

KUVEMPU UNIVERSITY

**Dept. of PG Studies and Research in Physical Education,
Sports and Yoga**

TWO YEAR M.P.Ed., (CBCS) REGULATIONS

SCHEME AND COURSE DETAILS

(AS PER THE NCTE NEW REGULATIONS AND NORMS 2015-16)



**Kuvempu University
Jnanasahyadri,
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2017



**Dept. of PG Studies and Research in Physical Education,
Sports and Yoga**

**REGULATIONS GOVERNING TWO YEARS MASTER OF PHYSICAL EDUCATION
DEGREE PROGRAMME (CBCS)**

Preamble

Kuvempu University adopted and is following Choice Based Credit System, (CBCS) from 2005 -2006 academic year onwards. The Master of Physical Education (M.P.Ed.) two years (Four Semesters,) Choice Based Credit System degree programme is a professional degree programme meant for preparing Physical Education Teachers for senior secondary (Class XI and XII) level as well as Assistant Professor/ Directors/ Sports Officers in Colleges/Universities and teacher educators in College of Physical Education.

The M.P.Ed. Degree programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The degree programme comprise of compulsory and optional theory as well as practical courses and compulsory school internship in School/ College/Sports Organizations/Sports Academy/Sports Club as per the guidelines of the NCTE and University from time to time.

1. INTAKE, ELIGIBILITY AND ADMISSION PROCEDURE:

The Intake, Eligibility and Admission Procedure are as per the NCTE Norms and Standards.

1.1. Intake

There shall be a basic unit of 40 students for each academic year.

1.2. Eligibility

- (a) Bachelor of Physical Education (BPED) or equivalent with at least 50% of marks. (45% for SC/ST and Category- I candidates).

- (b) The reservation in the seats and relaxation in the qualifying marks for SC/ST/OBC/PWD and other categories shall be as per the regulations of the State Government.

1.3. Admission procedure

Selection Procedure

- 1.3.1.** Candidates shall be selected on the basis of merit, following selection procedure and as per the reservation norms/guidelines prevailing in the University. Merit shall be decided on the basis of candidate's performance in the B.P.Ed., degree Examination, entrance test, which includes physical fitness and knowledge tests. The marks allotted for academic achievement, Physical Fitness Test, and knowledge test will be as follows:
- 1.3.2. Academic Performance** - Admission is based on the marks secured at the B.P.Ed degree examination (40% of marks), Physical Fitness Test - 20 marks maximum and Knowledge Test (40 marks). Overall maximum marks shall not exceed one hundred marks.
- 1.3.3. Entrance Test**- Entrance test includes Knowledge Test and Physical Fitness Test
- i. Knowledge Test** (max. 40 marks) - Applicants have to answer the objective type questions that are based on B.P.Ed degree syllabus and general knowledge related to sports.
 - ii. Physical Fitness Test:** Physical fitness (20 marks) is determined on the basis of performance in the four field events (5 marks each) - (a) 100 Mtrs. run, (b) Pull Ups for Men/Flexed Arm Hang for Women, (c) 800 Mtrs. run for men/400 Mtrs. run for women, and (d) Standing Broad Jump.
- 2. DURATION:** The M.P.Ed., degree programme is of a duration of two academic years of four semesters.
- 2.1.** However, the students shall be permitted to complete the degree programme requirements within a maximum of double the duration of course, from the date of admission.

2.2. No student shall be permitted to obtain Master of Physical Education Degree earlier than four semesters from the date of admission to the first semester of MPEd degree programme.

2.3. Whenever the curricula are revised, and whenever a candidate is reappearing, within the above maximum period (2.1), he/she shall be allowed to reappear for the M P Ed Degree examinations according to the pre-revised curricula (i.e., the curricula in which he/she has studied the Course/s as regular student).

3. The CBCS SYSTEM

M.P.Ed degree programme shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

4. COURSE:

The term course usually referred to, as ‘papers’ is a component of a degree programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

5. COURSE OF DEGREE PROGRAMME:

The M.P.Ed. degree programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the degree programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the M.P.Ed. Degree programme.

5.1. Theory

- Core Course/Hard Core
- Elective Course/Soft Core
- Inter disciplinary/Open Elective

5.2. Practicum

- Compulsory Course/Hard Core (Track and Field)
- Elective/Soft Core Course
- Teaching/Coaching Practices
- Internship

5.3. Soft Skill Courses

5.3.1 Besides, there shall be three Soft Skill Courses viz., Communication Skills, Computer Skills and Life Skills. These Courses shall be offered by the concerned Departments of the University.

5.3.2 Each of these three courses shall carry one credit and there shall be no semester-end examination for these courses.

5.3.3 Further, the credits of these courses shall not be considered for computing the Cumulative Grade Point Average (CGPA) which is the base for the declaration of result of the students.

5.3.4 However, to successfully complete the Master's Degree, every student must complete these courses earning three credits within the first two semesters. The chairpersons of the respective Departments (i.e., the Departments conducting these courses) shall compile the credits and certify the successful completion of these Soft Skill Courses.

6. WORKING DAYS

The Degree programme of study for the M.P.Ed., Degree shall normally extend over a period of four semesters, and two academic years, each academic year comprising of two semesters. Each semester comprising of 18 weeks which shall include 16 weeks for class/course work and the immediate next 2 weeks for conducting semester-end examination. (As per the existing CBCS regulations of Kuvempu University).

7. CREDITS

Credit means the unit by which the teaching/course work is measured. For this Regulation, one Credit means one hour of teaching work or two hours of practical work per week for 16 weeks in a semester. Each course shall be designed with different pedagogy such as lectures, tutorials, case studies, laboratory work, seminars, practical training, report or assignment writing, viva-voce, etc to meet effective teaching and learning needs, and the credits shall be assigned accordingly.

The maximum credits shall be 25 for one semester and a total of 100 credits for four semesters. The total minimum credits, required for completing M.P.Ed. Degree programme is 90 credits and for each semester 20 credits.

8. ATTENDANCE

- 8.1.** A student shall be considered to have satisfied the requirement of attendance for each course, if he/she has attended not less-than 75% of the number of classes held up to the end of the semester including tests, seminars, group discussion, practical, tutorials, special classes and lectures, etc.,
- 8.2.** A student who does not satisfy the requirements of attendance (at least 75% in each course) shall be ineligible to appear for the examination of that course/s. And the student shall repeat that course in the subsequent year/s as regular student at his/her own risk.

9. MEDIUM OF INSTRUCTION

The medium of instruction shall normally be English. However candidate is permitted to write in English / Kannada.

10. REGISTERING FOR THE EXAMINATIONS

The candidate shall register for all the papers in the subject of a semester when he/she appears for the examination of that semester for the first time.

11. SEMESTER-END EXAMINATION AND EVALUATION

- 11.1** There shall be semester-end examination of three-hour duration for 75 marks for each of Hard and Soft Core Courses. However, in the case of Elective Courses, the semester-end examination shall be conducted for 40 marks for 1½ hours for each course.

- 11.2** Project reports and answer scripts of the semester-end examination shall be evaluated by two examiners (preferably, one internal and another external; however, under no circumstances a script/Project Report shall be valued only by two internal examiners). The marks awarded to that answer script/Project Report shall be the average of these two evaluations.
- 11.3** If the difference in the marks between two evaluations exceeds 20% of the maximum marks, such a script/Project report shall be valued by a third external examiner. The marks awarded to that answer script or Project report shall be the average of two nearer marks out of the three evaluations.
- 11.4** In the fourth semester, the Project report shall be evaluated for 75 marks by both internal and external examiners. And for the remaining 25 marks, project viva-voce examination shall be conducted by the Board of Examiners.
- 11.5** Twenty Five marks earmarked for continuous assessment in each of the Hard Core and Soft Core Courses shall be distributed among different activities as follows

Sl. No	Continuous Assessment Degree programme	Maximum Marks
01	Two Session Tests (5 marks per test)	10
02	Seminar/Group Discussion (to be assessed on the basis of writing, comprehension, communication, articulation, and presentation skills)	05
03	Field Work / Assignments	05
04	Regularity and Attendance	05

11.6 Internal marks in each course earmarked for regularity in attending the classes shall be awarded as follows

%age of Class Work Attended	Marks to be Awarded	
	Hard and Soft Core Courses	Interdisciplinary/open Elective Courses
< 75	00	00
≥ 75 < 80	01	0.5
≥ 80 < 85	02	1.0
≥ 85 < 90	03	1.5
≥ 90 < 95	04	2.0
≥ 95	05	2.5

12. MINIMUM FOR PASS

12.1 Minimum for pass in each course shall be 45% (both the internal assessment marks and semester-end examination marks put together), out of which at least 35% (26 marks out of 75) shall be from semester-end examination.

12.2 A candidate shall be exempted from re-appearing for the examination in a course in which he/she has secured not less-than 45% in the previous examinations as above.

12.3 A candidate who has secured at least 45% marks in each of the courses prescribed for the academic degree programme and who has earned the minimum credits shall be considered to have passed the Master of Physical Education degree.

12.4 The candidates who seek to improve their results of any of the semesters shall do so by submitting a representation along with a prescribed fee to The Registrar (Evaluation) and surrendering the Degree Certificate/Provisional Pass Certificate/Original Marks Cards of that semester/s within the maximum period as specified in regulations.

13. IMPROVEMENT OF THE RESULT

- 13.1** The candidates who seek to improve their results of any of the semesters shall do so by submitting a representation along with a prescribed fee to The Registrar (Evaluation) and surrendering the Degree Certificate/Provisional Pass Certificate/Original Marks Cards of that semester/s within the maximum period as specified in regulations.
- 13.2** Whenever the curricula are revised, and whenever a candidate is reappearing, within the maximum period, he/she shall be allowed to reappear for the P. G Degree examinations according to the pre-revised curricula (i.e., the curricula in which he/she has studied the Course/s as regular student).

14. CONTINUOUS ASSESSMENT DEGREE PROGRAMMES

- 14.1** Out of the total marks for each course, 25 marks shall be earmarked for Continuous Assessment (Internal Assessment) and the remaining 75 marks for the semester-end examination.
- 14.2** In the case of Project report, it (Project report) shall be evaluated for 75 marks and the viva-voce examination shall be conducted by the Board of Examiners for the remaining 25 marks.
- 14.3** In the case of elective courses, each elective course shall carry a maximum of 50 marks comprising of 40 marks for semester-end examination and 10 marks for internal assessment. Internal Assessment marks shall be awarded to the students based on a test (5 marks), assignment-cum-group discussion (2.5 marks), and regularity of the students in attending the classes (2.5 marks).
- 14.4** Each course/semester shall have continuous evaluation which shall include tests, seminars/group discussion, field work-based/library-based assignments, and regularity to the class work.
- 14.5** Session Tests (minimum of two for each course per semester) for the internal assessment at regular interval shall be conducted. Any student who could not attend any of the session tests due to medical reason or due to extra-ordinary circumstances, a separate test shall be conducted before the end of semester classes by the course teacher under intimation to The Chairperson of the department.

- 14.6** For the purpose of uniformity, first session test shall be conducted during 9th week of the semester for the syllabi covered till then. And the second session test shall be conducted during the 16th week of the semester for the entire syllabi.
- 14.7** The marks obtained in the tests shall be displayed on the notice board of the department. The tests and assignments for each course shall be written in a separate book and after evaluation; the same should be shown to students.
- 14.8** In each of the activities pertaining to the internal assessment marks, complete transparency shall be ensured by the course teacher, and the student who is not satisfied with the marks awarded to him/her can make an appeal to The Chairperson of the department with justifiable reasons. On receipt of appeal, The Chairperson of the department shall convene a meeting of the Departmental Council and redress the grievances of the student appropriately.
- 14.9** In case of candidates who appear for improvement examination, the marks obtained in the internal assessment shall not be revised. There shall be no improvement for internal assessment.

15. GRADING AND DECLARATION OF RESULT

(As per existing Kuvempu University CBCS rules and regulations).

- 15.1** **Grade** means an index of conversion of marks secured by a candidate after completing the prescribed credits and relevant examination in each course.
- 15.2** **Grade and Credit Points** are computed for each course considering the marks secured and the credits earned in each course. **Grade Points** shall be computed by dividing the marks secured by the candidate in each course by 10% of the maximum marks for that course. And **Credit Points** are determined by multiplying the Grade Points in each course by the credits of that course. Both the Grade Points and Credit Points shall be computed for each course in each semester.
- 15.3** **Grade Point Average (GPA)** shall be computed and given to each candidate based on his/her semester performance. This shall be determined by dividing the sum of credit points earned by the student in all the courses of a semester by the total number of credits for which the candidate has taken examination in that semester.

15.4 Cumulative Grade Point Average (CGPA) is computed for the whole academic degree programme considering the aggregate of Credit Points of all the semesters earned by the student and dividing this sum by the total credits of all the semesters.

15.5 The CGPA obtained as above shall be the base for the determination of Grade and for the declaration of the result as follows. However, the overall %age of marks shall be shown in the marks statement of final semester.

CGPA	Result, Grade	Description of Result Grade
< 4.50	D	Fail
$\geq 4.50 < 5.00$	C	Pass
$\geq 5.00 < 5.50$	B	Second Class
$\geq 5.50 < 6.00$	B ⁺	High Second Class
$\geq 6.00 < 6.50$	A	First Class
$\geq 6.50 < 7.50$	A ⁺	High First Class
≥ 7.50	A ⁺⁺	First Class with Distinction

16. CHALLENGE EVALUATION

A student who desires to challenge the marks awarded to him/her in the semester-end examination may do so by submitting an application along with the prescribed fee to the Registrar (Evaluation) within 15 days from the date of announcement of the result. Such candidates shall be provided with a photo copy of the answer book after concealing the name and signature of the examiners. The challenged valuation script shall be got valued by another external examiner. The marks awarded to that answer script or Project Report shall be the average of two nearer marks out of the three/four evaluations.

17. CARRY-OVER FACILITY

17.1 CBCS is a fully carry-over system.

17.2 However, the P. G degree programme should be completed by the students within double duration of the normal course period.

17.3 During the normal course period, the candidates shall normally be permitted to take examination of odd semester courses at the end of odd semester, and examination of even semester courses at the end of even semester.

17.4 However, in the case of the students who have completed the course period and also those who are in the final semester shall be permitted to appear in the cross semester examination (i.e., odd semester courses with even semester course examination and vice-versa) after paying an additional fee per course as prescribed by the University from time to time.

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course.

18. CLASSIFICATION OF FINAL RESULTS

As per existing Kuvempu University CBCS rules and regulations.

19. AWARD OF THE M.P.ED. DEGREE

As per existing Kuvempu University CBCS rules and regulations.

20. GRIEVANCE REDRESSAL COMMITTEE

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the Course Teacher / Principal / Director and The HOD of the faculty as the members. This Committee shall solve all grievances of the students.

21. REVISION OF SYLLABI

21.1. Syllabi of every course should be revised according to the NCTE.

21.2. Revised Syllabi of each semester should be implemented in a sequential way.

21.3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.

- 21.4.** All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
- 21.5.** During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
- 21.6.** In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

22. REPEAL AND SAVINGS

- 22.1.** Notwithstanding anything contained in this Regulation, the Provisions of any Order, Rule or Regulations in force shall be inapplicable to the extent of their inconsistency with this regulation.
- 22.2.** The University shall issue such orders, instructions, etc and prescribe such format, procedure, etc as it may deem fit to implement the provisions of this regulations.
- 22.3.** If any difficulty arises in the implementation of these regulations, the Vice-chancellor shall, in consultation with the Dean, be competent to issue necessary clarification. And he/she shall, at the earliest possible opportunity thereafter, report the action taken by him/her to the Academic Council for ratification.

**Scheme of Examination
FIRST SEMESTER**

THEORY							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	Duration of Examination(Hrs)
HARD CORE							
MPHC -101	Paper - 1	3	3	25	75	100	3
MPHC -102	Paper - 2	3	3	25	75	100	3
MPHC -103	Paper - 3	3	3	25	75	100	3
SOFT CORE							
MPSC- 101	Paper - 1	2	2	25	75	100	3
MPSC-102	Paper - 2						
PRACTICAL							
MPPHC -101	Practicum -1	6	3	25	75	100	3
MPPSC- 102	Practicum -2	6	3	25	75	100	3
MPPSC- 103	Practicum -3	6	3	25	75	100	3
MPPSC- 104	Practicum -4	6	3	25	75	100	3
GRAND TOTAL		23	23	200	600	800	

SECOND SEMESTER

THEORY							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	Duration of Examination (Hrs)
HARD CORE							
MPHC- 201	Paper - 1	3	3	25	75	100	3
MPHC -202	Paper - 2	3	3	25	75	100	3
MPHC- 203	Paper - 3	3	3	25	75	100	3
SOFT CORE							
MPSC- 201	Paper - 1	2	2	25	75	100	3
MPSC-202	Paper - 2						
OPEN ELECTIVE							
MPEC- 201	Paper - 1	2	2	10	40	50	1½
PRACTICAL							
MPPHC- 201	Practicum -1	6	3	25	75	100	3
MPPSC- 202	Practicum -2	6	3	25	75	100	3
MPPSC-203	Practicum -3	6	3	25	75	100	3
MPPSC- 204	Practicum -4	6	3	25	75	100	3
GRAND TOTAL		25	25	210	640	850	

Note : MPEC-201 is an interdisciplinary / open elective theory paper for other department students.

THIRD SEMESTER

THEORY							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	Duration of Examination (Hrs)
HARD CORE							
MPHC-301	Paper - 1	3	3	25	75	100	3
MPHC -302	Paper - 2	3	3	25	75	100	3
MPHC -303	Paper - 3	3	3	25	75	100	3
SOFT CORE							
MPSC- 301	Paper - 1	2	2	25	75	100	3
MPSC-302	Paper - 2						
OPEN ELECTIVE							
MPEC - 301	Paper - 1	2	2	10	40	50	1½
PRACTICAL							
MPPHC- 301	Practicum -1	6	3	25	75	100	3
MPPSC- 302	Practicum -2	6	3	25	75	100	3
MPPSC-303	Practicum -3	6	3	25	75	100	3
MPPSC- 304	Practicum -4	6	3	25	75	100	3
GRAND TOTAL		25	25	210	640	850	

Note : MPEC-301 is an interdisciplinary / open elective theory paper for other department students.

FOURTH SEMESTER

THEORY							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	Duration of Examination(Hrs)
HARD CORE							
MPHC - 401	Paper - 1	3	3	25	75	100	3
MPHC- 402	Paper - 2	3	3	25	75	100	3
MPHC - 403	Paper - 3	3	3	25	75	100	3
SOFT CORE							
MPSC - 401	Paper - 1	3	3	25	75	100	3
MPSC - 402	Paper - 2						
PRACTICAL							
MPPHC- 401	Practicum -1	6	3	25	75	100	3
MPPSC- 402	Practicum -2	6	3	25	75	100	3
MPPSC-403	Practicum -3	6	3	25	75	100	3
MPPSC- 404	Practicum -4	6	3	25	75	100	3
GRAND TOTAL		24	24	200	600	800	

**Master of Physical Education Degree Programme
FIRST SEMESTER**

THEORY							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	Duration of Examination (Hrs)
HARD CORE							
MPHC -101	Research Process in Physical Education and Sports Sciences	3	3	25	75	100	3
MPHC -102	Exercise Physiology	3	3	25	75	100	3
MPHC -103	Yogic Sciences	3	3	25	75	100	3
SOFT CORE							
MPSC- 101	Test, Measurement and Evaluation in Physical Education	2	2	25	75	100	3
MPSC-102	Sports Technology						
PRACTICAL							
MPPHC -101	1. Track and Field: Running Events *2. Gymnastics/ Swimming/ Badminton. (*Any one)	6	3	25	75	100	3
MPPSC- 102	Laboratory Practical Sports Psychology, Exercise Physiology, Sports Biomechanics and Kinesiology (Two practical for each subject)	6	3	25	75	100	3
MPPSC- 103	1. Yoga *2. Aerobics/ Self Defense Techniques- Martial Arts, Taekwondo/ Shooting/ Archery (*Any One activity)	6	3	25	75	100	3
MPPSC- 104	Adventure Activities/ Mass demonstration Activities	6	3	25	75	100	3
GRAND TOTAL		23	23	200	600	800	

SECOND SEMESTER

THEORY							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	Duration of Examination(Hrs)
HARD CORE							
MPHC- 201	Applied Statistics in Physical Education and Sports	3	3	25	75	100	3
MPHC -202	Sports Bio-mechanics and Kinesiology	3	3	25	75	100	3
MPHC- 203	Athletic Care and Rehabilitation	3	3	25	75	100	3
SOFT CORE							
MPSC- 201	Sports Journalism and Mass Media	2	2	25	75	100	3
MPSC-202	Sports Management and Curriculum Design in Physical Education						
OPEN ELECTIVE							
MPEC- 201	Yoga and Healthy Life Style	2	2	10	40	50	1½
PRACTICAL							
MPPHC- 201	1.Track and Field: Jumping Events and Hurdles *2.Gymnastics/ Swimming /Kho-Kho (*any one)	6	3	25	75	100	3
MPPSC- 202	Games Specialization- Baseball/ Basketball/ Cricket / Hockey/ Kabaddi, / Softball / Squash/ Table Tennis / Tennis/ Netball/ Volleyball (Any two games.)	6	3	25	75	100	3
MPPSC-203	Teaching Lessons of Indigenous Activities and Sports- 5 Lessons(4 Internal and 1 External)	6	3	25	75	100	3
MPPSC- 204	Class Room Teaching Lessons on theory of different Sports & Games- 5 Lessons (4 Internal and 1 External)	6	3	25	75	100	3
GRAND TOTAL		25	25	210	640	850	

THIRD SEMESTER

THEORY							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	Duration of Examination(Hrs)
HARD CORE							
MPHC-301	Scientific Principles of Sports Training	3	3	25	75	100	3
MPHC -302	Sports Medicine	3	3	25	75	100	3
MPHC -303	Health Education and Sports Nutrition	3	3	25	75	100	3
SOFT CORE							
MPSC- 301	Sports Engineering	2	2	25	75	100	3
MPSC-302	Physical Fitness and Wellness						
OPEN ELECTIVE							
MPEC - 301	Health , Fitness and Wellness	2	2	10	40	50	1½
PRACTICAL							
MPPHC- 301	1. Track and Field: Throwing Events and Heptathlon event. *2. Gymnastics/Swimming/Football (*Any One)	6	3	25	75	100	3
MPPSC- 302	Games Specialization- Boxing/ Fencing/ Judo/ Karate/ Wrestling/ Wushu (Any Two)	6	3	25	75	100	3
MPPSC-303	Coaching Lessons of Track and Field/ Gymnastics/ Swimming /Badminton/Handball - 5 Lessons (4 Internal and 1 External)	6	3	25	75	100	3
MPPSC- 304	Coaching Lessons of Game Specialization - 5 Lessons (4 Internal and 1 External)	6	3	25	75	100	3
GRAND TOTAL		25	25	210	640	850	

FOURTH SEMESTER

THEORY							
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks	Duration of Examination (Hrs)
HARD CORE							
MPHC - 401	Information and Communication Technology in Physical Education (ICT)	3	3	25	75	100	3
MPHC- 402	Sports Psychology and Sports Sociology	3	3	25	75	100	3
MPHC - 403	Project Report	3	3	25	75	100	3
SOFT CORE							
MPSC - 401	Value and Environmental Education	3	3	25	75	100	3
MPSC - 402	Educational Technology in Physical Education and sports						
PRACTICAL							
MPPHC- 401	1. Track and Field: Relay, Race Walking, Cross Country and Decathlon *2. Gymnastics/Swimming /Handball (*Any One)	6	3	25	75	100	3
MPPSC- 402	Game Specialization :Practical Skills (Any Two)	6	3	25	75	100	3
MPPSC-403	Officiating lessons of Track and Field/ Gymnastics/ Swimming /Badminton/Kho-Kho/Football/Handball Lessons (4 Internal & 1 External)	6	3	25	75	100	3
MPPSC- 404	Officiating Lessons of Game Specialization - 5 Lessons (4 Internal & 1 External)	6	3	25	75	100	3
GRAND TOTAL			24	200	600	800	

Note: In the first two semesters mandatory courses like communication skill, computer skill and life skill should be completed.