

SCHOOL OF SPORTS EDUCATION

CRITERIA 1

SUBCRITERIA 1.3.3

Percentage of students undertaking projects

Academic Year 2019-2020

Index

S.no	Component	Page No
1.	Summary Table	03
2.	Schemes of BPES	04
3.	Schemes of MPES	05
4.	BPES Syllabus (PEL303)	06-09
5.	MPES Syllabus (MPCC0406)	10-13
6.	Sample Project Report BPES	14-16
7.	Sample reports of MPES	17-19


H.O.D
School of Sports Educator
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

SCHOOL OF SPORTS EDUCATION Summary Table

Total Number of Major/Minor Projects in UG and PG

Projects	Course Code	Program	Total Number of students Involved in projects
	PEL-303	BPES	51
	MPCC-0406	MPES	20


H.O.D
School of Sports Education
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

SCHEMES BACHELOR OF PHYSICAL EDUCATION AND SPORTS

School of Sports Education

NAME OF COURSE: BPES

SEMESTER: III

SUBJECT WISE DISTRIBUTION OF MARKS AND CORRESPONDING CREDITS

S. No.	Subject Code	Subject Name & Title	Maximum Marks Allotted							Credits Allotted Subject wise			Total Credits
			Theory Slot			Practical Slot				Period per week			
			End Sem.	Mid Sem. MST (Two tests average)	Quiz/ surprise test/ Class participation/ assignment	End Sem.	Progressive Evaluation	Internal Viva	Total marks	L	T	P	
1.	PEL - 301	Fundamental of Physiology	40	30	30				100	3	2	-	5
2.	PEL - 302	Kinesiology	40	30	30				100	3	2	-	5
3.	PEL - 303	Health & Adapted Physical Education	40	30	30				100	3	2	-	5
4.	PEP - 304	Football				40	30	30	100	-	-	4	2
5.	PEP - 305	Badminton				40	30	30	100	-	-	4	2
6.	PEP - 306	Basketball				40	30	30	100	-	-	4	2
Total Marks			120	90	90	120	90	90	600				21

Maximum Marks: (Theory) -100

(Practical) -100



H.O.D.
School of Sports Education
ITM University, Gwalior



Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

SCHEMES MASTER OF PHYSICAL EDUCATION AND SPORTS

School of Sports Education

NAME OF COURSE: MPES (Master of Physical Education & Sports)

SEMESTER: IV

SUBJECT WISE DISTRIBUTION OF MARKS AND CORRESPONDING CREDITS

S. No.	Subject Code	Subject Name & Title	Maximum Marks Allotted							Credits Allotted Subject wise			Total Credits
			Theory Slot			Practical Slot				Period per week			
			End Sem.	Mid Sem. MST (Two tests average)	Quiz/ surprise test/ Class participation/ assignment	End Sem.	Progressive Evaluation	Internal Viva	Total marks	L	T	P	
1.	MP CC 0401	Scientific principles of sports training and coaching	70	15	15				100	3	1	-	4
2.	MP CC 0402	Sports medicine	70	15	15				100	3	1	-	4
3.	MP CC 0403	Yogic sciences and naturopathy	70	15	15				100	3	1	-	4
4.	MPEA 0404	Curriculum Designs	70	15	15				100	-	-		
5.	MPPC 0405	Coaching Lessons				80	10	10	100	-	-	4	4
6.	MPPC 0406	Dissertation				80	10	10	100	-	-	4	4
Total Marks			280	60	60	160	20	20	600				24

Maximum Marks: (Theory) - 100

(Practical) - 100



H.O.D.
School of Sports Education
ITM University, Gwalior



Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

HOD



SYLLABUS BACHELOR OF PHYSICAL EDUCATION AND SPORTS

School of Sports Education

Title of the Course	Health & Adapted Physical Education
Course Code	pel-303

Part A

Year	2nd	Semester	3rd	Credits	L	T	P	C
					3	2	0	5
Course Type	Theory only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge of science and physical Education			Co-Requisite/s				
Course Outcomes & Bloom's Level	<p>CO1- CO 1 Recognise the various developmental stages of the differently abled children and how to teach them accordingly (BL1-Remember)</p> <p>CO2- CO 2 Describe activity requirements of physically challenged persons (BL2- Understand)</p> <p>CO3- CO3 Apply worthwhile activity programs for various levels of mentally challenged persons. (BL3-Apply)</p> <p>CO4- CO 4 Analyze the Individual education programs (BL4-Analyze)</p> <p>CO5- CO5 Select appropriate physical activities for visually challenged (BL5-Evaluate) CO6- CO 6 Design programs for learning disabled. (BL6-Create)</p>							
Course Elements	Skill Development ✗ Entrepreneurship ✗ Employability ✓ Professional Ethics ✓ Gender ✗ Human Values ✓ Environment ✗		SDG (Goals)					

H.O.D.
 School of Sports Education
 ITM University, Gwalior

Dr. Omveer Singh
 REGISTRAR
 ITM University
 Gwalior (M.P.)

Part B

Modules	Contents	Pedagogy	Hours
1	1. Introduction to Adapted Physical Education 1.1 Meaning and Definitions of Health and Adapted Physical Education 1.2 Aims, Goals, & Objectives 1.3 Need & Importance of Adapted Physical Education 1.4 Types of Deformities found generally in challenged children	lecture method	15
2	2. Classification of Disability 2.1 Physical disabilities 2.1.1 Causes 2.1.2 Functional Limitations 2.1.3 Characteristics 2.2 Mental Retardation 2.2.1 Causes 2.2.2 Characteristics 2.2.3 Functional Limitations 2.3 Visual impairment 2.3.1 Causes 2.3.2 Characteristics 2.3.3 Functional Limitations 2.4 Hearing Impairment 2.4.1 Causes 2.4.2 Characteristics 2.4.3 Functional Limitations 2.5 Behavioral Disorders 2.5.1 Adjustment problems 2.5.2 Personality disorder 2.5.3 Modifications for teaching and programming in physical education and sports	lecture,group project	20
3	3. Adapted Physical Education Program 3.1 Guiding principles for adapted physical education program (AAPHER Principle) 3.2 Physical Education program for disabled of 3.2.1 Elementary School 3.2.2 Middle School 3.2.3 High School 3.2.4 College & University level 3.3 Program to meet individual needs 3.3.1 Determining the unique needs 3.3.2 Establishing goals and objectives 3.3.3 Selecting activities and instructional strategies	background study	20
4	4. Co-Curricular Activities for Disabled 4.1 Outdoor program for the disabled 4.2 Adventure based outdoor program 4.3 Rhythm and dance activities 4.4 Aquatic activity program for Disabled 4.4.1 Importance of aquatics for the disabled 4.4.2 Nature of aquatic activity program based on types of various disabilities 4.4.3 Rehabilitative role and importance of aquatic activity <u>4.5 Health Education: Meaning and Definition – Factors influencing Health: Heredity and Environment</u> <u>4.6 Infection, Immunity and Immunization –</u> <u>4.7 Public health measures to combat infection.</u> <u>4.8 Common communicable Diseases: Definition – Causes, Symptoms, Mode of Transmission and Prevention .</u>	cooperative learning	20


H.O.D.
School of Sports Education
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

4.9 Malaria – Filariasis – Typhoid – Cholera -
Measles - Mumps - Whooping Cough - Chicken
Pox – Dysentery - Dengu - AIDS.

Part D(Marks Distribution)

Theory					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
100	30	40	12	60	18
Practical					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation

Part E

Books	
Articles	
References Books	<p>1. Auxter, Byler, Howtting, Adapted Physical Education and Reactions Morbey-St. Louis Mirrauri. 1867 2. Arthur G. Miller & James, Teaching Physical Activities to Impaired Youth John Wilag & Sons Inc. Canada. 1885 3. Ronald W. French, & Paul J., Special Physical Education, Charles E. Merrics Publishing Co. Edinburg, Ohio. 1995 4. Arthur S. Daniels & Euilya, Adapted Physical Education, Harpet & Row Publisher-New York. 2001 5. Anoop Jain Adapted Physical Education Sports Publications, Ashok Vihar Delhi-52 6. Winnick JP, Adapted Physical Education and sport Human Kinetics USA, 2005 7. Shekar KC, Adapted Physical Education (Khel Sahitya Kendra: New Delhi)-2005</p>
MOOC Courses	
Videos	

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	-	2	-	-	-	-	-	-	-	-	-	-	-
CO2	-	2	-	-	3	-	-	-	-	-	-	-	-	-	-
CO3	3	-	3	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	3	-	2	-	-	-	-	-	-	-	-	-	-	-
CO5	2	-	2	-	2	-	-	-	-	-	-	-	-	-	-
CO6	-	3	-	2	-	-	-	-	-	-	-	-	-	-	-


H.O.D
School of Sports Education
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

SYLLABUS MASTER OF PHYSICAL EDUCATION AND SPORTS

School of Sports Education

(SOSE)(MPES)

Title of the Course	Dissertation
Course Code	MPCC-406

Part A

Year	2nd	Semester	4th	Credits	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	basic knowledge about research and physical education			Co-Requisite/s				
Course Outcomes & Bloom's Level	<p>CO1- Recall key concepts and theories in Physical Education.(BL1-Remember)</p> <p>CO2- Explain the significance of research methodologies in Physical Education.(BL2-Understand)</p> <p>CO3- Apply advanced research skills to design and conduct original research studies.(BL3-Apply)</p> <p>CO4- Analyze data collected as part of the dissertation study to identify patterns and trends. (BL4-Analyze)</p> <p>CO5- Assess the significance of research findings and their implications for the field of Physical Education.(BL5-Evaluate)</p> <p>CO6- Develop a comprehensive dissertation proposal(BL6-Create)</p>							
Course Elements	Skill Development ✗ Entrepreneurship ✓ Employability ✓ Professional Ethics ✗ Gender ✗ Human Values ✓ Environment ✓		SDG (Goals)	SDG1(No poverty) SDG2(Zero hunger) SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG7(Affordable and clean energy)SDG15(Life on land)				


H.O.D
School of Sports Education
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

Part B

Modules	Contents	Pedagogy	Hours
UNIT-1	<p>Course Description: This course provides doctoral students in Physical Education with guidance and support in the development and completion of their dissertation research. Students will engage in advanced study and original research in topics relevant to the field of Physical Education. Course Outcomes (COs):</p> <p>Advanced Research Skills: Students will demonstrate advanced proficiency in designing and conducting original research studies in the field of Physical Education. Critical Analysis: Students will critically evaluate existing literature, theories, and research methodologies relevant to their dissertation topic. Advanced Writing and Communication: Students will develop advanced academic writing and communication skills, including the ability to articulate complex ideas, construct coherent arguments, and effectively communicate research findings in both written and oral formats. Contribution to Knowledge: Students will make a significant contribution to the body of knowledge in Physical Education through the completion of their dissertation research. Professional Development: Students will develop professional skills necessary for successful careers in academia, research, or other related fields within the discipline of Physical Education. Evaluation Criteria: Dissertation Proposal (20%): Students will develop a comprehensive dissertation proposal that includes a clear research question, review of relevant literature, theoretical framework, research methodology, and expected contributions to the field. Evaluation will be based on the clarity and coherence of the proposal, the significance of the research question, and the feasibility of the proposed research plan. Literature Review (20%): Students will conduct a thorough review of existing literature related to their dissertation topic, critically analyzing previous research, identifying gaps or contradictions in the literature, and establishing the theoretical framework for their study. Evaluation will be based on the depth and breadth of the literature review, the synthesis of key concepts, and the relevance to the research question. Research Methodology (20%): Students will design and justify a research methodology appropriate for their dissertation study, including data collection procedures, sampling techniques, data analysis methods, and ethical considerations. Evaluation will be based on the appropriateness and rigor of the methodology proposed, as well as the potential for the methodology to address the research question effectively. Data Analysis and Findings (20%): Students will analyze data collected as part of their dissertation</p>	<p>problem based and experiential learning.</p>	60


H.O.D.
School of Sports Education
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

	<p>study, present findings in a clear and organized manner, and interpret results within the context of existing literature and theoretical frameworks. Evaluation will be based on the accuracy and rigor of the dataanalysis, the clarity of presentation, and thesignificance of the findings to the field of Physical Education. Dissertation Defense (20%): Students will defend their dissertationorally before a committee of faculty members, demonstrating their understanding of the research conducted, ability to respond to questions and critiques, and contribution to the field of Physical Education. Evaluation will be based on the clarity and coherence of the presentation, the depth of knowledge demonstrated, andthe overall quality of the dissertation research.</p>	
--	---	--

Part D(Marks
Distribution)

Theory					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
Practical					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
100	32	80	26	20	6

Part E

Books	
Articles	
References Books	
MOOC Courses	
Videos	


H. O. D
School of Sports Education
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

Course
 Articulation
 Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	3	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	3	-	2	-	-	-	-	-	-	-	-	1	2	1
CO3	-	2	2	2	-	-	-	-	-	-	-	-	2	2	1
CO4	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	1	2	-	1	-	-	-	-	-	-	-	-	-	-	-


 H.O.D.
 School of Sports Education
 ITM University, Gwalior


Dr. Omveer Singh
 REGISTRAR
 ITM University
 Gwalior (M.P.)

**ROLE OF PHYSICAL EDUCATION AND SPORTS IN SOLVING
THE PROBLEMS OF ADOLESCENTS**

A

Major Project

Submitted in partial fulfillment for the award of the degree

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

IN

Physical Education



Submit by

Abhishek Chandel
Abhishek kelwa
Achal Sharma
Adarsh Singh Tomar
Akash singh Bhadauria

Under the guidance of

Dr.Indu M.
School of Sports Education


H.O.D
School of Sports Education
ITM University, Gwalior

Submit to

Dr. VipinTiwari
School of sports education
ITM University Gwalior-474026 MP, (India) April-2020


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

School of sports education
 Major Project list April 2020

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

III Semester (Batch-2018)

No. of students completed project: 51

Sr. No.	Roll No.	Name	Project Title	Guide Name
1	BSPN1PE18002	Abhishek Chandel	Role of physical education and sports in solving the problems of adolescents	Dr.Indu M.
2	BSPN1PE18003	Abhishek kelwa		
3	BSPN1PE18004	Achal Sharma		
4	BSPN1PE18006	Adarsh Singh Tomar		
5	BSPN1PE18008	Akash singh Bhadauria		
6	BSPN1PE18009	Aman	Growth and development during childhood	Dr. VipinTiwari
7	BSPN1PE18012	Aman Yadav		
8	BSPN1PE18013	Amnon Vineet Prakash		
9	BSPN1PE18015	Anuj Yadav		
10	BSPN1PE18016	Ashish Patel		
11	BSPN1PE18017	Ashutosh Niranjana	General principle pertinent to physical growth and development	Dr. Preeti Singh
12	BSPN1PE18019	Chhaya Kumari		
13	BSPN1PE18021	Devashish Hembram		
14	BSPN1PE18023	Faiz Khan		
15	BSPN1PE18024	Firoz Khan		
16	BSPN1PE18025	Ishan Tirkey	Psychological factors effecting physical performance	Mr. PankajTiwari  H.O.D School of Sports Educator ITM University, Gwalior
17	BSPN1PE18026	Jaya Shukla		
18	BSPN1PE18027	Jigar Hadi		
19	BSPN1PE18028	Kajal		
20	BSPN1PE18030	Km. Divya Sharma		
21	BSPN1PE18032	Komal Kumari	Nervous system	Dr.Indu M.
22	BSPN1PE18033	Krishnakant Yadav		

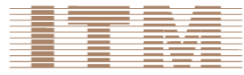
Sr. No.	Roll No.	Name	Project Title	Guide Name
23	BSPN1PE18034	Ku. Sonal Tiwari	Energy system of human body	Dr. VipinTiwari
24	BSPN1PE18035	Madhusudhan Parmar		
25	BSPN1PE18037	Mayank Singh Sikarwar		
26	BSPN1PE18038	Megha Sharma		
27	BSPN1PE18039	Megha Singh		
28	BSPN1PE18040	Mohit Bhardwaj		
29	BSPN1PE18041	Mohit Rajawat		
30	BSPN1PE18042	Mohit Sharma	Stages of physical development with special reference to adolescent	Dr. Preeti Singh
31	BSPN1PE18044	Namkit Lepcha		
32	BSPN1PE18045	Nancy Bisht		
33	BSPN1PE18046	Pankaj Ghoti		
34	BSPN1PE18047	Prashant Tomar		
35	BSPN1PE18049	R. Vinayak Reddy	Sports nutrition	Mr. PankajTiwari
36	BSPN1PE18050	Rahul Kumar		
37	BSPN1PE18053	Raman Kumar Jha		
38	BSPN1PE18054	Riya Gulatkar		
39	BSPN1PE18056	Satyam Krishna		
40	BSPN1PE18057	Shaifali Chandel		
41	BSPN1PE18061	Shivam Pal	Promoting health and fitness programme in secondary school education	Dr.Indu M.
42	BSPN1PE18062	Shivam Singh		
43	BSPN1PE18063	Shubham Nagar		
44	BSPN1PE18065	Upendra Gurjar		
45	BSPN1PE18066	Vicky Tomar		
46	BSPN1PE18067	Vikas	The world anti-doping agency (WADA)	Dr. Vipin Tiwari
47	BSPN1PE18068	Vikram Saxena		
48	BSPN1PE18070	Yogesh Sansanwal		
49	BSPN1PE18071	Rajkumar Sharma		
50	BSPN1PE18077	Kyrpadbor Tariang		



H.O.D
School of Sports Educator
ITM University, Gwalior



Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)



UNIVERSITY
GWALIOR • MP • INDIA

"CELEBRATING DREAMS"

Sr. No.	Roll No.	Name	Project Title	Guide Name
51	BSPN1PE18078	Ripudaman Singh		


H.O.D.
School of Sports Education
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

IMPACT OF INDIAN SUPER LEAGUE IN INDIAN FOOTBALL PLAYERS PERFORMANCE



SAMRATH CHOWDHURY

A THESIS

Submitted to

School of sports education
ITM University Gwalior-474026 MP, (India)

for the degree of
Master of Physical Education and Sports

April 2020


H.O.D
School of Sports Education
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)

School of sports education
List of the Thesis Topic April 2020

MASTER OF PHYSICAL EDUCATION AND SPORTS

IV Semester (Batch-2018)

No. of students completed project: 20

S.No	Roll No.	Name	Thesis Topic	Guide
1	MSPN1PE18001	Aman Tiwari	Effect of Yoga and Meditation in Football	Dr. Vipin Tiwari
2	MSPN1PE18002	Ankesh Kumar Singh	The Different Shots in Handball	Dr. Vipin Tiwari
3	MSPN1PE18003	Ashok Kumar Dhakad	Jump Shoot and Falling Shoot in Handball Which Shoot is Best at the Time of Handball Match.	Dr. Vipin Tiwari
4	MSPN1PE18005	Deependra Singh Bhadoriya	Comparative Advantage of Different Surface in Basketball	Dr. Preeti Singh
5	MSPN1PE18006	Devendra Mittal	Change in Self Concept as A Result of Participation In Physical Development Program In Gymnastic	Dr. Preeti Singh
6	MSPN1PE18009	Dsouza Mark Pascoal	Effect of Functional Training on Explosive Leg Strength and Balance of Football Players	Dr. Preeti Singh
7	MSPN1PE18010	Saish Goltekar	Causes of Major Sports Injury In Football Players	Dr. Vipin Tiwari
8	MSPN1PE18011	Tushar Arun Kelkar	Impact of Sports on Indian Society Special Reference to Goan Youth	Prof Indu M.
9	MSPN1PE18012	Jay Kharbe	A Comparative Study of Physical Activity and Screen Time Between Boys And Girls From Goa	Dr. Preeti Singh
10	MSPN1PE18013	Mangal Majhi	Comparative Effect of Up Hill Running and Down Hill Running on Speed And Strength of School Students Jadugoda	Dr. Vipin Tiwari
11	MSPN1PE18014	Manish Choudhary	The Effect of Batting Backlift Technique In Cricket	Prof Indu M.

12	MSPN1PE18015	Mohini Mohan Doley	Identification and Comparison of Motor Fitness Characteristics of High And Low Achievers Girls of Banasthali Vidyapith	Dr. Preeti Singh
13	MSPN1PE18016	Naved Ahmed Khan	Prediction of Badminton Performance on The Basis of Selected Psychological Variable of school Students In Madhya Pradesh.	Dr. Vipin Tiwari
14	MSPN1PE18017	Neelam Aind	Training and Mechanics of 100 Meter Race	Dr. Vipin Tiwari
15		Ramendra Singh Jadon	Health Benefits of Yoga During Pandemic (Covid19)	Dr. Preeti Singh
16	MSPN1PE18019	Rose Supriya Dhan	A Comparative Study of Physical Variable Between Long Jumpers and Triple Jumpers.	Dr. Preeti Singh
17	MSPN1PE18020	Samrath	Impact of Indian Super League In Indian Football Players Performance	Dr. Vipin Tiwari
18	MSPN1PE18021	Sandeep Yadav	Life Satisfaction Among Working and Non Working Woman	Prof Indu M.
19	MSPN1PE18022	Sanjay Pratap	Comparative Analysis of Physical Fitness Among Management and Pharmacy Students.	Prof Indu M.
20	MSPN1PE18024	Suchitra Kumari	Effect of Yoga & Pranayama For The Stress Management.In The Period of Covide 19	Dr. Vipin Tiwari


H.O.D
School of Sports Education
ITM University, Gwalior


Dr. Omveer Singh
REGISTRAR
ITM University
Gwalior (M.P.)