

SCHOOL OF SPORTS EDUCATION

CRITERIA 1

SUBCRITERIA 1.3.3

Percentage of students undertaking projects

Academic Year 2020-2021

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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	71
	MPCC-0406	MPES	25

The students undertake mini and major projects for increasing their practical knowledge and experience.



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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


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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

HOD



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SYLLABUS BACHELOR OF PHYSICAL EDUCATION AND SPORTS

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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- CO 3 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- CO 5 Select appropriate physical activities for visually challenged (BL5-Evaluate)</p> <p>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)	SDG3(Good health and well-being)SDG15(Life on land)					





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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	background of the concept, peer teaching	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, cognitive learning	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, project,	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 4.5 Health Education: Meaning and Definition – Factors influencing Health: Heredity and Environment 4.6 Infection, Immunity and Immunization – 4.7 Public health measures to combat infection. 4.8 Common communicable Diseases: Definition – Causes, Symptoms, Mode of Transmission and Prevention .	cooperative learning  	20

4.9 Malaria – Filariasis – Typhoid – Cholera - Measles - Mumps - Whooping Cough - Chicken Pox – Dysentery - Dengu - AIDS.		
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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	1. Auxter, Byler, Howtting, Adapted Physical Education and Reactions Morbey-St. Luis 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. ShekarKC, Adapted Physical Education (Khel Sahitya Kendra: New Delhi)-2005
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	-	-	-	-	-	-	-	-	-	-	-



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SYLLABUS BACHELOR OF PHYSICAL EDUCATION AND SPORTS

School of Sports Education

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)				

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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> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;">   </div>	60

	<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>			
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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	 

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	-	-	-	-	-	-	-	-	-	-	-


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**FUNCTIONAL/ KINESIOLOGICAL CLASSIFICATION
OF MUSCLES**

A

Major Project

Submitted in partial fulfillment for the award of the degree

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

IN

Physical Education



UNIVERSITY
GWALIOR • MP • INDIA

“ CELEBRATING DREAMS ”

Submit by

Abhishek Sharma

Akash Kaurav

Akash Singh

Aman Singh Bhadoriya

Aman Deep Pathak


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

Under the guidance of



School of Sports Education

Submit to

Dr. Vipin Tiwari



School of sports education



ITM University Gwalior-474026 MP, (India) April-2021

School of sports education
 Major Project list April 2021

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

No. of students completed project: 53

Sr. No.	Roll No.	Name	Project Title	Guide Name
1	BSPN1PE19002	Abhishek Sharma	Functional/ kinesiological classification of muscles	Mr.Samrat
2	BSPN1PE19003	Akash Kaurav		
3	BSPN1PE19005	Akash Singh		
4	BSPN1PE19007	Aman Singh Bhadoriya		
5	BSPN1PE19008	Aman Deep Pathak		
6	BSPN1PE19009	Arjun Soni	Importance of kinesiology for games and sports	Mr. Bhanu
7	BSPN1PE19012	Ms. Beena Pandey		
8	BSPN1PE19013	Farhan Khan		
9	BSPN1PE19015	Gourav Singh Rajawat		
10	BSPN1PE19017	Himanshu Goswami		
11	BSPN1PE19018	Iqra Khan	Newton's laws of motion and sports technique	Dr. Preeti
12	BSPN1PE19021	Kanchan Patel		
13	BSPN1PE19022	Kaushki Yadav		
14	BSPN1PE19023	Keshav Singh Yadav		
15	BSPN1PE19025	Khyati Rawat		
16	BSPN1PE19027	Mahendra Pal	Posture and common postural deformities	Mr. Pankaj Tiwari  H.O.D School of Sports Educator ITM University, Gwalior
17	BSPN1PE19028	Mansi Agrawal		
18	BSPN1PE19029	Mohammad Faiyaz		
19	BSPN1PE19030	Mohd. Farhaz		
20	BSPN1PE19031	Mohit Kaurav		
21	BSPN1PE19032	Mukta Rajput	Preventive and remedial measures of poor posture	Dr.Indu M.  Dr. Omveer Singh REGISTRAR ITM University Gwalior (M.P.)
22	BSPN1PE19035	Pawan Kumar		
23	BSPN1PE19036	Prabal Rajput		
24	BSPN1PE19037	Prabhat Kr Singh		
25	BSPN1PE19038	Rajani Waskale		

Sr. No.	Roll No.	Name	Project Title	Guide Name
26	BSPN1PE19039	Rohit Jadon	Physical activity and health for disable children	Mr. Bhanu
27	BSPN1PE19040	Sagar Kaushik		
28	BSPN1PE19041	Sagar Rai		
29	BSPN1PE19043	Sanket Singh Rajak		
30	BSPN1PE19044	Sarthak Singh		
31	BSPN1PE19045	Shalini Tomar	Prevention of sports injuries and illnesses	Dr. Preeti
32	BSPN1PE19046	Shinde Gauri Sarjerao		
33	BSPN1PE19047	Shubh Bajpai		
34	BSPN1PE19048	Shubham Chaturvadi		
35	BSPN1PE19049	Shubham Sehgal		
36	BSPN1PE19050	Somit Mishra	Internal and external soft tissue injuries	Dr. VipinTiwari
37	BSPN1PE19052	Suraj Shukla		
38	BSPN1PE19053	Tarun		
39	BSPN1PE19054	Tushar Kumar		
40	BSPN1PE19055	Utkarsh Rai		
41	BSPN1PE19058	Vivek Singh Bhadouria	Reasons of sports injuries	Dr. VipinTiwari
42	BSPN1PE19059	Yeshpal Singh Rawat		
43	BSPN1PE19060	Km. Yogita Bora		
44	BSPN1PE19061	Sajal Chaturvedi		
45	BSPN1PE19062	Tanya		
46	BSPN1PE19063	Edula Jyothi	Massage and its types	
47	BSPN1PE19064	Aryan Ghanghoriya		
48	BSPN1PE19065	Kanchan Nidhi Kerketta		
49	BSPN1PE19066	Gurucharan		
50	BSPN1PE19067	Priya Sharma		Mr.Samrat
51	BSPN1PE19068	Babita Tigga		
52	BSPN1PE19070	Nisha Kashyap		
53	BSPN1PE19071	Ishika Gahlot		

PSYCHOLOGICAL CHARACTERISTICS OF INTERMEDIATE
SPORTS PERFORMERS IN ATHLETICS AND FOOTBALL



By

Thomas Joseph K.J.



A THESIS


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Submitted to

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

for the degree of

Master of Physical Education and Sports

April 2021

School of sports education
 List of the Thesis Topic April 2021

MASTER OF PHYSICAL EDUCATION AND SPORTS

No. of students completed project: 25

S.No	Roll No.	Name	Thesis Topic	Guide
1	MSPN1PE19001	Abhishek Mukati	Assessment of the physical fitness of handball players	Mr.Samrat
2	MSPN1PE19004	Amonkar Pranav Alias Chandrakant Parag	Assessment of the physical fitness of cricketer and softball players	Mr. Bhanu
3	MSPN1PE19005	Anjali	comparison of personality traits among medalist and non medalist women athletes	Dr. Preeti
4	MSPN1PE19006	Ankit Toppo	Effect of selected plyometric exercises and specific drills on physiological variables and selected performance variables of soccer players	Mr. Samrat
5	MSPN1PE19007	Antima Kumari	General attitude (middle school)of students towards physical Education	Dr. Preeti
6	MSPN1PE19008	Apoorva Anant Purohit	Comparative study of physical fitness and physiological variables of division cricket players	Dr. Vipin
7	MSPN1PE19011	Gali Mallikarjun	Analysis of temperament among combat and non-combat athlete	Dr. Preeti
8	MSPN1PE19013	Jangli NiteshInjo	Effect of Physical Education on motor components of school children.	Dr. Indu Mazumdar
9	MSPN1PE19014	Jitendra Singh Parmar	Analyzing the relationship between physical fitness and academic achievement	Dr. Indu Mazumdar
10	MSPN1PE19016	Khanolkar Salil Prakash	Effect of Physical education on overall health and fitness of individual	Dr. Indu Mazumdar
11	MSPN1PE19019	Monalisha Pramanik	Availability of seasonal fruits and veggies in India and their health benefits.	Mr. Samrat
12	MSPN1PE19020	Neha	role of yoga in the pandemic-a survey of the research report	Dr. Preeti
13	MSPN1PE19021	Niraj	Impact of Sports on Indian Society with Special Reference to M.P. Youth	Dr. Vipin
14	MSPN1PE19022	Pinto LorentaLency	effects of different drills on speed of grass root level football players of mapusa city	Dr. Vipin

15	MSPN1PE19023	Pradeep Billore	Effect of yoga on football	Dr. Vipin
16	MSPN1PE19024	Pushpa Bhonsle	roll of yoga in pendemic	Mr. Bhanu
17	MSPN1PE19025	Saidul Ahmed	Comparative study of physical variables between long distance & short distance swimmers	Dr. Preeti
18	MSPN1PE19026	Shivan Sharma	How to minimize injuries in basketball for athletes	Mr. Bhanu
19	MSPN1PE19027	Shoumya Sanchi srivastava	A comparative study of trait Anxiety between weightlifters and Powerlifting.	Dr. Vipin
20	MSPN1PE19028	Singh Pooja	effects of cross training on hrpf on around 30 subjects aged above 14	Mr. Bhanu
21	MSPN1PE19030	Suraj Singh Maravi	Effect of Social and Environmental factors on School students Participation in Physical activities	Mr. Samrat
22	MSPN1PE19031	Thomas Joseph K.J.	Psychological charcterstics of intermediate sports performers in athletics and football.	Dr. Indu Mazumdar
23	MSPN1PE19034	Vishal Verma	Comparative study of nutritional & exercise status of 16-19 yrs students of private school in Hathras city	Mr. Samrat
24	MSPN1PE19035	Prashant Gupta	Data analysis of performance of States in the National Fencing Championship in last 5 years	Dr. Vipin
25	MSPN1PE19036	PankajTiwari	Psychological makeup of state & national level floor-ball players	Mr. Bhanu


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