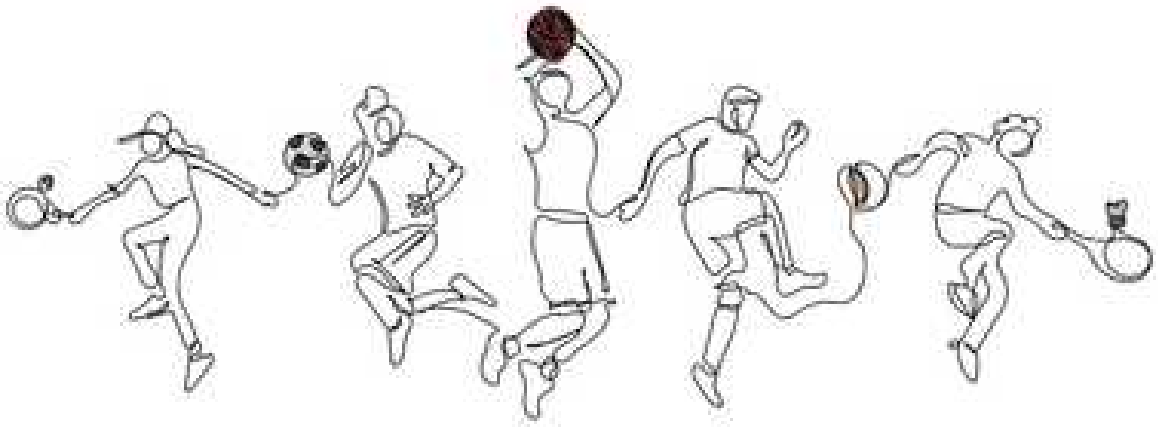
NSSR's
College of Physical Education, Beed

M.P.Ed. Semester I, II, III, IV
Part A : Theoretical Course

LEARNING OUTCOMES



Year : 2021 - 2025

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD.

CIRCULAR NO.SU/INTERDISCIPLINARY STUDIES /M. P. Ed. /19/2019

It is hereby inform to all concerned that, on recommendation of the Dean, Faculty of Interdisciplinary Studies, the Academic Council at its meeting held on **01st October, 2019** has accepted the **minor changes in the Curriculum of M.P.Ed. Two Years Degree Course Ist to IVth semester under Choice Based Credit & Grading System** as per the Norms given by the NCTE under the Faculty of Interdisciplinary Studies. The curriculum of minor changes shall be applicable from the **Academic year 2019-20 and onwards** as appended herewith

All concerned are requested to note the contents of this circular and bring notice to the students, teachers and staff for their information and necessary action.

University Campus,
Aurangabad-431 004.
REF.NO.SU/M.P.Ed/ 2019/4641-48

Date:- 11-11-2019.

★ ★ ★ ★ ★ ★★★

Deputy Registrar,
Syllabus Section.

Copy forwarded with compliments to:-

1] The Head, Physical Education Department,
Dr. Babasaheb Ambedkar Marathwada University.
2] The Principals, affiliated concerned colleges,
Dr. Babasaheb Ambedkar Marathwada University.

Copy to :-

1] The Controller of Examinations, Dr. Babasaheb Ambedkar Marathwada University, Aurabgabad.
2] The In-Charge, E-Suvidha Kendra, [Professional Unit], Rajarshi Shahu Maharaj Pariksha Bhavan, Dr. Babasaheb Ambedkar Marathwada University,
3] The Section Officer, [Professional Unit], Examinations,
4] The Programmer [Computer Unit-1] Examinations,
5] The Programmer [Computer Unit-2] Examinations,
6] The Record Keeper, Dr. Babasaheb Ambedkar Marathwada University, Aurabgabad.

-=**=-

JK*/-11112019/-*

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD.

Revised Syllabus of

M.P.Ed. Two Year

Degree Course

Semester- I to IV

Under Choice Based Credit & Greding System

[Effective Form the Academic Year – 2019-2020 & Onwards]

Dr. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD

FACULTY OF PHYSICAL EDUCATION
With effect from 2019-20
GUIDELINES OF REGULATIONS AND SYLLABUS STRUCTURE FOR TWO YEARS M. P. Ed. PROGRAMME (FOUR SEMESTERS) (CBCS) WITH EFFECT FROM JUNE 2019 ONWARDS

Important Note:

1. If the University or affiliating body like college is following choice based credit system, (CBCS) as approved and circulated by the UGC, the credit hours given in the following curriculum framework need to be considered along with the hours of teaching mentioned for each paper/ activity / course.

Preamble:

The Master of Physical Education (M. P. Ed.) two years (Four Semesters, Choice Based Credit System) programme is a professional programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/Directors/Sports Officers in Colleges/Universities and teacher educators in College of Physical Education. M. P. Ed. programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprise of compulsory and optional theory as well as practical courses and compulsory school internship in School/ College/Sports Organizations/Sports Academy/Sports Club.

R.M.P.Ed.1.Intake, Eligibility and Admission Procedure:

The Intake, Eligibility and Admission Procedure are as per the NCTE norms and standards and also rules of Concerned University.

R. M.P.Ed. 2. Duration:

The M.P.Ed programme is of duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

R. M.P.Ed. 3. The CBCS System:

All programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

R. M.P.Ed. 4. Course:

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

R. M.P.Ed.5. Courses of Programme:

M.P.Ed. programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the M.P.Ed. Programme.

- **Theory**
  - **Core Course**
  - **Elective Course**
  - **. Environmental Sciences**
  - **. Indian Constitution**
  - **. Service Course**
- **Practicum**
  - **Compulsory Course**
  - **Elective Course**
  - **Teaching/Coaching Practices**
  - **Internship**
  - **. Dissertation**

R. M.P.Ed.6. Semesters:
An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

R. M.P.Ed.7. Working days:
There shall be at least 200 working days per year exclusive of admission and examination processes etc.

R. M.P.Ed. 8. Credits:
The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to fifteen hours of teaching (lecture or tutorial) or twenty two and half hours to thirty hours (one and half to two hours) of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M.P.Ed. Programme is 90 credits and for each semester 20 credits.

Provision of bonus credits maximum 06 credits in each semester

Sr. no.	Special credits for extra co-curricular activities	Credit
1	Sports achievement at State Level competition (Medal Winner) Sports Achievement National Level Competition (Medal Winner) Sports participation International Level Competition	1 2 4
2	Inter University Participation (any one game)	2
3	Inter College Participation (any one game)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / cleanliness drive / community services	2
6	Mountaineering – Basic Camp, Advance Camp / adventure Activities	2
7	Organization / Officiating – State / National level in any two games	2
8	News Reporting / Article Writing / Book writing / progress report writing	1
9	Research Project	4

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

R. M.P.Ed. 9. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are

One test	05 marks
Seminar / Quiz	05 Marks
Assignments	05 Marks
Attendance	05 Marks
Total	**20 Marks**

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 20:80. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

R. B. P. Ed 10. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. M.P.Ed. 12 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA).

R. M.P.Ed. 11. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second Class / Pass Class or First Class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

R. M.P.Ed.12. Letter Grades and Grade Points:

i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Sr. No.	Equivalent Percentage	Grade Points	Grade	Grade description
1	90.00-100	9.00-10	O	Outstanding
2	80.00-89.99	8.00-8.99	A++	Excellent
3	70.00-79.99	7.00-7.99	A+	Exceptional
4	60.00-69.99	6.00-6.99	A	Very Good
5	55.00-59.99	5.50-5.99	B+	Good
6	50.00-54.99	5.00-5.49	B	Fair
7	45.00-49.99	4.50-4.99	C+	Average
8	40.01-44.99	4.01-4.49	C	Below Average
9	40	4.00	D	Pass
10	<40	0.00	F	Fail

R. M.P.Ed.13. Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for M. P. Ed. Programme

Note: (1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3)The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4)For the award of the class, CGPA shall be calculated on the basis of:

(a) Marks of each Semester End Assessment And

(b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for M. P. Ed. Degree shall be awarded on the basis of last CGPA (grade) from all the one to four semester examinations.

Note:

(1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3)The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4)For the award of the class, CGPA shall be calculated on the basis of:

(a) Marks of each Semester End Assessment And

(b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for M.P.Ed. Degree shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.

R. M.P.Ed.14. Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

R. M.P.Ed.15. Revision of Syllabi:

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

R. M. P. Ed. 16. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40% i.e., 40 marks out of 100 (internal 20 + External 80) marks for theory courses. The minimum passing for aggregate of CIA & external examination shall be 50%, i.e. 50 marks out of 100 (internal 40 + external 60) marks for the practical courses. The minimum passing for aggregate of CIA and External examination shall be 50% i.e., 50 marks out of 100 marks (internal 40 + external 60) in teaching lessons on ground and in classroom school subject, physical education and internship.

Note: The Candidate has to complete 3 months internship during the M. P. Ed. as per the availability of the schools or colleges and produce letter from the concerned institution duly signed by the authority on their letterhead

CURRICULUM FRAMEWORK:
TWO - YEAR M. P. ED. PROGRAMME (CBCS)
Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

First semester

Part A : Theoretical Course						
Course Code	**Title of Paper**	**Total hours/ week**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC - 101	Research process in P. E. and Sports Sciences	**03**	**03**	**20**	**80**	**100**
MPCC - 102	Physiology of Exercise	**03**	**03**	**20**	**80**	**100**
MPCC - 103	Yogic Sciences	**03**	**03**	**20**	**80**	**100**
MPCC - 104	**Environmental Sciences**	**03**	**03**	**20**	**80**	**100**
Elective Course (Any one)						
MPEC - 101	Athletic care and Rehabilitation	**03**	**03**	**20**	**80**	**100**
MPEC - 102	Sports Engineering					
Part B:Practical course						
MPPC – 101	Running Event / Gymnastics (F. Ex. and T.V.)/ Swimming	**06**	**03**	**40**	**60**	**100**
MPPC – 102	Yoga/ Aerobics/ Combat	**06**	**03**	**40**	**60**	**100**
MPPC – 103	Adventure Activity/ Mass Demonstration	**06**	**03**	**40**	**60**	**100**
	Total	**33**	**24**	**220**	**580**	**800**

Note: Total number of hours required to earn 03 credits for each theory course are 45-50 hours per semester whereas 90-100 hours for each practicum course

First semester

Part A : Theoretical Courses						
Course Code	**Title of Paper**	**Total hours/ week**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC - 101	Research process in P. E. and Sports Sciences	**03**	**03**	**20**	**80**	**100**
MPCC - 102	Physiology of Exercise	**03**	**03**	**20**	**80**	**100**
MPCC - 103	Yogic Sciences	**03**	**03**	**20**	**80**	**100**
MPCC - 104	**Environmental Sciences**	**03**	**03**	**20**	**80**	**100**
Elective Courses (Any one)						
MPEC - 101	Athletic care and Rehabilitation	**03**	**03**	**20**	**80**	**100**
MPEC - 102	Sports Engineering					
Part B:Practical courses						
MPPC – 101	Running Event / Gymnastics (F. Ex. and T.V.)/ Swimming	**06**	**03**	**40**	**60**	**100**
MPPC – 102	Yoga/ Aerobics/ Combat	**06**	**03**	**40**	**60**	**100**
MPPC – 103	Adventure Activity/ Mass Demonstration	**06**	**03**	**40**	**60**	**100**
	Total	**33**	**24**	**220**	**580**	**800**

Note: Total number of hours required to earn 03 credits for each theory course are 45-50 hours per semester whereas 90-100 hours for each practicum course

Second semester

Part A : Theoretical Course						
Course Code	**Title of Paper**	**Total hours/ week**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC - 201	Applied Statistics in P. E.	**03**	**03**	**20**	**80**	**100**
MPCC - 202	Sports Biomechanics and Kinesiology	**03**	**03**	**20**	**80**	**100**
MPCC - 203	Test Measurement and Evaluation	**03**	**03**	**20**	**80**	**100**
MPCC - 204	**Indian Constitution**	**03**	**03**	**20**	**80**	**100**
Elective Course (Any one)						
MPEC - 201	Health education and sports nutrition	**03**	**03**	**20**	**80**	**100**
MPEC - 202	Sports Journalism and Mass Communication					
Part B:Practical course						
MPPC – 201	Laboratory Practical	**06**	**03**	**40**	**60**	**100**
MPPC – 202	Teaching lessons in Indigenous activities 5	**06**	**03**	**40**	**60**	**100**
MPPC – 203	Classroom Teaching lessons 5	**06**	**03**	**40**	**60**	**100**
		33	**24**	**220**	**580**	**800**

Note: Total number of hours required to earn 03 credits for each theory course are 45-50 hours per semester whereas 90-100 hours for each practicum course

Third Semester

Part A : Theoretical Course						
Course Code	**Title of Paper**	**Total hours/ week**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC - 301	Scientific Principles of Sports Training	**03**	**03**	**20**	**80**	**100**
MPCC - 302	Sports Medicine	**03**	**03**	**20**	**80**	**100**
MPCC - 303	Sports Pedagogy	**03**	**03**	**20**	**80**	**100**
Elective Course (Any one)						
MPEC - 301	Physical Fitness and Wellness	**03**	**03**	**20**	**80**	**100**
MPEC - 302	Sports Technology					
Service Course (any one)						
MPDSC-001	Life Guards Course	**04**	**04**	**20**	**80**	**100**
MPDSC-002	Fitness And Gym-Instructor					
MPDSC-003	Counseling Psychology					
MPDSC-004	Environmental Awareness And Disaster Management					
MPDSC-005	Fitness And Nutrition Management					
Part B:Practical course						
MPPC – 301	Training Methods of Motor Abilities – 5 lessons	**06**	**03**	**40**	**60**	**100**
MPPC – 302	T & F Jumping Event+ Throwing Event	**06**	**03**	**40**	**60**	**100**
MPPC – 303	**Internship**	**06**	**03**	**40**	**60**	**100**
	Total	**34**	**25**	**220**	**580**	**800**

Note: Total number of hours required to earn 03 credits for each theory course and service course of 04 credits are 45-50 hours for this semester whereas 90-100 hours for each practicum course and Internship

Fourth semester

Part A : Theoretical Course						
Course Code	**Title of Paper**	**Total hours/ week**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC - 401	Information and Communication Technology in P. E.	**03**	**03**	**20**	**80**	**100**
MPCC - 402	Sports Psychology	**03**	**03**	**20**	**80**	**100**
MPCC - 403	Sports Management	**03**	**03**	**20**	**80**	**100**
Elective Course (Any one)						
MPEC - 401	Education Technology in P. E.	**03**	**03**	**20**	**80**	**100**
MPEC - 402	Professional Preparation and Curriculum Design					
Part B:Practical course						
MPPC – 401	Coaching Lessons Game Specialization - 5	**06**	**03**	**40**	**60**	**100**
MPPC – 402	Officiating lesson Game Specialization - 5	**06**	**03**	**40**	**60**	**100**
MPPC - 403	**Dissertation**	**12**	**06**	**80**	**120**	**200**
	Total	**36**	**24**	**240**	**560**	**800**

Note: Total number of hours required to earn 03 credits for each theory course are 45-50 hours per semester whereas 90-100 hours for each practicum course

NSSR's
College of Physical Education, Beed

M.P.Ed. Semester 1
Part A : Theoretical Course

Paper :- MPCC 101 Research process in P.E. and Sports Science

Learning Outcomes

After sucessfully completion of this course students will be able to

1. Students will know the concept and meaning of Research
2. Students will understand the fundamentals of Research
3. Students will know the methods of research
4. Students will know different tools of data collection for research
5. Students will understand the scientific sports training process & principles.
6. Students will develop attitudes and skills in designing sports training programs.
7. Students will be a good sports trainer.

Paper :- MPCC 102 Physiology of Exercise

After sucessfully completion of this course students will be able to

1. Students will understand the physiological effect of Exercise on different system or/and on the body as a whole.
2. Students will understand bioenergetics & role of energy systems in sports activities.
3. Students will understand the role of nutrition & its relevance in energy production.

Paper :- MPCC 103 Yogic Science

After sucessfully completion of this course students will be able to

1. Students will understand the foundation & background of Yoga.
2. Students will know stages Students will & importance of practicing yoga.
3. Students will understand the benefits & effects of Kriyas, Bandhas, Pranayama.
4. Students will understand relation of yoga, health & mental health.
5. Students will know the researches in yoga and its contributions.

Paper :- MPCC 104 Environmental Science

After sucessfully completion of this course students will be able to

1. Understanding of Ecosystems
- Describe the structure and function of ecosystems, including food chains, food webs, and energy flow.
2. Awareness of Environmental Issues
- Identify major global and local environmental problems (e.g., climate change, pollution, deforestation, water scarcity).
3. Conservation and Sustainability
- Explain the importance of conserving natural resources and adopting sustainable practices.
4. Scientific Knowledge
- Understand environmental cycles (carbon, nitrogen, water cycles) and their significance in maintaining ecological balance.
5. Human Impact on Environment
- Analyze how human activities such as urbanization, industrialization, and agriculture affect the environment.

Paper :- MPEC 101 Athletic care and Rehabilitation.

After sucessfully completion of this course students will be able to

1. Students will know the historical background & development of sports medicine
2. Students will know common injuries and healing process
3. Students will get acquainted with injury management of common injuries
4. Students will know various modalities & its uses

Second semester

Part A : Theoretical Course						
Course Code	**Title of Paper**	**Total hours/ week**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC - 201	Applied Statistics in P. E.	**03**	**03**	**20**	**80**	**100**
MPCC - 202	Sports Biomechanics and Kinesiology	**03**	**03**	**20**	**80**	**100**
MPCC - 203	Test Measurement and Evaluation	**03**	**03**	**20**	**80**	**100**
MPCC - 204	**Indian Constitution**	**03**	**03**	**20**	**80**	**100**
Elective Course (Any one)						
MPEC - 201	Health education and sports nutrition	**03**	**03**	**20**	**80**	**100**
MPEC - 202	Sports Journalism and Mass Communication					
Part B:Practical course						
MPPC – 201	Laboratory Practical	**06**	**03**	**40**	**60**	**100**
MPPC – 202	Teaching lessons in Indigenous activities 5	**06**	**03**	**40**	**60**	**100**
MPPC – 203	Classroom Teaching lessons 5	**06**	**03**	**40**	**60**	**100**
		33	**24**	**220**	**580**	**800**

Note: Total number of hours required to earn 03 credits for each theory course are 45-50 hours per semester whereas 90-100 hours for each practicum course

NSSR's
College of Physical Education, Beed

M.P.Ed. Semester 2
Part A : Theoretical Course

Paper :- MPCC 201 Applied Statistics in P.E.

Learning Outcomes

After sucessfully completion of this course students will be able to

1. Understanding of Basic Statistical Concepts
- Learners will understand key statistical terms such as mean, median, mode, standard deviation, and correlation.
2. Data Collection and Organization
- Students will be able to systematically collect, classify, tabulate, and present physical education data effectively.
3. Application of Statistical Tools
- Students will apply statistical methods to analyze performance, fitness test scores, and other physical education data.
4. Performance Evaluation
- Learners will use statistical analysis to measure and evaluate athlete and team performance objectively.
5. Informed Decision Making
- Students will make evidence-based decisions in training, coaching, and physical education planning using statistical results.
6. Graphical Representation Skills
- Learners will develop the ability to create and interpret bar graphs, histograms, line graphs, and pie charts to visualize physical education data.
7. Understanding Trends and Patterns
- Students will recognize patterns, trends, and relationships in physical activity and fitness data.
8. Research Skills Development
- Learners will be equipped to conduct basic research and interpret findings relevant to physical education and sports science.
9. Improvement in Planning and Strategy
- Use of statistical analysis to enhance training plans, injury prevention, and game strategies based on data trends.
10. Critical Thinking and Problem Solving
- Encourages analytical thinking by interpreting statistical outcomes to solve real-world physical education issues.

Paper :- MPCC 202 Sports Biomechanics and Kinesiology

After sucessfully completion of this course students will be able to

1. To understand the science of Biomechanics and kinesiology in relation to human performance.

2. To analyse various fundamental movements and understanding the relevance of analysis.

3. To understand the body structure and apply the knowledge in analysis of movements.

Paper :- MPCC 203 Test Measurement and Evaluation.

After sucessfully completion of this course students will be able to

1. Students will understand how to conduct various measurement techniques.

2. Students will assess an individual, athlete, special person, etc. using appropriate tests.

3. Students will develop ability to measure accurately.

Paper :- MPCC 204 Indian Constitution

After sucessfully completion of this course students will be able to

1. Understanding the Foundation of Indian Democracy
- Learners will be able to explain the key features and philosophy of the Indian Constitution, including justice, liberty, equality, and fraternity.
2. Knowledge of Fundamental Rights and Duties
- Students will identify and understand the Fundamental Rights and Fundamental Duties enshrined in the Constitution.
3. Familiarity with the Preamble
- Learners will analyze the significance of the Preamble and interpret its key terms like Sovereign, Socialist, Secular, Democratic, and Republic.
4. Awareness of Constitutional Structure
- Learners will understand the structure of government: Legislature, Executive, and Judiciary, and their roles and responsibilities.
5. Understanding Federalism and Secularism
- Students will be able to explain the principles of federalism, the division of powers between Centre and States, and the secular character of the state.
6. Appreciation of Constitutional Values
- Learners will develop respect for democratic values and constitutional morality.
7. Legal and Civic Literacy
- Students will become aware of their legal rights, duties, and responsibilities as Indian citizens.
8. Role of Constitution in Nation-Building
- Learners will analyze how the Constitution has contributed to the unity, integrity, and development of the nation.

Paper :- MPEC 201 Health Education and Sports Nutrition

After sucessfully completion of this course students will be able to

1. Students will understand the concept & importance and determinants of health.
2. Students will understand the changing concept of health education, need of a comprehensive health education program and approaches to health education.
3. Students will understand reasons, effects & preventive ways of substance use & abuse.
4. Students will understand typical stages of diseases, and help them understand certain communicable and non-communicable diseases.

Third Semester

Part A : Theoretical Course						
Course Code	**Title of Paper**	**Total hours/ week**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC - 301	Scientific Principles of Sports Training	**03**	**03**	**20**	**80**	**100**
MPCC - 302	Sports Medicine	**03**	**03**	**20**	**80**	**100**
MPCC - 303	Sports Pedagogy	**03**	**03**	**20**	**80**	**100**
Elective Course (Any one)						
MPEC - 301	Physical Fitness and Wellness	**03**	**03**	**20**	**80**	**100**
MPEC - 302	Sports Technology					
Service Course (any one)						
MPDSC-001	Life Guards Course	**04**	**04**	**20**	**80**	**100**
MPDSC-002	Fitness And Gym-Instructor					
MPDSC-003	Counseling Psychology					
MPDSC-004	Environmental Awareness And Disaster Management					
MPDSC-005	Fitness And Nutrition Management					
Part B:Practical course						
MPPC – 301	Training Methods of Motor Abilities – 5 lessons	**06**	**03**	**40**	**60**	**100**
MPPC – 302	T & F Jumping Event+ Throwing Event	**06**	**03**	**40**	**60**	**100**
MPPC – 303	**Internship**	**06**	**03**	**40**	**60**	**100**
	Total	**34**	**25**	**220**	**580**	**800**

Note: Total number of hours required to earn 03 credits for each theory course and service course of 04 credits are 45-50 hours for this semester whereas 90-100 hours for each practicum course and Internship

NSSR's
College of Physical Education, Beed

M.P.Ed. Semester 3
Part A : Theoretical Course

Paper :- MPCC 301 Scientific Principal of Sports training

Learning Outcomes

After sucessfully completion of this course students will be able to

1. Understand Fundamental Principles
- Explain key scientific principles such as overload, progression, specificity, reversibility, and individual differences in the context of sports training.
2. Apply Training Principles
- Apply scientific principles to design effective and sport-specific training programs.
3. Analyze Performance Factors
- Understand how physiological, biomechanical, and psychological factors affect sports performance.
4. Monitor and Adjust Training
- Evaluate and adjust training loads to maximize performance while minimizing the risk of overtraining and injury.
5. Understand Recovery and Adaptation
- Explain the importance of rest, recovery, and adaptation in the training cycle.
6. Interpret Scientific Data
- Use basic data and performance metrics (e.g., heart rate, VO_2 max, lactate threshold) to guide training decisions.
7. Enhance Athlete Safety
- Identify signs of overtraining, fatigue, and injury; implement preventive measures based on scientific understanding.
8. Promote Long-Term Athlete Development
- Describe how scientific training supports the long-term development of athletes from beginners to elite levels.

Paper :- MPCC 302 Sports Medicine

After sucessfully completion of this course students will be able to

1. Understanding of Human Anatomy and Physiology
- Gain knowledge of body systems and their functions related to physical activity and injury.
- Understand how musculoskeletal, cardiovascular, and nervous systems interact during sports.
2. Injury Prevention Techniques
- Learn principles and practices to prevent common sports injuries.
- Understand warm-up, cool-down, stretching, and conditioning methods.
3. Diagnosis and Management of Sports Injuries
- Identify signs, symptoms, and causes of various sports injuries.
- Acquire skills for initial assessment, first aid, and basic treatment strategies.
4. Rehabilitation and Recovery
- Understand rehabilitation protocols and the role of physiotherapy in sports recovery.
- Learn methods to monitor progress and support athletes' return to play safely.
5. Nutrition and Sports Performance
- Understand the importance of nutrition, hydration, and supplementation in athletic performance and recovery.
6. Use of Therapeutic Modalities
Gain knowledge of treatment tools like cryotherapy, heat therapy, ultrasound, and TENS (Transcutaneous Electrical Nerve Stimulation).
7. Psychological Aspects of Injury and Recovery
- Understand the emotional and mental challenges athletes face due to injury.
- Learn supportive strategies for maintaining motivation and mental well-being.

Paper :- MPCC 303 Sports pedagogy

After sucessfully completion of this course students will be able to

Cognitive (Knowledge-Based) Outcomes:
1. Understanding of Sports Concepts:
- Explain the rules, strategies, and techniques of various sports and games.
2. Pedagogical Knowledge:
- Understand teaching methods, lesson planning, and curriculum design in physical education.
3. Scientific Principles:
- Apply knowledge from biomechanics, physiology, and psychology to sports teaching.
4. Health and Fitness Awareness:
- Understand the role of sports in promoting lifelong fitness and wellness.

Affective (Attitude-Based) Outcomes:
1. Teamwork and Cooperation:
- Develop positive attitudes toward teamwork, leadership, and fair play.
2. Value of Discipline and Ethics:
- Emphasize the importance of discipline, respect, and ethical behavior in sports.
3. Motivation and Confidence:
- Foster self-confidence, motivation, and a positive self-image through active participation.

Professional and Career-Oriented Outcomes:
1. Instructional Skills:
- Develop the ability to instruct, coach, and mentor students or athletes.
2. Assessment and Evaluation:
- Learn to assess physical performance and design individualized development plans.
3. Use of Technology:
- Utilize technology (e.g., video analysis, fitness apps) in teaching and evaluating sports performance.

Paper :- MPEC 301 Physical Fitness and wellness

After sucessfully completion of this course students will be able to

1. Define the concept of physical activity, exercise, fitness, and wellness
2. Understand the dimensions of wellness and strategies to improve them
3. Demonstrate an understanding of the physiological benefits of exercise, physical activity, physical fitness and wellness
4. Differentiate the concept of overweight, obesity and their management.
5. Evaluate physical fitness factors
6. Develop a scientifically sound individualized program of exercise for increasing and maintaining physical fitness
7. Apply principles of physical fitness, to positively modify personal lifestyle.

Paper :- MPDSC 003 Counselling Psychology

After sucessfully completion of this course students will be able to

1. Understanding of Core Concepts
- Explain the principles, theories, and models of counselling psychology.
- Differentiate between counselling, psychotherapy, and guidance.
2. Development of Counselling Skills
- Demonstrate effective communication, empathy, and active listening.
- Apply various counselling techniques and strategies in real-life settings.
3. Self-awareness and Personal Growth
- Reflect on personal values, biases, and emotions and their impact on the counselling process.
- Develop a professional identity as a counsellor.
4. Assessment and Diagnosis
- Use psychological tools to assess client issues, behavior, and mental health status.
- Understand how to formulate treatment goals and plans based on client needs.

5. Ethical and Professional Practice
- Recognize ethical issues and apply ethical decision-making in counselling situations.
- Follow confidentiality, informed consent, and professional boundaries.
6. Multicultural Competence
- Respect and integrate cultural, social, and individual diversity into the counselling process.
- Address the unique needs of clients from varied backgrounds.
7. Crisis Intervention and Problem-Solving
- Manage clients in crisis and apply appropriate intervention strategies.
- Use problem-solving methods to assist clients in overcoming challenges.
8. Research and Evidence-Based Practice
- Evaluate counselling outcomes using research methods and psychological evidence.
- Apply findings from research to improve practice.

Fourth semester

Part A : Theoretical Course						
Course Code	**Title of Paper**	**Total hours/ week**	**Credit**	**Internal Marks**	**External Marks**	**Total Marks**
Core Course						
MPCC - 401	Information and Communication Technology in P. E.	**03**	**03**	**20**	**80**	**100**
MPCC - 402	Sports Psychology	**03**	**03**	**20**	**80**	**100**
MPCC - 403	Sports Management	**03**	**03**	**20**	**80**	**100**
Elective Course (Any one)						
MPEC - 401	Education Technology in P. E.	**03**	**03**	**20**	**80**	**100**
MPEC - 402	Professional Preparation and Curriculum Design					
Part B:Practical course						
MPPC – 401	Coaching Lessons Game Specialization - 5	**06**	**03**	**40**	**60**	**100**
MPPC – 402	Officiating lesson Game Specialization - 5	**06**	**03**	**40**	**60**	**100**
MPPC - 403	**Dissertation**	**12**	**06**	**80**	**120**	**200**
	Total	**36**	**24**	**240**	**560**	**800**

Note: Total number of hours required to earn 03 credits for each theory course are 45-50 hours per semester whereas 90-100 hours for each practicum course

NSSR's
College of Physical Education, Beed

M.P.Ed. Semester 4
Part A : Theoretical Course

Paper :- MPCC 401 Information and Communication Technology in P.E.

Learning Outcomes

After sucessfully completion of this course students will be able to

Cognitive Learning Outcomes

1. Understanding ICT Tools:
- Students will understand how various ICT tools (e.g., fitness apps, wearable tech, video analysis software) are used in physical education.
2. Knowledge of Digital Resources:
- Gain knowledge about digital platforms and online resources that support learning in sports science and physical training.
3. Data Analysis Skills:
- Learn to interpret and analyze performance data (e.g., heart rate, distance, calories) using digital tools.
4. Enhanced Decision-Making:
- Develop the ability to make informed decisions based on feedback from ICT tools and performance metrics

Skill-Based Learning Outcomes

1. Video Analysis Proficiency:
- Use video technology to assess and improve athletic techniques.
2. Technology Integration in Training:
- Apply ICT tools effectively in planning and executing physical training programs.
3. Communication Skills:
- Improve communication and collaboration using online platforms, especially in team sports.
4. Presentation and Reporting:
- Learn to present physical performance data through graphs, charts, or digital reports.

Affective Learning Outcomes

1. Positive Attitude Toward Technology:
- Develop a positive attitude toward using technology to enhance physical health and performance.
2. Motivation and Engagement:
- Increased motivation and interest in physical activity through interactive and gamified digital tools.
3. Responsible Use of Technology:
- Understand the ethical use of ICT in sports and respect data privacy and digital integrity.

Social and Collaborative Outcomes

1. Teamwork through Virtual Platforms:
- Participate in virtual fitness challenges or online group workouts, promoting teamwork.
2. Global Exposure:
- Connect with global fitness trends and training methods through online platforms.

Paper :- MPCC 402 Sports Psychology

Learning Outcomes

After sucessfully completion of this course students will be able to

1. Students will get acquainted with the meaning, nature and scope of sports Psychology.
2. Students will know & prepare psychological profiles of sportsmen.
3. Students will understand the role of sports psychology in the performance.
4. Students will know various psychological problems and its coping techniques for better sports performance.
5. Students will know the role of leaders, counsellors, and social psyche in the performance enhancement.
6. Students will know about Psychological Tests and be able to conduct these tests on subjects.

Paper :- MPCC 403 Sports Management

After sucessfully completion of this course students will be able to

1. Students will get acquainted with duties & responsibilities of managers.
2. Students will understand the importance of management in Physical Education
3. Students will know the basic concept & principles of management in Physical Education.

Paper :- MPEC 402 Professional preparation and curriculum design.

After sucessfully completion of this course students will be able to

1. Students will know the foundation of profession, its criteria.
2. Students will understand the various perspectives of profession.
3. Students will understand the principles & process of professional development.

All Games activity learning outcomes

Cognitive (Knowledge-Based) Outcomes
1. Understanding Rules and Strategies
- Learns and applies the rules, regulations, and strategies of various sports.
2. Knowledge of Health and Fitness
- Understands the benefits of physical activity for health, fitness, and mental well-being.
3. Tactical Thinking
- Develops problem-solving and decision-making skills in game situations.

Psychomotor (Skill-Based) Outcomes
1. Skill Development
- Demonstrates improvement in fundamental and advanced motor skills (e.g., running, throwing, catching, dribbling).
2. Coordination and Balance
- Enhances body coordination, agility, speed, and balance through structured movement activities.
3. Sport-Specific Techniques
- Masters techniques required for specific sports (e.g., serving in volleyball, shooting in basketball).

Affective (Attitude and Behavior-Based) Outcomes
1. Teamwork and Cooperation
- Works effectively as part of a team, showing respect and collaboration with teammates.
2. Leadership and Responsibility
- Demonstrates leadership, takes initiative, and assumes responsibility in group settings.
3. Self-Discipline and Sportsmanship
- Shows self-control, fair play, and respect for opponents and officials.
4. Confidence and Motivation
- Gains self-esteem and motivation through goal-setting and personal achievement in sports.

Social and Emotional Outcomes
1. Communication Skills
- Improves verbal and non-verbal communication during gameplay.
2. Emotional Regulation
- Learns to manage emotions like frustration, excitement, and disappointment constructively.

Inclusion and Respect
Develops appreciation for diversity and inclusion in team activities.