

SSO  
13-1-16

**DR. RAM MANOHAR LOHIA AVADH  
UNIVERSITY, FAIZABAD, U.P.**



**DEPARTMENT OF PHYSICAL EDUCATION  
MASTER OF PHYSICAL EDUCATION  
(FACULTY OF ARTS)**

**ORDINANCE AND SYLLABUS  
EFFECTIVE FROM SESSION 2015-16**

*Handwritten signature*

*Handwritten signature*

*Handwritten signature*  
30.10.15



## **GUIDELINES OF REGULATIONS AND MODEL SYLLABUS STRUCTURE FOR M. P. ED. TWO YEAR PROGRAMME**

### **M.P.Ed.-Eligibility**

Intake, Eligibility and Admission Procedure as per the NCTE norms and standards.

### **M.P.Ed. -Duration:**

The M.P.Ed programme shall be of aduration of two academic year,  
However, the students shall be permitted to complete the programme requirements  
Within a maximum of three years from the date of admission to the programme.

### **M.P.Ed.- Courses of Programme:**

The following are the various categories of courses suggested for the M.P.Ed. Programme.

#### **Theory:**

Core Course: (MPCC)

#### **Practical :**

Practical Course: (MPPC)

### **M.P.Ed.- Working days:**

There shall be at least 200 working days per year exclusive of admission and examination  
Processes etc. The institution shall work for a minimum 36 hours (five or six days) in a week.

### **M.P.Ed.- Special Marks for Extra Co-curricular Activities :**

1. A. Sports Achievement at Stale level Competition (Medal Winner)- 1  
B. Sports Achievement National level Competition (Medal Winner) – 2  
C. Sports participation International level Competition – 4
2. Inter Uni. Participation (Any one game) – 2
3. Inter College Participation (min. two game) - 1
4. National Cadet Corps / National Service Scheme – 2
5. Blood donation / Cleanliness drive / Community services – 2
6. Mountaineering Basic Camp, Advance Camp / Adventure Activities – 2
7. Organization / Officiating State / National level in any two game – 2
8. News Reposting / Article Writing / book writing / progress report writing – 2
9. Research Project – 4

*[Handwritten signature]*

*[Handwritten signature]*

*[Handwritten signature]*  
30.10.11

*[Handwritten signature]*

Students can earn maximum 6 Bonus marks in each academic by his/her participation in the Above mentioned activities duly certified by the Head of the institution / Department. This bonus will be used only to compensate loss of attendance marks in academic activities.

**M.P.Ed.- Examinations:**

There shall be examinations at the end of every academic year.  
A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed Course in the subsequent examinations.

**M.P.Ed - Attendance:**

Student must have 75% of attendance in each course for appearing the examination.

**M.P.Ed – Internal Assessment (30 Marks):**

Continuous internal assessment (CIA) by the concerned course teacher or internal examiner in every examination separately. The components for continuous internal assessment are -

One Test -10 Marks  
Attendance-10 Marks  
Assignment-05 Marks  
Seminar/Quiz-05 Marks  
**Total = 30 Marks**

**M.P.Ed.- External Assessment (70 Marks)**

Practical Course (MPPC) of each year to be evaluated by internal and external examiners jointly.

**Note – The whole syllabus is applicable for University and its affiliated colleges.**

*[Handwritten signature]*

*[Handwritten signature]*

*[Handwritten signature]*  
30.10.13



M.P.ED. -EXAMINATION SCHEDULE

M. P. ED. -I YEAR

| <b>PART A- THEORETICAL COURSE</b> |   |                       |                       |                    |
|-----------------------------------|---|-----------------------|-----------------------|--------------------|
| <b>COURSE CODE</b>                | <b>TITLE OF THE PAPER</b>                                     | <b>INTERNAL MARKS</b> | <b>EXTERNAL MARKS</b> | <b>TOTAL MARKS</b> |
| MPCC-101                          | Research Process In Physical Education & Sports Science       | 30                    | 70                    | 100                |
| MPCC-102                          | Physiology Of Exercise  | 30                    | 70                    | 100                |
| MPCC-103                          | Yogic Science   | 30                    | 70                    | 100                |
| MPCC-104                          | Test, Measurement And Evaluation In Physical Education        | 30                    | 70                    | 100                |
| MPCC-105                          | Applied Statistics in Physical Education & Sports             | 30                    | 70                    | 100                |
| MPCC-106                          | Sports Biomechanics & Kinesiology                             | 30                    | 70                    | 100                |
| MPCC-107                          | Athletic Care and Rehabilitation                              | 30                    | 70                    | 100                |
| MPCC-108                          | Sports Management and curriculum Design in Physical Education | 30                    | 70                    | 100                |
| <b>PART-B: PRATICAL COURSE</b>    |   |                       |                       |                    |
| MPPC-101                          | Track And Field-I   | 30                    | 70                    | 100                |
| MPPC-102                          | Game Specialization -I (Second Best)                          | 30                    | 70                    | 100                |
| MPPC-103                          | Yoga and Aerobics   | 30                    | 70                    | 100                |
| MPPC-104                          | Teaching Lesson Mass Demonstration Activities                 | 30                    | 70                    | 100                |
| MPPC-105                          | Track and Field -II   | 30                    | 70                    | 100                |
| MPPC-106                          | Games Specialization -II (Second Best)                        | 30                    | 70                    | 100                |
| MPPC-107                          | Teaching lessons of Indigenous Activities and Sports          | 30                    | 70                    | 100                |
| MPPC-108                          | Teaching Lessons of Game Specialization (Class Room Teaching) | 30                    | 70                    | 100                |
| <b>TOTAL</b>                      |   | <b>480</b>            | <b>1120</b>           | <b>1600</b>        |

*Handwritten signature*

*Handwritten signature*

*Handwritten signature*  
30.10.13

