

SCHOOL OF SPORTS EDUCATION

CRITERIA 1

SUBCRITERIA1.3.4

Percentage of students undertaking projects

AcademicYear2022-2023

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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	62
	MPCC-0406	MPES	18

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	Sports specialization				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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SYLLABUS BACHELOR OF PHYSICAL EDUCATION AND SPORTS

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Title of the Course	Sports Training
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	Knowledge of Exercise Physiology and Sports Biomechanics.			Co-Requisite/s	Knowledge of Training.			
Course Outcomes & Bloom's Level	<p>CO1- identify the fundamental concepts, theories and principles of human body training related to sports performance. (BL1-Remember)</p> <p>CO2- Discuss how to tackle over load on athletes. (BL2-Understand)</p> <p>CO3- Apply skills to train different fitness components and related planning (BL3-Apply)</p> <p>CO4- Categorize fitness components and how to train them (BL4-Analyze)</p> <p>CO5- Select appropriate types of periodization in training (BL5-Evaluate)</p> <p>CO6- Create training programs (BL6-Create)</p>							
Course Elements	Skill Development ✓ Entrepreneurship ✗ Employability ✓ Professional Ethics ✗ Gender ✓ Human Values ✗ Environment ✗		SDG (Goals)	SDG1 (No poverty) SDG3 (Good health and well-being) SDG4 (Quality education) SDG5 (Gender equality) SDG8 (Decent work and economic growth) SDG10 (Reduced inequalities) SDG15 (Life on land) SDG17 (Partnerships for the goals)				



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Modules	Contents	Pedagogy	Hours
UNIT-1	Introduction to Sports Training 1.1 Meaning and nature of Sports Training 1.2 Aim and Objective of Sports Training 1.3 Principles of Sports Training 1.4 Characteristics of Sports Training	direct instructions, quiz activity	15
UNIT-2	Training Components 2.1 Strength: its type and means methods employed for developing them 2.2 Speed: its type and means methods employed for developing them 2.3 Endurance: its type and means methods employed for developing them 2.4 Flexibility: its type and means methods employed for developing them 2.5 Coordinative abilities: means methods employed for developing them	cooperative and inquiry based learning	20
UNIT-3	Load 3.1 Principles of load and its components 3.2 Determination of Optimum load, 3.3 Overload its causes and identification 3.4 Tackling Over Load.	flip classes and quiz activities	20
Unit-4	Training programming and planning 4.1 Periodization and its types of Periodization. 4.2 Aim and Content of Periods– Preparatory, Competition, Transitional period. 4.3 Planning: Meaning and types. 4.4 Principles of Planning.	cooperative learning and assignments	20

PartD(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

PartE

Books	Uppal, A.K., Science of Sports Training, Friends Publication 1999 New Delhi
Articles	Jensen, R. C. & Fisher, A.G. Scientific basis of athletic conditioning. 2nd Philadelphia: Lea and Fibiger, 1979
References Books	Singh, H., Sport training, general theory and methods, NSNIS, Patiala. Jensen, R. C. & Fisher, A.G. Scientific basis of athletic conditioning. 2nd edition, Philadelphia: Lea and Fibiger, 1979 Dick, W. F., Sports training principles, 4th, Lepus London 1980 Dr. Sharad Chandra Mishra, Sport training, Sports Publication
MOOC Courses	
Videos	
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CourseArticulationMatrix

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


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SYLLABUS MASTER OF PHYSICAL EDUCATION AND SPORTS

School of Sports Education

Title of the Course	Sports Specialization
Course Code	MPPC-0406

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 of specialized game			Co-Requisite/s				
Course Outcomes & Bloom's Level	<p>CO1- Recall the fundamental techniques and rules specific to the chosen sports specialization. (BL1-Remember)</p> <p>CO2- Explain the biomechanical principles and physiological aspects underlying performance in the chosen sport specialization. (BL2-Understand)</p> <p>CO3- Apply coaching strategies and teaching methodologies. (BL3-Apply)</p> <p>CO4- Analyze athletes' performance and technique through video analysis, observation, and feedback. (BL4-Analyze)</p> <p>CO5- Evaluate athletes' progress and readiness for competition. (BL5-Evaluate)</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) SDG5 (Gender equality) SDG8 (Decent work and economic growth) SDG11 (Sustainable cities and economies) SDG12 (Responsible consumption and production) SDG13 (Climate action) SDG15 (Life on land) SDG17 (Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
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PartC


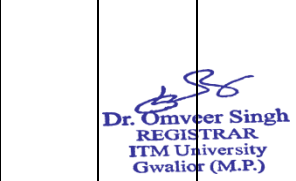
Modules	Title	Indicative-ABCA/PBL/ Experiments/Fieldwork/ Internships	Bloom'sLevel	Hours
4	<p>Sports Specialization: Track and field / Gymnastics / Swimming (4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.)</p> <ul style="list-style-type: none"> • <u>Rules and Regulations</u> • <u>OfficiatingandCoachingFund</u> • <u>amental skills Advanced</u> • <u>skillsTechniques and Tactics</u> • 	Fieldwork	BL3-Apply	60

PartD(MarksDistribution)

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

PartE

Books	
Articles	
ReferencesBooks	
MOOCCourses	
Videos	

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



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"CELEBRATING DREAMS"

CO3	-	1	3	-	-	-	-	-	-	-	-	-	2	3	1
CO4	2	-	2	-	-	-	-	-	-	-	-	-	-	-	-
CO5	3	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

CourseArticulationMatrix


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Investigate the Psychological Factors that Affect Athletic Performance
and Design Strategies for Mental Toughness

A

Major Project

Submitted in partial fulfillment for the award of the degree

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

IN

Physical Education



Submit by

Sarla
AyushmanBhadoria
Aksha Khan
BhoomiIndoriya
YuvrajChavhan

Under the guidance of

School of Sports Education

Submit to

MR.SAMRAT

School of sports education

ITM University Gwalior-474026 MP, (India) April-2023

School of sports education

Major Project list April 2023

BACHELOR OF PHYSICAL EDUCATION AND SPORTS




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Gwalior (M.P.)

No. of students completed project: 58

Sr. No.	Roll No.	Name	Project Title	Guide Name
1	BSPN1PE21001	Anub Vishal Prashak	Design and prototype a new piece of sports equipment or modify an existing one to improve performance or safety	Mr.Samrat
2	BSPN1PE21002	HardikVais		
3	BSPN1PE21003	Harsh Pratap Singh Janwaar		
4	BSPN1PE21005	KunalKushwah		
5	BSPN1PE21006	Nirmal Singh Tomar		
6	BSPN1PE21007	PranchiBhargava	Research and present on the history of a specific sport, athlete, or physical education movement.	Mr. Pravisingh
7	BSPN1PE21009	Amit Singh Gurjar		
8	BSPN1PE21012	Hming Than Tluanga		
9	BSPN1PE21014	SarangthemNongdamba		
10	BSPN1PE21015	Rahul Singh	Develop a campaign to promote physical activity and healthy lifestyles in a specific community or population.	Dr. InduMazumdar
11	BSPN1PE21016	Prince Dhakad		
12	BSPN1PE21017	Mohammed sahilsajeed		
13	BSPN1PE21019	Pawan Kumar Tanwar		
14	BSPN1PE21020	Shagun		
15	BSPN1PE21021	BhanuPratap Singh Rajpoot	Design and conduct an experiment to investigate the physiological effects of exercise	Mr. PankajTiwari
16	BSPN1PE21022	Abhijeet Singh		
17	BSPN1PE21023	HanjabamKhelson Sharma		
18	BSPN1PE21024	GarvitKhurana		
19	BSPN1PE21025	Nikhil Dhakad		
20	BSPN1PE21026	Divyansh Vaishnav	Organize and execute a physical education event, such as a charity run, fitness festival, or sports tournament.	Dr.Indu M.
21	BSPN1PE21027	Prince Pathak		
22	BSPN1PE21028	Pratipal Singh		
23	BSPN1PE21029	Harjas Singh		
24	BSPN1PE21030	AnkitPrajapati		
25	BSPN1PE21031	RidhamDewal Sharma	Investigate the psychological factors that affect athletic performance and design strategies for mental	Mr.Samrat
26	BSPN1PE21032	Sarla		
27	BSPN1PE21033	AyushmanBhadoria		
28	BSPN1PE21034	Aksha Khan		
	BSPN1PE21035	BhoomiIndoriya		


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Sr. No.	Roll No.	Name	Project Title	Guide Name
30	BSPN1PE21036	YuvrajChavhan	toughness.	
31	BSPN1PE21037	DeepikaChaudhary	Biomechanics Analysis: Analyze the movements and techniques of sprinting	Mr. Pravisingh
32	BSPN1PE21038	Shalu		
33	BSPN1PE21039	Minakshi		
34	BSPN1PE21041	Anil Singh		
35	BSPN1PE21042	Madhusudan Yadav		
36	BSPN1PE21043	DeepshikaEkka	Nutrition and Performance: Explore how nutrition affects athletic performance and design a meal plan for a specific sport.	Dr. InduMazumdar
37	BSPN1PE21044	SulochnaTigga		
38	BSPN1PE21045	ArvindRajak		
39	BSPN1PE21046	Vaishali Singh		
40	BSPN1PE21047	NupurGohil		
41	BSPN1PE21048	Riya Sharma	Investigate the causes, prevention, and treatment of common sports injuries.	Dr. VipinTiwari
42	BSPN1PE21049	DivanshiSolanki		
43	BSPN1PE21050	PriyaGoswami		
44	BSPN1PE21052	SudeepChander Ravi		
45	BSPN1PE21054	YajurvaBhardwaj		
46	BSPN1PE21055	Prabhat Sharma	Create a personalized fitness program for a university basketball team	Dr. VipinTiwari
47	BSPN1PE21056	AvdsheshMalviya		
48	BSPN1PE21057	MayankRajawat		
49	BSPN1PE21062	HarshwardhanTomar		
50	BSPN1PE21067	VaidanshPandey	Analyze data and statistics to improve team or individual performance in a specific sport.	Mr.Samrat
51	BSPN1PE21068	SomeshChaturvedi		
52	BSPN1PE21069	AmanPurohit		
53	BSPN1PE21070	VikramRaghuvanshi		
54	BSPN1PE21071	HarendraArya	Develop a program to prevent and manage injuries in basketball	Mr.Samrat
55	BSPN1PE21074	Anushka Sharma		
56	BSPN1PE21075	RiturajJadon		
57	BSPN1PE21076	AkashRathore		
58	BSPN1PE21077	AnktNegi		

Physical Activity and Health: Investigate the relationship
between physical activity and health outcomes
(e.g., obesity, mental health).

A
Major Project

Submitted in partial fulfillment for the award of the degree

MASTER OF PHYSICAL EDUCATION AND SPORTS

IN



Submit by

Raman Kumar Jha
Janak Singh
E Geetha
SumitDhankar

Under the guidance of

School of Sports Education

Submit to
MR.SAMRAT

School of sports education
ITM University Gwalior-474026 MP, (India) April-2023
School of sports education

MASTER OF PHYSICAL EDUCATION AND SPORTS

No. of students completed project: 18

S.No	Roll No.	Name	Project Topic	Guide
1	MSPN1PE21001	Raman Kumar Jha	Physical Activity and Health: Investigate the relationship between physical activity and health outcomes (e.g., obesity, mental health).	Mr.Samrat
2	MSPN1PE21003	Janak Singh		
3	MSPN1PE21004	E Geetha		
4	MSPN1PE21006	SumitDhankar		
5	MSPN1PE21007	Anuj Singh Choudhary	Injury Prevention and Management: Develop a program to prevent and manage injuries in a specific sport or activity.	Dr.Vipin
6	MSPN1PE21008	AbhishekKelwa		
7	MSPN1PE21009	Prince Bhoria		
8	MSPN1PE21010	Durgesh Kumar		
9	MSPN1PE21012	Rajkumar Sharma	Physical Education Curriculum Design: Design a physical education curriculum for a specific age group or population.	Dr.InduMazumdar
10	MSPN1PE21013	Shivam Pal		
11	MSPN1PE21016	MohitPunetha		
12	MSPN1PE21017	Varun Sharma		
13	MSPN1PE21018	Harsh Tanwani	Explore the impact of environmental factors on physical activity (e.g., urban design, access to facilities).	Mr.Pravisingh
14	MSPN1PE21019	Gaurav Singh Shekhawat		
15	MSPN1PE21022	VaibhavPandey		
16	MSPN1PE21023	PiyushPandey		
17	MSPN1PE21024	Ghanshyam	Management: Plan and execute a sports event, such as a tournament, meet, or game.	Dr.Indu Mazumdar
18	MSPN1PE21025	Satyam Krishna		


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