

**MPED – II Semester**  
**PART – B**  
**PRACTICUM COURSES (SPORTS SPECIALIZATION –I)**  
**CONTINUED FROM SEMESTER-I**

- MPPC – 201 (A): TRACK AND FIELD**  
**MPPC – 201 (B): GYMNASTIC**  
**MPPC – 201 (C): SWIMMING**  
**MPPC – 201 (D): COMBATIVE SPORT (BOXING)**  
**MPPC – 201 (E): COMBATIVE SPORT (FENCING)**  
**MPPC – 201 (F): COMBATIVE SPORT (JUDO)**  
**MPPC – 201 (G): COMBATIVE SPORT (TAEKWONDO)**  
**MPPC – 201 (H): COMBATIVE SPORT (MARTIAL ART & KARATE)**  
**MPPC – 201 (I): COMBATIVE SPORT (WRESTLING)**  
**MPPC – 201 (J): INDIGENOUS SPORT (MALKHAMB)**  
**MPPC – 201 (K): INDIGENOUS SPORT (KABADDI)**  
**MPPC – 201 (L): INDIGENOUS SPORT (KHO-KHO)**

Credit			Teaching Hours		
Lecture/Tutorials	Practical/Internship	Total	Lecture/Tutorials	Practical/Internship	Total
1	3	4	16	96	112

**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:**

1. After Completion of the course the students shall be able to:
2. Gain knowledge of the Game/Sport.
3. Learn the layout and marking for the Game/Sport.
4. Demonstrate various drills & lead up activities related to Game/Sport.
5. 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)**

**Note:** The course contents to be followed for the purpose of developing practical knowledge regarding marking, rules & regulation, officiating, technical training, tactical training, psychological preparation & preparation of training schedules)

## **UNIT – 1: Introduction**

- 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.