

SCHOOL OF SPORTS EDUCATION

CRITERIA 1

SUBCRITERIA 1.3.4

Percentage of students undertaking projects

Academic Year 2021-2022


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Index

S.No	Component	Link
1	Summary Table	
2	Schemes of BPEA	
3	Schemes of MPEA	
4	Minor Project Syllabus	
5	Major Project Syllabus	
6	Sample Project Report BPEA	
7	Sample reports of MPEA	


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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
	PEP-303	BPES	51
	MPCC-0406	MPES	16

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: I

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-101	Principles and Foundation of Physical Education	40	30	30				100	3	2	-	5
2.	PEL-102	Anatomy and First Aid in Physical Education	40	30	30				100	3	2	-	5
3.	HUL-103	English - I	40	30	30				100	4	1	-	5
4.	PEP-104	Athletics - I				40	30	30	100	-	-	4	2
5.	PEP-105	Cricket - I				40	30	30	100	-	-	4	2
6.	PEP-106	Yoga				40	30	30	100	-	-	4	2
7.	CSL-107	Computer Workshop I				40	30	30	100	-	-	2	1
Total Marks			120	90	90	160	120	120	700				22

Maximum Marks: (Theory) -100
(Practical) -100

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School of Sports Education

NAME OF COURSE: BPES

SEMESTER: II

SUBJECT WISE DISTRIBUTION OF MARKS AND CORRESPONDING CREDITS

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-201	History of Physical Education	40	30	30				100	3	2	-	5
2.	PEL-202	Health Education I	40	30	30				100	3	2	-	5
3.	HUL-203	English II	40	30	30				100	4	1	-	5
4.	PEP-204	Athletics II				40	30	30	100	-	-	4	2
5.	PEP-205	Cricket II				40	30	30	100	-	-	4	2
6.	PEP-206	Weigh Training				40	30	30	100	-	-	4	2
7.	CSL-207	Computer Workshop II				40	30	30	100	-	-	2	1
Total Marks			120	90	90	160	120	120	700				22

Maximum Marks: (Theory) -100

(Practical) -100

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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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NAME OF COURSE: BPES

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.	PEL - 401	Athletic Care and Rehabilitation	40	30	30				100	3	2	-	5
2.	PEL - 402	History of Health	40	30	30				100	3	2	-	5
3.	CSL - 403	Basics of ICT	40	30	30				100	3	2	-	5
4.	PEP - 404	Hockey				40	30	30	100	-	-	4	2
5.	PEP - 405	Volleyball				40	30	30	100	-	-	4	2
6.	PEP - 406	Handball				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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School of Sports Education

NAME OF COURSE: BPES

SEMESTER: V

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 - 501	Basics of Sports Training	40	30	30				100	3	2	-	5
2.	PEL - 502	Fitness Management	40	30	30				100	3	2	-	5
3.	EVS - 503	Environmental Studies and Disaster Management	40	30	30				100	3	2	-	5
4.	PEP - 504	Swimming				40	30	30	100	-	-	4	2
5.	PEP - 505	Judo				40	30	30	100	-	-	4	2
6.	PEP - 506	Tennis				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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NAME OF COURSE: BPES

SEMESTER: VI

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 - 601	Test and Measurement in Physical Education	40	30	30				100	3	2	-	5
2.	PEL - 602	Health Education II	40	30	30				100	3	2	-	5
3.	PEL - 603	Educational Psychology	40	30	30				100	3	2	-	5
4.	PEP - 604	Table Tennis				40	30	30	100	-	-	4	2
5.	PEP - 605	Kabaddi & Kho - Kho				40	30	30	100	-	-	4	2
6.	PEP - 606	Gymnastic				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: I

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.	MPCC 0101	Philosophical Foundation and History of Physical Education and Sports	70	15	15				100	3	1	-	4
2.	MPCC 0102	Health Education	70	15	15				100	3	1	-	4
3.	MPCC 0103	Research Methods in Physical Education and Sports	70	15	15				100	3	1	-	4
4.	MPEB - 0104	Sports Sociology	70	15	15				100	3	1		4
5.	MPPC - 0105	Athletics				80	10	10	100	-	-	4	4
6.	MPPC - 0106	Badminton				80	10	10	100	-	-	4	4
Total Marks			280	60	60	160	20	20	600				24

Maximum Marks: (Theory) - 100
(Practical)- 100

pass marks-40%
pass marks -40%

overall-50%

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School of Sports Education

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

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 0201	Statistics in Physical Education & Sports	70	15	15				100	3	1	-	4
2.	MPC C 0202	Sports Psychology	70	15	15				100	3	1	-	4
3.	MP CC 0203	Exercise Physiology	70	15	15				100	3	1	-	4
4.	MP EB 0204	Principles and Organization of Recreation & Leisure Time Activities	70	15	15				100	3	1		4
5.	MP PC 0205	Athletics				80	10	10	100	-	-	4	4
6.	MP PC 0206	Basketball				80	10	10	100	-	-	4	4
Total Marks			280	60	60	160	20	20	600				24

Maximum Marks: (Theory) - 100 pass marks-40%
(Practical) - 100 pass marks-40% overall-50%

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School of Sports Education

**NAME OF COURSE: MPES
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.	MP CC 0301	Sports Biomechanics	70	15	15				100	3	1	-	4
2.	MP CC 0302	Sports Management	70	15	15				100	3	1	-	4
3.	MP CC 0303	Tests Measurement & Evaluation in Physical Education	70	15	15				100	3	1	-	4
4.	MPEB 0304	Adapted Physical Education	70	15	15				100	3	1		4
5.	MPPC 0305	Yoga				80	10	10	100	-	-	4	4
6.	MPPC 0306	Kho Kho ,Kabaddi ,Weight training				80	10	10	100	-	-	4	4
Total Marks			280	30	30	160	20	20	600				24

Maximum Marks: (Theory) - 100

(Practical) - 100


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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

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Guidelines for Writing a Project

This document, herein after referred to as the **Project Guide**, lists the general and specific requirements governing Project and Project preparation including guidelines for structuring the contents. For style, structure and presentation of the Project, students may refer to additional style manuals or reference guides (though some guidelines are provided) and to the published literature in their respective field of study.

Preparation of Manuscript and Copies

The Project needs to be prepared using a standard text processing software and must be printed in black text (color for images, if necessary) using a laser printer or letter quality printer in standard type face (Times New Roman/ Arial).

The Project must be printed or photocopied on both sides of white paper. All copies of Project pages must be clear, sharp and even, with uniform size and uniformly spaced characters, lines and margins on every page of good quality white bond paper of 75 gsm or more. **(How so ever the students are advised to prepare in the format given and submit in PDF Format to their respective Guide and to the Department duly signed by them, the hard copies as per the specification provided has to be submitted for record.)**

Project and project should be free from typographical errors.

Binding

The student should submit the copies of the Project in fully bound form (soft cover) or a partially bound form (coiled wire binding, clamping, or filing). Once the Projects accepted, it is the student's responsibility to get it properly bound before depositing the required number of copies with the Department concerned. **The front cover of the bound copy should be the same as the title page of the project.** The front cover should have printing on the side to include the author's name, abbreviated Project title (optional), degree, department, and the year.

Note: The students will follow the guidelines for their project

Minor & Major Project SYLLABUS

Pre-requisites:

1. **Completion of Core Courses:** Students should have completed all core courses related to physical education and sports science.
2. **Research Methodology:** A course in research methodology must be completed to ensure students are equipped with necessary research skills.
3. **Approval of Project Proposal:** Students must submit a project proposal that is approved by the faculty advisor or project committee.
4. **Course Description:**

The Major Project in the Bachelor of Physical Education and Sports is designed to provide students with an opportunity to engage in independent research or applied projects within the field. This course emphasizes the integration of theoretical knowledge and practical skills. Students will identify a research question or a problem in physical education and sports, develop a project plan, implement the project, and present their findings. The project may involve empirical research, program development, or comprehensive literature reviews.

Course Outcomes (COs)

By the end of this course, students will be able to:

1. **CO1:** Identify and articulate a research question or problem in the field of physical education and sports.
2. **CO2:** Conduct a comprehensive literature review and critically analyze existing research.
3. **CO3:** Develop a detailed project plan including methodology, timeline, and resources.
4. **CO4:** Apply appropriate research methods and techniques to collect and analyze data.
5. **CO5:** Interpret and discuss the findings in the context of existing literature and theoretical frameworks.


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6. **CO6:** Demonstrate effective written and oral communication skills through the preparation of a project report and presentation.
7. **CO7:** Reflect on the research process and identify areas for future research or practice improvements.

Course Evaluation:

The evaluation of the Major Project will be based on the following components:

1. **Project Proposal (15%):**
 - Clarity of research question/problem statement.
 - Quality of the literature review.
 - Feasibility and appropriateness of the methodology.
2. **Progress Reports (20%):**
 - Submission of periodic progress reports.
 - Adherence to the timeline and milestones.
 - Demonstration of ongoing research and problem-solving skills.
3. **Final Project Report (40%):**
 - Structure and organization of the report.
 - Depth of analysis and discussion.
 - Quality of writing and presentation of data.
 - Alignment of findings with research question and literature review.
4. **Oral Presentation (15%):**
 - Clarity and coherence of the presentation.
 - Ability to engage with the audience and answer questions.
 - Use of visual aids and adherence to time limits.
5. **Self and Peer Assessment (10%):**
 - Reflection on the research process and learning outcomes.
 - Feedback from peers on collaboration and contribution to the project.

Additional Guidelines:


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- **Ethical Considerations:** Students must adhere to ethical standards in research, including obtaining necessary approvals for research involving human subjects.
- **Mentorship:** Regular meetings with the faculty advisor to discuss progress and receive feedback.
- **Documentation:** Maintain a research diary or log to document the research process, challenges faced, and how they were addressed.

This syllabus provides a structured approach to ensure students gain valuable experience in conducting research and applying their knowledge in practical settings within the field of physical education and sports.


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RESEARCH PROPOSAL

Part of the Research Proposal or Format of Research Proposal

Although the research report may differ considerably, a particular format is given below

1. Preliminary section or front material:-

- a. Title Page
- b. Approval Page
- c. Dedication
- d. Vita or Biodata of The Author
- e. Acknowledgement
- f. Table of Contents
- g. List of Tables
- h. List of Figures.

2. Main body of the research

A. Introduction

- (i) Statement of the problem
- (ii) Significance of the problem
- (iii) Definition of important terms, assumptions, limitations and delimitations
- (iv) Hypothesis

B. Review of related literatures:-

C. Design of the study

- (i) Procedures used
- (ii) Subjects, and sampling technique followed
- (iii) Method of collecting the data
- (iv) Description of tools or instruments.

D. Presentation, analysis and interpretation of data

- (i) Data


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(ii) Table

(iii) Figures.

E. Summery and Conclusion

(i) Summary of the procedure followed

(ii) The main findings and conclusions

(iii) Recommendations for further study

3. Supplementary material or back material

(i) Bibliography

(ii) Appendix

(iii) Index


(iv) Footnote

4. Preliminary section or front material:-

a) The Title Page:-The first page of the thesis is known as the title page. It should include, the title of the study, name of the investigator, name of the institution where it is submitted, name of the degree, name of the supervisor or guide under whose guidance the study was completed. The title should be typed or printed in bold letters in a reverse pyramid shape.

b) Approval Page: - one page should be provided for the approval or certificate by the supervisor or guide.

c) Dedication:-it is an optional one. Some investigators may dedicate their work to their beloveds like parents, teachers, wife/ husband, son/daughter etc. it is nothing but an expression of gratitude, love and affection.


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- d) **Vita:** the biodata of the investigator i.e., name, qualification, experience, etc. should be included.
- e) **Acknowledgement:** it is nothing but a matter of courtesy and indebtedness towards the help and guidance he has taken from the guide, supervisor other faculty members, seniors, and other friends during the completion of his work.
- f) **Table of contents:** -chapter headings, major sub divisions, sometime the topics within the sub divisions etc. with their page numbers must be given in the table of contents. It helps the readers to go directly to the concerned topic without wasting time for searching.
- g) **List of tables:** -if the table appear in the thesis, they must be listed on a separate page and should be placed next to the table of contents.
- h) **List of figures:** -if the illustrations and figures are shown in the thesis, a separate list of them also should be given.

Chapter headings must be typed in capital letters, sub divisions in small letters, list of tables in roman numbers and list of figures should be numbered in Arabic numerals

2.MAIN BODY OF THE REPORT

The main body of the report included all the chapters which are explained below-

(A) INTRODUCTION:-

- (i) **Statement of the problem-** the problem should be stated in a clear cut and logical manner. The reader should be able to get the clear idea about the study.


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- (ii) **Significance of the problem-** the need, importance, and scope of the study must be mentioned. The justification of the study is developed by giving the significance.
- (iii) **Definition of important terms, assumptions limitations and delimitations-** the investigator should define all the important and unusual terms used in the statement of the problem. It given the reader a clear concept. For e.g. school boys, school girls, co- educational, residential, non-residential, etc sports, games athletics competitions ets.

Assumptions:- assumption are nothing but the beliefs of the investigator, they also must be stated.

Limitations and delimitations: - the factors beyond the control of the investigator are called as limitation and the boundaries for the study irrespective of area, period, sex, etc. are the delimitations. The researcher should explain his limitations and the delimitations of the readers.

- (iv) **Hypothesis:-** hypothesis are formulated by the experience and evidence available. Here also the investigator will assume and hope something about the investigator. Normally hypothesis will provide a direction for the study. For some studies like case study, construction of norms, etc. there will be no hypothesis at all.

B. Review of related literature:- abstract or findings of previous research related to the topic are quoted. This will provide a back ground for the development of the present study. A brief summary of studies regarding


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agreement and disagreement, or the gap in the existing knowledge must be included.

C. Design of the study:- the procedure employed in the study regarding the sample and sampling technique, the variables considered, the tools used for the collection of data, the statistical procedure used for tabulation and analysis of the data the tests conducted etc. all must be explained.

D. Presentation, analysis and interpretation-this part is considered as the heart of the research report. The data collected should be properly presented and clear explanation regarding analysis and interpretation of the data should be given. The data should be systematically arranged in tables and wherever necessary, the figures must be given.

E. Summery and conclusion:-this is the most difficult part in writing a report, because all the procedures, findings, conclusions and recommendations also must be given in a summarized and brief manner.

The summery and conclusion part is the most widely read part of the study, because it recapitulates the information that has been presented in previous sections of the report. The investigator must recommend for the further research in the similar field.

3. Supplementary material or back material

After the main body of the report, the bibliography, appendix and index should be given. This part is called as back material or supplementary material.


a) The bibliography:- the bibliography should include all references of books, journals, magazines and bulletins etc. the bibliography should be written, alphabetically with the authors last name. if more number of books written by same author have been referred, all those

references should be arranged alphabetically by the title under the authors name if the books was jointly written by more number of author ; the main authors (first given) name should be written 'et al' or 'and others' should be written.

If the same work is cited again, then it is indicated by *ibid* followed by a comma and page number. Single page is indicated by p., and more number of pages pp.

After the authors name, the title of the book, name of publisher's and year of publication should be written. If the book has got more number of editions. Then the edition number also must be written.

- b) **Appendix:-** it is not merely dumping the left over material, but it should be a supporting material which cannot be placed in the main body.
- c) **Index:-** the subject index in an alphabetical order should be given at the last, which is helpful for the readers to find the important matter or subject immediately.
- d) **Footnoting:-** foot note are meant for the cross references. They are placed or numbered consequently, usually starting with 1 for each chapter. Numbers should be put slightly above the line normally at the end of citation. And at the foot of the page, the foot note number will be written and then the author's name, title of the book, publishers name and address, year of publication and the page number should be written. Foot notes have to be typed with single space and if more foot


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notes are to written double space should be used in between two foot notes and the foot notes should be typed with small letters (small size).


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"CELEBRATING DREAMS"

How Physical Education Helps to Develop Your Personality

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

Aadarsh Jaiswal

Akash Singh Rathaur

Amlen Lakra

Amrit Singh Bhadoria

Anamika Kaurav

Under the guidance of

School of Sports Education

Submit to


MR.SAMRAT

School of sports education

ITM University Gwalior-474026 MP, (India) April-2022

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Major Project list April 2022


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BACHELOR OF PHYSICAL EDUCATION AND SPORTS

III Semester (Batch-2020)

Sr. No.	Roll No.	Name	Project Title	Guide Name
1	BSPN1PE20001	Aadarsh Jaiswal	How Physical Education Helps to Develop Your Personality	Mr.Samrat
2	BSPN1PE20002	Akash Singh Rathaur		
3	BSPN1PE20003	Amlen Lakra		
4	BSPN1PE20004	Amrit Singh Bhadoria		
5	BSPN1PE20005	Anamika Kaurav		
6	BSPN1PE20006	Deepanshu Choudhary	Why Physical Education Should Be Included in the School Curriculum	Mr. Bhanu
7	BSPN1PE20007	Jitendra Kr Meena		
8	BSPN1PE20008	Kartik yadav		
9	BSPN1PE20010	Pramod Nigam		
10	BSPN1PE20011	Sahil Kumar Singh	History and Benefits of Physical Education: Why I Want to Be a P.E. Teacher	Dr. Preeti
11	BSPN1PE20012	Sameer Khan		
12	BSPN1PE20014	Sonu Singh Chauhan		
13	BSPN1PE20015	Sourav Kumar		
14	BSPN1PE20017	Vivek kumar singh		
15	BSPN1PE20018	Ambuj Kushwaha	Physical Education's Contribution to Public Health	Mr. PankajTiwari
16	BSPN1PE20020	NIKHIL VIJAY		
17	BSPN1PE20021	Rohan Saraf		
18	BSPN1PE20022	Vartika rawat		
19	BSPN1PE20023	Vishal Singh Tomar		
20	BSPN1PE20024	Sumit kushwah	Role of Parents in Physical Education and Sport	Dr.Indu M.
21	BSPN1PE20025	Aditya Pawar		
22	BSPN1PE20026	Bhaskar Singh		
23	BSPN1PE20027	Himanshu Tiwari		
24	BSPN1PE20028	MH Zaid khan		
25	BSPN1PE20029	Mumtaz khan	Physical Education	Mr. Bhanu
26	BSPN1PE20030	Nishant Kumar		
27	BSPN1PE20031	Richid Basumatary		

Sr. No.	Roll No.	Name	Project Title	Guide Name
28	BSPN1PE20032	Simran Singh	and Its Benefits	
29	BSPN1PE20033	Varun Digarse		
30	BSPN1PE20034	Ankit Lahariya		
31	BSPN1PE20035	Nandani	Physical Education: Effect of Phototherapy	Dr. Preeti
32	BSPN1PE20036	Abhishek Khalkho		
33	BSPN1PE20038	Varun Agrawal		
34	BSPN1PE20039	Awantika kispotta		
35	BSPN1PE20042	Sandipya Rathod		
36	BSPN1PE20043	BASIST NAYAK	Health Teaching and Physical Education Lesson Plan	Dr. VipinTiwari
37	BSPN1PE20044	Prabhat khare		
38	BSPN1PE20045	Akansha Singh		
39	BSPN1PE20046	Lakshay Sehrawat		
40	BSPN1PE20047	Anurag dandotiya		
41	BSPN1PE20049	Dipesh Yadav	Physical Educators Attitude to Special Needs Children	Dr. VipinTiwari
42	BSPN1PE20051	Sayem Javed Siddiqui		
43	BSPN1PE20052	KM Vaishali arya		
44	BSPN1PE20053	Ms. Harshita Rathore		
45	BSPN1PE20054	Ms. Monika Dhobi		
46	BSPN1PE20055	Ku. Urvashi Baghel	The Nature and Values of Physical Education	Dr. VipinTiwari
47	BSPN1PE20056	Manish Dhobi		
48	BSPN1PE20057	Ms. Man Preet Kaur		
49	BSPN1PE20058	Geeta Yadav		
50	BSPN1PE20059	Anupa Tirkey	Effects of Physical Education on Brain	Mr. Samrat
51	BSPN1PE20060	Uttam Sharma		
52				
53				

Shiv


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"CELEBRATING DREAMS"

ASSESSMENT OF THE PHYSICAL FITNESS OF
BASKETBALL PLAYERS



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GWALIOR - MP - INDIA

"CELEBRATING DREAMS"

TARUN GWALA

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 2022


Dr. Omveer Singh
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School of sports education

List of the Thesis Topic April 2022



**THE EFFECT OF COVID-19 ON THE MENTAL
HEALTH OF UNIVERSITY LEVEL ATHLETES**

By

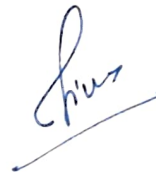
Maikal Singh

A Dissertation Submitted
For the Degree of
Master in Physical Education and Sports
(MPES)

20 May 2022



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MASTER OF PHYSICAL EDUCATION AND SPORTS

IV Semester (Batch-2020)

S.No	Roll No.	Name	Thesis Topic	Guide
1	MSPN1PE20001	Junmani Baruah		Mr.Samrat
2	MSPN1PE20002	Megokhotso Punyu	Evaluation of physical fitness levels of Male and Female Volleyball players	Mr. Bhanu
3	MSPN1PE20003	Randeep Dutta	Assessment of injuries incurred by Basket-ball players of Gwalior	Dr. Preeti
4	MSPN1PE20004	Viraj Jyoti Nath	Modern Physical Education versus the Traditional Physical Education – A Comparison	Mr. Samrat
5	MSPN1PE20005	Lali Maya Manger	Assessing the Impact of Physical Education on Mental Health	Dr. Preeti
6	MSPN1PE20006	Maikal singh	The Effect of Covid- 19 on the Mental Healtho University Level Athletes	Dr. Vipin
7	MSPN1PE20007	Ashutosh Mishra	Role of Physical Fitness And Training Programme During Covid -19	Mr. Samrat
8	MSPN1PE20009	Chitrini Priyadarshini Chetia	Role of Teachers in Enhancing Students' Engagement in Physical Education Lessons	Dr. Indu Mazumdar
9	MSPN1PE20010	Varun Sharma	Assessing the Effectiveness of Virtual Physical Education Classes	Dr. Indu Mazumdar
10	MSPN1PE20011	Raiyan Ahmed	Impact of Physical Education on Personality Development – An Analysis	Dr. Indu Mazumdar
11	MSPN1PE20012	Ritu Bhargav	The Impact of Physical Education in Reducing Obesity in Students	Mr. Samrat
12	MSPN1PE20015	Tarun Gwala	Assessment of the Physical Fitness of Basketball Players	Dr. Preeti
13	MSPN1PE20017	Shikhar Singh Bist	Exploring the Need for Physical Education at the College Level to Improve the Mental Health of Students	Dr. Vipin
14	MSPN1PE20019	Amit Singh Bhandari	Analysing Student Behavior and Engagement in Physical Education Classes	Dr. Vipin
15	MSPN1PE20021	Vinay Bhargava	Planning Physical Education Programs to Produce Effective Results	Dr. Vipin

14	WSPN/ITM/2022	Saria Singh	The Role of Gender in Employing Physical Education	Dr. Sharma
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