

**MPED – III Semester  
PART – B**

**PRACTICUM COURSES (Sports Specialization- II from Team Sport/Racket Sport)**

- MPPC – 301 (A): Baseball**
- MPPC – 301 (B): Basketball**
- MPPC – 301 (C): Cricket**
- MPPC – 301 (D): Football**
- MPPC – 301 (E): Handball**
- MPPC – 301 (F): Hockey**
- MPPC – 301 (G): Netball**
- MPPC – 301 (H): Softball**
- MPPC – 301 (I): Volleyball**
- MPPC – 301 (J): Badminton**
- MPPC – 301 (K): Table Tennis**
- MPPC – 301 (L): Tennis**
- MPPC – 301 (M): Squash**

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

**ESSENCE OF THE COURSE**

The course of Sports Specialization – II, 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)**

## **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.