

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

PART – A
THEORY COURSES
PHE-601

Course Title: HEALTH EDUCATION AND SPORTS NUTRITION

THE COURSE OBJECTIVES

- To appraise the concept of holistic health through fitness and wellness
- To explain the students about the concept of physical fitness , health related and motor fitness
- To describe the contemporary health issues.
- To apply practical principles of the fitness & wellness

COURSE LEARNING OUTCOMES:

- Understand the concept of holistic health through fitness and wellness
- Explain the concept of physical fitness , health related and motor fitness
- Evaluate primary health status
- Prepare fitness schedules& evaluate fitness

UNIT I: Health Education

- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education
- Health Service and guidance instruction in personal hygiene
- Level of Health Care – Primary, Secondary, Tertiary
- Concept of Well Being and its components

UNIT II: Hygiene, Sanitation, Communicable and non-communicable disease

- Meaning and Types of Hygiene and Sanitation
- Care of Skin, Nails, Clothing, Bathing, Eyes, Mouth and Teeth.
- Rural and Urban Health problem
- Environmental sanitation, Personal and Environmental Hygiene for schools
- Communicable (Tuberculosis, AIDS, Rabies, Cholera) and Non Communicable Diseases (Cardiovascular Diseases, Cancer, Diabetes)

UNIT III: Schools Health Services

- Meaning & Objective of School Health Service
- Health Problem of School Child
- Role of health education in schools
- Health Services - Health record, Healthful school environment, first- aid and emergency care
- Mid-day School Programme

UNIT IV: Food, Nutrition and Health Problem:

- Meaning of Food & Nutrition.
- Sources and functions of various nutrients.
- Balance diet.
- Obesity, Malnutrition, Adulteration in food

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LIST OF PRACTICUM

- Visit to factory and note down the occupational hazards/accidents that occur due to working conditions and prevention.
- Visit to Milk dairy and prepare a report based on the observation of the process of preparing milk.
- Visit to Institute Mess and/or Hotel and suggest steps to improve the hygiene there.

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/ Volunteering/Self-Study etc.

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

TEXT & REFERENCES:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35
- Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger&
- Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London
- 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York
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- Burke, L. (2007). Practical sports nutrition. Champaign, IL: Human Kinetics ISBN. 9780736046954
- Connolly, M. (2012). Skills-based health education. Sudbury, MA: Jones & Bartlett Learning. ISBN 9781449630201
- Koelen, M., & Ban, A. (2004). Health education and health promotion. Wageningen, Netherlands: Wageningen Academic Publishers. ISBN 9789076998442
- Gilbert, G., Sawyer, R., & McNeill, B. (2011). Health education. Sudbury, Mass.: Jones and Bartlett Publishers. ISBN 9780763759292

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PART – A
THEORY COURSES
PHE-602

Course Title: SPORTS PSYCHOLOGY

COURSE OBJECTIVES:

- To impart the concepts of psychology applied in the field of physical education and sports for optimal performance
- To introduce the field of sports psychology as a scientific discipline
- To develop understanding about various concepts of goal setting, motor learning and personality with respect to sports and athlete performance
- To review the motivational strategies applicable in the field of sports
- To analyze the influence of group and team on behavior of athletes influencing team cohesion and social behavior

STUDENT LEARNING OUTCOMES:

- Correlate the psychological concepts with the sports and athlete specific situations
- Integrate the knowledge about personality, motor learning for behavior modification of athletes
- Relate different theories of motor learning with its influence on motor perception and related cognitive abilities of athletes.
- List down the strategies for motivation utilized in the field of sports.
- Analyze the issues related to social behavior based on physiological structure and function

UNIT I: Introduction to Sports Psychology

- Meaning, definition of sports psychology,
- History of sports psychology in India and Abroad
- Interdisciplinary approach of Sports Psychology with other Sports Sciences
- Importance of Sport and Exercise Psychology for Physical Education Teachers, Athletes and Coaches
- Role of sports psychologist

UNIT II: Personality & Motivation

- Personality: Meaning and definition,
- Theories of personality (Psychoanalytic theory, Trait theory)
- Personality difference among sports person and its influence on performance
- Motivation: concept and definition
- Types of Motivation: Intrinsic, Extrinsic.
- Theories of motivation (need theory, Wiener attribution theories), Achievement Motivation in sports:
- Developing motivation and self confidence, goal setting and motivation
- Techniques of Motivation for developing sports performance and exercise adherence.

UNIT III: Emotion & Athletic Performance

- Meaning and Definition
- Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance.

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- Stress: Meaning and Definition, Causes. Stress and Sports Performance.
- Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance.
- Relationship of Emotion and Performance.

UNIT IV: Cognitive Process, Motor Development & Group Cohesion

- Meaning of Sensation, Perception, Memory, Information processing, Decision Making.
- Attention Processes and Concentration
- Intelligence and Intellectual Capabilities in Sports.
- Role of Cognitive process for Motor Skills acquisition, Motor control & neuromuscular process of athletes
- Definition of Group and Group Cohesion, Structure of Group & Team Dynamics

LIST OF PRACTICUM

- Assessment of State and Trait Anxiety of athletes
- Assessment of Sport and Exercise Motivation
- Assessment of Personality traits among athletes
- Assessment of Group Cohesion among team and individual sports.
- Assessment of Emotion

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/Teaching lesson plan

TEXT & REFERENCES:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
- Jain. (2002), Sports Sociology, Khel Sahitya Kendra Publishers.
- Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
- John D Lauther (2000) Psychology of Coaching. New Jersey: Prentice Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Mirosław Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.

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- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Fibiger.
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports London: Hendry Kempton Publishers.
- Weinberg, R., & Gould, D. (2011). Foundations of sport and exercise psychology. Leeds: Human Kinetics. ISBN-13: 978-0736083232. ISBN-10: 0736083235
- Cox, R. (2012). Sport psychology. New York: McGraw-Hill. ISBN-13: 978-0078022470. ISBN-10: 0078022479
- Burton, D., & Raedeke, T. (2008). Sport psychology for coaches. Champaign, IL: Human Kinetics. ISBN-13: 978-0736039864. ISBN-10: 0736039864
- Anshel, M. (2012). Sport psychology. San Francisco, CA: Pearson Benjamin Cummings. ISBN-13: 978-0321732491. ISBN-10: 0321732499
- LeUnes, A. (2008). Sport psychology. New York: Psychology Press. ISBN-13: 978-0805862669. ISBN-10: 0805862668

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PART – A
THEORY COURSES
PHE-603

Course Title: ICT & EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION

COURSE OBJECTIVES:

- To impart the concepts of ICT & Education Technology in Physical Education and sports.
- To develop understanding about various concepts of computer fundamentals and applying technology in teaching learning situation.

STUDENT LEARNING OUTCOMES:

- Correlate the of ICT & Education Technology in Physical Education and Sports concepts with the sports and athlete specific situations
- Integrate the knowledge about Communication Process and Teaching for learner.
- List down the Information Technology utilized in the field of sports.
- Analyze the issues related to Internet, Networking, E-learning and Cyber Security.

UNIT I: Basics of Education Technology

- Concept of Education Technology
- Role of Educational Practices
- Hardware Technologies
- Overhead Projector
- Still and Movie Projector
- Audio Visual Recording Instruments
- Television and Computers

UNIT II: Communication Process and Teaching

- Communication: Concept and process of Communication, Principles of Communication, Barriers of Communication, Class room communication (Verbal and Non-Verbal)
- Team Teaching: Meaning, Objective, Types, Principles, Procedure, Advantages and Disadvantages
- Modification of Teacher Behavior: Flanders's interaction analysis, concept, Procedure, advantages and limitations.

UNIT III: Information Technology

- Meaning, Nature and significance of information technology in teaching learning process.
- Multimedia Approach to Education: Role of Video conferencing, radio conferencing, television, Internet in teaching learning process, their advantage and limitation.
- Role and Composition of Central institute of Education and Technology, National Open School, State Educational Technology Cells, Distance Educational Institutions and their role for the improvement of teaching learning.

UNIT IV: Introduction of Computer, Internet, Networking, E-learning and Cyber Security

- MS Office, Data management System using Excel and Power point presentation.
- Advantage and type of Networking, Different Protocols, Type of Internet Connectivity and World Wide Web (WWW)
- E-learning – Definition, Advantage and Characteristics, Role of E-learning

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- Introduction of Cyber Security: Security Services, Types of Attacks, Cyber crime, Online Fraud and Identity Theft, Desktop Security and Email & Web Security

LIST OF PRACTICUM

- Design various types of formats in MS Excel
- Preparation of PPT
- Searching & Browsing
- E-referencing System
- Video conferencing

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

TEXT & REFERENCES:

- Goldin, C., & Katz, L. (2008). The race between education and technology. Cambridge, Mass.: Belknap Press of Harvard University Press. ISBN-13: 978-0674035300. ISBN-10: 0674035305
- Castelli, D., & Fiorentino, L. (2008). Physical education technology playbook. Champaign, IL: Human Kinetics. ISBN-10: 0736060553. ISBN-13: 978-0736060554
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- Capel, S., Breckon, P., & O'Neill, J. (2006). A practical guide to teaching physical education in the secondary school. London: Routledge. ISBN-10: 0415361117. ISBN-13: 978-0415361118

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PART – A
THEORY COURSES
PHE-651 (E)
Course Title: SPORTS MEDICINE

UNIT I: Introduction

- Concept of Sports Medicine, Its aim and objectives, Need and Scope of Sports Medicine in Physical Education.
- Role of Sports Physician, Physical Educator/ Athletic Trainer, the coach and the player in sports medicine.
- Brief historical sketch of sports medicine in India.

UNIT II: Sports Medicine Problems

- Low back problems and management: Stretching and strengthening exercise for back problems
- Mal - Nutrition and management.
- Sex Problems in athletes, differences between the two sexes.
- Advantages and disadvantage or exercises, before, during and after pregnancy.
- Common old age problems and evaluation of male and female athletes
- Sports medical problems of athletes and rehabilitation.

UNIT III: Doping in Sports

- Dope History, definition
- Classification of Doping
- Signs and symptoms of Doping
- Procedure and sampling at National and Inter National levels.
- Use and abuses of drugs.
- Role of WADA and NADA

UNIT IV: Food supplements for Sportsmen

- Protein and creatine utilization
- Planning and justification of athletic diets for different categories of sports
- Advisory Bodies
- Role of Water for Indian Athletes.

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/ Teaching Lesson Plan

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TEXT & REFERENCES:

- Rouzier, P. (2010). The sports medicine patient advisor. Amherst, MA: SportsMed Press. ISBN-10: 0984303103. ISBN-13: 978-0984303106
- Lyle, J., & Jenkins, M. (1995). The Sports Medicine Bible: Prevent, Detect, And Treat Your Sports. New York: HarperCollins. ISBN-10: 0062731432. ISBN-13: 978-0062731432
- Brukner, P., Khan, K., & Brukner, P. (2012). Brukner & Khan's clinical sports medicine. Sydney: McGraw-Hill. ISBN-10: 0070998132. ISBN-13: 978-0070998131
- Madden, C., & Netter, F. (2010). Netter's sports medicine. Philadelphia, PA: Saunders/Elsevier. ISBN-10: 1416049223. ISBN-13: 978-1416049227
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- Seidenberg, P., & Beutler, A. (2008). The sports medicine resource manual. Philadelphia, PA: Saunders/Elsevier. ISBN-10: 1416031979. ISBN-13: 978-1416031970
- Steven Roy, Irvin Richer "Sports Medicine" Prentice Hall, 1983.
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- William, J.G.P., Sports Medicine, London:Edwar Arnold Publishers.

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PART – A
THEORY COURSES
PHE-652 (E)

Course Title: PHYSICAL FITNESS AND WELLNESS

THE COURSE OBJECTIVE IS:

- To appraise the concept of holistic health through fitness and wellness
- To explain the students about the concept of physical fitness , health related and motor fitness
- To describe the contemporary health issues.
- To apply practical principles of the fitness & wellness

COURSE LEARNING OUTCOMES:

- Understand the concept of holistic health through fitness and wellness
- Explain the concept of physical fitness , health related and motor fitness
- Evaluate primary health status
- Prepare fitness schedules& evaluate fitness

UNIT I: Introduction to Fitness & Wellness

- Meaning and Definition of Fitness, Wellness & Nutrition
- Physical Fitness Concepts, Components, Techniques and Principles of physical fitness,
- Leisure time physical activity, Opportunities in the community to participate leisure activities
- Current trends in fitness and conditioning, Components of total health fitness and the relationship between physical activity and lifelong wellness

UNIT II: Application of Fitness & Wellness

- Nutrition & Wellness
- Body Composition & Weight Management
- Endurance: Cardio respiratory & Muscular
- Flexibility, Fitness & Wellness relationship
- Stress Management & Behavior Modification

UNIT III: Fitness & Wellness Assessment

- Measurement of Height & Weight
- Measurement of Body Composition
- Measurement of Basic Strength, Endurance and Flexibility
- Assessment of cardio respiratory fitness, Health Related Fitness
- Stress Assessment & its Management Techniques
- Preparation & implementation of Group Exercise Plans
- Preparation & implementation of Personal Training Plans
- Resistance Training for Muscular Strength and Endurance; principles of resistance training,
- Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques) Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls)

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- Group Exercises Plan, Personal Training, and Fitness & Wellness Activities for various ages & population

UNIT IV: Establishment and Management of Fitness Centre

- Principles of starting a fitness center-environment, location, policy, offer of programmes, record keeping, public relation.
- Fitness center membership and its types.
- Safety aspects in a fitness centre.
- Qualification and qualities for a fitness trainer.

PRACTICUM EXPERIENCE: Orientation and management of fitness center, various equipments and wet zone.

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/ Volunteering/Self-Study etc.

ASSESSMENT RUBRIC

Classroom Test/ Project Work/ Assignments/ Presentations

TEXT & REFERENCE:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35
- Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger&
- Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York
- Hoeger, W., & Hoeger, S. Lifetime physical fitness & wellness. ISBN-13: 978-1285733142 ISBN-10: 1285733142
- Fahey, T., Roth, W., Insel, P., & Insel, C. Fit & well. ISBN-13: 978-0077770396 ISBN-10: 0077770390
- Corbin, C. (2011). Concepts of physical fitness. New York: McGraw-Hill Higher Education. ISBN-10: 9780073523828 ISBN-13: 978-0073523828
- Hoeger, W., & Hoeger, S. Fitness & wellness.(2013) Belmont, CA: Wadsworth, Cengage Learning ISBN-13: 978-1285733159 ISBN-10: 1285733150
- Greenberg, J., Dintiman, G., & Myers Oakes, B. (2004). Physical fitness and wellness. Champaign, IL: Human Kinetics. ISBN-13: 978-0736046961. ISBN-10: 0736046968

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PART – B
PRACTICUM COURSES (SPORTS SPECIALIZATION)
PHE-631

(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:** BASEBALL/ BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL/ HOCKEY/ NETBALL/ SOFTBALL/ VOLLEYBALL **(G): RACKET GAME:** BADMINTON/ TABLE TENNIS/ TENNIS/ SQUASH

ESSENCE OF THE COURSE

The course of Sports – III, 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:

1. After Completion of the course the students shall be able to:
2. Gain knowledge of the Game/Sport.
3. Learn the layout and marking for the Game/Sport.
4. Demonstrate various drills & lead up activities related to Game/Sport.
5. 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)

Note: The course contents to be followed for the purpose of developing practical knowledge regarding marking, rules & regulation, officiating, technical training, tactical training, psychological preparation & preparation of training schedules)

UNIT – 1: Introduction

- Layout and marking of play field/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.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports.

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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/Theory lesson plan

SUGGESTED READINGS

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

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PART – C
PHE-632
TEACHING PRACTICE INTERNSHIP

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.

COURSE CONTENTS: Yog /Aerobics/ Self Defense Techniques/ Indigenise Activities.

- Yog
 - Yog asans as per prescribed by Marashari Patanjali, Pranayama Bhastika, Anulom Vilom, kapalbhati, etc
- Aerobics
 - Rhythmic aerobics- dance
 - Low impact aerobics/ High impact aerobics/ Aerobics kick boxing
 - Moves
 - March single, basics, side to side alternate, turn s/a, double side to side, step touch, grapevine, knee up, leg curl, kick front, toe touch, kick side, side lunge, over the top, back lunge, straddle, kick front, travel s l l. Kick side, corner, heel to left, shape, e shape, shape, w shape, repeater left mode.
 - Warm-up and cool down- Being successful in exercise and adaptation to aerobic workout
 - Organisation and Practice of minor games Indigenise Activities.
 - Self Defense Techniques

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