

Syllabus of the Courses
MASTER OF PHYSICAL EDUCATION
(MPEd)

Detailed Syllabus of the Courses

MPed Sem-I

Part – A	Theory Courses
	Core
PHE-501	Research Process in Physical Education and Sports Sciences
PHE-502	Applied Statistics in Physical Education and Sports
PHE-503	Test, Measurement and Evaluation in Physical Education
	Elective
PHE-551 / PHE-552	(a) Sports Journalism and Mass Communication (b) Sports Engineering
Part – B	Practicum Courses
PHE-531	Sports Practical – I (Select any one from the followings on the basis of feasibility) Track & Field / Gymnastics / Swimming / Combative Sports/ Yog / Indigenous Sports/ Racket Game/ Team Games
Part – C	Teaching Practice / Internship
PHE-532	Teaching Practice Lesson Plan on Mass Demonstration Activities

MPed Sem-II

Part – A	Theory Courses
	Core
PHE-510	Sports and Exercise Physiology
PHE-511	Scientific Principles of Sports Training
PHE-512	Yogic Sciences
	Elective
PHE-561 / PHE-562	(a) Sports Technology (b) Sports Management
Part – B	Practicum Courses
PHE-541	Sports Practical – I (Select any one from the followings on the basis of feasibility) Track & Field / Gymnastics / Swimming / Combative Sports/ Yog / Indigenous Sports/ Racket Game/ Team Games
Part – C	Teaching Practice / Internship
PHE-542	Teaching Practice Lesson Plan on March Past/ Organizing Sports Ceremonial Activities

MPed Sem-III

Part – A	Theory Courses
	Core
PHE-601	Health Education and Sports Nutrition
PHE-602	Sports Psychology
PHE-603	ICT & Education Technology in Physical Education
	Elective
PHE-651 / PHE-652	a. Sports Medicine b. Physical Fitness and Wellness
Part – B	Practicum Courses
PHE-631	Sports Practical – I (Select any one from the followings on the basis of feasibility) Track & Field / Gymnastics / Swimming / Combative Sports/ Yog / Indigenous Sports/ Racket Game/ Team Games
Part – C	Teaching Practice / Internship
PHE-632	Teaching Practice Lesson Plan on Yog /Aerobics/ Self Defense Techniques/ Indigenize Activities

MPed Sem-IV

Part – A	Theory Courses
	Core
PHE-610	Kinesiology and Sports Biomechanics
PHE-611	Gender, Disability & Inclusive Sport Education
PHE-612	Athletic Care and Rehabilitation
	Elective
PHE-661 / PHE-662	a. Dissertation* b. Curriculum Designs in Physical Education
Part – B	Practicum Courses
PHE-641	Sports Specialization – (Select any one from the previous semesters on the basis of feasibility)
Part – C	Teaching Practice / Internship
PHE-642	Internship / Coaching Lesson of One Specialized Sports