

MPED – I Semester
PART – B
PRACTICUM COURSES (SPORTS SPECIALIZATION – I)

- MPPC – 101 (A): TRACK AND FIELD
MPPC – 101 (B): GYMNASTIC
MPPC – 101 (C): SWIMMING
MPPC – 101 (D): COMBATIVE SPORT (BOXING)
MPPC – 101 (E): COMBATIVE SPORT (FENCING)
MPPC – 101 (F): COMBATIVE SPORT (JUDO)
MPPC – 101 (G): COMBATIVE SPORT (TAEKWONDO)
MPPC – 101 (H): COMBATIVE SPORT (MARTIAL ART & KARATE)
MPPC – 101 (I): COMBATIVE SPORT (WRESTLING)
MPPC – 101 (J): INDIGENOUS SPORT (MALKHAMB)
MPPC – 101 (K): INDIGENOUS SPORT (KABADDI)
MPPC – 101 (L): INDIGENOUS SPORT (KHO-KHO)

Credit			Teaching Hours		
Lecture/Tutorials	Practical/Internship	Total	Lecture/Tutorials	Practical/Internship	Total
2	2	4	32	64	96

ESSENCE OF THE COURSE

The course of Sports Specialization – I, is so designed to provide an opportunity to teacher educators to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

COURSE OBJECTIVES:

1. To define and acquaint training preparation of Game/Sport
2. To employ the rules and regulation of Game/Sport
3. To emphasis on preparation for the Game/Sport.
4. To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
5. To orient & employ the rules and regulation in organization of competition in Game/Sport.

STUDENT LEARNING OUTCOMES:

After Completion of the course the students shall be able to:

1. Gain knowledge of the Game/Sport.
2. Learn the layout and marking for the Game/Sport.
3. Demonstrate various drills & lead up activities related to Game/Sport.
4. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

COURSE CONTENTS:

(General guidelines for development of required course contents in particular game/sport
are given below)

UNIT – 1: Introduction

- Historical development of the game/sport at national and international levels.
- National Bodies controlling game/sport and their affiliated units.
- International Bodies controlling game/sport and their affiliated units.

- Major National and International competitions in Game/Sport.
- Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport.

UNIT – II: Techniques/Skills development:

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic, Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports.

UNIT –III: Officiating:

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post game)
- Rules & their interpretations.

UNIT – IV: Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept of preparation of training schedules.
- Tactical training in game/sport.
- Psychological preparation required during competition in game/sport.
- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Performance Test, Project Work, Assignments, Presentations, Practical Work

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.