seamless transition of theoretical knowledge into practical applications.	1, 2, 3, 4, 6, 8, 10
6.	Teaching and Coaching Ability: Develop individuals'	1, 2, 3, 4, 5, 6



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	teaching and coaching abilities, with a focus on creating pedagogical experts equipped to inspire and guide others.	
7.	Understanding Rules, Regulations, and Markings: Focus on fostering a deep understanding of rules, regulations, and markings relevant to the chosen field of study.	1, 2, 3, 4, 5, 6, 8, 10
8.	Mastering Officiating: Attain mastery in the art of officiating by combining a profound understanding of rules and regulations with effective communication and leadership skills, ensuring the seamless facilitation of events and activities.	1, 2, 3, 4, 5, 6, 8, 9, 10
9.	Skill Acquisition and Demonstration Proficiency: Systematically acquire, master, and proficiently demonstrate a diverse set of skills to ensure a comprehensive and adaptable skill set for personal and professional growth.	1, 2, 3, 4, 5, 6, 7, 8, 10
10.	Organizational and Management Skill Development: Enhance Organizational and management skills to foster effective leadership, strategic decision-making, and team optimization, thereby contributing to the overall success and growth of the organization.	1, 2, 3, 4, 5, 6, 7, 8, 9, 10





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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Research Methodology & Statistics in Physical Education					
Types of Course	Core					
Course Code	PEM21C01					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	A physical education student must have vast knowledge in the area of research and statistics as it plays an important role in the field. As research is the key tool for various studies, with the sufficient knowledge in the subject will help the student to conduct different types of research in the field, which can create significant changes and innovations in sports and games.					
Semester	1		Credit			4
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	E.g. Authentic learning Collaborative learning Independent learning	74	-	06	20	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**



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CO No.	ExpectedCourseOutcome	Learning Domains	PSO NO.
1	Criteria for Selection	R	2,3,4,5
2	Need,importance and scope	U	4
3	Hypothesis formulation,preparation of research proposal, report and abstract	C	2,3,4,5
4	Analysis Of Research Proposal,report and abstract	E	2,3,4
5	Problem Identification,formulation,statistical technique	A	2,3,4
6	Statistical analysis with the knowledge of computer applications and SPSS	A	2,4,5
7	Different Types And Tools Used While Conducting Research	U,A	4,5

*Remember(R),  
Understand(U),Apply(A),Analyse(An),Evaluate(E),Create(C),Skill(S),Interest(I)andAppreciation(Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Meaning Of Research:Need and importance of research	<b>9Hrs</b>	U	2
Unit2	Scope Of Research In Physical Education			
Unit3	Types Of Research.			
Unit4	Interdisciplinary Approach			
	<b>Module-2</b>	<b>Time</b>	<b>Learning</b>	<b>CO</b>



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			Domains	NO.
Unit1	Research problem: Formulation and location of the problem	<b>10 Hrs</b>	R,C,E	1,3,4
Unit2	Criteria for selection of problem			
Unit3	Defining and delimiting problem			
Unit4	Preparation of a Research proposal			
Unit5	Formulation of hypothesis			
Unit6	Library Search;Library Sources			
Unit7	Preparation Of Research Report,writing styles, format and technical standards,Bibliography and Abstracts.			

	Module-3	Time	Learning Domains	CO NO.
Unit1	Descriptive Research; Survey, its importance	<b>9Hrs</b>	C,E	3,4
Unit2	Tools of surveys such as questionnaires, interviews etc.			
Unit3	Case studies; definition, importance, characteristics, data collection			
Unit4	Philosophical research, brief discussion on methodology and tools.			
Unit5	Historical Research method; Scope in Physical Education, Historical data, Historical criticism			



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	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Experimental Research; Meaning Scope and nature	<b>9Hrs</b>	E,A	4,5
Unit2	Experimental and control groups.			
Unit3	Experimental Designs.			

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Statistics, definition, Types of statistics and their uses in Physical Education	<b>9 Hrs</b>	A	5,6
Unit2	Quantitative Data, Frequency Distribution,			
Unit3	Measures of central tendency, Measures of variability and Percentiles.			
Unit4	Normal curve, definition, properties and principles, uses and application,			
Unit5	Divergence from normality; Skewness & Kurtosis.			
Unit6	Scoring Scales Z,T,6 Sigma and Hull Scale.			

	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Statistical inference; Meaning of reliability factors affecting reliability	<b>10 Hrs</b>	A	5,6



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Unit2	Differences between statistical and Null Hypothesis
Unit3	Standard error, Type-IandIIerrors, one tailed and two tailed tests
Unit4	Sampling:Simple,stratified and random samples.Coefficient to variation and Sampling error.
Unit5	Testing of hypothesis, level of significance, Degrees of freedom, standard procedure of systematizing hypothesis
Unit6	t-ratio Independent group, dependent group.

	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Analysis Of variance; with equal and unequal groups,Post-HocTests.	<b>9 Hrs</b>	A	6
Unit2	Correlation;its uses and interpretation, Pearson’s Product moment correlation, Spearman Rank difference Correlation, Partial and Multiple correlation			



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	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Computer application in research	<b>9Hrs</b>	A	6
Unit2	Introduction To computers			
Unit3	SPSS			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic Learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> <b>A. Continuous Internal Assessment(CIA)</b> 1. Seminar Presentation–theme is to be discussed and identified to prepare a paper and present in the seminar 2. Assignments <b>B. Semester End Examination</b>

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Measurement and Evaluation in Physical Education					
Types of Course	Core					
Course Code	PEM21C02					
Names of Academic Staff & Qualifications	Prof. (DR.)BINU GEORGE VARGHESE,PhD					
Course Summary & Justification	For analysing and testing various skills related to different games, it is utmost important to learn different types of tests related to them. As a physical education student, everyone must know which type of test is suitable for which kind of game. This Subject Will Give Detailed Idea Regarding The Types of tests, how to take the measurements for them as well as how to evaluate them. It'll also give outline regarding the construction of new tests, norms standards					
Semester	1		Credit		4	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	10	20	100
Prerequisite	NIL					



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**COURSE OUT COMES(CO)**

CO No.	ExpectedCourseOutcome	Learning Domains	PSO NO.
1	Criteria for Selection of test	R	2,3,5
2	Need,importance and scope	U	2,3
3	Tools & techniques used in evaluation	E	3,5
4	Various Types Of Tests Used In Different games	U, A	2,3,5
5	Anthropometry	A	1,2,5
6	Gradings and ratings	E	2,3,5

*\*Remember(R), Understand(U), Apply(A), Analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I)and Appreciation(Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Measurement And evaluation:Introduction and historical background	<b>10Hrs</b>	U	2
Unit2	Importance of measurement & Evaluation in Education and Physical Education			
Unit3	General principles of evaluation			
Unit4	Evaluation and the instructional process of information gathering and decision making.			



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	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Evaluation Procedures:Organizing Data And Reporting The Results Of Measurement	<b>10Hrs</b>	E	3
Unit2	Accountability And evaluation programme			
Unit3	Tools And Techniques Of Evaluation,Testing Evaluation;Innovations In Educational Evaluation.			
Unit4	Recommendations of various commissions and committees			
Unit5	Public concern and future trends in evaluation.			
Unit6	Library Search;Library Sources			
Unit7	Preparation Of Research Report,writing styles,format and technical standards,Bibliography And Abstracts.			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Test Evaluation:Selection of test:Criteria of test selection-Validity, Reliability, Objectivity, norms, administrative feasibility & Educational application.	<b>10Hrs</b>	R	1
Unit2	Classification of test – Cognitive test, Affective test, Psychomotor & sports skills test			
Unit3	Construction of test knowledge and skill tests			
Unit4	Procedure For Administering Test-Advance Preparation,During testing and after testing			
Unit5	Historical Research method; Scope in Physical Education, Historical data, Historical criticism			



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	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Measurement of strength, organic functions, motor fitness and general motor ability.	<b>10Hrs</b>	U,A	4
Unit2	Test for Strength-Roger's Physical fitness index and suggested changes to the P.F.I.Test.Cable tension strength battery.			
Unit3	Organic functions-Types of cardiovascular test, Cooper's Aerobic test with variations,Tuttle Pulse ratio test, Harward step test and its modifications (High School and college level-Menand women			
Unit4	Motor fitness- Fleishman Test, Oregon Motor Fitness Test, AAHPERD Health related physical fitness test, YMCA physical fitness test battery.			
Unit5	General Motor Ability:Barrow Motor Ability Test(men)ScottMotorabilitytest(women)			

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Tests of specific sports skills- Badminton -Miller Volley Test, French short serve test,GSC Badminton Clearance Test, Basketball- Knox test, AAHPERD Basketball test for boys and girls, Field Hockey-Henry –Friedel Hockey Test, Champion Ball Control test. SoccerMcDonald soccer test Tennis-Dyer Tennis Test; “Wisconsin wall Test for serve.  Volleyball AAHPERVolleyball test, Hellmann Volleyball test.	<b>10Hrs</b>	A, S	4



<b>Module-6</b>		<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Measures of posture, anthropometry, social efficiency and Psychological factors	<b>10Hrs</b>	A, S	5,6
Unit 2	Measures of Posture-New York State Posture Rating Test.			
Unit 3	Anthropometric measurements; Girth measurements-upper arm, forearm, calf, chest. Width measurements-Biacromial, chest, illocrestal, Biepicondylar (Femur and humerus) Height measurements- stature and sitting height, Leg length, arm length etc. Somatotypes-Heath And Carter Somatotype.			
<b>Module-7</b>		<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Grading And Rating Scales: Purposes	<b>10Hrs</b>	E	6
Unit 2	Criteria For Grade And Methods Of grading			
Unit 3	Rules For Use Of Ratings,types of rating devices.			
<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning,case-based learning,collaborative learning,seminar,group activities.			
<b>Assessment Types</b>	<b>Mode Of Assessment</b> <b>A. Continuous Internal Assessment(CIA)</b> 1. Seminar Presentation–atheme is to be discussed and identified prepare paper and present in the seminar 2. Assignments <b>B. Semester End Examination</b>			



**REFERENCES**

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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Management					
Types of Course	Core					
CourseCode	PEM21C03					
Names of Academic Staff & Qualifications	Prof. (DR.)BINU GEORGE VARGHESE,PhD					
Course Summary & Justification	Better Management Abilities,which are the most significant practical skills they rely on for their day-to-day work, are among the traits of a successful sports administrator or physical education teacher. As a result, acquiring sufficient managerial knowledge is an unavoidable aspect.The student will be able to develop their organizational skills and leadership qualities as a result of their sports management experience and knowledge.					
Semester	1		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	10	20	100
Prerequisite	NIL					



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**COURSE OUT COMES(CO)**

CO No.	ExpectedCourseOutcome	Learning Domains	PSO NO.
1	Meaning and importance of management	R	2
2	Organisational aspects of sports managerial areas	U	2,3
3	Important and necessity of planning in management	A	3
4	Functional dimensions of management and its applications	E	2,5
5	Salient factors in material management and procedures of procuring sports equipment	A	2,3,5
6	Responsibilities related to administration and office functions	A	5
7	Importance of supervision and evaluation in sports	E	2,3
<p><i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)</i></p>			





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### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Meaning Of Management, functions of management,(planning,organizing,controlling,leading,evaluation)	<b>10Hrs</b>	R	1
Unit 2	Skills of management (technical skill,human skill, conceptual skill)			
Unit 3	Role of manager (interpersonal roles, informational roles, decision roles).			
Unit 4	Theories and styles of Management.			
Unit 5	Management and administration; Scope and problems of sports management			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Organizations: Attributes of an organization; formal and informal, private and public sector organizations	<b>10Hrs</b>	U	2
Unit 2	Organizational setup of clubs; sport associations, Sports Authority of India, Department of sports and Youth affairs(Centre & State)			
Unit 3	School And University Department of sports and Association of Indian Universities.			



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	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Planning: Steps In The Process Of Planning(setting up objectives, identification of constraints ,generation of alternatives	<b>10Hrs</b>	A	3
Unit 2	Perspectives of planning and future projections			
Unit 3	Planning And budgeting			
Unit 4	Planning sports facilities (outdoor and indoor).			
Unit 5	Program planning; (normal and special population)			
Unit 6	Social And economic parameters in planning.			

	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Office management; Personnel management, human resource management, financial management	<b>10Hrs</b>	E	4
Unit 2	Man power requirement planning, organization, development, recruitment and placement			
Unit 3	Monitoring performance of physical education personnel; behavioural audit; human relations			
Unit 4	Communication in personal management; public relations.			



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	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Material Management: Identification and classification of sports materials/equipment (consumable and no consumable).	<b>10Hrs</b>	A	5
Unit 2	Modification, standardization and modernization of equipment			
Unit 3	Storing material and inventory control; procedures of maintaining, preserving and conserving materials, security measures			
Unit 4	Principles and procedures of procuring sport material.			

	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Organization of sports events (Intramurals and extramural)	<b>10Hrs</b>	S	6
Unit 2	Writing Of circulars, notifications and invitations			
Unit 3	Publicity, fundraising, selecting and fixing of officials			
Unit 4	Monitoring and write-up			
Unit 5	Press, sponsoring teams, writing reports and maintaining records.			
	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Supervision- scope and importance of supervision in Physical Education	<b>10Hrs</b>	E	7



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Unit 2	Role of the supervisor in office and field management
Unit 3	Supervisory styles, qualities of supervisor
Unit 4	Supervisory techniques- visitations, meetings; discussion
Unit 5	Evaluating the effectiveness of the organization.

**Classroom Procedure (Mode of transaction)**

Authentic learning, case-based learning, collaborative learning, seminar, group activities.

**Mode Of Assessment**

**A. Continuous Internal Assessment (CIA)**

Assessment Types Mode Of Assessment

**A. Continuous Internal Assessment (CIA)**

1. Seminar Presentation—a theme is to be discussed and identified, prepare paper and present in the seminar 2. Assignments

**B. Semester End Examination**



**REFERENCES**

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	General Conditioning and Match Practice					
Types of Course	Elective					
CourseCode	PEM21E04					
Names of Academic Staff & Qualifications	Prof. (DR.)BINU GEORGE VARGHESE,PhD					
Course Summary & Justification	<p>General conditioning aims at physical fitness conditioning of the students to meet the basic physical fitness demands. It helps to enhance the health related and skill related fitness components.</p> <p>Item Emphasizes on the overall preparation of an athlete for a sport and physical activity.</p>					
Semester	1		Credit		2	
Total Student LearningTime(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg.Authentic learning Collaborative learning Independent Learning	70	-	10	20	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO
1	Basic physical fitness improvement and recreational	U, A, I	9



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	purpose		
2	Health related physical fitness enhancement through advanced training methods	A, An, U	6,9,10
3	Skill related physical fitness enhancement for betterment of their concerned sport	S, An, Ap, E	6,9,10
<p><i>*Remember (R), Understand (U), Apply (A), Analyze (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)</i></p>			

### **COURSE CONTENT**

	Hammer Throw–Grip,preliminary swing,turns,release and reverse.
Teaching and Learning Approach	ClassroomProcedure(Mode Of Transaction)Practical Oriented Learning, demonstration based learning, collaborative learning, practical assignments,group activities.
AssessmentTypes	<p>Mode Of Assessment</p> <ol style="list-style-type: none"> <li>Continuous Internal Assessment(CIA)</li> <li>Ability To Execute skills</li> <li>Court Dimensions,marking &amp; officiating</li> <li>Semester End Practical &amp; Viva Examination</li> </ol>



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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major Game I(Basketball)					
Types of Course	Elective					
CourseCode	PEMC21E05					
Names of Academic Staff & Qualifications	PROF(DR).BINU GEORGE VARGHESE,PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills,techniques & tactics. It also helps to understand the rules, regulations as well as wellascourt/field dimensions,markings and equipment specifications related to the concerned game.					
Semester	1		Credit		2	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**





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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basics skills	R,U, S	9,
2	Learning advanced skills, techniques, tactics & officiating	A,An, S, C	7,8
3	Court Dimensions, marking & specifications of the equipment	U,R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)*

### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Offensive fundamentals–player's stance, ball handling, passing, receiving, different types of passing and drills, static and dynamic receiving, legal stop (stride, scoot), pivoting (front and rear). Dribbling –start and stop of dribble, high low and combination of dribbles	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Shooting- Lay-up shot and its variations; set shot, jump shot, hook shot, fade away shot, dunk shot and tip-in, Rebounding, offensive, defensive, Block/Box Out, rebound organization (offensive and defensive) two handed and one hand rebound; lead-up games and drills.			
Unit 3	Individual passing fakes, shooting fakes, dribbling fakes, body and step fakes, Reverse dribble, change of pace and direction different ways of cutting, crossover dribble. Combined			



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	Tactics-give and go, criss-cross, pick and roll, splitting the post, post plays, out numbering situations, out of bounds situations, jump ball situations, free-throw situations, last movement situations			
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	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	individual defensive – guarding a man without the ball, with the ball, cutter, pivot player, the shooter and over guarding defensive tactics–stick to man, sliding, switching, sandwiching, coupling, fronting.	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Offensive team game-fast break attack, freelance offense, passing game, offense against man-man; offense against zone defense, various system of attack, set plays and moves, Defensive game man to man defines, floating man-man; pressing man-man defense, man to man cum zone defense; ifferent systems of zone defense, flexible man-man defense			
Unit 3	Selection of teams and organization of short term camps; teaching and coaching aids and gadgets; lay- out , construction and maintenance of playground, equipment management, precautions and remedial measures of basketball injuries			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b>



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	<ul style="list-style-type: none"><li>a. ContinuousInternalAssessment(CIA)</li><li>b. Ability To Execute skills</li><li>c. Court Dimensions,marking officiating</li><li>d. SemesterEndPractical&amp;Vivaexamination</li></ul>
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major GameII (Judo)					
Types of Course	Elective					
CourseCode	PEM21E06					
Names of Academic Staff & Qualifications	PROF(DR).BINU GEORGE VARGHESE,PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills,techniques & tactics. It also helps to understand the rules, regulations as well as wellascourt/field dimensions,markings and equipment specifications related to the concerned game/sport.					
Semester	1	Credit			2	
Total Student LearningTime(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent Learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**

CO No.	ExpectedCourseOutcome	Learning Domains	PSO NO.
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1	Acquisition of basic skills	R,U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A,An, S, C	7,8
3	Court Dimensions, marking and specifications of the equipment	U,R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I)*



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**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Management and Maintenance of Dojo, Mat arrangements, measurements & Planning of the Competition Arena. Belt system in judo, Rules and Regulations of Judo competition, Officiating Officials signals	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Fundamentals of Judo: How to wear & folding a Judogi, Salutation, Shizentai ,Kumi Katha,Ukemi, Shintai, Tai Sabaki Steps for execution of Technique Kumi Katha, Kuzushi,Tskuriand Kake			
Unit 3	Classification of Techniques, Technical & Tactical Training of Judo. Principles of Judo, Coaching Teaching in Judo, lesson plan General and specific.,			
Unit 4	Training in Judo, Nawaz , Nage Waza training . Motor Development & Training, Longterm and shortterm plans, Physical and Psychological- Preparations for Judocompetitions			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Classroom Procedure (Mode of transaction) Practical oriented learning,demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> a. Continuous Internal Assessment(CIA) b. Ability To Execute skills c. Court dimensions,marking & officiating d. SemesterEnd Practical & Viva Examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major GameIII (Track and Field)					
Types of Course	Elective					
Course Code	PEMC22IE07					
Names of Academic Staff & Qualifications	PROF(DR).BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	1			Credit		2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent Learning	10	-	80	10	100
Prerequisite	NIL					



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**COURSE OUT COMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basics skills	R,U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A,An, S, C	7,8
3	Field/ track dimensions, marking & specifications of the equipment	U,R, A	7
<i>*Remember(R), Understand (U), Apply (A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)</i>			

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Starting Technique–standing start Crouch start and its variations,proper use of blocks.	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Finishing Techniques–Run, Through Forward, Lunging Shoulder shrug.			
Unit 3	Relays–various patterns of Baton Exchange and understanding of relay zones.			
Unit 4	Hurdles–Approach,clearance over the Hurdle (Lead leg action,Trailleg action) and recovery.			
Unit 5	Middle and long distance running.			
Unit 6	Steeplechase–Approach, clearance, recovery.			





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	Module-2	Time	Learning Domains	CO NO.
Unit 1	High-Jump(Straddle technique and fos bury flop)–Approach Run take off,clearance over the bar and landing.	15 hrs	R,U, S, A,An,C	1,2,3
Unit 2	Triple Jump-Approach Run,takeoff, hopstop and jump phase(action in the air) and landing.			
Unit 3	Pole vault–Hand Grip and Pole carry.The run and pole plant, take off, bar clearance and landing.			
Unit 4	Shot-put-Grip,stance,Glide,release and reverse.(‘O’brienstyle)			
Unit 5	Discus Throw–Grip,stance,preliminary swing,turns,Releases And Inverse.			
Unit 6	Javelin throw–Grip, carry approach run, release and reverse.			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> a. Continuous Internal Assessment(CIA) b. Ability To Execute skills c. Court Dimensions, marking & officiating d. Semester End Practical & Viva examination
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School of Physical Education and Sports Sciences					
MPES					
MajorGameIV(Handball)					
Elective					
PEM21E08					
PROF(DR).BINU GEORGE VARGHESE,PhD					
The subject aims at teaching & learning of the basic and advanced skills,techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions,markings and equipment specifications related to the concerned game/sport.					
1	Credit			2	
Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
Eg. Authentic learning Collaborative learning Independent Learning	10	-	80	10	100
NIL					

**COURSE OUT COMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basics skills	R,U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A,An, S, C	7,8
3	Court Dimensions, marking specifications of the equipment	U,R, A	7

*Remember(R), Understand(U), Apply(A), Analyze(An),*



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*Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)*

### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Fundamental Skills passing and receiving techniques <ul style="list-style-type: none"><li>• Overhead Pass</li><li>• Pushpass</li><li>• Wrist Pass</li><li>• Bounce Pass</li><li>• Behind the black pass</li></ul>	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Ball Reception techniques <ul style="list-style-type: none"><li>• catching at chest level</li><li>• Catching below waist</li><li>• Catching at sides</li><li>• Catching at head height</li><li>• Catching in the air</li></ul>			
Unit 3	Dribbling <ul style="list-style-type: none"><li>• High Dribbling</li><li>• Low Dribbling</li></ul>			
Unit 4	Shooting <ul style="list-style-type: none"><li>• Straight shots</li><li>• Jumps hot Long</li><li>• Jumps hot High</li><li>• Wings hot</li></ul>			
Unit 5	Positional play in attack & defense-basic positions and physical & motor qualities required for each position			
Unit 6	Drills and Lead-up games			



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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demon stration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> a. Continuous Internal Assessment(CIA) b. Ability To Execute skills c. Court Dimensions,marking officiating d. Semester End Practical & Viva Examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major GameV (Yoga)					
Types of Course	Elective					
CourseCode	PEM21E09					
Names of Academic Staff & Qualifications	PROF(DR).BINU GEORGE VARGHESE,PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as well as court/field dimensions, markings and equipment specifications related to the concerned game.					
Semester	1		Credit			2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent Learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
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1	Acquisition of basic skills	R,U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A,An, S, C	7,8
3	Specifications of the equipment	U,R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)*

### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	STANDING ASANAS: Surya Namaskar, Pada-Hasthasan , Ardha-Chakr asana, Ardha-kati-Chakrasana, Trikon asana, Parivrtta- Trikon- asana, Thalasanam, Vriksh asana, Nataraj asana	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	SITTING ASANAS Sukh-asana, ArdhaPadmasana, Vajrasana ,Janu – Sirsasanam, Paschimottanasana, Poorvoth asana, Ushtrasana, Sasankasana, Supta-Vajrasana, Margarasna, Badhakon asana, Ardha Mats yandra,Kakasana			
Unit 3	SUPINE & PRONLINE ASANAS Merudand asana, Salabhasana, Anand asana, Bhujang asana, Pavanamukthasana, Dhanur asana, Nouk asana, Viparitha –Karani- mudra, Sarvang asana, Halasana, Karna-peed-asan, Setu Bandha-asana, Matsy asana, Chakrasana, Shirshasana			
Unit 4	PRANAYAMA Sukha-Pranayama; Nadi-Shuddhi Pranayama; Anuloma-Viloma Pranayama; Ujjayi			



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	Pranayama; Brahmari Pranayama; Brahmari Pranayama; Sitkari;Seetkari			
Unit 5	DHYANA Simple Meditation, OM meditation			
Unit 6	BANDHA Jalandhara-bandha, Uddiyanabandha; Moola-bandha			

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Loosening the joints Pawanmuktasana series Suryanamaskar: Sivananda Model, Chandranamaskar	15 hrs	R,U, S, A,An,C	1,2,3
Unit 2	Virabhadrasana, Parsvottanasana, Utthita Trikonasana, Adho mukha Svanasana, Karnapidasana, Kandharasana, Titibhasana, Padma Sarvangasana, SalambaSirasasana, gomukhasana, Setubandhasana, Chakrasana, Trianga Mukhaipada paschimottanasana, Marichyasana, Virasana, Svastikasana, Shashangasana, Garudasana, Mayurasana, Padma Mayurasana, Bhadrasana, Simhasana, AkarnaDhanurasana, Parsvakonasana, Savasana.			
Unit 3	Pranayama: Moorchapranayama, Anulomaviloma, Sadanta Pranayama, Pranayama with Kumbhaka and bhandhas Kriya: Danda dhauti, Vatsara dhauti, Nauli (Madhyama, Vama, Dakshina)			
Unit 4	Mudras: Yoni Mudra, Lotus Mudra, Dhyani Mudra, Sakthi Mudra, Shambavi Mudra, Pashinee Mudra, MahaBheda Mudra, Ksepama Mudra.			



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Unit 5 Meditation : DRT, Walking Meditation, Vipassana Meditation, Nine centered Meditation, Yogic Sukshma Vyayama, Sudharsana, Zen Meditation, Savita Ki Dhyana Dharana, Mind sound Resonance Technique.

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> a. Continuous Internal Assessment(CIA) b. Ability to execute skills c. Court dimensions, marking & officiating d. Semester End Practical & Viva examination
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School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Major Game VI (Volleyball)
Types of Course	Elective





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Course Code	PEM21E10					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/ field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	1		Credit		2	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic Learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basics skills	R, U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A, An, S, C	7,8
3	Court Dimensions, marking & specifications of the equipment	U, R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Rules and interpretations. Duties of officials.	<b>15 hrs</b>	R, U, S, A, An, C	1,2,3
Unit 2	Fundamental techniques: Volleypass, digpass, smash, service, block, rolls & dives and its variations.			
Unit 3	Tactics and systems of Play: Individual and grouptactics. Systems of service reception, system of attack, systems of defence etc.			
Unit 4	Analysis of the game and scoring, lead-up games, Arjuna Award Winners, layout, construction and maintenance of grounds; teaching aid and gadgets.			
Unit 5	Selections of team and organization of short-term camps. Tests and measurements.			



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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration-based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to execute skills c. Court Dimensions, marking & officiating d. Semester End Practical & Viva Examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education And Sports Sciences					
Programme	MPES					
Course Name	Major Game VII (Football)					
Types of Course	Elective					
Course Code	PEM21E11					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	2		Credit			2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning independent learning	10	-	80	10	100
Prerequisite	NIL					



**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Fundamental skills <ul style="list-style-type: none"> <li>• Passing</li> <li>• Receiving</li> <li>• Kicking</li> <li>• Shooting</li> <li>• goalkeeping</li> </ul>	<b>15 hrs</b>	R, U, S, A, An,C	1,2,3
Unit 2	pass <ul style="list-style-type: none"> <li>• pushpass</li> <li>• instep pass</li> <li>• outside of the foot pass</li> <li>• inside of the foot pass</li> <li>• chip</li> </ul>			
Unit 3	Receiving <ul style="list-style-type: none"> <li>• inside of the foot</li> <li>• outside of the foot</li> <li>• instep</li> </ul>			
Unit 4	Volleys Overhead kick Goal shooting Free kick Corner kick			
Unit 5	Positional play in attack & defense-basic positions and physical & motor qualities required for each position			
Unit 6	Drills and Lead-up games			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration-based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> a. Continuous Internal Assessment (CIA)



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	b. Ability To Execute skills c. Court dimensions, marking & officiating d. Semester End Practical & Viva examination
Approval Date	
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Approval by	
Implementation Date	

School Name	School of Physical Education And Sports Sciences		
Programme	MPES		
Course Name	Major Game VIII (Tennis)		
Types of Course	Elective		
CourseCode	PEM21E12		
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD		
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.		
Semester	2	Credit	2



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Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning independent learning	10	-	80	10	100
Prerequisite	NIL					



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### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Fundamental Skills <ul style="list-style-type: none"><li>• Serves</li><li>• Lobs</li><li>• Dropshot</li><li>• Serve and volleying</li><li>• Slice</li><li>• Volley</li><li>• Ground strokes</li><li>• Returning the ball</li></ul>	<b>15 hrs</b>	R, U, S, A, An, C	1,2,3
Unit 2	Serves <ul style="list-style-type: none"><li>• Flat serve</li><li>• Slice serves</li><li>• Kick serves</li><li>• Underhand serve</li></ul>			
Unit 3	Shots <ul style="list-style-type: none"><li>• Fore hand</li><li>• Back hand</li><li>• Drop shot</li><li>• The lobs</li></ul>			
Unit 4	Volleys <ul style="list-style-type: none"><li>• Punch volley</li><li>• Drop volley</li><li>• Block volley</li><li>• Soft volley</li></ul>			





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Unit 5	Positional play in attack & defense-basic positions and physical & motor qualities required for each position
Unit 6	Drills and Lead-up games

**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition Of Basic Skills	R, U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A, An, S, C	7,8
3	Court dimensions, marking & specifications of the equipment	U, R, A	7
<p><i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)</i></p>			
<b>Teaching And Learning Approach</b>	<p><b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.</p>		
<b>Assessment Types</b>	<p><b>Mode Of Assessment</b></p> <ul style="list-style-type: none"> <li>a. Continuous Internal Assessment(CIA)</li> <li>b. Ability to execute skills</li> <li>c. Court dimensions, marking &amp; officiating</li> <li>d. Semester End Practical &amp; Viva examination</li> </ul>		



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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major Game IX (Softball)					
Types of Course	Elective					
CourseCode	PEM21E13					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	2			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit1	Hitting			
Unit 2	Catching			
Unit 3	Pitching			
Unit 4	Fielding			
Unit 5	Strategy and game understanding			

### COURSE OUT COMES (CO)

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basic skills	R, U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A, An, S, C	7,8
3	Court dimensions, marking & specifications of the equipment	U, R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I)and Appreciation(Ap)*



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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration-based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability To Execute skills c. Court Dimensions, marking & officiating d. Semester End Practical & Viva examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major Game X (Cricket)					
Types of Course	Elective					
Course Code	PEM21E14					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	2		Credit		2	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning independent learning	10	-	80	10	100
Prerequisite	NIL					



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### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Dimensions of the field.			
Unit 2	Pitch-Types of Pitches and preparation and maintenance of a Turf Wicket			
Unit 3	Essential equipments, measurements of equipments			
Unit 4	Teaching Aids.			
Unit 5	Warming up, importance of warming up.			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Fundamental skills-Batting-Basics, Defensive strokes, attacking strokes, Modern Improvised strokes, running between the wickets and Drills to improve the batting skills			
Unit 2	Fielding-Ground fielding. (Stationary, on the run and Slide Stop) Catching. (High, Low, Flat and Reflex Catching)			
Unit 3	Wicket Keeping-Drills to improve the wicket keeping skills			
Unit 4	Fundamental skills-Batting-Basics, Defensive strokes, attacking strokes, Modern Improvised strokes, running between the wickets and Drills to improve the batting skills			



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**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basic skills	R, U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A, An, S, C	7,8
3	Court dimensions, marking & specifications of the equipment	U, R, A	7
*Remember(R), Understand(U), Apply(A), Analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I)and Appreciation (Ap)			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> a. ContinuousInternalAssessment (CIA) b. Ability To Execute skills c. Court Dimensions, marking & officiating d. Semester End Practical & Viva Examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School of Physical Education and Sports Sciences					
MPES					
Physiology of sports and exercise					
Core					
PEM21C10					
PROF(DR).BINU GEORGE VARGHESE,PhD					
The discipline of sports and exercise physiology instructs students on the biological functions and changes that occur as a result of exercise. In the field of sports coaching and training, a thorough understanding of physiology is an absolute must.Exercise efficacy, injury prevention,a healthy diet, and other important topics are all covered in this course.Students will be able to operate with a sufficient scientific base as a result of their knowledge.					
2	Credit			4	
Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
Eg. Authentic learning Collaborative learning Independent Learning	10	-	80	10	100
NIL					

**COURSE OUT COMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Importance of exercise physiology in the field of sports and physical education	R	1
2	Structure and functions of muscle, mechanism of muscle	R,U	1,2



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	contraction and its energy source		
3	Biochemical changes during muscular contraction, neuro transmission of impulses	An	1,2
4	Physiological changes due to exercise – short term and long-term effects, physiological aspects of development of physical fitness components	U	1,5
5	Balanced Diet, nutritional aspects of athletic performance	U,A	1,2,3
6	Energy cost of various sports Activities, direct and indirect methods to assess them	U,E	1,3
7	Body weight management and obesity control, exercising indifferent environmental conditions	A	3,5
<i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)</i>			

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit1	Introduction: Definition of Physiology and Exercise Physiology	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Role of Exercise Physiology in the field of Physical Education and Sports.			
Unit 3	Muscle: Structure and Function.			
Unit 4	Types of muscles (voluntary, involuntary and cardiac).			
Unit 5	Chemical composition of skeletal muscle			



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Unit 6	Muscle fibre type (Red and white muscle).	
Unit 7	Mechanism Of muscular contraction.	

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit1	Bioenergetics: Fuel for muscular work, (ATP), Energy of muscular contraction and biochemical changes during muscular contraction. Heat production and thermodynamics of muscle contraction. Aerobic and anaerobic muscular activity.	<b>15 hrs</b>	R,U, S, A,An,C	
Unit 2	Neuro- muscular junction and coordination of muscular activity: Neuron and motor unit transmission of nerve impulse, bioelectric potentials, neuro-muscular junction and transmission of nerve impulse across it.			
Unit 3	Proprioception and Kinesthesia is, Tone, Posture and equilibrium.			
	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Physiological changes due to exercise: Immediate effect of exercise/work on various systems of body; cardio-respiratory, muscular and thermo-regulatory systems.	<b>18 hrs</b>	R,U, S, A,An,C	
Unit 2	Effect of exercise and training on (i) heart and circulatory systems, (ii) respiratory systems, (iii) brief discussion of other systems during rest, sub-maximal and maximal work.			
Unit 3	Oxygen debt, forced expiratory volume, breathing capacity, recovery rate, blood supply to skeletal muscle and regulation of blood flow during exercise.			



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Unit 4	Other physiological aspects of exercise and sports: Concept of physical fitness; components of fitness and health related fitness. Wellness and concepts of Physical training, warming up, conditioning and fatigue.
Unit 5	Physiological aspect of development of strength, endurance, skill, speed, agility and coordination.

	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Basic concept of a balanced diet: Appropriate diet before,during and after athletic performance	<b>14 Hrs</b>	U, A, E	5,6
Unit 2	Nutritional aspects of athletic performance and the effect of alcohol,drugs and smoking on athletic performance			
Unit 3	Energy cost of various sports activities: Definition of energy cost, energy cost of various sports activities and various direct/indirect methods of assessing them.			
	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Work And Environment	<b>14 Hrs</b>	A	7
Unit 2	Obesity and weight control, Definition of obesity, measurement of body fat by various methods (underwater weighing and skinfold measurement). Body weight control. Positive And Negative Balance.			
Unit 3	Work capacity under different environmental conditions: hot, humid, cold and high altitude.			
Unit 4	Principles and procedures of procuring sport material.			



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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic Learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> <b>A. Continuous Internal Assessment (CIA)</b> 1. Seminar Presentation – a theme is to be discussed and identified prepare paper and present in the seminar 2. Assignments <b>B. Semester End examination</b>

#### REFERENCES

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Training & Talent Identification					
Types of Course	Core					
CourseCode	PEM21C11					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The most important matter is the type of training that an athlete gets for his concerned game. Thus, the subject provides adequate information and ideas for preparing proper training plans that are required to attain or maintain higher level performance. The student with idea of proper periodization, training methods etc can create good performance athletes since these are the key elements of a training program.					
Semester	2		Credit		4	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative Learning Independent Learning	75	-	20	05	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Importance, principles, aims & objectives	R	2
2	Methods used to improve per performance in sports	A	2
3	Load, adaptation & recovery	U, A	2
4	Motor abilities & its development	A	2
5	Technical Tactical preparation of sports persons	A	2,3,5
6	Periodization–different types & guidelines	A	2,3,5
7	Methods, criteria, factors phase for identifying sports talents	A	2,5
8	Athletic development & its various stages	U	2,5
<i>*Remember(R), Understand(U), Apply(A), Analyse (An), Evaluate(E), Create(C),Skill(S),Interest(I)and Appreciation(Ap)</i>			

**COURSE CONTENT**

	<b>Module–1 SPORTS TRAINING</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Importance and definition of sports training	<b>15 hrs</b>	R, U, S, A, An, C	1,2,3
Unit 2	Aim and objectives of sports training			
Unit 3	Characteristics of sports training			
	Principles of sports training.			





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TRAINING LOAD, ADAPTATION AND RECOVERY				
Unit 5	Concept Of load and Adaptation			
Unit 6	Relationship Float and recovery, physiotherapeutic and psychological means of Recovery			
Unit 7	Variables Of Training: Volume, Intensity, Density, Complexity			
Unit 8	Relationship between volume and intensity			
Unit 9	Fatigue and overtraining: monitoring treating, and preventing overtraining			
	TRAINING METHODS			
Unit 10	Interval training method			
Unit 11	Repetition training method			
Unit 12	Continuous training method			
Unit 13	Circuit training method			
Unit 14	Fartlek Training method			
Unit 15	Weight training method			
Unit 16	Resistance Training Method			
Unit 17	Plyometric Method			
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>



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BIO-MOTOR ABILITIES AND THEIR DEVELOPMENTS TRENTH AND POWER DEVELOPMENT		15hrs	A	2,4
Unit1	Types of strength			
Unit 2	Factors affecting strength performance			
Unit 3	Methods of strength training: training maximum strength; explosive strength and Strength endurance			
ENDURANCE TRAINING				
Unit 4	Definition, Types and significance of endurance			
Unit 5	Factors affecting endurance			
Unit 6	Training Parameters for Aerobic and Anaerobic Endurance			
Unit 7	Methods to develop endurance SPEED TRAINING			
Unit 8	Definition, Forms of speed			
Unit 9	Factors determining speed			
TRAINING METHODS				
Unit 10	Load parameters to develop speed			
Unit 11	Methods to develop speed abilities			
FLEXIBILITY TRAINING				
Unit 12	Definition, Types of flexibility and Factors affecting flexibility			



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Unit 13	Methods used to develop flexibility			
COORDINATION TRAINING				
Unit 14	Definition, Classification of coordinative abilities			
Unit 15	Factors Affecting coordination and Methods to develop coordination			

	<b>Module-3</b> <b>TECHNICAL AND TACTICAL PREPARATION</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Definition and meaning of technique, skill and style	<b>15 Hrs</b>	A	5
Unit 2	Technique training & its implication in various phases; methods employed for			
Unit 3	Technique training, causes of technical fault and the correction			
Unit 4	Definition And meaning of tactics, aim of tactics according to sport			
Unit 5	Training For tactics			
Unit 6	Principles Of Tactical Preparation			

	<b>Module-4</b> <b>PERIODIZATION TRAINING PLANNING</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Need and importance in planning	<b>15 Hrs</b>	A	5
Unit 2	Principles of planning			
Unit 3	Types of plan (training conception, macro, micro,			



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	meso and training session plan) Annual training programme			
Unit 4	Periodization, psychological super compensation			
Unit 5	Periodization of strength training, speed and endurance			
Unit 6	Annual plan Training Phases and characteristics			
Unit 7	Criteria for compiling an annual plan			
Unit 8	Peaking for Competitions, Factors facilitating peaking			

	<b>Module-5 LONG TERM PLANNING AND TALENT IDENTIFICATION</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Stages of Athletic Development: Generalized and Specialized training	<b>15 Hrs</b>	A, U	7, 8
Unit 2	Olympic cycle; classification of Olympic cycle plan and compelling an Olympic cycle plan			
Unit 3	Talent Identification: Methods, Criteria, Factors and Phases of Talent Identification. PRACTICAL 1. Designing & formulation of macro/micro/meso/training session plans. 2. Assignment: Scheduled Preparation: longterm and shortterm 3. Monitoring of Intensity interval training by using different methods 4. Demonstration of Preparatory, auxiliary and supplementary exercises for different			



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5.	Setting-up of circuit training stations			
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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> <b>A. Continuous Internal Assessment (CIA)</b> 1.Seminar Presentation–theme is to be discussed and identified to prepare paper and present in the seminar 2.Assignments <b>B. Semester End examination</b>

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School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Health and Fitness Education
Types of Course	Core
Course Code	PEM21C12
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD



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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Course Summary & Justification	The discipline of health and fitness education focuses on helping students acquire knowledge and higher order understanding of health related physical fitness as well as habits of physical activity and other healthy lifestyles and promoting healthy nutrition.					
Semester	2		Credit			4
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	75	-	20	05	100
Prerequisite	NIL					



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### COURSE OUT COMES(CO)

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Health education, meaning, definition of health and dimensions of health	R	1
2	Concept of fitness, components of fitness and means for developing fitness	R, U	1,2
3	Exercise and chronic diseases and physiological ageing	U	1,2
4	Biochemical aspects of fitness and metabolic aspects of fatigue	U	2,5
5	Caloric requirements of diet for different age groups and lifestyles	U, A	1,2
6	Management theories are applicable to health and fitness centres, modern trends and responsibilities of manager	U, E	3,4
7	Assessment and evaluation of health and fitness	A	1,5

*\*Remember(R), Understand(U), Apply(A), Analyze (An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*





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### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Introduction to health: Modern concepts of health, meaning and definition of health	<b>10Hrs</b>	R	1
Unit 2	Basic Dimensions of health-physical health, mental health and spiritual health			
Unit 3	means to aid man in achieving his health potential			
Unit 4	Individuals' adaptation of healthy lifestyles.			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Concept of fitness: Meaning, scope, nature, need and types of fitness	<b>10Hrs</b>	R, U	2
Unit 2	Components of fitness			
Unit 3	Fitness for different age groups, fitness for disabled			
Unit 4	Means for developing fitness- aerobic and anaerobic exercises			
Unit 6	Functional fitness, and integration of activities with daily routine			



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	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Physical activity in life cycle and disease: Exercise and life cycle	<b>10 Hrs</b>	U	3
Unit 2	Physiological age, lifelong fitness, exercise and physiological aging			
Unit 3	Risk of exercise for the elderly people			
Unit 4	Exercise And Chronic Diseases-osteoporosis, hypertension, diabetics, bronchitis, coronary heart and pulmonary diseases			

	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Biochemical aspects of physical fitness: Energy metabolism and fatigue in working muscles	<b>15 Hrs</b>	U, A	4,5
Unit 2	Metabolic Aspects of fatigue			
Unit 3	Exercise and nutrition, digestion, absorption and metabolism of carbohydrates, protein, fat, vitamins, minerals, water and electrolyte.			
Unit 4	Caloric requirements of diet for different age groups and lifestyles			
Unit 5	Relationship between diet and diseases, therapeutic diets, community nutrition.			



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	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Management of health and fitness centres: Management theories applicable to health and fitness centres, modern trends and responsibilities of manager.	<b>15 Hrs</b>	U, E	6
Unit 2	Organizational structure of health and fitness centres; Government, Private, autonomous, educational, industrial, hotel and tourism.			
Unit 3	Human resource management, public relationship, financial management, budgetary process, financial sources, material management			
Unit 4	Principles and guidelines for facility planning, special infrastructure for health and fitness centres			
Unit 5	Health and fitness marketing management			
Unit 6	Health and fitness programmes for children, adults, women and old age people.			
Unit 7	Care and safety of health and fitness equipment.			



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	Module-6	Time	Learning Domains	CO NO.
Unit1	Assessment and evaluation of health and fitness: Assessment of functional abilities (Heart and Lung Functions)	10Hrs	A	7
Unit 2	Physiological testing-Aerobic and anaerobic endurance			
Unit 3	Health -related physical fitness tests.			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> <b>A. Continuous Internal Assessment(CIA)</b> 1. Seminar Presentation—a theme is to be discussed and identified to prepare paper and present in the seminar 2. Assignments <b>B. Semester End examination</b>

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	General Conditioning and Match Practice					
Types of Course	Elective					
Course Code	PEM21E15					
Names of Academic Staff & Qualifications	Prof. (DR.)BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	<p>General conditioning aims at physical fitness conditioning of the students to meet the basic physical fitness demands. It helps to enhance the health related and skill related fitness components.</p> <p>Item Emphasizes on the overall preparation of an athlete for a sport and physical activity.</p>					
Semester	1			Credit		2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent Learning	70	-	10	20	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO
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1	Basic physical fitness improvement and recreational purpose	U, A, I	9
2	Health related physical fitness enhancement through advanced training methods	A, An, U	6,9,10
3	Skill related physical fitness enhancement for betterment of their concerned sport	S, An, Ap, E	6,9,10
<p><i>*Remember (R), Understand (U), Apply (A), Analyze (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)</i></p>			

**COURSE CONTENT**

	Hammer Throw–Grip, preliminary swing, turns, release and reverse.
Teaching and Learning Approach	Classroom Procedure (Mode Of Transaction) Practical Oriented Learning, demonstration based learning, collaborative learning, practical assignments, group activities.
Assessment Types	<p>Mode Of Assessment</p> <ul style="list-style-type: none"> <li>e. Continuous Internal Assessment(CIA)</li> <li>f. Ability To Execute skills</li> <li>g. Court Dimensions, marking &amp; officiating</li> <li>h. Semester End Practical &amp; Viva Examination</li> </ul>



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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major Game I(Basketball)					
Types of Course	Elective					
Course Code	PEMC21E16					
Names of Academic Staff & Qualifications	PROF(DR).BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as well as court/field dimensions, markings and equipment specifications related to the concerned game.					
Semester	1		Credit		2	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**





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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basics skills	R,U, S	9,
2	Learning advanced skills, techniques, tactics & officiating	A,An, S, C	7,8
3	Court Dimensions, marking & specifications of the equipment	U,R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit1	Offensive fundamentals–player's stance, ball handling, passing, receiving, different types of passing and drills, static and dynamic receiving, legal stop (stride, scoot), pivoting (front and rear). Dribbling –start and stop of dribble, high low and combination of dribbles	15 hrs	R,U, S, A,An,C	1,2,3
Unit 2	Shooting- Lay-up shot and its variations; set shot, jump shot, hook shot, fade away shot, dunk shot and tip-in, Rebounding, offensive, defensive, Block/Box Out, rebound organization (offensive and defensive) two handed and one hand rebound; lead-up games and drills.			
Unit 3	Individual passing fakes, shooting fakes, dribbling fakes, body and step fakes, Reverse dribble, change of pace and direction different ways of cutting, crossover dribble. Combined			



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	Tactics-give and go, criss-cross, pick and roll, splitting the post, post plays, out numbering situations, out of bounds situations, jump ball situations, free-throw situations, last movement situations			
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	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	individual defensive – guarding a man without the ball, with the ball, cutter, pivot player, the shooter and over guarding defensive tactics–stick to man, sliding, switching, sandwiching, coupling, fronting.	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Offensive team game-fast break attack, freelance offense, passing game, offense against man-man; offense against zone defense, various system of attack, set plays and moves, Defensive game man to man defines, floating man-man; pressing man-man defense, man to man cum zone defense; ifferent systems of zone defense, flexible man-man defense			
Unit 3	Selection of teams and organization of short term camps; teaching and coaching aids and gadgets; lay- out , construction and maintenance of playground, equipment management, precautions and remedial measures of basketball injuries			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b>



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	<ul style="list-style-type: none"><li>e. Continuous Internal Assessment(CIA)</li><li>f. Ability To Execute skills</li><li>g. Court Dimensions, marking officiating</li><li>h. Semester End Practical &amp; Viva examination</li></ul>
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major Game II (Judo)					
Types of Course	Elective					
Course Code	PEM21E17					
Names of Academic Staff & Qualifications	PROF(DR).BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as wellascourt/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	1			Credit		2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent Learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basic skills	R,U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A,An, S, C	7,8
3	Court Dimensions, marking and specifications of the equipment	U,R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I)*



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**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Management and Maintenance of Dojo, Mat arrangements, measurements & Planning of the Competition Arena. Belt system in judo, Rules and Regulations of Judo competition, Officiating Officials signals	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Fundamentals of Judo: How to wear & folding a Judogi, Salutation, Shizentai ,Kumi Katha, Ukemi, Shintai, Tai Sabaki Steps for execution of Technique Kumi Katha, Kuzushi,Tskuriand Kake			
Unit 3	Classification of Techniques, Technical & Tactical Training of Judo. Principles of Judo, Coaching Teaching in Judo, lesson plan General and specific.,			
Unit 4	Training in Judo, Nawaz , Nage Waza training . Motor Development & Training, Longterm and shortterm plans, Physical and Psychological- Preparations for Judocompetitions			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Classroom Procedure (Mode of transaction) Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> e. Continuous Internal Assessment(CIA) f. Ability To Execute skills g. Court dimensions, marking & officiating h. Semester End Practical & Viva Examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major GameIII (Track and Field)					
Types of Course	Elective					
Course Code	PEMC22IE18					
Names of Academic Staff & Qualifications	PROF(DR).BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	1			Credit		2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent Learning	10	-	80	10	100
Prerequisite	NIL					



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**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basics skills	R,U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A, An, S, C	7,8
3	Field/ track dimensions, marking & specifications of the equipment	U,R, A	7

*\*Remember(R), Understand (U), Apply (A), Analyze (An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Starting Technique–standing start Crouch start and its variations, proper use of blocks.	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Finishing Techniques–Run, Through Forward, Lunging Shoulder shrug.			
Unit 3	Relays–various patterns of Baton Exchange and understanding of relay zones.			
Unit 4	Hurdles–Approach, clearance over the Hurdle (Lead leg action, Trailleg action) and recovery.			
Unit 5	Middle and long distance running.			
Unit 6	Steeplechase–Approach, clearance, recovery.			





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	Module-2	Time	Learning Domains	CO NO.
Unit 1	High-Jump(Straddle technique and fos bury flop)–Approach Run take off, clearance over the bar and landing.	15 hrs	R,U, S, A,An,C	1,2,3
Unit 2	Triple Jump-Approach Run, takeoff, hopstop and jump phase(action in the air) and landing.			
Unit 3	Pole vault–Hand Grip and Pole carry. The run and pole plant, take off, bar clearance and landing.			
Unit 4	Shot-put-Grip, stance, Glide, release and reverse.(‘O’brienstyle)			
Unit 5	Discus Throw–Grip, stance, preliminary swing, turns, Releases And Inverse.			
Unit 6	Javelin throw–Grip, carry approach run, release and reverse.			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> e. Continuous Internal Assessment(CIA) f. Ability To Execute skills g. Court Dimensions, marking & officiating h. Semester End Practical & Viva examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School of Physical Education and Sports Sciences						
MPES						
Major GameIV (Handball)						
Elective						
PEM21E19						
PROF(DR). BINU GEORGE VARGHESE, PhD						
The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.						
1		Credit		2		
Learning Approach		Lecture	Tutorial	Practical	Others	Total Learning Hours
Eg. Authentic learning Collaborative learning Independent Learning		10	-	80	10	100
NIL						

**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basics skills	R,U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A,An, S, C	7,8
3	Court Dimensions, marking specifications of the equipment	U,R, A	7

*Remember(R), Understand(U), Apply(A), Analyze(An),*



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Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Fundamental Skills passing and receiving techniques <ul style="list-style-type: none"> <li>• Overhead Pass</li> <li>• Pushpass</li> <li>• Wrist Pass</li> <li>• Bounce Pass</li> <li>• Behind the black pass</li> </ul>	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Ball Reception techniques <ul style="list-style-type: none"> <li>• catching at chest level</li> <li>• Catching below waist</li> <li>• Catching at sides</li> <li>• Catching at head height</li> <li>• Catching in the air</li> </ul>			
Unit 3	Dribbling <ul style="list-style-type: none"> <li>• High Dribbling</li> <li>• Low Dribbling</li> </ul>			
Unit 4	Shooting <ul style="list-style-type: none"> <li>• Straight shots</li> <li>• Jumps hot Long</li> <li>• Jumps hot High</li> <li>• Wings hot</li> </ul>			
Unit 5	Positional play in attack & defense-basic positions and physical & motor qualities required for each position			
Unit 6	Drills and Lead-up games			



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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> e. Continuous Internal Assessment(CIA) f. Ability To Execute skills g. Court Dimensions, marking officiating h. Semester End Practical & Viva Examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major GameV (Yoga)					
Types of Course	Elective					
Course Code	PEM21E20					
Names of Academic Staff & Qualifications	PROF(DR).BINU GEORGE VARGHESE,PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as wellascourt/field dimensions, markings and equipment specifications related to the concerned game.					
Semester	1		Credit		2	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent Learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**

CO	Expected Course Outcome	Learning	PSO NO.
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No.		Domains	
1	Acquisition of basic skills	R,U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A,An, S, C	7,8
3	Specifications of the equipment	U,R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit1	STANDING ASANAS: Surya Namaskar, Pada-Hasthasan , Ardha-Chakr asana, Ardha-kati-Chakrasana, Trikon asana, Parivrtta- Trikon- asana, Thalasanam, Vriksh asana, Nataraj asana	15 hrs	R,U, S, A,An,C	1,2,3
Unit 2	SITTING ASANAS Sukh-asana, ArdhaPadmasana, Vajrasana ,Janu – Sirsasanam, Paschimottanasana, Poorvoth asana, Ushtrasana, Sasankasana, Supta-Vajrasana, Margarasna, Badhakon asana, Ardha Mats yandra,Kakasana			
Unit 3	SUPINE & PRONLINE ASANAS Merudand asana, Salabhasana, Anand asana, Bhujang asana, Pavanamukthasana, Dhanur asana, Nouk asana, Viparitha –Karani- mudra, Sarvang asana, Halasana, Karna-peed-asan, Setu Bandha-asana, Matsy asana, Chakrasana, Shirshasana			
Unit	PRANAYAMA Sukha-Pranayama; Nadi-Shuddhi			



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4	Pranayama; Anuloma-Viloma Pranayama; Ujjayi Pranayama; Brahmari Pranayama; Brahmari Pranayama; Sitkari;Seetkari			
Unit 5	DHYANA Simple Meditation, OM meditation			
Unit 6	BANDHA Jalandhara-bandha, Uddiyanabandha; Moola-bandha			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Loosening the joints Pawanmuktasana series Suryanamaskar: Sivananda Model, Chandranamaskar	<b>15 hrs</b>	R,U, S, A,An,C	1,2,3
Unit 2	Virabhadrasana, Parsvottanasana, Utthita Trikonasana, Adho mukha Svanasana, Karnapidasana, Kandharasana, Titibhasana, Padma Sarvangasana, SalambaSirasasana, gomukhasana, Setubandhasana, Chakrasana, Trianga Mukhaipada paschimottanasana, Marichyasana, Virasana, Svastikasana, Shashangasana, Garudasana, Mayurasana, Padma Mayurasana, Bhadrasana, Simhasana, AkarnaDhanurasana, Parsvakonasana, Savasana.			
Unit 3	Pranayama: Moorchapranayama, Anulomaviloma, Sadanta Pranayama, Pranayama with Kumbhaka and bhandhas Kriya: Danda dhauti, Vatsara dhauti, Nauli (Madhyama, Vama, Dakshina)			
Unit 4	Mudras: Yoni Mudra, Lotus Mudra, Dhyani Mudra, Sakthi Mudra, Shambavi Mudra, Pashinee Mudra, MahaBheda Mudra, Ksepana Mudra.			



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Unit 5	Meditation : DRT, Walking Meditation, Vipassana Meditation, Nine centered Meditation, Yogic Sukshma Vyayama, Sudharsana, Zen Meditation, Savita Ki Dhyana Dharana, Mind sound Resonance Technique.			
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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> e. Continuous Internal Assessment(CIA) f. Ability to execute skills g. Court dimensions, marking & officiating h. Semester End Practical & Viva examination
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School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Major Game VI (Volleyball)





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Types of Course	Elective					
Course Code	PEM21E21					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/ field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	1		Credit		2	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic Learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basics skills	R, U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A, An, S, C	7,8
3	Court Dimensions, marking & specifications of the equipment	U, R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Rules and interpretations. Duties of officials.	<b>15 hrs</b>	R, U, S, A, An, C	1,2,3
Unit 2	Fundamental techniques: Volleypass, digpass, smash, service, block, rolls & dives and its variations.			
Unit 3	Tactics and systems of Play: Individual and grouptactics. Systems of service reception, system of attack, systems of defence etc.			
Unit 4	Analysis of the game and scoring, lead-up games, Arjuna Award Winners, layout, construction and maintenance of grounds; teaching aid and gadgets.			
Unit 5	Selections of team and organization of short-termcamps. Tests and measurements.			



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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration-based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> e. Continuous Internal Assessment (CIA) f. Ability to execute skills g. Court Dimensions, marking& officiating h. Semester End Practical & Viva Examination
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School Name	School of Physical Education And Sports Sciences					
Programme	MPES					
Course Name	Major Game VII (Football)					
Types of Course	Elective					
CourseCode	PEM21E22					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	2		Credit			2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE CONTENT**

<b>Module-1</b>	<b>Time</b>	<b>Learning</b>	<b>CO</b>
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			<b>Domains</b>	<b>NO.</b>
Unit1	Fundamental skills <ul style="list-style-type: none"> <li>• Passing</li> <li>• Receiving</li> <li>• Kicking</li> <li>• Shooting</li> <li>• goalkeeping</li> </ul>	<b>15 hrs</b>	R, U, S, A, An,C	1,2,3
Unit 2	pass <ul style="list-style-type: none"> <li>• pushpass</li> <li>• instep pass</li> <li>• outside of the footpass</li> <li>• inside of the foot pass</li> <li>• chip</li> </ul>			
Unit 3	Receiving <ul style="list-style-type: none"> <li>• inside of the foot</li> <li>• outside of the foot</li> <li>• instep</li> </ul>			
Unit 4	Volleys Overhead kick Goal shooting Free kick Corner kick			
Unit 5	Positional play in attack & defense-basic positions and physical & motor qualities required for each position			
Unit 6	Drills and Lead-up games			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration-based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> e. Continuous Internal Assessment (CIA) f. Ability To Execute skills g. Court dimensions, marking & officiating



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	h. Semester End Practical & Viva examination
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School Name	School of Physical Education And Sports Sciences					
Programme	MPES					
Course Name	Major Game VIII (Tennis)					
Types of Course	Elective					
CourseCode	PEM21E23					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques& tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	2		Credit			2
Total Student LearningTime	Learning Approach	Lecture	Tutorial 1	Practical	Others	Total Learning



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(SLT)						Hours
	Eg. Authentic learning Collaborative learning independent learning	10	-	80	10	100
Prerequisite	NIL					



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### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Fundamental Skills <ul style="list-style-type: none"><li>• Serves</li><li>• Lobs</li><li>• Dropshot</li><li>• Serve and volleying</li><li>• Slice</li><li>• Volley</li><li>• Ground strokes</li><li>• Returning the ball</li></ul>	<b>15 hrs</b>	R, U, S, A, An, C	1,2,3
Unit 2	Serves <ul style="list-style-type: none"><li>• Flat serve</li><li>• Slice serves</li><li>• Kick serves</li><li>• Underhand serve</li></ul>			
Unit 3	Shots <ul style="list-style-type: none"><li>• Fore hand</li><li>• Back hand</li><li>• Drop shot</li><li>• The lobs</li></ul>			
Unit 4	Volleys <ul style="list-style-type: none"><li>• Punch volley</li><li>• Drop volley</li><li>• Block volley</li><li>• Soft volley</li></ul>			





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Unit 5	Positional play in attack & defense-basic positions and physical & motor qualities required for each position
Unit 6	Drills and Lead-up games

**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition Of Basic Skills	R, U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A, An, S, C	7,8
3	Court dimensions, marking& specifications of the equipment	U, R, A	7
<p><i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I)and Appreciation(Ap)</i></p>			
<b>Teaching And Learning Approach</b>	<p><b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.</p>		
<b>Assessment Types</b>	<p><b>Mode Of Assessment</b></p> <ul style="list-style-type: none"> <li>e. Continuous Internal Assessment(CIA)</li> <li>f. Ability to execute skills</li> <li>g. Court dimensions, marking &amp; officiating</li> <li>h. Semester End Practical &amp; Viva examination</li> </ul>		



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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major Game IX (Softball)					
Types of Course	Elective					
CourseCode	PEM21E24					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	2			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Hitting			
Unit 2	Catching			
Unit 3	Pitching			
Unit 4	Fielding			
Unit 5	Strategy and game understanding			

**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basic skills	R, U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A, An, S, C	7,8
3	Court dimensions, marking & specifications of the equipment	U, R, A	7

*\*Remember(R), Understand(U), Apply(A), Analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I)and Appreciation(Ap)*



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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration-based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> e. Continuous Internal Assessment (CIA) f. Ability To Execute skills g. Court Dimensions, marking & officiating h. Semester End Practical & Viva examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Major Game X (Cricket)					
Types of Course	Elective					
CourseCode	PEM21E25					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject aims at teaching & learning of the basic and advanced skills, techniques & tactics. It also helps to understand the rules, regulations as well as court/field dimensions, markings and equipment specifications related to the concerned game/sport.					
Semester	2		Credit		2	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning independent learning	10	-	80	10	100
Prerequisite	NIL					



**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Dimensions of the field.			
Unit 2	Pitch-Types of Pitches and preparation and maintenance of a Turf Wicket			
Unit 3	Essential equipments,measurements of equipments			
Unit 4	Teaching Aids.			
Unit 5	Warming up, importance of warming up.			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Fundamental skills-Batting-Basics, Defensive strokes, attacking strokes, Modern Improvised strokes, running between the wickets and Drills to improve the batting skills			
Unit 2	Fielding-Ground fielding. (Stationary, on the run and Slide Stop) Catching. (High, Low, Flatand Reflex Catching)			
Unit 3	Wicket Keeping-Drills to improve the wicket keeping skills			
Unit 4	Fundamental skills-Batting-Basics, Defensive strokes, attacking strokes, Modern Improvised strokes, running between the wickets and Drills to improve the batting skills			



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**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Acquisition of basic skills	R, U, S	9
2	Learning advanced skills, techniques, tactics & officiating	A, An, S, C	7,8
3	Court dimensions, marking & specifications of the equipment	U, R, A	7
*Remember(R), Understand(U), Apply(A), Analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Practical oriented learning, demonstration based learning, collaborative learning, practical assignments, group activities.
<b>Assessment Types</b>	<b>Mode Of Assessment</b> e. ContinuousInternalAssessment (CIA) f. Ability To Execute skills g. Court Dimensions, marking& officiating h. Semester End Practical & Viva Examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Exercise psychology					
Types of Course	Core					
CourseCode	PEM21C19					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, Ph.D.					
Course Summary & Justification	Physical ability and mental health play a role in sports performance. Exercise psychology knowledge aids physical educators in improving individual performance and personality in the workplace. They can help the athletes and their students by using a variety of mental tactics to overcome obstacles and reach their full potential.					
Semester	3			Credit		4
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	10	20	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Meaning, nature and scope of sports psychology	R	2
2	Relationship of sports psychology with others sports sciences, awareness on cognitive development	R,U	2,4
3	Strategy to develop attention and motor learning process	An	2,3
4	Personality and its relationship with sports performance	U	2,5
5	Emotions and influence of emotions on aspiration and achievement	U,A	2,5
6	Influence of sports psychology in sports participation. Psychological characteristics of pre- competition, during and post competition	U,E	2,5
7	Psychological treatment in injured athletes. Prevention and coping techniques	A	2,5

*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation(Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit1	Meaning, nature and scope of sport psychology	<b>14 Hrs</b>	R,U	1,2
Unit 2	Development of sports psychology			
Unit 3	Relationship of sports psychology with other sport sciences			
Unit 4	Importance of sports psychology in the field of physical education and sports.			



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Unit 5	Warming up, importance of warming up.			
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Cognitive process in physical activities: Meaning of cognition, characteristics of cognitive process in sports	<b>14 Hrs</b>	An	3
Unit 2	Role of sensation and perception, thinking imagination and memory in physical activities.			
Unit 3	Mental activity of athletes, mental activity and sports related goals.			
Unit 4	Meaning of attention, dimensions of attention, strategies to develop attention			
Unit 5	Motor Learning: Meaning of motor learning, factors affecting motor learning, motor development in various periods of childhood and adolescence			
	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Personality: Meaning of personality, personality traits, sportsperson, relationship of personality to sports performance. Personality Differences Among Various Sports groups	<b>14 Hrs</b>	U	4



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	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Motivation: Meaning of motive, need, drive, role of motives, attitudes and interest in physical activities.	<b>14 Hrs</b>	UA	5
Unit 2	Meaning of motivation, techniques of motivation, types of motivation, relationship between extrinsic and intrinsic motivation.			
Unit 3	Emotions: Meaning and types of emotion, influence of emotions (success and failure) on level of aspiration and achievement.			
Unit 4	Aggression, Anxiety, fear, frustration, conflict and its effect on sports performance.			

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Psychological aspects of competition: Defining competition, determinants of competitive behaviour, psychological characteristics of pre-competition, competition and post competition	<b>14 Hrs</b>	UA	5
Unit 2	Meaning of motivation, techniques of motivation, types of motivation, relationship between extrinsic and intrinsic motivation.			
Unit 3	Emotions: Meaning and types of emotion, influence of emotions (success and failure) on level of aspiration and achievement.			
Unit 4	Aggression, Anxiety, fear, frustration, conflict and its effect on sports performance.			



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	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Psychological aspects of competition: Defining competition, determinants of competitive behaviour, psychological characteristics of pre-competition, competition and post competition	<b>14 Hrs</b>	U,E,A	6,7
Unit 2	Selected psycho-regulative techniques for relaxation and activation			
Unit 3	Psychological aspects of long-term and short-term preparation for competition			
Unit 4	Psychological treatment of injured sports persons, typical responses to injuries, prevention and coping techniques.			
Unit 5	Special Facilitation: Presence of others, cohesion, effect of audience in sports Competitions			
Unit 6	Methods of investigation and testing in sports psychology. Test & Measurement			

<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> <ul style="list-style-type: none"> <li>a) Continuous Internal Assessment (CIA)</li> <li>b) Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar</li> <li>c) Assignments</li> <li>d) Semester End examination</li> </ul>

## REFERENCES



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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Biomechanics					
Types of Course	Core					
CourseCode	PEM21C20					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	It helps to analyze the athletes' movements biomechanically. It Can be applied to a wide variety of sports activities in order to identify optimal patterns to improve sports specific techniques. It Also helps to identify faults in techniques and determine the safest methods to perform a particular technique					
Semester	3		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent Learning	75	-	20	05	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**





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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Uses of biomechanics & biomechanical analysis	U	2
2	Newton’s laws and its application in sports	A	2,5
3	Different types of motion	U,A	2
4	Various types of levers and its application	A	2,5
5	Spin and how spin reflect in sports performance	A	2,5
6	Use of center of gravity, equilibrium & stability in sports movements	A	2,5
7	Biomechanical analysis of fundamental movements and sports specific skills	A	4,5

*\*Remember(R), Understand(U), Apply(A), Analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I)and Appreciation(Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Introduction: Meaning of biomechanics	<b>15 Hrs</b>	U	1
Unit 2	Biomechanics in Physical Education			
Unit 3	Sports and research.			
Unit 4	Movement analysis, mechanical analysis and biomechanical analysis.			
	<b>Module-2</b>	<b>Time</b>	<b>Learning</b>	<b>CO</b>



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			<b>Domains</b>	<b>NO.</b>
Unit1	Motion; Linear and angular motion	<b>15 Hrs</b>	U. A	2,3
Unit 2	Distance and displacement (linear and angular)			
Unit 3	Speed, velocity, acceleration and uniform motion.			
Unit 4	Newton's laws of motion as applicable to linear and angular motion and their application to sports and games.			
	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Force: Meaning, Units Of Force, effects of force, sources of force, components and resultant of force, friction, pressure	<b>15 Hrs</b>	A	4
Unit 2	Centrifugal and centripetal forces.			
Unit 3	Work, power & energy			
Unit 4	Moment of force, moment of inertia			
Unit 5	Levers; its types and characteristics.			
	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Freely falling bodies, momentum and impulse.	<b>15 Hrs</b>	A	5,6
Unit 2	Centre of Gravity, Equilibrium, Stability (static and dynamic)			



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Unit 3	Spin, effect of spin, elasticity.
Unit 4	Fluid Mechanics. Air Resistance and water resistance

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Analysis of fundamental skills: Walking, running, jumping, throwing, lifting, pulling, pushing, catching, hitting and climbing.	<b>15Hr</b>	A	7
Unit 2	Analysis of skills of the following sports and games: Athletics, Basketball, Cricket., Gymnastics, Football, Hockey, Tennis and Volleyball			
Unit 3	Spin, effect of spin, elasticity.			
Unit 4	Fluid Mechanics. Air Resistance and water resistance			



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<b>Teaching And Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—theme is to be discussed and identified to prepare paper and present in the seminar c. Assignments d. Semester End examination

## REFERENCES

1. Bartlett, Roger. Introduction to Sports Biomechanics, London: E & FNSpon.1997.
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Exercise Prescription & Programme Designing					
Types of Course	Core					
CourseCode	PEM21C21					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The subject will get a clear cut outline on how to prescribe exercise which is required for a particular person for some particular aim like fat loss, weight gain, pure muscle building etc.It will also help in designing various training programmes according to their health and physical conditions.					
Semester	3		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	75	-	20	05	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO	Expected Course Outcome	Learning	PSO
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No.		Domains	NO.
1	An introduction on the benefits & risks while engaging in a physical activity	U	1,2
2	Screening & classification of peoples according to their health status	U, A	1,2
3	Guidelines for exercise programmes which needed to be designed for different peoples	U, A	2,3
4	Safety & effectiveness in prescribing an exercise	A	1,2
5	Points to be considered while designing resistance training programs	A	2,3
6	Training methods for developing cardio-respiratory functions	A	1,4,5
7	Various body composition exercise program designing	C, S, A	1,5
8	Prescribing exercise program for special population	C, S, A	1,4,5

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Introduction and Overview-Risks and benefits of exercise, Physical Activity, Health, and Hypo kinetic Disease,	15 Hrs	U, A	1, 2
Unit 2	Preliminary Health Screening and Risk Classification-Health evaluation, Lifestyle evaluation, Informed consent.			



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Unit 3	Physical Activity Readiness Questionnaire (PAR-Q).	
Unit 4	Assessment of Physical Activity	
Unit 5	Assessment of Nutritional Status	

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Principles of Prescription and Exercise Adherence-Basic principles for exercise program design	<b>15 Hrs</b>	<b>U, A</b>	<b>3, 4</b>
Unit 2	Components of an exercise program (frequency, intensity, duration, and mode),			
Unit 3	Principles of training			
Unit 4	Components of fitness			
Unit 5	The art and science of exercise prescription (safety and effectiveness),			
Unit 6	Exercise program adherence, Certification and licensure.			



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	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Designing Cardio-respiratory Exercise Programs-The Exercise prescription	<b>15 Hrs</b>	<b>A</b>	<b>5, 6</b>
Unit 2	Essentials of a cardio-respiratory exercise workout, Aerobic training methods and modes, personalized exercise programs.			
Unit 3	Designing Resistance Training Programs-Types of resistance training, Comparison of resistance training methods			
Unit 4	Developing a resistance training program,			
Unit 5	Common misconceptions and questions about resistance training.			

	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Designing Body Composition Programs-Basics of body composition, Body composition management principles and practices	<b>15 Hrs</b>	<b>C, S, A</b>	<b>7</b>
Unit 2	Fatmass programs, Muscle Mass programs, Bone Mass programs			
Unit 3	Designing Flexibility Programs-Stretching, Lowbackcare			
Unit 4	Designing weight management and body composition programmes.			
Unit 5	Design weight loss and weight gain programmes. Positive, Negative and Neutral			





	Energy Balances.			
	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Programming for Special Populations - Cardiac patients, pulmonary patients	<b>15 Hrs</b>	<b>C, S, A</b>	<b>8</b>
Unit 2	Programming for Special Populations Clinical conditions: Hypertension, peripheral vascular disease, diabetes mellitus, and obesity			
Unit 3	Programming for Special Populations Children, the elderly, and pregnancy			
Unit 4	Programming in Professional Settings - Clinical settings, Community settings, corporate settings, Commercial settings			
Unit 5	Obesity, Types, Causes and Preventive measures			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> <ul style="list-style-type: none"> <li>a. Continuous Internal Assessment (CIA)</li> <li>b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar</li> <li>c. Assignments</li> <li>d. Semester End examination</li> </ul>

**REFERENCES**

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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports specialization - Basketball					
Types of Course	Core					
CourseCode	PEM21C22					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The objective of this paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects of various skills. It gives a clear insight regarding the organizational setup at the national and international level.					
Semester	3		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO	Expected Course Outcome	Learning	PSO
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No.		Domains	NO.
1	History and development of Basketball and the organizational setup of basketball at international and national level	R,U	2,7,10
2	Rules and officiating the Game-duties of officials and statistical analysis of players and matches	R, U	3,7,8
3	Organizational setup at the International Level - FIBA and Structure of the National Federation.	An	3,10
4	The Court-Dimensions and Markings and Equipments and its measurement	U	5,7
5	Fundamental and advanced skills	U,A	2,6,9
6	Training of Various Skills : dribbling, passing, shooting Rebounding,defensive drills	U, E, S, An	2,6,9
7	Selection of teams and organization of short-term camps and diet and mental attitude	A, An, S, I	3, 10
<p><i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)</i></p>			

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	History and development of Basketball	7 Hrs	R, U	1
Unit 2	Organizational setup of Basketball at national and international level			
Unit 3	Distinguished personalities			



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	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Rules and officiating the Game - duties of officials	<b>7 Hrs</b>	<b>R, U</b>	<b>2</b>
Unit 2	Coach, captain, game observation			
Unit 3	Individual and groups counting and statistical analysis of players and matches			
Unit 4	Objective and subjective tests			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Organizational setup at the International Level-FIBA	<b>7 Hrs</b>	<b>An</b>	<b>3</b>
Unit 2	Structure of the National Federation.			

	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	The Court-Dimensions and Markings	<b>7 Hrs</b>	<b>U</b>	<b>4</b>
Unit 2	Equipments and its measurement			
Unit 3	Teaching Aids			



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	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental Skills-Dribbling-Basic and reversed dribbling	<b>7 Hrs</b>	<b>U, A</b>	<b>5</b>
Unit 2	Ball Handling-Grip, Pivoting, Stridestop, Jump Stop, Passes-ChestPass, BackPass, OverHead Pass, Head Push Pass etc			
Unit 3	Shooting-The SetShot, The Jump Shot, The Lay-Up Shot			
Unit 4	The Rebound-Boxing Out, Tipping-in, Defensive catching, Offensive catching			
Unit 5	Defence-Individual Defence, Stance, Defence against a dribbler, marking a passer, Preventing Pass reception			

	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Advance Skills-Crossover dribbling, between the legs dribbling, behind the back dribbling, fake and drive, tip off during jump ball	<b>7 Hrs</b>	<b>U, E, S, An</b>	<b>6</b>
Unit 2	Advanced Shooting- The Hook Shot, The Slam Dunk, All Post Moves			
Unit 3	Fake And Drive.			

	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Dribbling Drills - Dribbling reaction, dribbling cones, dribbling tag	<b>7 Hrs</b>	<b>U, E, S, An</b>	<b>6</b>
Unit 2	Passing Drills-Wall passing, piggy in the middle, 2-player passing drill			



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Unit 3	Shooting Drills-One player drill,around the world,lay-updrill, three-man shooting drill
Unit 4	Rebound Drills- One-Player drill, Tipping in drill, one on one drill
Unit 5	Defensive Drills-Zig-Zag drills, Denial drill,Two on Two Play
Unit 6	Fast break drills with three players and five players.

	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Selection of teams and organization of short- term camps	<b>7 Hrs</b>	<b>A, An, S, I</b>	<b>7</b>
Unit 2	Teaching and coaching aids and gadgets			
Unit 3	Layout construction and maintenance of playground, equipment management			
Unit 4	Precautions and remedial measures of basketball injuries.			
Unit 5	Setplays, team offence, team defence, FreeTimePlay			
Unit 6	Team Selection and Teaching / Coaching camps for 15 or 30 Days			

	<b>Module-9</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Warming up, Stretching and cool down or warm down	<b>7 Hrs</b>	<b>A, An, S, I</b>	<b>7</b>
Unit 2	Diet and Mental attitude			



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<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination

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1. Drewett, Jim. Basketball @ Internet Linked, London: Ticktock Publishing Ltd. 2001
2. Jain, Naveen. Play and Learn Basketball, NewDelhi: Sports Publications, 2005.
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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports specialization - Judo					
Types of Course	Core					
CourseCode	PEM21C23					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	This subject emphasized understanding the origin, historical background and development of the game. It also ensures the learning of different skills, techniques, rules and regulations of the game as well as criteria to select players of various levels. Subject further covers physical, physiological and psychological qualities of judo players and the methods to develop these qualities.					
Semester	3		Credit			4
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Origin and historical background of the game.	R	2,7
2	Different types and levels of competitions	R	3,10
3	Rules and regulations of the game	R,A	5,7
4	Technical preparation for the competitions	U,A	5,7,8
5	Fundamentals of the sport	A	2,6,9
6	Technical & tactical aspects of the sport	U,S,A	2,6,9
7	Selection and preparation of players under different criteria and training methods	A,An	5,10
8	Psychological aspects of Judo players and various methods to develop psychological qualities	A,An	3,10
9	Various types of injuries associated with the game and its prevention, treatment and rehabilitation	A,An	5,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Origin, history and growth of Judo in India and in the world	10 Hrs	R	1, 2
Unit 2	World, Olympic and National competitions. World championships and regional championships			



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	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Rules and regulations of Judo competition	<b>10 Hrs</b>	<b>R, A, U</b>	<b>3, 4</b>
Unit 2	Planning the layout, construction, marking & Maintenance of the competition arena			
Unit 3	Officiating and officials signals			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamentals of Judo: Rei(Salutation), Ukemi (Breakfalls), Shisei (Posture), Kumikata(Gripping), Shintai (Movement and Body Movement), Kuzushi (Making off Balance), Tsukuri and Kake(Technique)	<b>10 Hrs</b>	<b>A</b>	<b>5</b>

	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Techniques(Nage-waza-throwing techniques, Katame-waza-grappling techniques, Atemi-waza-strikingtechniques) and tactics of Judo	<b>10 Hrs</b>	<b>U, S, A</b>	<b>6</b>
Unit 2	IJF grading system			

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Criteria of selection of players at various levels	<b>10 Hrs</b>	<b>A, An</b>	<b>7</b>
Unit 2	Warming Up, conditioning and training process			
Unit 3	Training methods, planning a coaching camp:			



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Annual, Weekly and daily plan				
Module-6		Time	Learning Domains	CO NO.
Unit 1	Psychological qualities of Judo player	10 Hrs	A, An	8
Unit 2	Psychological aspects of Self-defence.			
Unit 3	Methods of developing psychological qualities			

Module-7		Time	Learning Domains	CO NO.
Unit 1	Injuries in Judo: Knee injuries, head injuries, back injuries	10 Hrs	A, An	9
Unit 2	Prevention, treatment and rehabilitation of injuries			
Unit 3	Nutrition for Judo players			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> <ul style="list-style-type: none"> <li>a. Continuous Internal Assessment (CIA)</li> <li>b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar</li> <li>c. Assignments</li> <li>d. Semester End examination</li> </ul>



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2. Harrison E J (2002). Coaching Successfully Judo. Sports. Delhi.
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4. Law, M. (2009). Falling Hard: A Journey into the World of Judo. Trumpeter Publisher, Japan.
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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports specialization - Track and Field					
Types of Course	Core					
CourseCode	PEM21C24					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The objective of this paper is to have a basic understanding of Track & Field, its fundamental and advanced skill and training aspects of various skills. It is a clear insight regarding the organizational setup at national & international levels.					
Semester	3		Credit			4
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

<b>CO No.</b>	<b>Expected Course Outcome</b>	<b>Learning Domains</b>	<b>PSO NO.</b>
1	History and development of the Track & Field events	R	2,7
2	National and international organizational setup & competitions	U	3,10
3	Rules, officiating & its principles	U, A	5,7,8
4	Markings & Layouts for track & field events	C, A	5,7
5	Fundamental techniques of running, jumping and throwing events	A, An, E, Ap	3,6,9
6	Combined events and its general training principles	A, An, E	3,6
7	Various types of training methods & periodization	U, A, An, E	3,6,10
8	Talent identification & and training for different level athletes	U, A, E, S, R, An, C	3,9
9	Psychological preparation of athletes to face various training & competition situations	U, A, S	3,9
10	Athletic injuries, prevention, first aid measures of track and field events	U, A, I	4,10
11	Doping	U, An	3,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*



**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Unit 1 Introduction: History and development of Track and field events	<b>7 Hrs</b>	<b>R, U</b>	<b>1, 2</b>
Unit 2	Organizational setup of Track and Field Athletic			
Unit 3	Major competitions at National and International levels			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Rules and officiating in Track and field; Principles of officiating	<b>7 Hrs</b>	<b>U, A, C</b>	<b>3, 4</b>
Unit 2	Track and Field layout and Marking			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental techniques of Track events; Sprint events-Running form, starting and finishing technique	<b>7 Hrs</b>	<b>A, An, E, Ap</b>	<b>5</b>
Unit 2	Middle and long distance running			
Unit 3	Walking events-walking technique, Hurdles Events-Hurdling technique			





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	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental techniques of jumping events ; Long jump-Mechanics of Jumping Hangstyle and hitch-kick techniques- Approach run, Take off, action in the air, landing	<b>7 Hrs</b>	<b>A, An, E, Ap</b>	<b>5</b>
Unit 2	High jump-Straddle-role and Fosbury techniques			

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental Technique of Throwing Events-Mechanics of throwing.	<b>7 Hrs</b>	<b>A, An, E, Ap</b>	<b>5</b>
Unit 2	The Shot Put, Initial Stance, glide / turn, throwing position, release, recovery.			
Unit 3	The discus throw, Technique-initial stance, preliminary swing, the turn, throwing position, release, recovery.			
Unit 4	Unit 4 The javelin throw, Technique-the grip, carry, five- stride rhythm, release, recovery.			
Unit 5	The hammer throw, Technique-the grip, initial position, preliminary swing ,the turn release, and reverse			



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	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Combined Events-Decathlon and Heptathlon-General principles of training for combined events	7 Hrs	A, An, E	6

	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Pedagogic Principles of Track and Field Training: a) Periodization of training-preparatory training- build up training- high performance training. b) Training plans-Long term plan, yearly plan, monthly and weekly schedule, day's programme-physical qualities	7 Hrs	U, A, An, E	7

	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Training Means and Methods: a) Conditioning, b) Warming Up-general and specific. c) Development of physical fitness and motor qualities. d) Specific training for techniques development tactics-effect of training in attitude.	7 Hrs	U, A, An, E	7

	<b>Module-9</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Talent Identification	7 Hrs	U, A, E, S, R, An, c	8, 9
Unit 2	Training youth athletes and women athletes			
Unit 3	Psychological preparation for competition in track and field			



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	Module-10	Time	Learning Domains	CO NO.
Unit 1	Common Injuries in Track And Field during Training and Competitions	7 Hrs	U, A, I, An	10, 11
Unit 2	Prevention, treatment and rehabilitation of athletic injuries.			
Unit 3	Doping and its control			
<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.			
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination			

**REFERENCES**

1. Carr,GerryR. Fundamentals of Track andField, Mumbai: TheMarineSports. 1995.
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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports specialization - Handball					
Types of Course	Core					
CourseCode	PEM21C25					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The objective of this paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects of various skills. It gives a clear insight regarding the organizational setup at the national and international level. It gives ideas regarding the prevention and treatment of injuries.					
Semester	3		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO	Expected Course Outcome	Learning	PSO
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No.		Domains	NO.
1	History and development of handball and the organizational setup of the game at international and national level	R, U	2,7
2	Rules and officiating the Game, mechanism of officiating and quality of officials	R, U	5,7,8
3	Layout and maintenance of Indoor and Outdoor Handball court and Equipment specifications	R, U, An	5,7
4	Selection of players qualities of Handball players: physical qualities, motor qualities, psychological characteristics and sociological aspects	U	5,9,10
5	Fundamental and advanced skills and tactics of the game	U, A	2,6,9
6	Selection of players ; Identification of talents, basic training, team preparation	U, E, S, An	3,10
7	Common injuries prevention and treatment	A, An, S, I	5,10
<i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)</i>			

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Origin, history and development of the game	8 Hrs	R, U	1
Unit 2	Organizational setup of Handball in National and International level-administrative setup of International and National Federations			



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Unit 3	Major competitions at International and National level.			
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Rules of the game and their interpretations; mechanism of officiating, quality of officials.	<b>8 Hrs</b>	<b>R, U, An</b>	<b>2, 3</b>
Unit 2	Lay out and maintenance of Indoor and Outdoor Handball courts			
Unit 3	Equipment specifications of the game, players and match officials.			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Selection of players; Pre-requisite qualities of Handball players: physical qualities, motor qualities, psychological characteristics and sociological aspects.	<b>8 Hrs</b>	<b>U</b>	<b>4</b>
	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental Techniques of handball- Teaching Coaching : Passing, Dribbling, Shooting, goal keeping, throwin, throw-off, goal throw, free throw etc.	<b>8 Hrs</b>	<b>U, A</b>	<b>5</b>
	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Tactics of the game; Team Formation systems of play	<b>8 Hrs</b>	<b>U, A</b>	<b>5</b>
Unit 2	Attacking tactics: Position attack, counter			



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	attack, elements of attack-dribbling, feinting, shooting at goal- penalty shoot, teamwork and individuality, elements of defence, marking, non marking, zonal covering, fastbreak.			
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	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Training handball; General principles, warming up-general and specific, conditioning	<b>10 Hrs</b>	<b>U, E, S, An</b>	<b>6</b>
Unit 2	Periodization of training, training for the development of basic fitness qualities of long term and short term training plan.			
Unit 3	Fundamental training, pressure training, recovery, conduct of coaching programme for short duration			

	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Selection of players; Identification of talents, basic training, team preparation	<b>10 Hrs</b>	<b>U, E, S, An</b>	<b>6</b>
Unit 2	Role of a coach before, during and after the game			
Unit 3	psychological preparation for competitions.			

	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
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Unit 1	Common injuries in handball; Shoulder Injury, Elbow injury, Knee Injuries, head injuries, back injuries ankle injury	10 Hrs	A, An, S, I	7
Unit 2	Prevention, treatment and rehabilitation of injuries			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination

### REFERENCES

1. Jain D. Play And Learn Handball, New Delhi: Khel Sahitya Kendra. 2005

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School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Sports Specialization- Football





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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Types of Course	Core					
CourseCode	PEM21C26					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The objective of this paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects of various skills. It gives a clear insight regarding the organizational setup at the national and international level.					
Semester	3			Credit		4
Total Student LearningTime(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Origin and historical background of the game.	R	2,7
2	Organizational setup and competitions-National and international level	R	3,10
3	Rules and regulations of the game	R, A	5,7
4	Technical preparation for the competitions	U, A	5,8,9
5	Pre-requisite qualities of players	R, U	2,6



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6	Fundamental skills	A	2,6
7	Tactical aspects and training of the game	U, S, A	5,9,10
8	Various types of training and training plans used in the game	A, An	5,6
9	Role of a coach in talent identification, training and competition	A, An	3,10
10	Psychological preparation of a football player to face various game situations	A	5,10
11	Various types of injuries associated with the game and its prevention, treatment and rehabilitation	A, An	3,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Origin,history and development of the game	<b>9 Hrs</b>	<b>R</b>	<b>1, 2</b>
Unit 2	Organizational set up of soccer in national and international level-administrative set upofFIFA.			
Unit 3	MajorcompetitionsatInternationaland National Level.			
	Module-2	Time	Learning Domains	CO NO.
Unit 1	Rules of the game and their interpretations	<b>9 Hrs</b>	<b>R, A</b>	<b>3</b>



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Unit 2	Mechanism of officiating, quality of officials			
Unit 3	Lay out and maintenance of football field			
Unit 4	Equipment specifications of the game			
Unit 5	Players and match officials.			
	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Unit1 Pre-requisite qualities of football players: psychological characteristics and sociological aspects	<b>9 Hrs</b>	<b>U, A, R</b>	<b>4, 5</b>
	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental Techniques of soccer. Kicking:- Push-pass, low drive, outside foot kick, sweating kick, high drive, chippass, half volley, side volley, overhead kick.			
Unit 2	Heading:-Heading the ball, throw in, Feints with the ball, tackling.	<b>9 Hrs</b>	<b>U, S, A</b>	<b>6, 7</b>
Unit 3	Goalkeeping:- Collecting over rolling the ball, flying ball at hip level, chest level, head level, over the head level, palming the ball, diving for the ball, movements of the goalkeeper.			
	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Tactics of the game; Team formation systems, W-M, 3-2-5, 4-2-4, 4-3-3, 4-4-2	<b>9 Hrs</b>	<b>A, An</b>	<b>8</b>



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Unit 2	Rational distribution of players, Total football.	
Unit 3	Attacking tactics: Position attack, counter attack, elements of attack-dribbling, feinting, shooting at goal- teamwork and individuality, elements of defence, marking, nonmarking, zonal covering, combined marking, challenging the ball, tackling, playing safe and taking risk, specialist players and all rounder substitution.	

	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Training Soccer Play ; General principles, warming up-general and specific, conditioning	<b>9 Hrs</b>	<b>A, An</b>	<b>8</b>
Unit 2	Periodization of training, long term and short term training plan.			
Unit 3	Fundamental training, set piece play, pressure training, recovery, conduct of coaching programme for short duration.			
	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Selection of players; Identification of talents, basic training, team preparation	<b>7 Hrs</b>	<b>A, An</b>	<b>9, 10</b>
Unit 2	Role of a coach before, during and after the game			
Unit 3	Psychological preparation for competitions.			



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	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Common injuries in football; Knee injuries, head injuries, back injuries	<b>9 Hrs</b>	<b>A, An</b>	<b>11</b>
Unit 2	Prevention, treatment and rehabilitation of injuries			
Unit 3	Nutrition for football players.			
<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.			
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination			

## REFERENCES

1. ASEP. Officiating Soccer, NewYork: Human Kinetics.2004.
2. Bauer, Gerhard. Soccer Techniques,Tactics And Teamwork, NewYork: Sterling Publishing Co. 1993
3. Macdonald, Malcolm. How to Score Goals, London: The Kingwood Press.1985.
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9. Smith, Dave et. al. Football Skills and Tactics, Octopus Publishing Group.2002.
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School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Sports Specialization- Cricket



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NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

Types of Course	Core					
CourseCode	PEM21C27					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	Objective of the paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects. It gives a clear insight regarding the organizational setup at national and international level. It also gives sides regarding the prevention and treatment of injuries.					
Semester	3			Credit		4
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	History of the game and its development	R	2,7
2	Organisational setup and controlling bodies of the game at national and international level	R	3,10
3	Layout, maintenance, and dimensions of the field	U,A	5,7



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4	Batting skills, bowling skills, and fielding skills. Drills to improve various skills	S, An, E	2,6,9
5	Laws of cricket, duties of umpires and captains. Modern trends in cricket	R, A	3,8
6	Criteria for selection of players and training methods. Planning of coaching camp	U, E, Ap	3,6,10
7	Psychological skill training and injury prevention	U, A	5,10
<p><i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)</i></p>			

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	History and development of cricket - Bodyline and Ashes Series. Historical development of Cricket in England, Australia, WestIndies, South Africa, New Zealand, India,Pakistan, Sri Lanka, Zimbabwe and Bangladesh.	<b>7 Hrs</b>		
Unit 2	History of Women's Cricket.			
Unit 3	History of Indian cricket.		<b>R</b>	<b>1</b>
Unit 4	History of One-day cricket			
Unit 5	History of World Cup Cricket			
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Cricket Controlling Bodies and its Organizational Set up- ICC, MCC and TCCB	<b>7 Hrs</b>	<b>R</b>	<b>2</b>
Unit 2	Organizational setup, aims and objectives of B. C. C.I.			
Unit 3	Standing committee of B.C.C.I.			





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Unit 4	Major tournaments organized by.C. C.I.			
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	Module-3	Time	Learning Domains	CO NO.
Unit 1	Layout and maintenance of the oval.	7 Hrs	U, A	3
Unit 2	Dimensions of the field.			
Unit 3	Pitch- Types of Pitches and preparation and maintenance of a Turf Wicket			
Unit 4	Essential equipment, measurements of equipment.			
Unit 5	Teaching Aids.			
Unit 6	Warming Up, importance of warming up.			

	Module-4	Time	Learning Domains	CO NO.
Unit 1	Unit 1 Fundamental skills - Batting - Basics, Defensive strokes, Attacking strokes, Modern improvised strokes, Running between the wickets and Drills to improve the batting skills	7 Hrs	S, E, An	4
Unit 2	Unit 2 Bowling-Basics, Out swinger, In swinger, Reverse swing, Off Spin and its variations, Leg spin and its variations and Drills to improve the bowling skills.			
Unit 3	Unit 3 Fielding-Ground fielding.(Stationary, on the run and Slide Stop) Catching.(High, Low, Flat and Reflex-Catching)			
Unit 4	Unit 4 Wicket Keeping - Drills to improve the wicket keeping skills.			

	Module-5	Time	Learning	CO NO.
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			Domains	
Unit 1	The laws of cricket with interpretations.	<b>7 Hrs</b>	<b>R, A</b>	<b>5</b>
Unit 2	Officials in Cricket			
Unit 3	Umpires and their duties. 1.Duties before the match 2.Duties during the interval. 3.Duties after the match			
Unit 4	Signals, Unofficial and additional signals			

	Module-6	Time	Learning Domains	CO NO.
Unit 1	Captaincy: Qualities of a good captain.	<b>7 Hrs</b>	<b>R, A</b>	<b>5</b>
Unit 2	Duties of captain			
Unit 3	Symptoms of bad captaincy.			
	Module-7	Time	Learning Domains	CO NO.
Unit 1	Criteria for selection of players at various levels.	<b>7 Hrs</b>	<b>U, E, Ap</b>	<b>6</b>
Unit 2	Warming up, conditioning and training process.			
Unit 3	Training methods.			
Unit 4	Planning a Coaching camp: Annual, Weekly and daily plan.			
	Module-8	Time	Learning Domains	CO NO.
Unit 1	Psychological qualities of a cricket	<b>7 Hrs</b>	<b>U, A</b>	<b>7</b>



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	player.			
Unit 2	Method of developing psychological qualities. Psychological Skills Training			

	Module-9	Time	Learning Domains	CO NO.
Unit 1	Injuries in cricket, prevention and first aid.	7 Hrs	U, A	7
Unit 2	Nutrition for cricket players.			

	Module-10	Time	Learning Domains	CO NO.
Unit 1	Modern Trends in Cricket	7 Hrs	R	1
Unit 2	Cricket Vocabulary, Award winners and Records.			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination

## REFERENCES

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2. Bose, Mihir. A History of Indian Cricket, NewDelhi: Rupa&Co.1990.
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Approval Date	
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Implementation Date	
School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Sports Specialization- Volleyball
Types of Course	Core
Course Code	PEM21C28
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD



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Course Summary & Justification	The objective of this paper is to have a basic understanding of the game, its fundamental and advanced skill and training aspects of various skills. It is a clear insight regarding the organizational setup at national & international levels.					
Semester	3		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	History and development of the game	R	1
2	National and international organizational setup of the game	U	1
3	Rules of the game and responsibilities of officials	U, A	2,7
4	Warmingup– General, specific & competition	U, S, A	2,8
5	Construction and maintenance of volleyball court	U, C, A	3,5,7
6	Fundamental & advanced skills of the game	S, A, An, E, R	2,6,9
7	Types & organisation of competitions	U, A, Ap	3,10
8	Tactical trainings used in the game	U, A, E, S, R, An	3,8



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9	Specific tests used volleyball	U, A, S	5,10
10	Psychological preparation of a volleyball player to face various game situations	U, A, I	3,6,10
11	Various types of training & periodization used in the game	U, A, S, C, An	5,9,10
12	Injury, prevention, first aid measures & nutrition aspects of the game	U, R, A, An	3,10

*\*Remember(R), Understand(U), Apply(A), Analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	History of Volleyball, the development of game in the world, volleyball in Asia, Volleyball in India	<b>8 Hrs</b>	<b>R, U</b>	<b>1, 2</b>
Unit 2	Organizational setup FIVB, AVC and VFI			
Unit 3	Recipients of Arjuna award and Dronacharya award.			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Unit 1 Warming Up, importance of warming up, principles of warming up, methods of warming up: general, specific and competition warming up, warm down.	<b>8 Hrs</b>	<b>U, S, A, C</b>	<b>3, 4, 5</b>
Unit 2	Unit 2 Court making: Construction and maintenance of volleyball court. Essential and additional equipment in volleyball.			



Unit 3	Unit 3 Rules of volleyball and their interpretation.			
Unit 3	Unit4 Duties of officials, Beach volleyball.			
	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Teaching and training of the techniques: with analysis. Volleyball pass (overhead pass), Under hand pass (Dig pass), Underhand service, Tennis service, Upper hand back pass, Floating service, Pass in jump, Straight smash, Smash with body turn, Wrist outward smash, Wrist in ward smash, Hesitation and smash, Zig-zag smash, Back-court attack, Rising ball Jump service, Oneman pass with back rolling, Volley pass with back rolling, Forward dive and pass, Single block, Group block, Setup. Training the setter and Attack on direct pass from back court.	<b>8 Hrs</b>	<b>S, A, An, E, R</b>	<b>6</b>
	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Organization of competitions: Types of competitions and organization of competitions.	<b>8 Hrs</b>	<b>U, A, Ap</b>	<b>7</b>
Unit 2	Systems of conducting the competition and world, Asia, Commonwealth, regional and national levels.			
Unit 3	Methods of drawing, fixtures, to divide positions at the end of competitions.			
Unit 4	Philosophy of officiating- mechanics of officiating, steps to improve officiating.			
Unit 5	Prerequisite characteristics of a volleyball			



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	player			
	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Unit 1 Tactics: Tactical training, individual tactics in service, service reception, set up, attack, block and defence	<b>8 Hrs</b>	<b>U, A, E, S, R, An</b>	<b>8</b>
Unit 2	Unit 2 Group tactics:1) Service reception: 6 men reception, 5 men reception, 4 men reception, 3 men reception, 2 men reception.			
Unit 3	Unit 3 Attacking combinations: attack by 2, 3 front row players and back row players and methods of teaching attacking combinations.			
Unit 4	Unit 4 Defence: Methods of teaching the defence system. Free ball defence (defence with noblock). 2-1-3 forward angle defence. 2-1-3 backward angle defence. 2-0-4 defence system.1-2-3 defence system. 2-2-2 defence system.1-1-4 defence system. 3-0-3 defence system.3-1-2 defence system. Covering the attack and methods of teaching.			
	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Test and measurements: Specific test for volleyball (endurance, speed, flexibility, explosive straits of arms and legs, jumping ability and speed endurance).	<b>8 Hrs</b>	<b>U, A, S</b>	<b>9</b>
Unit 2	Tests for skills: Service-digpass, volleypass, set up test, attack test, defence test.			
Unit 3	Selection of players and team composition: Talent selection, selection of a team, selection of team captain, selection of starting six for immediate participation in competitions, team			





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	composition, scouting, preparation of scout report, procedures, are as scouted, use of scout report in individual player coaching and team coaching.			
	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Psychological characteristics of a volleyball player: Psychological qualities required to specific position, methods of developing psychological qualities	<b>8 Hrs</b>	<b>U, A, I</b>	<b>10</b>
Unit 2	Grading the team before, during and after the match, tactics of substitution and timeout, rhythm of the game, switching of players, direct preparation of a team for a decisive competition.			
	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Complex training, functional training, pressure training, concentration training, Will training, situational training, small court games.	<b>7 Hrs</b>	<b>U, A, S, C, An</b>	<b>11</b>
	<b>Module-9</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Unit 1 Periodization and planning. Long Term plan, annual plan, weekly and daily plan.	<b>7 Hrs</b>	<b>U,A,S,C,R,An</b>	<b>11, 12</b>
Unit 2	Unit 2 Injuries in volleyball, prevention and first aid measures. Nutrition of volleyball players, fatigue and recovery measures			
<b>Teaching and Learning Approach</b>		<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.		
<b>Assessment Types</b>		<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA)		



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	<p>b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar</p> <p>c. Assignments</p> <p>d. Semester End examination</p>
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### **REFERENCES**

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Specialization- Yoga					
Types of Course	Core					
Course Code	PEM21C29					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The objective of this paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects of various skills. It gives a clear insight regarding the organizational setup at the national and international level.					
Semester	3		Credit		4	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Need and importance of yoga in the field of physical education and sports	R, U, An	2,7
2	Yoga in bhagavad gita: karma yoga, raja yoga, jnana yoga, bhakthi yoga and Ashtanga Yoga	R, U	2,6,9
3	Asanas, Pranayama, Mudras, Bandhas, Chakras and meditation	An, Ap, S, I	2,6,9
4	Kriya And Surya Namaskar and psychological and physiological effects of yoga	U, R, Ap, An	2,9

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	
Unit 1	Introduction : meaning and definition of yoga	14 Hrs	R, U, An	1
Unit 2	Origin and development of yoga			
Unit 3	Aims and objectives of yoga			
Unit 4	Need and importance of yoga in the field of physical education and sports			



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	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Yoga Sutras	<b>14 Hrs</b>	<b>R, U</b>	<b>2</b>
Unit 2	Ashtanga Yoga and its eight limbs			
Unit 3	Yoga in bhagavad gita : karma yoga, rajayoga, jnana yoga, bhakti yoga			
	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Asanas types and classification	<b>14 Hrs</b>	<b>S, I, An, Ap</b>	<b>3</b>
Unit 2	Pranayama meaning and types			
Unit 3	Bandhas meaning and types			
Unit 4	Chakras meaning and types			
Unit 5	Mudras meaning and types			
Unit 6	Meditation meaning techniques and benefits			
	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Shat Kriyas	<b>14 Hrs</b>	<b>U, R, Ap, An</b>	<b>4</b>
Unit 2	Meaning techniques and benefits of Neti, Dhauti, Kapalbhati, Trataka, Nauli, Basti			
Unit 3	Surya Namaskar and its benefits			



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	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Unit 1 Effect of Yoga on physiological systems:- Circulatory System, Skeletal System, Digestive System, Nervous System, Respiratory System, Excretory System	<b>14 Hrs</b>	<b>U, R, Ap, An</b>	<b>4</b>
Unit 2	Unit 2 Yoga in Psychological preparation of an athlete:-mental well being, anxiety, depression, concentration, self-actualization			
<b>Teaching and Learning Approach</b>		<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.		
<b>Assessment Types</b>		<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination		

**REFERENCES**

Aurobindo. (1974). Lights on Yoga – Aurobindo Ashram,Brown, F.Y.(2000).How To Use Yoga.Delhi:SportsPublication.

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Implementation Date	
School Name	School of Physical Education and Sports Sciences



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NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

Programme	MPES					
Course Name	Advance Coaching Ability - Basketball					
Types of Course	Elective					
CourseCode	PEM21E30					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	3			Credit		2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game/sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Advanced Techniques / Skills development:	<b>15 Hr</b>	<b>U, E, An, Ap, A, S, C</b>	<b>1</b>
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique / skill training : Preparatory, Basic, Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm-up and cooldown for game/ sports.			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group
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	activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination
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School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Advance Coaching Ability - Judo



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Types of Course	Elective					
CourseCode	PEM21E31					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	3		Credit		2	
Total Student LearningTime(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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### COURSE OUTCOMES(CO)

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game/sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	
Unit 1	Advanced Techniques / Skills development:	15 Hr	U, E, An, Ap, A, S, C	1
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique / skill training : Preparatory, Basic, Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit	Latest methods of Warm-up and			



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6	cooldown for game/ sports.			
<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.			
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination			

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Advance Coaching Ability - Football					
Types of Course	Elective					
CourseCode	PEM21E32					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	3		Credit		2	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO	Expected Course Outcome	Learning	PSO
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No.		Domains	NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game/sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	
Unit 1	Advanced Techniques / Skills development:	15 Hr	U, E, An, Ap, A, S, C	1
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique / skill training : Preparatory, Basic, Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm-up and cooldown for game/ sports.			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b>
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	Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination
Approval Date	
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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Advance Coaching Ability - Cricket					
Types of Course	Elective					
Course Code	PEM21E33					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	3		Credit		2	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO	Expected Course Outcome	Learning	PSO
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No.		Domains	NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game/sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	
Unit 1	Advanced Techniques / Skills development:	15 Hr	U, E, An, Ap, A, S, C	1
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique / skill training : Preparatory, Basic, Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm-up and cool down for game/ sports.			
<b>Teaching and Learning Approach</b>		<b>Classroom Procedure (Mode of transaction)</b>		



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	Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination

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School Name	School of Physical Education and Sports Sciences
Programme	MPES



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NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

Course Name	Advanced Coaching ability– Track and Field					
Types of Course	Elective					
CourseCode	PEM21E34					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	3		Credit		2	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6



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2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game/sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze (An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Advanced Techniques / Skills development:	<b>15 Hr</b>	<b>U, E, An, Ap, A, S, C</b>	<b>1</b>
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique / skill training : Preparatory, Basic, Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm-up and cooldown for game/ sports.			
<b>Teaching and Learning Approach</b>		<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.		
<b>Assessment Types</b>		<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA)		



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	<p>b. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical &amp; Viva examination</p>
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School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Advance Coaching Ability - Handball
Types of Course	Elective



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CourseCode	PEM21E35					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	3			Credit		2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

### COURSE OUTCOMES (CO)

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10



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3	Application of modern training methods trends in specialised game/sport	A, S, C	6,10
*Remember(R), Understand(U), Apply(A), analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)			

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Advanced Techniques / Skills development:	<b>15 Hr</b>	<b>U, E, An, Ap, A, S, C</b>	<b>1</b>
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique / skill training : Preparatory, Basic, Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm-up and cooldown for game/ sports.			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA)





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	<ul style="list-style-type: none"><li>b. Ability to handle coaching classes</li><li>c. Ability to prepare training plans</li><li>d. Semester End Practical &amp; Viva examination</li></ul>
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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Advance Coaching Ability - Volleyball					
Types of Course	Elective					
CourseCode	PEM21E36					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	3			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game/sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	
Unit 1	Advanced Techniques / Skills development:	15 Hr	U, E, An, Ap, A, S, C	1
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique / skill training : Preparatory, Basic, Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm-up and cooldown for game/ sports.			
<b>Teaching and Learning</b>		<b>Classroom Procedure (Mode of transaction)</b>		



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<b>Approach</b>	Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination

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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Advanced Coaching Ability- Yoga					
Types of Course	Elective					
CourseCode	PEM21E37					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	3			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**

CO	Expected Course Outcome	Learning	PSO
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No.		Domains	NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game/sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	
Unit 1	Advanced Techniques / Skills development:	15 Hrs	U, E, An, Ap, A, S, C	1
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique / skill training : Preparatory, Basic, Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm-up and cool down for games/ sports.			
<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.			



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<b>Assessment Types</b>	<b>Mode of Assessment</b>
	<ul style="list-style-type: none"><li>a. Continuous Internal Assessment (CIA)</li><li>b. Ability to handle coaching classes</li><li>c. Ability to prepare training plans</li><li>d. Semester End Practical &amp; Viva examination</li></ul>

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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency in Skill Execution & Officiating -- Basketball					
Types of Course	Elective					
CourseCode	PEM21E38					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	3		Credit		2	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**





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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A, An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques / Skills	7 Hrs	U, A, An, S	1
Unit 2	Advanced Classification of techniques / skills.			

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Qualities of good officials, Duties of official (pre, during and post game), rules and their interpretations.	8 Hrs	E, U, An, Ap, A	1

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative
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	learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to execute skills c. Court dimensions, marking & officiating d. Semester End Practical & Viva examination

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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency in Skill Execution & Officiating -- Judo					
Types of Course	Elective					
CourseCode	PEM21E39					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	3		Credit		2	
Total Student LearningTime(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A, An	8,10

*\*Remember(R), Understand(U), Apply(A), analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques / Skills			
Unit 2	Advanced Classification of techniques / skills.	7 Hrs	U, A, An, S	1
	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of official (pre, during and post game), rules and their interpretations.	8 Hrs	E, U, An, Ap, A	1



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<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to execute skills c. Court dimensions, marking & officiating d. Semester End Practical & Viva examination

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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency in Skill Execution & Officiating -- Football					
Types of Course	Elective					
CourseCode	PEM21E40					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	3		Credit			2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A, An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques / Skills	7 Hrs	U, A, An, S	1
Unit 2	Advanced Classification of techniques / skills.			

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of official (pre, during and post game), rules and their interpretations.	8 Hrs	E, U, An, Ap, A	1

Teaching and Learning	Classroom Procedure (Mode of transaction)
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<b>Approach</b>	Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to execute skills c. Court dimensions, marking & officiating d. Semester End Practical & Viva examination

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Course Name	Efficiency in Skill Execution & Officiating -- Cricket					
Types of Course	Elective					
CourseCode	PEM21E41					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	3			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
	Prerequisite	NIL				

**COURSE OUTCOMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9



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2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A, An	8,10
<p><i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)</i></p>			

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques / Skills	7 Hrs	U, A, An, S	1
Unit 2	Advanced Classification of techniques / skills.			
	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of official (pre, during and post game), rules and their interpretations.	8 Hrs	E, U, An, Ap, A	1
<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.			
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to execute skills c. Court dimensions, marking & officiating			



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	d. Semester End Practical & Viva examination
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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency in Skill Execution & Officiating –Track and Field					
Types of Course	Elective					
CourseCode	PEM21E42					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	3		Credit		2	
Total Student LearningTime(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A, An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques / Skills	7 Hrs	U, A, An, S	1
Unit 2	Advanced Classification of techniques / skills.			

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of official (pre, during and post-game), rules and their interpretations.	8 Hrs	E, U, An, Ap, A	1

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b>



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	<ul style="list-style-type: none"><li>a. Continuous Internal Assessment (CIA)</li><li>b. Ability to execute skills</li><li>c. Court dimensions, marking &amp; officiating</li><li>d. Semester End Practical &amp; Viva examination</li></ul>
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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency In Skill Execution & Officiating - Handball					
Types of Course	Elective					
Course Code	PEM21E43					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, over all controlling of the competition etc.					
Semester	3		Credit		2	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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**COURSE OUTCOMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A, An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques / Skills	7 Hrs	U, A, An, S	1
Unit 2	Advanced Classification of techniques / skills.			
	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of official (pre, during and post game), rules and their interpretations.	8 Hrs	E, U, An, Ap, A	1

<b>Teaching and</b>	<b>Classroom Procedure (Mode of transaction)</b>
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<b>Learning Approach</b>	Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Ability to execute skills c. Court dimensions, marking & officiating Semester End Practical & Viva examination
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School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Efficiency in Skill Execution & Officiating - Volleyball
Types of Course	Elective
Course Code	PEM21E44
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD
Course Summary	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the



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& Justification	concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	3		Credit		2	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A, An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*



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**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Executing advanced Techniques / Skills	<b>7 Hrs</b>	<b>U, A, An, S</b>	<b>1</b>
Unit 2	Advanced Classification of techniques / skills.			
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of officials (pre, during and post game), rules and their interpretations.	<b>8 Hrs</b>	<b>E,U,An, Ap,A</b>	<b>1</b>
<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.			
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment(CIA) b. Ability to execute skills c. Court dimensions, marking & officiating d. Semester End Practical & Viva examination			
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency in Skill Execution & Officiating - Yoga					
Types of Course	Elective					
Course Code	PEM21E45					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	3		Credit		2	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	learning NIL					

**COURSE OUTCOMES(CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A, An	8,10

*\*Remember(R), Understand(U), Apply(A), analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques / Skills	7 Hrs	U, A, An, S	1
Unit 2	Advanced Classification of techniques / skills.			

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of officials (pre, during and post game), rules and their interpretations.	8 Hrs	E, U, An, Ap, A	1
<b>Teaching and Learning Approach</b>		<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.		
<b>Assessment Types</b>		<b>Mode of Assessment</b>		



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	<ul style="list-style-type: none"><li>a. Continuous Internal Assessment (CIA)</li><li>b. Ability to execute skills</li><li>c. Court dimensions, marking &amp; officiating</li><li>d. Semester End Practical &amp; Viva examination</li></ul>
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School Name	School of Physical Education and Sports Sciences		
Programme	MPES		
Course Name	SPORTS MEDICINE		
Types of Course	Core		
Course Code	PEM21C46		
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD		
Course Summary & Justification	Sports medicine is a subject that helps the students to have a deep understanding of injuries, management, prevention and their rehabilitation. This will help students to have a clear insight about how an athlete's body can react to certain injuries and various concepts in medicine.		
Semester	4	Credit	4



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Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	10	20	100
Prerequisite	NIL					

**COURSE OUTCOMES( CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Review of structure and function of various systems.	R	1
2	Types of injuries in sports : Skin injuries, bone injuries and soft tissue injuries	R, U, An	2
3	General principles and management of cardiopulmonary, head and neck injuries and first aid in sports injuries	An	3,5
4	Therapeutic modalities in sports medicine	U	4,5
5	Brief understanding of injuries, management and rehabilitation	U, An	3,5
6	Thermal injuries prevention and management	U, E	3
7	Female athlete triad and hazards of doping	An	1,2

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**



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	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Introduction: Review of structure and function of various systems.	<b>7 Hrs</b>	<b>R</b>	<b>1</b>
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Unit1 Types of Injuries In sports:	<b>9 Hrs</b>	<b>R, U, An</b>	<b>2</b>
Unit 2	Skin injuries: Abrasions, lacerations, Incisions, puncture wounds, blisters, sunburn.			
Unit 3	Bone Injuries: Fractures, Dislocations.			
Unit 4	Soft tissue injuries: Contusions, strains, sprains, overuse injuries.			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	General principles of management of: Cardiopulmonary emergencies, head and neck injuries, shock, internal injuries, superficial bleeding, fractures, dislocations.	<b>9 Hrs</b>	<b>An</b>	<b>3</b>
Unit 2	Muscle and Tendon injuries, ligament injuries.			
Unit 3	Prevention of sports injuries.			
Unit 4	First aid in sports injuries			





	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Therapeutic modalities in sports medicine : Physiological effects of heat and cold.	<b>9 Hrs</b>	<b>U</b>	<b>4</b>
Unit 2	Brief description of procedure, indications and contraindications of infrared, paraffin wax, contrast bath, Whirlpool, short wave diathermy, ultrasound, ice.			
	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Brief understanding of the following regional injuries, their assessment, immediate management and rehabilitation: Head injuries types: Scalp injuries, concussion, fracture, intracranial bleeding, on field evaluation and management of unconscious athletes.	<b>9 Hrs</b>	<b>U, An</b>	<b>5</b>
Unit 2	Shoulder girdle injuries : Fracture Clavicle, Acromioclavicular joint sprain.			
Unit 3	Shoulder joint: Dislocations, rehabilitation of dislocated shoulder, impingement syndrome.			
Unit 4	Elbow: Tennis elbow-rehabilitation.			
Unit 5	Spine injuries : On field evaluation, transportation of spine injured athletes.			
Unit 6	Low Back pain : Prevention of low back ache. Brief understanding of rehabilitation			
Unit 7	Knee: Types of knee injuries, Brief understanding of rehabilitation after			



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	dislocation patella and internal derangement knee.			
Unit 8	Thigh injuries: Quadriceps contusion, strain hamstring strain rehabilitation.			
Unit 9	Leg-ankle: Causes of shin pain, Achilles tendonitis, ankle sprains, rehabilitation of sprained ankle.			

	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Thermal injuries : Prevention and management of heat cramps, heat fatigue, heat exhaustion, heat stroke	<b>9 Hrs</b>	<b>U, E</b>	<b>6</b>
	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Brief understanding of the special problems of the female athletes.	<b>9 Hrs</b>	<b>An</b>	<b>7</b>
	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Nutrition for the athlete, proximate principles of diet, pre-game meal, sugar & fluid intake during competition, carbohydrate loading.	<b>9 Hrs</b>	<b>An</b>	<b>7</b>
Unit 2	Doping: Definition, classification, Hazards and its control.			

**PRACTICALS**



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1. Demonstration of the use of different therapeutic modalities.
2. Training in cardiopulmonary resuscitation.
3. Emergency bandaging and splinting techniques.
4. On field evaluation and transportation of the spine injured athlete.

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> <ol style="list-style-type: none"><li>a. Continuous Internal Assessment (CIA)</li><li>b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar</li><li>c. Assignments</li><li>d. Semester End examination</li></ol>

## REFERENCES

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School Name	School of Physical Education and Sports Sciences
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Programme	MPES					
Course Name	Professional Preparation and Curriculum Design in Physical Education					
Types of Course	Core					
Course Code	PEM21C47					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	This subject will help the students to acquire knowledge on curriculum design and will enable the students to have a deeper understanding on research experience and professional preparation. This will aid them to have a clear insight regarding professional qualification and personal qualities of physical educators.					
Semester	4		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	10	20	100
Prerequisite	NIL					

**COURSE OUTCOMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
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1	Foundations of professional preparation, process and factors affecting educational policies	R	2
2	Role of central government in education and professional preparation, concept of professional leadership and preparation in India	R, U	3,4
3	Professional qualification and personal qualities of physical educators	A	3
4	Admission procedures and admission requirements	E, An	3
5	Curriculum designing and its importance, outcome of each class of activities	C, A	3
6	Methods of teaching and grouping of students for instruction	S	3,5
7	Co-education in physical education and integrating the programs for boys and girls	U, E	3

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Foundations of professional preparation: Ideals of Indian democracy-contribution of Physical Education.	<b>12 Hrs</b>	<b>R, U</b>	<b>1, 2</b>
Unit 2	Process and factors affecting educational policies and programmes-social, religious, economic and political.			
Unit 3	The purposes of education and Physical Education.			
Unit 4	Role of Central Government in education and			



	professional preparation			
Unit 5	Professional associations.			
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Professional preparation in Physical Education : Historical review of Professional preparation in India.	<b>12 Hrs</b>	<b>A</b>	<b>3</b>
Unit 2	The concept of Professional leadership and preparation in India.			
Unit 3	Professional qualifications and personal qualities of Physical Educators			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Undergraduate Preparation of Professional personnel: Purposes of undergraduate preparation.	<b>12 Hrs</b>	<b>E, An</b>	<b>4</b>
Unit 2	Admission procedures.			
Unit 3	Curriculum-Field experiences, laboratory experiences, teaching practice, professional competencies to be developed, facilities and social resources for libraries.			
Unit 4	Post-Graduate Preparation: Purposes of post-graduate studies.			
Unit 5	Admission requirements.			
Unit 6	Specialization.			
Unit 7	Research Experience			
	<b>Module-4</b>	<b>Time</b>	<b>Learning</b>	



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			<b>Domains</b>	
Unit 1	Curriculum Designing. The importance of Curriculum Designing	<b>12 Hrs</b>	<b>C, A</b>	<b>5</b>
Unit 2	Curriculum patterns-activity bases, movement based, concepts based, developmental need based, student-centered curriculum patterns.			
Unit 3	Role of the teacher in Curriculum Designing.			
Unit 4	Principles of Curriculum planning			
Unit 5	Selection of educational activities.			
Unit 6	Classification of activities in Physical education			
Unit 7	Outcome of each class of activity			
Unit 8	Suitability of activities for different age groups and sexes.			
Unit 9	Progression in curriculum.			
Unit 10	Cultural Influence in the choice of activities.			
Unit 11	Flexibility Of programme material.			





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	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Methods of teaching : Command method, practice method, guided discovery and problem-solving.	<b>12 Hrs</b>	<b>S</b>	<b>6</b>
Unit 2	Grouping of students for instruction.			
Unit 3	Time allotment.			
Unit 4	Block programme			
Unit 5	Teaching aids.			
Unit 6	Provision for individual differences			
Unit 7	Development of programmes for different levels. Kindergarten, Elementary school, Middle school, 10+2 school, college and university, special institutions, (technical school, orphans hostel).			
Unit 8	Adapted Physical Education.			
	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	
Unit 1	Co-education in Physical Education:	<b>12 Hrs</b>	<b>U, E</b>	<b>7</b>
Unit 2	Integrating the programmes for boys and girls			



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Unit 3	Activities suitable for co-educational needs	
Unit 4	Levels at which co-education is desirable.	
Unit 5	Special provision for development of girl's programmes.	

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination

## REFERENCES

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Specialization - Basketball					
Types of Course	Core					
Course Code	PEM21C49					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The objective of this paper is to have a basic understanding of the game ,its fundamental and advanced skills and training aspects of various skills. It gives a clear insight regarding the organizational setup at the national and international level.					
Semester	4		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning	70	-	20	10	100

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	Collaborative learning Independent learning					
Prerequisite	NIL					

### COURSE OUTCOMES( CO)

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	History and development of Basketball and the organizational setup of basketball at international and national level	R, U	2,7,10
2	Rules and officiating the Game-duties of officials and statistical analysis of players and matches	R, U	3,7,8
3	Organizational setup at the International Level-FIBA and Structure of the National Federation.	An	3,10
4	The Court-Dimensions and Markings and Equipments and its measurement	U	5,7
5	Fundamental and advanced skills	U,A	2,6,9
6	Training of Various Skills : dribbling, passing, shooting Rebounding, defensive drills	U, E, S, An	2,6,9
7	Selection of teams and organization of short-term camps and diet and mental attitude	A, An, S, I	3, 10
<p><i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)</i></p>			



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### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	History and development of Basketball	<b>8 Hrs</b>	<b>R, U</b>	<b>1</b>
Unit 2	Organizational setup of Basketball at national and international level.			
Unit 3	Distinguished personalities			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	History and development of Basketball	<b>8 Hrs</b>	<b>R, U</b>	<b>2</b>
Unit 2	Organizational setup of Basketball at national and international level.			
Unit 3	Distinguished personalities			
Unit 4	History and development of Basketball			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Organizational setup at the International Level-FIBA	<b>7 Hrs</b>	<b>An</b>	<b>3</b>
Unit 2	Structure Of the National Federation.			

  

	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	The Court-Dimensions and Markings	<b>7</b>	<b>U</b>	<b>4</b>



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Unit 2	Equipment's and its measurement	<b>Hrs</b>		
Unit 3	Teaching Aids			
	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental Skills-Dribbling-Basic and reverse dribbling	<b>8 Hrs</b>	<b>U, A</b>	<b>5</b>
Unit 2	Ball Handling-Grip, Pivoting, Strides Top, Jump Stop, Passes-Chest Pass, Back Pass, Overhead Pass, Head Push Pass etc			
Unit 3	Shooting-The Set Shot, The Jump Shot, The LayUp Shot			
Unit 4	The Rebound-Boxing out, Tipping-in, Defensive catching, Offensive catching			
Unit 5	Defence-Individual Defence, Stance, Defence against a dribbler, Marking a passer, Preventing Pass reception			
	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Advance Skills - Crossover dribbling, between the legs dribbling, behind the back dribbling, fake and drive, tip off during jump ball.	<b>8 Hrs</b>	<b>U, E, S, An</b>	<b>6</b>
Unit 2	Advanced Shooting- The Hook Shot, The Slam Dunk, All Post Moves			
Unit 3	Fake and Drive			
	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Dribbling Drills - Dribbling reaction, dribbling cones, dribbling tag	<b>8 Hrs</b>	<b>U, E, S, An</b>	<b>6</b>



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Unit 2	Passing Drills-Wall passing, piggy in the middle, 2-player passing drill,			
Unit 3	Shooting Drills - One player drill, around the world, lay-up drill, three-man shooting drill			
Unit 4	Rebound Drills- One-Player drill, Tipping in drill, one on one drill			
Unit 5	Defensive Drills-Zig-Zag drills, Denial drill, Two On Two play.			
Unit 6	Fast break drills with three players and five players.			
	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Selection of teams and organization of short- term camps	<b>8 Hrs</b>	<b>A, An, S, I</b>	<b>7</b>
Unit 2	Teaching and coaching aids and gadgets			
Unit 3	Layout construction and maintenance of playground, equipment management			
Unit 4	Precautions and remedial measures of basketball injuries.			
Unit 5	Setplays, team offence, team defence, Free Time Play			
Unit 6	Team Selection and Teaching / Coaching camps for 15 or 30 Days			
	<b>Module-9</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Warming up , Stretching and cool down or	<b>8 Hrs</b>	<b>A, An,S,I</b>	<b>7</b>





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	warm down			
Unit 2	Diet and Mental attitude			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination

## REFERENCES

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Specialization - Judo					
Types of Course	Core					
Course Code	PEM21C50					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	This subject emphasized understanding the origin, historical background and development of the game. It also ensures the learning of different skills, techniques, rules and regulations of the game as well as criteria to select players of various levels. Subject further covers physical, physiological and psychological qualities of judo players and the methods to develop these qualities.					
Semester	4		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					



**COURSE OUTCOMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Origin and historical background of the game.	R	2,7
2	Different types and levels of competitions	R	3,10
3	Rules and regulations of the game	R, A	3,7
4	Technical preparation for the competitions	U, A	3,5,7
5	Fundamentals of the sport	A	2,6
6	Technical & tactical aspects of the sport	U, S, A	3,10
7	Selection and preparation of players under different criteria and training methods	A, An	3,10
8	Psychological aspects of Judo players and various methods to develop psychological qualities	A, An	5,10
9	Various types of injuries associated with the game and its prevention, treatment and rehabilitation	A, An	5,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Origin, history and growth of Judo India and in the world	10 Hrs	R	1, 2
Unit 2	World, Olympic and National competitions. World championships and regional championships.			



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	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Rules and regulations of Judo competition	<b>10 Hrs</b>	<b>R, A</b>	<b>3</b>
Unit 2	Planning the layout, construction, marking & Maintenance of the competition arena			
Unit 3	officiating and officials signals			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamentals of Judo : Rei (Salutation), Ukemi (Breakfalls), Shisei (Posture), Kumikata (Gripping), Shintai (Movement and Body Movement), Kuzushi (Making off Balance), Tsukuri and Kake (Technique)	<b>10 Hrs</b>	<b>A</b>	<b>5</b>

	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Techniques(Nage-waza-throwing techniques,Katame-waza-grappling techniques, Atemi-waza-striking techniques) and tactics of Judo	<b>10 Hrs</b>	<b>U, A, R, S</b>	<b>436</b>
Unit 2	IJF grading system			

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Criteria of selection of players at various levels	<b>10 Hrs</b>	<b>A, An</b>	<b>7</b>
Unit	Warming Up, conditioning and training			



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2	process			
Unit 2	Training methods, planning a coaching camp: Annual, Weekly and daily plan			

	Module-6	Time	Learning Domains	CO NO.
Unit 1	Psychological qualities of Judo player	10 Hrs	A, An	8
Unit 2	Psychological aspects of Self-defence			
Unit 2	Methods of developing psychological qualities			

	Module-7	Time	Learning Domains	CO NO.
Unit 1	Injuries in Judo: Knee injuries, head injuries, back injuries	10 Hrs	A, An	9
Unit 2	Prevention, treatment and rehabilitation of injuries Nutrition for Judo players			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar



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c. Assignments

d. Semester End examination

## REFERENCES

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9. Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.

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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Specialization - Track and Field					
Type of Course	Core					
Course Code	PEM21C51					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The objective of this paper is to have a basic understanding of Track & Field, its fundamental and advanced skill and training aspects of various skills. It is a clear insight regarding the organizational setup at national & international levels.					
Semester	4			Credit		4
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning	70	-	20	10	100



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	Independent learning					
Prerequisite	NIL					

### COURSE OUT COMES(CO)

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	History and development of the Track & Field events	R	2,7
2	National and international organizational setup & competitions	U	3,10
3	Rules, officiating & its principles	U, A	5,7,8
4	Markings & Layouts for track & field events	C, A	5,7
5	Fundamental techniques of running, jumping and throwing events	A, An, E, Ap	3,6,9
6	Combined events and its general training principles	A, An, E	3,6
7	Various types of training methods & periodization	U, A, An, E	3,6,10
8	Talent identification & and training for different level athletes	U, A, E, S, R, An, C	3,9
9	Psychological preparation of athletes to face various training & competition situations	U, A, S	3,9
10	Athletic Injuries, prevention, first aid measures of track and field events	U, A, I	4,10
11	Doping	U, An	3,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S),*





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*Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Introduction: History and development of Track and field events	<b>7 Hrs</b>	<b>R, U</b>	<b>1, 2</b>
Unit 2	Organizational setup of Track and Field Athletic			
Unit 3	Major competitions at National and International Levels			
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Rules and officiating in Track and field; Principles of officiating	<b>7 Hrs</b>	<b>U,A,C</b>	<b>3, 4</b>
Unit 2	Track and Field layout and Marking			
	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental techniques of Track events ; Sprint events-Running form, starting and finishing technique	<b>7 Hrs</b>	<b>A, AnE, Ap</b>	<b>5</b>
Unit 2	Middle and long distance running			
Unit 3	Walking events-walking technique			
Unit 4	Hurdles Events-Hurdling technique			



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	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental techniques of jumping events; Long jump - Mechanics of Jumping Hang style and hitch kick techniques-Approach run, Takeoff, action in the air, landing	<b>7 Hrs</b>	<b>A, AnE, Ap</b>	<b>5</b>
Unit 2	High jump-Straddle-role and Fosbury techniques			

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Fundamental Technique of Throwing Events - Mechanics of throwing.	<b>7 Hrs</b>	<b>A, AnE, Ap</b>	<b>5</b>
Unit 2	The shot put, Initial Stance, glide/ turn, throwing position, release, recovery.			
Unit 3	The discus throw, Technique - initial stance, preliminary swing, the turn, throwing position, release, recovery.			
Unit 4	The javelin throw, Technique-the grip, carry, five- stride rhythm, release, recovery.			
Unit 5	The hammer throw, Technique - the grip, initial position, preliminary swing, the turn release and reverse			
	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Combined Events - Decathlon and Heptathlon - General principles of training for combined events.	<b>7 Hrs</b>	<b>A, An, E</b>	<b>6</b>



	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Pedagogic Principles of Track and Field Training : a) Periodization of training-preparatory training- build up training- high performance training. b) Training plans Long term plan,yearly plan, monthly and weekly schedule, day's programme-physical qualities.	<b>7 Hrs</b>	<b>U, A, An, E</b>	<b>7</b>
	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Training Means and Methods: a) Conditioning, b) Warming Up-general and specific. c) Development of physical fitness and motor qualities. d) Specific training for techniques development tactics-effect of training in attitude.	<b>7 Hrs</b>	<b>U, A, An, E</b>	<b>7</b>
	<b>Module-9</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Talent Identification	<b>7 Hrs</b>	<b>U, A, E, S, R, C, An</b>	<b>8, 9</b>
Unit 2	Training youth athletes and women athletes			
Unit 3	Psychological preparation for competition in track and field.			
	<b>Module-10</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Common Injuries in Track and Field during Training and Competitions	<b>7 Hrs</b>	<b>U, a, I, An</b>	<b>10, 11</b>
Unit 2	Prevention, treatment and rehabilitation of athletic injuries.			



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Unit 3	Doping And its control			
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<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination

#### REFERENCES

1. Carr, GerryR. Fundamentals of Track and Field, Mumbai: The Marine Sports. 1995.
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School Name	School of Physical Education and Sports Sciences
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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Programme	MPES					
Course Name	Sports Specialization - Handball					
Types of Course	Core					
Course Code	PEM21C52					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The objective of this paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects of various skills. It gives a clear sight regarding the organizational setup at the national and international level. It gives ideas regarding the prevention and treatment of injuries.					
Semester	4			Credit		4
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	History and development of handball and the Organizational setup of the game at international and national level	R, U	2,7
2	Rules and officiating the Game, mechanism of officiating and quality of officials	R, U	3,7,8
3	Layout and maintenance of Indoor and Outdoor Handball court and Equipment specifications	R, U, An	3,7
4	Selection of players qualities of Handball players : physical qualities, motor qualities, psychological characteristics and sociological aspects	R, U ,Ap, An	5,9,10
5	Fundamental and advanced skills and tactics of the game	U, A	2,6,9
6	Selection of players; Identification of talents, basic training, team preparation	U, E, S, An	5,10
7	Common injuries prevention and treatment	A, An, S, I	5,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO
Unit 1	Origin, history and development of the game	8 Hrs	R, U	1
Unit 2	Organizational setup of Handball in National and International level-administrative setup of International and National Federations			
Unit 3	Major competitions at International and National Level.			



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	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b> .
Unit 1	Rules of the game and their interpretations; mechanism of officiating, quality of officials.	<b>8 Hrs</b>	<b>R, U, An</b>	<b>2, 3</b>
Unit 2	Lay out and maintenance of Indoor and Outdoor Handball courts			
Unit 3	Equipment specifications of the game, players and match officials.			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b> .
Unit 1	Selection of players; Pre-requisite qualities of Handball players: physical qualities, motor qualities, psychological characteristics and sociological aspects	<b>8 Hrs</b>	<b>R, u, Ap, An</b>	<b>4</b>
	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b> .
Unit 1	Fundamental Techniques of handball-Teaching Coaching: Passing, Dribbling, Shooting, goal-keeping, thrown, throw-off, goal throw, free-throw etc.	<b>8 Hrs</b>	<b>U, A</b>	<b>5</b>
	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b> .
Unit 1	Tactics Of the game; Team formation systems of play	<b>8 Hrs</b>	<b>U, A</b>	<b>5</b>
Unit 2	Attacking tactics: Position attack, counter			



	attack, elements of attack-dribbling, feinting, shooting at goal- penalty shoot, teamwork and individuality, elements of defence, marking, non marking, zonal covering, fast-break.			
Unit 3	Equipment specifications of the game, players and match officials.			
	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Training handball; General principles, warming up-general and specific, conditioning	<b>10 Hrs</b>	<b>U, A</b>	<b>5</b>
Unit 2	Periodisation of training, training for the development of basic fitness qualities of long term and short term training plan.			
Unit 3	Fundamental training, pressure training, recovery, conduct of coaching programme for short duration			
	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Selection of players; Identification of talents, basic training, team preparation	<b>10 Hrs</b>	<b>U, E, S, An</b>	<b>6</b>
Unit 2	Role of a coach before, during and after the game			
Unit 3	psychological preparation for competitions.			
	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Common injuries in handball; Shoulder injury,	<b>10</b>	<b>A, An, S, I</b>	<b>7</b>





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	Elbow injury, Knee injuries, head injuries, back injuries ankle injury	<b>Hrs</b>		
Unit 2	Prevention, treatment and rehabilitation of injuries.			
<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.			
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination			

### REFERENCES

1. Jain D. Play and Learn Handball, New Delhi: Khel Sahitya Kendra. 2005

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Specialization - Football					
Types of Course	Core					
Course Code	PEM21C53					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	Objective of the paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects. It gives a clear insight regarding the organizational setup at national and international level.					
Semester	4		Credit			4
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Origin and historical background of the game.	R	2,7
2	Organizational setup and competitions-National and international level	R	3,10
3	Rules and regulations of the game	R, A	5,7
4	Technical preparation for the competitions	U, A	5,8,9
5	Pre-requisite qualities of players	R, U	2,6
6	Fundamental skills	A	2,6
7	Tactical Aspects and training of the game	U, S, A	5,9,10
8	Various types of training and training plans used in the game	A, An	5,6
9	Role of a coach in talent identification, training and competition	A, An	3,10
10	Psychological preparation of a football player to face various game situations	A	5,10
11	Various types of injuries associated with the game and its prevention, treatment and rehabilitation	A, An	3,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Origin, history and development of the game	8 Hrs	R	1, 2
Unit 2	Organizational set up of soccer in national and international level-administrative set up of FIFA.			
Unit 3	Major competitions at International and			



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National Level.				
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Rules of the game and their interpretations	<b>10 Hrs</b>	<b>R, A, U</b>	<b>3, 4</b>
Unit 2	Mechanism of officiating, quality of officials			
Unit 3	Lay out and maintenance of football field			
Unit 4	Equipment specifications of the game			
Unit 5	Players and match officials.			
	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Pre-requisite qualities of football players: physical qualities, motor qualities, psychological characteristics and sociological aspects.	<b>10 Hrs</b>	<b>R, U</b>	<b>5</b>
	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Fundamental Techniques of soccer. Kicking:- Pushpass, low drive, outside foot kick, sweating kick, high drive, chippass, half volley, sidevolley, overhead kick.	<b>10 Hrs</b>	<b>A</b>	<b>6</b>
Unit 2	Heading:- Heading The ball, throwin, Feints With the ball, tackling.			
Unit 3	Goalkeeping:- Collecting over rolling the ball, flying ball at hip level, chestlevel, head level, over the head level, palming the ball, diving for the ball, movements of the goalkeeper.			
	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>



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Unit 1	Tactics of the game; Team formation systems, W-M, 3-2-5, 4-2-4, 4-3-3, 4-4-2	<b>10 Hrs</b>	<b>U, S, A</b>	<b>7</b>
Unit 2	Rational distribution of players, Total football.			
Unit 3	Attacking tactics: Position attack, counter attack, elements of attack-dribbling, feinting, shooting at goal- teamwork and individuality, elements of defence, marking, non marking, zonal covering, combined marking, challenging the ball, tackling, playing safe and taking risk, specialist players and all rounder substitution			
<b>Module-6</b>		<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
.				
Unit 1	Training Soccer play; General principles, warming up- general and specific, conditioning	<b>10 Hrs</b>	<b>An, A</b>	<b>8</b>
Unit 2	Periodisation of training, longterm and shortterm training plan.			
Unit 3	Fundamental training, set piece play, pressure training, recovery, conduct of coaching programme for short duration.			
<b>Module-7</b>		<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
.				
Unit 1	Selection of players; Identification of talents, basic training, team preparation	<b>8 Hrs</b>	<b>An, A</b>	<b>9, 10</b>
Unit 2	Role of a coach before, during and after the game			
Unit 3	Psychological preparation for competitions			
<b>Module-8</b>		<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
.				
Unit 1	Common injuries in football; Knee injuries,	<b>6 Hrs</b>	<b>An, A</b>	<b>11</b>



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	head injuries, back injuries			
Unit 2	Prevention, treatment and rehabilitation of injuries			
Unit 3	Nutrition for football players			
<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.			
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination			

**REFERENCES**

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2. Bauer, Gerhard. Soccer Techniques, Tactics And Teamwork, New York : Sterling Publishing Co. 1993
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8. Reilly, Thomas and William, A. Mark. Science and Soccer, London : Routledge.2003
9. Smith, Daveet. al. Football Skills and Tactics, Octopus Publishing Group.2002.
10. Ward, Adamand Lewin,Trevor. Junior Football, London:Bounty Books.2003.

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

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School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Specialization - Cricket					
Types of Course	Core					
CourseCode	PEM21C54					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	Objective of the paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects. It gives a clear insight regarding the organizational setup at national and international level. It also gives sides to guarding the prevention and treatment of injuries.					
Semester	4		Credit			4
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative	70	-	20	10	100



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	learning Independent learning					
Prerequisite	NIL					

**COURSE OUT COMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	History of the game and its development	R	2,7
2	Organisational setup and controlling bodies of the game at national and international level	R	3,10
3	Layout, maintenance and dimensions of the field	U, A	5,7
4	Batting skills, bowling skills, and fielding skills. Drills to improve various skills	S, An, E	2,6,9
5	Laws of cricket, duties of umpires and captains. Modern trends in cricket	R, A	3,8
6	Criteria for selection of players and training methods. Planning of coaching camp	U, E, Ap	3,6,10
7	Psychological skill training and injury prevention	U, A	5,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	History and development of cricket-Body line	7	R	1





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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

	and Ashes Series. Historical development of Cricket in England, Australia, West Indies, South Africa, New Zealand, India, Pakistan, Sri Lanka, Zimbabwe and Bangladesh.	<b>Hrs</b>		
Unit 2	History of Women's cricket.			
Unit 3	History of Indian cricket.			
Unit 4	History of One-day cricket			
Unit 5	History of World Cup Cricket			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Cricket Controlling Bodies and its Organizational Set up- ICC, MCC and TCCB Unit 2 Organizational setup, aims and objectives of B.C.C.I.	<b>7 Hrs</b>	<b>R</b>	<b>2</b>
Unit 2	Standing committees of B.C.C.I.			
Unit 3	Major tournaments organized by B.C.C.I.			
Unit 4	Cricket Controlling Bodies and its Organizational Set up- ICC, MCC and TCCB Unit 2 Organizational setup, aims and objectives of B.C.C.I.			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Layout and maintenance of the oval.	<b>7 Hrs</b>	<b>U, A</b>	<b>3</b>
Unit 2	Dimensions of the field.			
Unit 3	Pitch- Types of Pitches and preparation and maintenance of a Turf Wicket			



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Unit 4	Essential equipment, measurements of equipment.			
Unit 5	Teaching Aids.			
Unit 6	Warming Up, importance of warming up			

	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO</b>
Unit 1	Fundamental skills-Batting-Basics, Defensive strokes, Attacking strokes, Modern improvised strokes, Running between the wickets and Drills to improve the batting skills	<b>7 Hrs</b>	<b>S, An, E</b>	<b>4</b>
Unit 2	Bowling-Basics, Outswinger, Inswinger, Reverse swing, Off Spin and its variations, Leg spin and its variations and Drills to improve the bowling skills.			
Unit 3	Fielding-Ground fielding.(Stationary,on the run and Slide Stop) Catching. (High Low, Flat and Reflex Catching)			
Unit 4	Wicket Keeping-Drills to improve the wicket keeping skills.			

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	The laws of cricket with interpretations.	<b>7 Hrs</b>	<b>R, A</b>	<b>5</b>
Unit 2	Officials in Cricket			
Unit 3	Unit 3 Umpires and their duties a) Duties before			



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	the match b) Duties during the interval. c) Duties after the match			
Unit 4	Signals, Unofficial and additional signals			

	Module-6	Time	Learning Domains	CO NO.
Unit 1	Captaincy: Qualities of a good captain.	7 Hrs	R, A	5
Unit 2	Duties of captain			
Unit 3	Symptoms of bad captaincy.			

	Module-7	Time	Learning Domains	CO NO.
Unit 1	Criteria for selection of players at various levels.	7 Hrs	U, E, Ap	6
Unit 2	Warming up, conditioning and training process.			
Unit 3	Training methods.			
Unit 4	Planning a Coaching camp: Annual, Weekly and daily plan			

	Module-8	Time	Learning Domains	CO NO.
Unit 1	Psychological qualities of cricket player	7 Hrs	U, A	7
Unit 2	Method of developing psychological qualities.			



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	Psychological Skills Training			
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	<b>Module-9</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Injuries in cricket, prevention and first aid.	<b>7 Hrs</b>	<b>U, A</b>	<b>7</b>
Unit 2	Nutrition for cricket players.			

	<b>Module-10</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Modern Trends in Cricket	<b>7 Hrs</b>	<b>R</b>	<b>1</b>
Unit 2	Cricket Vocabulary, Award winners and Records			

Teaching and Learning Approach	Classroom Procedure (Mode of transaction) Authentic learning, case-based learning, collaborative learning, seminar, group activities.
Assessment Types	Mode of Assessment <ul style="list-style-type: none"> <li>a. Continuous Internal Assessment (CIA)</li> <li>b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar</li> <li>c. Assignments</li> <li>d. Semester End examination</li> </ul>

**REFERENCES**

1. A Handbook of Practical Training In Cricket, Mumbai:Jaico Publishing House, 1998.
2. Bose, Mihir. A History of Indian Cricket, NewDelhi: Rupa & Co.1990.



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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Sports Specialization - Volleyball					
Types of Course	Core					
Course Code	PEM21C55					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The objective of this paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects of various skills. It is a clear insight regarding the organizational setup at the national and international level.					
Semester	4		Credit		4	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning	70	-	20	10	100



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	Independent learning					
Prerequisite	NIL					



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### COURSE OUT COMES(CO)

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	History and development of the game	R	2,7
2	National and international organizational setup of the game	U	3,10
3	Rules of the game and responsibilities of officials	U,A	2,7
4	Warmingup – General, specific & competition	U,S, A	2,8
5	Construction and maintenance of volleyball court	U,C, A	3,5,7
6	Fundamental & advanced skills of the game	S,A,An,E, R	2,6,9
7	Types & organisation of competitions	U,A, Ap	3,10
8	Tactical trainings used in the game	U,A,E,S,R, An	3,8
9	Specific tests used volleyball	U,A, S	5,10
10	Psychological preparation of a volleyball player to face various game situations	U,A,I	3,6,10
11	Various types of training & periodization used in the game	U,A,S,C, An	5,9,10
12	Injury, prevention, first aid measures & nutrition aspects of the game	U, R, A, An	3,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT





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	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	History of Volleyball, the development of the game in the world, volleyball in Asia, Volleyball in India.	<b>8 Hrs</b>	<b>R, U</b>	<b>1, 2</b>
Unit 2	Organizational setup FIVB, AVC, and VFI			
Unit 3	Recipients of Arjuna award and Dronacharya award.			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Warming Up, importance of warming up, principles of warming up, methods of warming up: general, specific and competition warming up, warm down.	<b>8 Hrs</b>	<b>U, S, A, C</b>	<b>3, 4, 5</b>
Unit 2	Court Making: Construction and maintenance of volleyball court. Essential and additional equipment in volleyball.			
Unit 3	Rules of volleyball and their interpretation.			
Unit 4	Duties of officials, Beach volleyball.			



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	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Teaching and training of the techniques: with analysis. Volleyball pass(overhead pass), Under hand pass (Dig pass), Underhand service, Tennis service, Upper hand back pass, Floating service, Pass in jump, Straight smash, Smash with body turn, Wrist outward smash, Wristin wardsmash,Hesitation and smash, Zig-zags mash, Back-court attack, Rising Ball Jump service, Oneman pass with backrolling,Volleypass withback rolling, Forwarddive and pass, Single block, Group block, Setup. Training the setter and Attack on directpass from back court.	8 Hrs	S, A, An.E.R	6
	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Organization of competitions: Types of competitions and organization of competitions.	8 Hrs	U, A, Ap	7
Unit 2	Systems of conducting the competition and world, Asia, Commonwealth, regional and national levels.			
Unit 3	Methods of drawing, fixtures, to divide positions at the end of competitions.			
Unit 4	Philosophy of officiating- mechanics of officiating, steps to improve officiating.			
Unit 5	Prerequisite characteristics of a volleyball player.			



	Module-5	Time	Learning Domains	CO NO.
Unit 1	Tactics: Tactical training, individual tactics in service, service reception, set up, attack, block and defence.	<b>8 Hrs</b>		<b>8</b>
Unit 2	Group tactics: 1) Service reception: 6 men reception, 5 men reception, 4 men reception, 3 men reception, 2 men reception.			
Unit 3	<p>Attacking combinations: attack by 2, 3 front row players and back row players and methods of teaching attacking combinations.</p> <p>Unit 4 Defence: Methods of teaching the defence system. Free ball defence (defence with noblock). 2-1-3 forward angle defence. 2-1-3 backward angle defence. 2-0-4 defence system. 1-2-3 defence system. 2-2-2 defence system. 1-1-4 defence system. 3-0-3 defence system. 3-1-2 defence system. Covering of the attack and methods of teaching</p>			



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	<b>Module-6</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Test and measurements: Specific test for volleyball(endurance, speed, flexibility, explosive straights of arms and legs, jumping ability and speed endurance).	<b>8 Hrs</b>		<b>9</b>
Unit 2	Tests for skills: Service-dig pass, volley pass, set up test, attack test, defence test.			
Unit 3	Selection of players and team composition: Talent selection, selection of a team, selection of team captain, selection of starting six for immediate participation in competitions, team composition, scouting, preparation of scout report, procedures, areas scouted, using of scout report in individual player coaching and team coaching			
	<b>Module-7</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Psychological characteristics of a volleyball player:	<b>8 Hrs</b>	<b>U, A, I</b>	<b>10</b>



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	Psychological qualities required to specific position, methods of developing psychological qualities			
Unit 2	Grading the team before, during and after the match, tactics of substitution and timeout, rhythm of the game, switching of players, direct preparation of a team for a decisive competition			
	<b>Module-8</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Complex Training, functional training, pressure training, concentration training, Will Training, situational training, small court games.	<b>8 Hrs</b>	<b>U, A, S, C, An</b>	<b>11</b>
	<b>Module-9</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Periodization and planning. Long term plan, annual plan, weekly and daily plan.			
Unit 2	Injuries in volleyball, prevention and first aid measures. Nutrition of volleyball players, fatigue and recovery measures.	<b>8 Hrs</b>	<b>U, A, S, C, An, R</b>	<b>11, 12</b>



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<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination

#### REFERENCES

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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Sports Specialization Yoga
Types of Course	Core
Course Code	PEM21C56
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD
Course Summary & Justification	The objective of this paper is to have a basic understanding of the game, its fundamental and advanced skills and training aspects of various skills. It gives a clear insight regarding the organizational setup at the national and international level.



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Semester	4		Credit			4
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	70	-	20	10	100
Prerequisite	NIL					





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**COURSE OUT COMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Need and importance of yoga in the field of physical education and sports	R, U, An	1
2	Yoga in bhagavad gita : karma yoga, raja yoga, jnana yoga, bhakti yoga and Ashtanga Yoga	R,U	1, 2,9
3	Asanas, Pranayama, Mudras, Bandhas, Chakras and Meditation	An, Ap, S, I	2,9
4	Kriyas and Surya Namaskar and physiological effects of yoga	U, R, Ap, An	5,9

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit1	Introduction: meaning and definition of yoga	<b>14 Hrs</b>	<b>R, U, A, An</b>	<b>1</b>
Unit 2	Origin and development of yoga			
Unit 3	Aims and objectives of yoga			
Unit 4	Need and importance of yoga in the field of physical education and sports			



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	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Introduction: meaning and definition of yoga	<b>14 Hrs</b>	<b>R, U, A, An</b>	<b>1</b>
Unit 2	Origin and development of yoga			
Unit 3	Aims and objectives of yoga			
Unit 4	Need and importance of yoga in the field of physical education and sports			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Yoga Sutras	<b>14 Hrs</b>	<b>R, U</b>	<b>2</b>
Unit 2	Ashtanga Yoga and its eight limbs			
Unit 3	Unit 3 Yoga in bhagavad gita: karma yoga, rajayoga, jnana yoga, bhakti yoga			

	<b>Module-3</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Asanas types and classification	<b>14 Hrs</b>	<b>An, Ap, S, I</b>	<b>3</b>
Unit 2	Pranayama meaning and types			
Unit 3	Bandhas meaning and types			
Unit 4	Chakras meaning and types			
Unit 5	Mudras meaning and types			
Unit 6	Meditation meaning techniques and benefits			



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	<b>Module-4</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Shat Kriyas	<b>14 Hrs</b>	<b>U, R, Ap, An</b>	<b>4</b>
Unit 2	Meaning techniques and benefits of Neti, Dhauti, Kapalbhata, Trataka, Nauli, Basti			
Unit 3	Surya Namaskar and its benefits			

	<b>Module-5</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Effect of Yoga on physiological	<b>14 Hrs</b>	<b>U, R, Ap, An</b>	<b>4</b>
Unit 2	Yoga in Psychological preparation of an athlete:-mental well being, anxiety, depression, concentration, self-actualization			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> a. Continuous Internal Assessment (CIA) b. Seminar Presentation—a theme is to be discussed and identified to prepare a paper and present in the seminar c. Assignments d. Semester End examination

## REFERENCES

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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Advance Coaching Ability - Basketball					
Types of Course	Elective					
Course Code	PEM21E57					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	4		Credit		2	
Total Student Learning Time (SLT)		Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**



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NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game / sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit1	Advanced Techniques / Skills development:	14 Hrs	U, A, E, An, Ap, S, C	1
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique /skill training: Preparatory, Basic Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
	Learning Approach			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm - up and cooldown for game / sports.			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar,
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group activities.

<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination
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School Name	School of Physical Education and Sports Sciences
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Programme	MPES					
Course Name	Advance coaching ability – Judo					
Types of Course	Elective					
Course Code	PEM21E58					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	4		Credit		2	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
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1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game / sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Advanced Techniques / Skills development:	<b>14 Hrs</b>	<b>U, A, E, An, Ap, S, C</b>	<b>1</b>
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique /skill training: Preparatory, Basic Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm - up and cooldown for game / sports.			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessmen</b>	<b>Mode of Assessment</b>



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<b>t Types</b>	A. Continuous Internal Assessment (CIA) B. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination
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School Name	School of Physical Education and Sports Sciences
Programme	MPES
Course Name	Advance Coaching Ability - Football



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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Types of Course	Elective					
CourseCode	PEMC22IVE59					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	4		Credit		2	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6



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2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game / sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit1	Advanced Techniques / Skills development:	<b>14 Hrs</b>	<b>U, A, E, An, Ap, S, C</b>	<b>1</b>
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique /skill training: Preparatory, Basic Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm - up and cooldown for game / sports.			

**Teaching and Learning Approach**

**Classroom Procedure (Mode of transaction)**

Authentic learning, case-based learning, collaborative learning, seminar, group activities.

**Assessment Types**

**Mode of Assessment**

A. Continuous



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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

	Internal Assessment (CIA) B. Ability to handle coaching classes  c. Ability to prepare training plans  Semester End Practical & Viva examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Advance Coaching Ability-Cricket					
Types of Course	Elective					
Course Code	PEM21E60					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	4			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**



MAHATMA GANDHI UNIVERSITY

NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game / sport	A, S, C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit1	Advanced Techniques / Skills development:			
Unit 2	Advanced Classification of techniques / skills.			

Unit 3	Advanced Technique /skill training: Preparatory, Basic Supplementary exercises.	<b>14 Hrs</b>	<b>U, A, E, An, Ap, S, C</b>	<b>1</b>
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm - up and cooldown for game / sports.			



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<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Advance Coaching Ability– TrackandField					
Types of Course	Elective					
Course Code	PEM21E61					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	4		Credit			2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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**COURSE OUT COMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction off aults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game / sport	A,S,C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit1	Advanced Techniques / Skills development:	<b>14 Hrs</b>	<b>U, A, E, An, Ap, S, C</b>	<b>1</b>
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique /skill training: Preparatory, Basic Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm - up and cooldown for game / sports.			



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<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Advance Coaching Ability-Handball					
Types of Course	Elective					
Course Code	PEM21E62					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	4		Credit		2	
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**



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NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

CO No .	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game / sport	A,S,C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit1	Advanced Techniques / Skills development:	<b>14 Hrs</b>	<b>U, A, E, An, Ap, S, C</b>	<b>1</b>
Unit 2	Advanced Classification of techniques / skills.			
Unit 3	Advanced Technique /skill training: Preparatory, Basic Supplementary exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm - up and cooldown for game / sports.			
<b>Teaching and Learning</b>		<b>Classroom Procedure (Mode of transaction)</b>		



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<b>Approach</b>	Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability to handle coaching classes  c. Ability to prepare training plans  d. Semester End Practical & Viva examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Programme	MPES					
Course Name	Advance Coaching Ability - Volleyball					
Types of Course	Elective					
Course Code	PEM21E63					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	4		Credit			2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**



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NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game / sport	A,S,C	6,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit1	Advanced Techniques/Skills Development:	14 Hrs	U, A, E, An, Ap, S, C	1
Unit 2	Advanced Classification of techniques/skills.			
Unit 3	Advanced Technique /skill training: Preparatory, Basic Supplementary Exercises.			
Unit 4	Talent identification & Identification & Correction of faults.			
Unit 5	Training for mastery in technique / skill.			
Unit 6	Latest methods of Warm - up and cooldown for game/ sports.			

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b>
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	Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability to handle coaching classes c. Ability to prepare training plans d. Semester End Practical & Viva examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Programme	MPES					
Course Name	Advance Coaching Ability-Yoga					
Types of Course	Elective					
Course Code	PEM21E64					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to foster the coaching ability of students in specialised games. Students train the available subjects in a scientific way and implement their coaching methods to impart the knowledge to the subjects. Corrections and feedback are carried out by the concerned experts.					
Semester	4			Credit		2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES(CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
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1	Coaching ability development	U, A	6
2	Talent identification and correction of faults	E, An, Ap	6,10
3	Application of modern training methods trends in specialised game / sport	A,S,C	6,10
*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)			

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit1	Advanced Techniques/Skills Development:			
Unit 2	Advanced Classification of techniques/skills.			
Unit 3	Advanced Technique/skilltraining: Preparatory, Basic, Supplementary Exercises.			
Unit 4	Talent identification & Identification & Correction of faults.		<b>U,A, E,An, Ap, S, C</b>	<b>1</b>
Unit 5	Training for mastery in technique/skill.			
Unit 6	Latest methods of Warm-up and cooldown for game/sports.	<b>14 Hrs</b>		



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<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability to handle coaching classes c. Ability to prepare training plans Semester End Practical & Viva examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency In Skill Execution & Officiating-Basketball					
Types of Course	Elective					
Course Code	PEM21E65					
Names of Academic Staff & Qualifications	Prof. (DR.)BINU GEORGE VARGHESE,PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	4			Credit		2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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**COURSE OUT COMES(CO)**

<b>CO No.</b>	<b>Expected Course Outcome</b>	<b>Learning Domains</b>	<b>PSO NO.</b>
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A,An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Executing advanced Techniques/Skills	<b>8Hrs</b>	U, A, An, S,	1
Unit 2	Advanced Classification of techniques/skills.			
	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of officials (pre, during and post game), rules and their interpretations.	<b>7 Hrs</b>	E,U,An, Ap,A	2, 3

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
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<b>Assessment Types</b>	<b>Mode Of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability To Execute skills C. Court Dimensions, marking officiating D. Semester End Practical & Viva examination
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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency In Skill Execution & Officiating - Judo					
Types of Course	Elective					
Course Code	PEM21E66					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	4			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning independent learning	10	-	80	10	100
Prerequisite	NIL					





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**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A,An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques/Skills	8Hrs	U, A, An, S,	1
Unit 2	Advanced Classification of techniques/skills.			

  

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good official, Duties of official (pre, during and post game), rules and their interpretations.	7 Hrs	E, U, An, Ap, A	2, 3



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<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability to execute skills C. Court dimensions, marking & officiating D. Semester End Practical & Viva examination

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency in Skill Execution & Officiating -Football					
Types of Course	Elective					
Course Code	PEM21E66					
Names of Academic Staff & Qualifications	PROF(DR). BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	4			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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**COURSE OUT COMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A,An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques/Skills	8Hrs	U, A, An, S,	1
Unit 2	Advanced Classification of techniques/skills.			
	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good official, Duties of official (pre, during and post game), rules and their interpretations.	7 Hrs	E, U, An, Ap, A	2, 3

Teaching and Learning	Classroom Procedure (Mode of transaction)
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<b>Approach</b>	Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA)
	B. Ability to execute skills C. Court dimensions, marking & officiating D. Semester End Practical & Viva examination

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency in Skill Execution & Officiating- Cricket					
Types of Course	Elective					
Course Code	PEM21E68					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	4			Credit		2
Total Student Learning Time(SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**



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CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A,An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques/Skills	8Hrs	U, A, An, S,	1
Unit 2	Advanced Classification of techniques/skills.			

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of officials (pre, during and post-game), rules and their interpretations.	7 Hrs	E, U, An, Ap, A	2, 3



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<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA)
	B. Ability to execute skills C. Court dimensions, marking & officiating D. Semester End Practical & Viva examination

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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Programme	MPES					
Course Name	Efficiency in Skill Execution & Officiating –Track and Field					
Types of Course	Elective					
Course Code	PEM21E69					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	4			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUT COMES (CO)**

CO	Expected Course Outcome	Learning	PSO NO.
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No.		Domains	
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A,An	8,10

*\*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques/Skills	8Hrs	U, A, An, S,	1
Unit 2	Advanced Classification of techniques/skills.			

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good official, Duties of official (pre, during and post game), rules and their interpretations.	7 Hrs	E, U, An, Ap, A	2, 3

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA)



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	<p>B. Ability to execute skills</p> <p>C. Court dimensions, marking &amp; officiating</p> <p>D. Semester End Practical &amp; Viva examination</p>
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Programme	MPES



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**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Course Name	Efficiency in Skill Execution & Officiating - Handball					
Types of Course	Elective					
Course Code	PEM21E70					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	4		Credit		2	
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					



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### COURSE OUT COMES (CO)

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A,An	8,10

*\*Remember(R), Understand(U), Apply(A), analyse (An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)*

### COURSE CONTENT

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques/Skills	8Hrs	U, A, An, S,	1
Unit 2	Advanced Classification of techniques/skills.			

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of officials (pre, during and post game), rules and their interpretations.	7 Hrs	E, U, An, Ap, A	2, 3



MAHATMA GANDHI UNIVERSITY

NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability to execute skills C. Court dimensions, marking & officiating D. Semester End Practical & Viva examination

Approval Date	
Version	1.0
Approval by	
Implementation Date	



**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

School Name	School of Physical Education and Sports Sciences					
Programme	MPES					
Course Name	Efficiency in Skill Execution & Officiating - Volleyball					
Types of Course	Elective					
Course Code	PEM21E71					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	4			Credit		2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**

CO	Expected Course Outcome	Learning Domains	PSO NO.
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MAHATMA GANDHI UNIVERSITY

NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

No.			
1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A,An	8,10
<p><i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)</i></p>			

**COURSE CONTENT**

	Module-1	Time	Learning Domains	CO NO.
Unit 1	Executing advanced Techniques/Skills	8Hrs	U, A, An, S,	1
Unit 2	Advanced Classification of techniques / skills.			

	Module-2	Time	Learning Domains	CO NO.
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of officials (pre, during and post game), rules and their interpretations.	7 Hrs	E, U, An, Ap, A	2, 3

<b>Teaching</b>	<b>Classroom Procedure (Mode of transaction)</b>
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MAHATMA GANDHI UNIVERSITY

NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS

<b>and Learning Approach</b>	Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b> A. Continuous Internal Assessment (CIA) B. Ability to execute skills C. Court dimensions, marking & officiating D. Semester End Practical & Viva examination

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School Name	School of Physical Education and Sports Sciences
Programme	MPES



**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

Course Name	Efficiency In Skill Execution & Officiating - Yoga					
Types of Course	Elective					
Course Code	PEM21E72					
Names of Academic Staff & Qualifications	Prof. (DR.) BINU GEORGE VARGHESE, PhD					
Course Summary & Justification	The aim and objective of this subject is to analyse the efficiency of students in executing various types of skills that are included in the concerned game/sport. The subject also helps in evaluating the abilities of the students in the area of officiating, which includes interpretation of rules according to the situations, overall controlling of the competition etc.					
Semester	4		Credit			2
Total Student Learning Time (SLT)	Learning Approach	Lecture	Tutorial	Practical	Others	Total Learning Hours
	Eg. Authentic learning Collaborative learning Independent learning	10	-	80	10	100
Prerequisite	NIL					

**COURSE OUTCOMES (CO)**

CO No.	Expected Course Outcome	Learning Domains	PSO NO.
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**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

1	Learning & execution of various skills	U, A, An, S,	9
2	Rules, regulations & their interpretation	E, U, An, Ap	7,8
3	Roles, responsibilities & duties of officials	A,An	8,10
<p><i>*Remember(R), Understand(U), Apply(A), Analyze(An), Evaluate(E), Create(C), Skill(S), Interest(I) and Appreciation (Ap)</i></p>			

**COURSE CONTENT**

	<b>Module-1</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Executing advanced Techniques/Skills	<b>8Hrs</b>	U, A, An, S,	1
Unit 2	Advanced Classification of techniques / skills.			

	<b>Module-2</b>	<b>Time</b>	<b>Learning Domains</b>	<b>CO NO.</b>
Unit 1	Officiating: Mechanics of officiating, Mechanics of officiating, Qualities of good officials, Duties of officials (pre, during and post game), rules and their interpretations.	<b>7 Hrs</b>	E, U, An, Ap, A	2, 3

<b>Teaching and Learning Approach</b>	<b>Classroom Procedure (Mode of transaction)</b> Authentic learning, case-based learning, collaborative learning, seminar, group activities.
<b>Assessment Types</b>	<b>Mode of Assessment</b>



**MAHATMA GANDHI UNIVERSITY**

**NAME OF COURSE - MASTER OF PHYSICAL EDUCATION AND SPORTS**

- A. Continuous Internal Assessment (CIA)
- B. Ability to execute skills
- C. Court dimensions, marking & officiating
- D. Semester End Practical & Viva examination

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