

SCHOOL OF SPORTS EDUCATION

CRITERIA 1

SUBCRITERIA1.3.4

Percentage of students undertaking projects

Academic Year 2023-2024

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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-607	BPES	59
	MPCC-0406	MPES	11

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: 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	Counselling in sports	40	30	30				100	3	2	-	5
2.	PEL - 602	Exercise Prescription	40	30	30				100	3	2	-	5
3.	PEL - 603	Talent Identification	40	30	30				100	3	2	-	5
4.	PEL - 604	Sports Entrepreneurship	40	30	30				100	-	-	4	2
5.	PEP - 605	Game of specialization II				40	30	30	100	-	-	4	2
6.	PEP - 606	Power Lifting				40	30	30	100	-	-	4	2
7.	PEP-607	National level study				70		30	100			4	2
Total Marks			120	90	90	120	90	90	600				23

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

School of Sports Education

Title of the Course	National level study
Course Code	PEP-607

Part A

Year	3rd	Semester	6th	Credits	L	T	P	C
					0	0	2	2
Course Type	Lab only							
Course Category	Discipline Core							
Pre-Requisite/s	Basic knowledge of research			Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1-Understand the concept of research. (BL1-Remember) CO2-Explain relationship between research and Physical Education (BL2-Understand)							
Course Elements	Skill Development ✓ Entrepreneurship ✓ Employability ✗ Professional Ethics ✓ Gender ✓ Human Values ✗ Environment ✗		SDG (Goals)		SDG3 (Good health and well-being) SDG5 (Gender equality) SDG7 (Affordable and clean energy) SDG16 (Peace, Justice and strong institutions)			


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PartB

Modules	Contents	Pedagogy	Hours
UNIT-1	<p>1.1 Independent research project on a chosen topic within sports science.</p> <p>1.2 Datacollection,analysis,and interpretation.</p> <p>1.3 Research findings presentation and academic paper submission.</p> <p>1.4 Field Experience: Practical assignments in real-world sports settings (e.g., working with athletes in fitness, rehabilitation, and training settings).</p> <p>1.5 Laboratory Work: Hands-on experience in exercise physiology labs, biomechanics labs, and sports psychology assessments.</p> <p>1.6 Fitness and Performance Assessments: Regular testing and feedback on personal fitness, athletic abilities, and performance improvement.</p>	experiential, problem based, skill practice learning	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	34	30	12	70	22

PartE

Books	
Articles	
ReferencesBooks	Katyal P.N. Manual of Weight Lifting, AmbalaCantt. Green Printing Press. 2. MeenuSya' Teach yourself WeightTraining PrernaOrakashan, Delhi, 2004. 3.The best of Joe Weider's Muscle of fitness. Training tips of Routines. 4. Thomas R. Baechle Roger W. Earle Weight Training Steps to success. Human Kinetics, 2006.
MOOCCourses	
Videos	

CourseArticulationMatrix

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


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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 sports 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) SDG3 (Good health and well-being) SDG8 (Decent work and economic growth) SDG15 (Life on land) SDG17 (Partnerships for the goals)				

Part B

Modules	Contents	Pedagogy	Hours
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Part C

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

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	
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CourseArticulationMatrix

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


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KHELO INDIA YOUTH GAMES

A

Major Project

Submitted in partial fulfillment for the award of the degree

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

IN

Physical Education



Submit by

Anub Vishal Prashak

Hardik Vais

Harsh Pratap Singh Janwaar

Kunal Kushwah

Nirmal Singh Tomar

Under the guidance of

Mr. Pravi Singh

School of Sports Education

Submit to

Dr. Vipin Tiwari

School of sports education

ITM University Gwalior-474026 MP, (India) April-2024

School of sports education

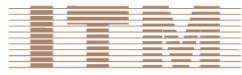
Major Project list April 2024

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

No. of students completed project: 59

Sr. No.	Roll No.	Name	project title	guide name
1	BSPN1PE21001	Anub Vishal Prashak	Khelo India Youth Games	Mr. Pravi Singh
2	BSPN1PE21002	HardikVais		
3	BSPN1PE21003	Harsh Pratap Singh Janwaar		
4	BSPN1PE21005	KunalKushwah		
5	BSPN1PE21006	Nirmal Singh Tomar		
6	BSPN1PE21007	PranchiBhargava	FIT INDIA MOVEMENT	Mr. Gourav Singh
7	BSPN1PE21009	Amit Singh Gurjar		
8	BSPN1PE21012	HMINGTHANTLUANGA		
9	BSPN1PE21014	SarangthemNongdamba		
10	BSPN1PE21015	Rahul Singh		
11	BSPN1PE21016	Prince Dhakad	TOKYO OLYMPICS 2020	Mr. Manvander Singh
12	BSPN1PE21017	Mohammed sahilsajeed		
13	BSPN1PE21019	Pawan Kumar Tanwar		
14	BSPN1PE21020	Shagun		
15	BSPN1PE21021	BhanuPratap Singh Rajpoot		
16	BSPN1PE21022	Abhijeet Singh	T-20WORLD CUP 2022	Mr. PankajTiwari
17	BSPN1PE21023	HanjabamKhelson Sharma		
18	BSPN1PE21024	GarvitKhurana		
19	BSPN1PE21025	Nikhil Dhakad		
20	BSPN1PE21026	DivyanshVaishnav		
21	BSPN1PE21027	Prince Pathak	THE ROL OF NATIONAL CRICET ACADEMIES IN NUTURING YOUTH TALANT	Dr.Indu M.
22	BSPN1PE21028	Pratipal Singh		
23	BSPN1PE21029	Harjas Singh		
24	BSPN1PE21030	AnkitPrajapati		
	BSPN1PE21031	RidhamDewal Sharma	Physical Education and	Ms. Garima
	BSPN1PE21032	Sarla		
	BSPN1PE21033	AyushmanBhadoria		

Sr. No.	Roll No.	Name	project title	guide name
28	BSPN1PE21034	Aksha Khan	Women Empowerment	
29	BSPN1PE21035	BhoomiIndoriya		
30	BSPN1PE21036	YuvrajChavhan		
31	BSPN1PE21037	DeepikaChaudhary	Impact of Cricket World Cup 2023 on Global Viewership	Ms. Divya
32	BSPN1PE21038	Shalu		
33	BSPN1PE21039	Minakshi		
34	BSPN1PE21041	Anil Singh		
35	BSPN1PE21042	MadhusudanYadav		
36	BSPN1PE21043	DeepshikaEkka	The New Sports Policy and India's Athletics (Track and Field) Performance	Dr. VipinTiwari
37	BSPN1PE21044	SulochnaTigga		
38	BSPN1PE21045	ArvindRajak		
39	BSPN1PE21046	Vaishali Singh		
40	BSPN1PE21047	NupurGohil		
41	BSPN1PE21048	Riya Sharma	Revolutionizing Cricket Practice with Virtual Reality Technology	Mr. PradeepPratap
42	BSPN1PE21049	DivanshiSolanki		
43	BSPN1PE21050	PriyaGoswami		
44	BSPN1PE21051	G AnimeshRao		
45	BSPN1PE21052	SudeepChander Ravi		
46	BSPN1PE21054	YajurvaBhardwaj	Sports Injury Prevention and Rehabilitation	Mr. Samrat
47	BSPN1PE21055	Prabhat Sharma		
48	BSPN1PE21056	AvdheshMalviya		
49	BSPN1PE21057	MayankRajawat		
50	BSPN1PE21062	HarshwardhanTomar		
51	BSPN1PE21067	VaidanshPandey	The Effectiveness of Different Teaching Methods in Physical Education	Mr. Pravi Singh
52	BSPN1PE21068	SomeshChaturvedi		
53	BSPN1PE21069	AmanPurohit		
54	BSPN1PE21070	VikramRaghuvanshi		
	BSPN1PE21071	HarendraArya		
	BSPN1PE21074	Anushka Sharma	Kid's Sports Injuries: The	Ms. Divya
	BSPN1PE21075	RiturajJadon		



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"CELEBRATING DREAMS"

Sr. No.	Roll No.	Name	project title	guide name
58	BSPN1PE21076	AkashRathore	Numbers are Impressive	
59	BSPN1PE21077	AnktNegi		

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A Comprehensive Review Sports Nutrition and Oral
Health among Athletes.

A
Major Project

Submitted in partial fulfillment for the award of the degree

MASTER OF PHYSICAL EDUCATION AND SPORTS

IN

Physical Education



Submit by

Ajay

NaikAkshayRamdas

Bhupendra Singh meena

ShivamSaxena

Under the guidance of

Dr. Indu M.

School of Sports Education

Submit to

Dr. VipinTiwari

School of sports education

ITM University Gwalior-474026 MP, (India) April-2024

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Major Project list April 2024


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MASTER OF PHYSICAL EDUCATION AND SPORTS

No. of students completed project: 10

Sr. No.	Roll No.	Name	project title	guide name
	MSPN1PE22001	Ajay	A Comprehensive Review Sports Nutrition and Oral Health among Athletes.	Dr.Indu M.
2	MSPN1PE22002	NaikAkshayRamdas		
3	MSPN1PE22003	Bhupendra Singh meena		
4	MSPN1PE22004	ShivamSaxena		
5	MSPN1PE22005	NeerajDhakad	Enhancing Sports Performance and Preventing Injuries through Individual Constitution	Dr. VipinTiwari
6	MSPN1PE22006	Vandana Singh		
7	MSPN1PE22007	BhawsarSudhanshuSudesh		
8	MSPN1PE22012	SubhamTalodiya	High altitude training for middle distance runner	Mr. Pravi Singh
9	MSPN1PE22014	SarthakWadhwa		
10	MSPN1PE22015	SahilGahlot		


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