UNIVERSITY OF ALLAHABAD
Department of Physical Education
Detailed Syllabus of the Courses
MPED – I Semester

PART – A: THEORY COURSES
PHE-501
Course Title: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

THE COURSE OBJECTIVES ARE:

1. To develop understanding of the basic framework of research process.
2. To identify appropriate research topics.
3. To identify various sources of information for literature review and data collection.
4. Select and define appropriate research problem, parameters and research questions.
5. To develop an understanding of various research designs and techniques.
6. Write a research proposal and report.
7. Organize and conduct a scientific research in a more appropriate manner
8. To develop an understanding of the ethical dimensions of conducting applied research.

THE STUDENT LEARNING OUTCOMES ARE:

1. To define research and describe the research process and research methods.
2. To understand the research context within the area of physical Education and sports.
3. To understand the processes and requirements for conducting successful research in physical education and sports.
4. Understand and apply basic research methods.
5. Students use print and electronic library resources effectively and appropriately.
6. To understand the process of sampling, the uses of questionnaires as data-gathering instruments, how a survey is carried out in terms of process and method, the uses of surveys and to be able to capture their own data.
7. Understand and apply basic research methods including research design, data analysis, and interpretation.
8. Students develop testable hypotheses, differentiate research design, evaluate aptness of research conclusions, and generalize them appropriately.
9. Students design and conduct quantitative or qualitative research studies in laboratory or field settings.
10. Students use research data to formulate or evaluate new research questions, using reason and persuasion in a logical argument.
11. To know how to apply the basic aspects of the research process in order to plan and execute a research proposal and research report.
12. To be able to present, review and publish scientific articles.

UNIT – 1: INTRODUCTION

- Meaning and Definition of Research –
- Need, Nature and Scope of research in Physical Education.
- Classification of Research, Location of Research Problem,
- Criteria for selection of a problem,
- Identification of research questions,
- Research Objectives,
- Limitation, Delimitation, Hypothesis
- Qualities of a good researcher

UNIT – II: METHODS OF RESEARCH

- Descriptive Methods of Research: Survey Study, Case study,
- Introduction of Historical Research:
  Steps in Historical Research, Sources of Historical Research:
- Primary Data and Secondary Data,
- Historical Criticism: Internal Criticism and External Criticism.
- Experimental Research – Meaning, Nature and Importance,
- Meaning of Variable, Types of Variables.

- Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.
- Tools & Techniques of Data Collecting

UNIT – III: SAMPLING

- Meaning and Definition of Sample and Population.
- Types of Sampling; Probability Methods; Systematic Sampling, cluster sampling, Stratified Sampling.
- Sampling Techniques,
- Area Sampling
- Multistage Sampling.
- Non- Probability Methods;
- Convenience Sample,
- Judgment Sampling,
- Quota Sampling.

UNIT – IV: RESEARCH PROPOSAL AND RESEARCH REPORT

- Defining Research Project
- Writing a Research Proposal and Research Report,
- Footnotes & Bibliography, E-Referencing
- Ethical Issues in Research : Areas of Scientific Dishonesty, Ethical issues regarding copyright, Responsibilities of Researcher, Working Ethics with Faculty, Protecting Human Participants,
- Plagiarism

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations

TEXT & REFERENCES:

- Best & Kahn (2003) Research in Education, 10th Ed. New Jersey; Prentice Hall, Inc.
- Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
- Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
- Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam
- Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.
- Subramanian, R, Thirumalai Kumar S &Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
- Moorthy A. M. Research Processes in Physical Education (2010); Friends Publication, New Delhi

UNIVERSITY OF ALLAHABAD
Department of Physical Education
Detailed Syllabus of the Courses
MPED – I Semester

PART – A: THEORY COURSES
PHE-502
Course Title: APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

THE COURSE OBJECTIVES ARE:

1. To completely describe a data set, using appropriate descriptive statistics.
2. To interpret a set of descriptive statistics and understand the limitations of each measure.
3. Students shall be able to use and apply a wide variety of specific statistical methods.
4. Students shall know how to organize, manage, and present data.
5. Show ability to explore and organize data for analysis.
6. Students shall be able to use and apply a wide variety of specific statistical methods.
7. Demonstrate understanding of the properties of probability and probability distributions.
8. Demonstrate understanding of the probabilistic foundations of inference.
9. Apply inferential methods relating to the means of Normal distributions.

STUDENT LEARNING OUTCOMES:

1. Know how to organize, manage, and present data.
2. Explore and organize data for analysis.
3. Use and apply a wide variety of specific statistical methods.
4. Demonstrate understanding of the properties of probability and probability distributions.
5. Demonstrate understanding of the probabilistic foundations of inference.
6. Apply inferential methods relating to the means of Normal distributions.
7. Understand the concept of the sampling distribution of a statistic, and in particular describe the behavior of the sample mean.
8. Effectively communicate results of statistical analysis.
9. Demonstrate understanding of statistical concepts embedded in their courses.
10. Demonstrate proficiency in analyzing data using methods embedded in their courses.
11. Demonstrate ability to select appropriate methodologies for analysis based on properties of particular data sets.

UNIT I

- Meaning and Definition of Statistics,
- Need and importance of Statistics
- Types of Statistics.
- Meaning of the terms: Population, Sample,
- Data, Kinds of data. Variables: Discrete, Continuous.
- Parametric and non-parametric statistics.

UNIT II

- Meaning, uses and construction of frequency table
- Meaning, Purpose, calculation and advantages of :
  Range, Measures of central tendency –Mean, median and mode.
  Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error.
  Normal Curve: Meaning of probability – Principles of normal curve – Properties of normal curve.
  Divergence form normality – Skewness and Kurtosis.

UNIT III

- Sample Distribution of Means, Standard Error of Mean
- Testing of Hypothesis- Region of Acceptance & Region of Rejection of Null and Alternative Hypothesis

- Level of Significance
- Type I and Type II Errors,
- One Tailed and Two Tailed test
- Degrees of Freedom

UNIT IV

- Tests of significance: Independent "t" test, Dependent "t' test, chi - square test,
- Level of confidence and interpretation of data,
- Meaning of correlation - co-efficient of correlation
- Calculation of co-efficient of correlation by the product moment method and rank difference Method.
- Concept of ANOVA and ANCOVA, Post-hoc tests-LSD and Scheffe

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreaching Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test/ Project Work/ Assignments/ Presentations/ Practical Work /Theory lesson plan

TEXT & REFERENCES:

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

UNIVERSITY OF ALLAHABAD
Department of Physical Education
Detailed Syllabus of the Courses
MPED – I Semester

PART – A: THEORY COURSES
PHE-501
Course Title: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

THE COURSE OBJECTIVES ARE:

1. To develop concepts related to Test, Measurement & Evaluation;
2. To construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
3. To analyze the physical ability and performance of an individual in various sports.
4. To provide scientific techniques in selection and talent identification through various evaluation and grading process applicable in physical education and sports.
5. To develop the skills and techniques for construction of new tests for various need related to specific Sports Skills.

STUDENT LEARNING OUTCOMES ARE:

1. Explain the basics of measurement and evaluation of various test and measurement techniques.
2. Develop the concepts of measurement and evaluation in physical education and sports
3. Develop ability to construct new tests for various need related to Physical Education and Sports with scientific authenticity
4. To analyze various test and performance related to physical education

UNIT I: Introduction

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

UNIT II: Selection of Construction of Tests

- Criteria of Test Selection
- Factors Affecting Scientific Authenticity
- Procedure to establish Scientific Authenticity
- Construction of Test – Knowledge Test & Skill Tests
  Guidelines for constructing objectives and subjective test (Alternate Choice (True/False), Multiple Choice, Short Answer & Matching Items)
- Administration of Testing programme, its procedure and follow up

UNIT III: Motor & Physical Fitness Tests

- Meaning and Definition of Motor Fitness and Physical Fitness.
- Tests for Motor Fitness;
- Barrow Motor Ability Test –
- Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.
- AAHPERD Health Related Fitness Battery (revised in 1984),
- ACSM Health Related Physical Fitness Test,
- Roger's Physical Fitness Index.
- Harvard step test, 12 minutes Run / Walk Test,
- Multi-stage Fitness Test (Beep test)
- Test of Coordinative Ability; Speed; Power

UNIT IV: Anthropometric and Aerobic-Anaerobic Tests

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

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

PRACTICUM: Tests of Unit III & IV should be conducted practically also.

ASSESSMENT RUBRIC: Classroom Test/ Project Work/ Assignments/ Presentations/ Practical Work / Theory lesson plan

TEXT & REFERENCES:

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark:
- Ho+Storm.
- Barron, H. M., &Mchee, R. (1997). A practical approach to measurement in physical education.
- Philadelphia: Lea and Febiger.
- Barron, H.M. &Mchee, R. (1997). A Practical approach to measurement in physical education.
- Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi:
- D.V.S. Publications.
- 2 years B.P.Ed Curriculum | 40
- Mathews, D.K., (1973). Measurement in physical education, Philadelphia:
- W.B.SoundersCompnay.
- Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor &
- Francis, New York.
- Phillips, D. A., &Hornak, J. E. (1979). Measurement and evaluation in physical education. New
- York: John Willey and Sons.
- Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study.
- Patiala: Punjab Publishing House.

UNIVERSITY OF ALLAHABAD
Department of Physical Education
Detailed Syllabus of the Courses
MPED – I Semester

PART – A: THEORY COURSES
PHE-551 (E)

Course Title: SPORTS JOURNALISM AND MASS COMMUNICATION

COURSE OBJECTIVES:

1. To apprise the students about the origin and evolution of journalism and mass media.
2. To synthesize a basic concept of reporting and editing.
3. To appraise the varied aspects of advertising.

STUDENT LEARNING OUTCOMES:

1. Apply the concept of reporting and editing.
2. Illustrate and apply the advertising concepts.
3. Interpret the concept of journalism and mass media

UNIT – I: Introduction to Sports Journalism & Mass Communication

- Meaning, Definition & Evolution of Sports Journalism, Ethics of Journalism – Canons of journalism-
- Sports Ethics and Sportsmanship, Reporting Sports Events, National and International Sports News Agencies, Definition, meaning, scope and importance of Sports journalism and its History

UNIT – II: Mass Media

- Introduction to mass communication - The concept of mass media - Mass media in India and its present status,
- Mass media institutions in India – Government media units - Press registrar of India, Press council of India - Indian news agencies media educational institutions, The concept of journalism - the function of press - Press freedom and responsibility and the theories of press - Current trends in journalism. Sports Photography: Equipment- Editing – Publishing. Mass Media in Journalism: Radio and T.V. Commentary

UNIT – III: Report & Editing

- Reporting, Functions, responsibilities and qualities of reporter - Functional differences of reporters – Special correspondents, foreign correspondents, columnists, free lancers, Roving Reporters, Structure of Advertising - Functions of advertising, Psychology of advertising,
- Types of advertising – Advertising media, Structure of advertising agency. Editing – Fundamentals of copy editing – Copy reading and proof reading symbols – Rewriting techniques – Copy fitting - - Space saving techniques – Style sheet – Readability – Glossary, Writing news headlines in Newspaper and Magazines – Modern trends of headlines writing – Electronic news editing – picture editing – Outline writing – Editorial writing – Types of editorials and analysis of editorials.

UNIT – IV (Practical)

1. Preparation of General news reporting and sports reporting.
2. Methods of editing a Sports report.
3. Evaluation of Reported News.
4. Interview with and elite Player and Coach.
5. Practical assignments to observe the matches and prepare report and news of the same;
6. Visit to News Paper office and TV Centre to know various departments and their working.
7. Preparation of Portfolio of newspaper cuttings of sports news (national & international) for the Semester.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test / Project Work / Assignments/ Presentations / Practical Work/Portfolio / Theory lesson plan

TEXT & REFERENCE:

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi :
- Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.
- Billings, A., Butterworth, M., & Turman, P. (2012). Communication and sport. Thousand Oaks, Calif.: SAGE.ISBN-13: 978-1412972932 ISBN-10: 1412972930
- Billings, A. (2014) Routledge handbook of sport and new media. RoutledgeISBN-13: 978-0415532761 ISBN-10: 0415532760
- Billings, A., Butterworth, M., & Turman, P. (2014) Communication and sport.ISBN-13: 978-1452279138ISBN-10: 1452279136
- Sandvoss, C., Real, M., & Bernstein, A. (2012). Bodies of discourse. New York, NY: Peter Lang.ISBN-13: 978-1433111730ISBN-10: 143311173X
- Deninger, D. (2012). Sports on television. New York: Routledge.ISBN-10: 0415896762 ISBN-13: 978-0415896764

UNIVERSITY OF ALLAHABAD

Department of Physical Education

Detailed Syllabus of the Courses

MPED – I Semester

MPED – I Semester

PART – A: THEORY COURSES

PHE-552 (E)

Course Title: SPORTS ENGINEERING

COURSE OBJECTIVES:

1. Define the relationship between sports and engineering.
2. To apprise different materials used in sports.
3. To explain concept related to sports dynamics and facility management.
4. Describe the importance of ethics within both sports and manufacturing.
5. Identify technologies and sustainable solutions to manufacturing apparel.
6. Assess and understand the manufacturing techniques within two companies.
7. Relate the non-engineering sports world to the knowledge and technologies that engineering has developed.

STUDENT LEARNING OUTCOMES:

1. Apply the concept of engineering and technology in sports.
2. Differentiate different materials used in sports.
3. Demonstrate and prepare programmes related to sports dynamics and facility management.

UNIT I: Introduction to sports engineering

- Meaning of sports engineering,
- Equipment and facility designing and sports related instrumentation and Measurement
- Materials of Protection – discussion of the materials that are used for sports gear and protection
- Performance of Surface Materials – discussion of the different surfaces that sports are played on and why; how can these materials make a difference from sport to sport.
- Shoe Materials – discuss the design necessities that go into shoe materials and manufacturing and how that differs from sport to sport
- Balls and Ballistics – discuss the difference of the equipment that is used for specific sports and basic aerodynamic principles
- Performance of Surface Materials – discussion of the different surfaces that sports are played on and why; how can these materials make a difference from sport to sport.

UNIT II: Sports Dynamics

- Concepts of internal force, axial force, shear force, bending movement, torsion, energymethod to find displacement of structure, strain energy.
- Biomechanics of daily and common activities –Gait, Posture, and Body levers, ergonomics,
- Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc., Motion coordinate system, Kinetics of particles Newton's laws of Motion, Work, Energy, Impulse and momentum

UNIT III: Building and Maintenance

- Sports Infrastructure: Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door
- Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc. Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms
- Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system,
- Changing Rooms (M/F), Sound System (echo-free),
- Internal arrangement accords to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration

UNIT IV

- Understanding the process of construction & requirements there of Building process:- design phase (including brief documentation), construction phase, functional (occupational) life, re-evaluation, refurnish, demolish.
- Maintenance policy, preventive maintenance, corrective maintenance, record and register
- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door designs, development & maintenance

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test / Project Work / Assignments / Presentations / Practical Work / Theory lesson plan

Text & Reference:

- Subic, A., & Haake, S. (2000). The engineering of sport research, development and innovation. Malden, Mass.: Blackwell Science.ISBN-10: 0632055634ISBN-13: 978-0632055630
- Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
- Franz K. F. etc. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)
- Colin White, Projectile Dynamics in Sport: Principles and Applications
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010).

PART – B
PRACTICUM COURSES (SPORTS SPECIALIZATION)
PHE-531

(A) TRACK AND FIELD (B) GYMNASTIC (C) SWIMMING (D) COMBATIVE SPORT: BOXING/JUDO/TAEKWONDO/MARTIAL ART & KARATE/ WRESTLING **(E) INDIGENOUS SPORT**: MALKHAMB/ KABADDI/ KHO-KHO **(F) TEAM GAME**: BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL / HOCKEY/ VOLLEYBALL (**G): RACKET GAME**: BADMINTON/ TABLE TENNIS/ TENNIS/ SQUASH

ESSENCE OF THE COURSE

The course of Sports I, is so designed to provide an opportunity to teacher educators to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

COURSE OBJECTIVES:

1. To define and acquaint training preparation of Game/Sport
2. To employ the rules and regulation of Game/Sport
3. To emphasis on preparation for the Game/Sport.
4. To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
5. To orient & employ the rules and regulation in organization of competition in Game/Sport.

STUDENT LEARNING OUTCOMES:

After Completion of the course the students shall be able to:

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

COURSE CONTENTS:

(General guidelines for development of required course contents in particular game/sport Are given below)

UNIT – 1: Introduction

- Historical development of the game/sport at national and international levels.
- National Bodies controlling game/sport and their affiliated units.
- International Bodies controlling game/sport and their affiliated units.
- Major National and International competitions in Game/Sport.
- Layout and marking of play filed/ground/courts and measurement of equipments used in Game/Sport.

UNIT – II: Techniques/Skills development

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic, Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill.
- Recretional and lead-up activities.
- Warm-up and cool down for game/sports.

UNIT –III: Officiating:

- Mechanics of officiating.

- Qualities of good official.
- Duties of official (pre, during and post game)
- Rules & their interpretations.

UNIT – IV: Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept of preparation of training schedules.
- Tactical training in game/sport.
- Psychological preparation required during competition in game/sport.
- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Performance Test, Project Work, Assignments, Presentations, Practical Work

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

PART – C: TEACHING PRACTICE/ INTERNSHIP
PHE-532: TEACHING PRACTICE

ESSENCE OF THE COURSE

This course will enable students to develop professional identity and their professional competence to exhibit ethical responsibility as a teacher and teacher dispositions. Will be able to observe the school environment, capabilities and skills of the Pupil/Teacher Interns (TI) to cater to the diverse needs of learners in schools.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Develop concept of teaching and learning skills.
- to understand the school in totality, its philosophy and aims, organisation and management;
- achieve professionalism
- understand the needs of the physical, mental, emotional development of children;
- understand aspects of curriculum and its transaction;
- assess quality transaction, and teaching–learning

COURSE CONTENTS: Mass Demonstration Activities

Mass demonstration activities- lezim, dumb-bell, umbrella, tipri, hoops free arms drill, folk dances, etc. (student are expected to learn and organize mass drill in school situation)

- Apparatus/ light apparatus grip
- Attention with apparatus/light apparatus
- Stand at ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music- two counts, four counts, eight counts and sixteen counts.
- Standing exercise/Jumping exercise/Moving exercise/Combination of above all

TEACHING LEARNING STRATEGIES

- The class will be taught by using the latest/innovative method, as per available resources and teaching aids in the classroom and on the field.

SUGGESTED MODE OF TRANSACTION

- Demonstration/ Explanation/ Field Work/ learning by doing etc.