

Selvam College of Physical Education

(Affiliated to Tamilnadu Physical Education and Sports University, Chennai – 600 127)
Salem Road, Ponnusamy Nagar, Pappinaickenppatty – Post
Namakkal – 637 003, Tamilnadu

**Master of Physical Education – M. P. Ed Degree Course – Two Years
Choice Based Credit System**

REGULATIONS AND SYALLBUS

(For the students admitted from the Academic Year 2018 – 2019 Onwards)

1. Eligibility for Admission to the Course

- a) Bachelor of Physical Education (B. P. Ed) or equivalent with at least 50% Marks

Note

- (A) Candidate shall be eligible for admission to the Master of Physical Education Degree Course (M. P. Ed) if he/ she has received a Degree in 10+2+3 pattern from a University recognised by Tamil Nadu Physical Education and Sports University.
- (B) A Minimum Inter - College level participation in Sports and Games is compulsory.
- (C) The Candidates should not have completed 35 years of age as on 1 July. However, relaxation of 3 years shall be given for SC, SC (A)/ ST Candidates.
- (D) Ex - Servicemen/ Experienced Physical Education Teachers shall be given relaxation of 6 Years of Age.
- (E) The Candidate should be Medically Fit and free from any deformity.
- (F) Pregnant Women are not permitted either for admission or to undergo the course. If violated, they will not be permitted to continue the course.
- (G) Admission shall be made on the basis of ranking for a total of 150 marks as detailed below:-

1.	Qualifying Examination	25 marks
2.	Sports and games participation	25 marks
3.	Games and sports Skill test	50 marks
4.	Written Test	35 marks
5.	Personal Interview	15 marks
Total		150 marks

Note

Marks obtained qualifying Degree shall be converted to a maximum of 25 marks. For example if a candidate secured 1800 Marks out of 2400. His/ Her marks for qualifying examinations is $(1800 / 2400) \times 25 = 18.75$ Marks.

Sports and Games Participation

The norms for award of marks for the Sports and Games participation are furnished below:-

Any one which is Applicable/ Advantageous

Sl. No	Representing Certificate Level	Marks
1	Representing the Country	25 Marks
2	Securing First Two places in National/ All India Inter - University	25 Marks
3	Representing the State/ University	15 Marks
4	Representing the District/ Division	10 Marks
5	Representing the Colleges. (Supporting Certificates should be produced)	05 Marks

Games and Sports Skill Test

The candidates should choose any one of the following Games and Sports.

1	Basketball	6	Kabaddi
2	Cricket	7	Kho - Kho
3	Football	8	Tennis
4	Hockey	9	Volleyball
5	Handball		

The Test will be conducted by Three Judges. (Out of the Three, One will be the Head of the Institution Head of the Department and One Senior most Associate Professor, Assistant Professor from the College Department and one specialist in particular skill event will be appointed by the Head of the Institution Department.

2. Course of Study

(A)Duration of the Course: The duration of the course of study is Two (02) Academic Years, consisting of Four Semesters. The total working days shall not be less than 200 days in an Academic Year. Each Semester consists of not less than 100 working days excluding Examination.

(B)Each working day shall consist of Four hours of Practical Work (Morning and Evening - 2 Hours for Each Session) and Three Hours of Theory in between.

(C) Undergoing Internship, Intensive Practice Teaching/ Coaching in neighbouring Schools/ Colleges and Village Placement Programme shall be compulsory for all the students.

(D) The Course of study shall consist of Three Parts Viz Part - I, Part - II, Part - III and Part - IV as given below.

Part I - Theory (Core, Discipline Specific Elective and Genetic Elective)

Part II - Practicum

Part III - Internship

Part IV - Ability and Skill Enhancement Courses (Ability Enhancement Compulsory Courses, Skill Enhancement Courses and Co - Curricular Courses)

3). SCHEME INSTRUCTION AND EXAMINATION

First Semester

	Subject Code	Name of Paper/Component	Hours of Instruction/ Week		Scheme of Examination					
			Week Theory	Practical	Duration of Exam	CIA	CE	Total	Credit	
1	MI5101	Research Process in Physical Education and Sports Sciences	4	-	3	25	75	100	4	
	MI5102	Yogic Sciences	4	-	3	25	75	100	4	
	MI5103	Tests, Measurement and Evaluation in Physical Education	4	-	3	25	75	100	4	
	Discipline Specific Elective Course									
			Any one paper from the Basket of Choices for Odd Semester	4	-	3	25	75	100	4
	Core Course — Practicum									
		MI5105A	Yogic Practices: Asanas, Pranayama, Kriyas, Bandhas, Mudras, Suryanamaskar and Meditation. Common Yoga Protocol suggested by AYUSH.	-	6	3	50	-	50	3
11	MI5105B	Aerobics: Touch Out, 'V' Step, 'A' Step, Cross Over Step, Jump on the Spot, Knee Curl, Front Kick, Knee and Arm Lift, Side Kick.	-	6	-	100	-	100	3	
	MI5105C	Track and Field Events Part I: Sprint, Middle and Long Distance Running , Relay Races	-	6	-	100	-	100	3	
	MI5105D	Game of Specialization — II	-	4	-	100	-	100	2	

		(Second Best)							
		Internship							
	M151056	Class Room Teaching: Five Lessons on Theory Subjects: Field / Laboratory Work: Test, Measurement and Evaluation / Fitness Training. Participation: in Intramural and Extramural Tournament	-	4	3	50	-	50	2
			16	26	-	-	-	-	-
			42 Hours		-	500	300	800	29
Part	Semester	Ability Enhancement Compulsory Courses (AECC)							
IV	I	Personality Development and Life Coping Skills				2	Remarks		2

Second Semester

	Subject Code	Name of Paper/Component	Hours of Instruction/ Week		Scheme of Examination				
			Theory	Practical	Duration of Exam	CIA	CE	Total	Credit
I		Core Course — Theory							
	M15201	Applied Statistics in Physical Education and Sports	4	-	3	25	75	100	4
	M15202	Sports Biomechanics and Kinesiology	4	-	3	25	75	100	4
	M15203	Sports Psychology and Sociology	4	-	3	25	75	100	4
		Discipline Specific Elective Course							
		Any one paper from the basket of Choices for Even Semester	4	-	3	25	75	100	4
II		Core Course — Practicum							
	M15205	Track and Field Events Part-II Long Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw Game of Specialization — I (Second Best)	-	6	-	50	-	50	3
III		Internship							
	M15206	Teaching/Coaching Practice Officiating: Game of Specialization —II (Second Best)	-	6	-	50	50	100	3
	MI 5206	Teaching/ Coaching Practice Officiating: Track and Field Events Part I and II	-	-	-	50	50	100	3
	M15206	School/ College/ Institution Internship: Teaching Practice and Officiating	-	-	-	100	-	100	2
	M15206	Class Room Teaching: Five Lessons on Theory Subjects. Field / Laboratory Work: Sports Psychology/ Kinesiology and Sport Biomechanics Participation: Participation in Intramural and Extramural Tournaments	-	4	-	50	-	50	2
			16	26	-	-	-	-	
			42 Hours		-	400	400	800	29

Part	Semester	Ability Enhancement Compulsory Courses (AECC)			
IV	2	Human Rights	2	Remarks	2
		Co - Curricular course			
		Community Engagements - Village Placement Programme	2	Remarks	2

Third Semester

	Subject Code	Name of Paper/Component	Hours of Instruction/Week		Scheme of Examination				
			Theory	Practical	Duration of Exam	CIA	CE	Total	Credit
I	Core Course — Theory								
	M15301	Sports Medicine, Athletic Care and Rehabilitation	4	-	3	25	75	100	4
	M15302	Physiology of Exercise	4	-	3	25	75	100	4
	M15303	Scientific Principles of Sports Training	4	-	3	25	75	100	4
	Discipline Specific Elective Course								
		Any one paper from the basket of Choices for Odd Semester	4	-	3	25	75	100	4
		Generic Elective (Any one Course from the list of courses offered	4	-	3	25	75	100	4
II	Core Course — Practicum								
	M15305A	Track and Field Events Part III : Pole Vault, High Jump, Hammer Throw, Hurdles, Combined Events	-	6	-	50	-	50	3
	M15305B	Game of Specialization —II First Best	-	4	-	50	-	50	2
	M15305C	Combative Sports & Martial Arts: Boxing, Fencing, Stick Fencing (Silambam), Kalari, Judo, Karate, Taekwondo and Kun -Fu	-	-	-	50	-	50	2
	M15305D	Fitness Training: Conditioning Exercises: General and Specific. Training Methods : Weight Training (Free Weights and Machine Weights) - Circuit Training — Interval Training - Fartlek Training Plyometric, Swiss ball Training — Medicine Ball Training — Core Board Training Cross Training	-	4	-	50	-	50	2
Internship									
III	M15306A	Field / Laboratory Work: Athletic Care,	36	4	-	100	-	100	2

		Physiotherapy and Rehabilitation/ Sports Training Physiology of Exercise							
	M15306B	Class Room Teaching : Five Lessons on Theory Subjects Participation: Participation in Intramural and Extramural Tournaments Educational Tour, Stadium Visit, Organising Project Sports Meet.	-	4	-	100	-	100	2
	M15306C	Sports Entrepreneur Skill Development Training Or Swatch Bharat Abhiyan.	-	-	-	100	-	100	2
			16	26	-	-	-	-	-
			42 hours			625	375	1000	35

Forth Semester

Part	Semester	Skill Enhancement Course			
IV	3	Sports Tourism (or) Software Based Applied Statistics	2	Remarks	2
		Co- Curricular Course			
		NSS / Organisation of Project Sports Meet and Participation in Sports Relation Events / Approved Online Courses / MOOC	2	Remarks	2

4. Attendance

1) A Student must have 90% attendance in Theory and Practical Classes to appear or University Examination

2) A Maximum of 10 % of relaxation shall be permitted for the Medical Reasons. He/ she must produce a reliable Medical Certificate with prior permission and following the due procedures.

3) A Candidate with 80% to 89% shall not be permitted to write the Examination in the Current Semester. However he / she may be permitted to appear in the Next Semester by carry over provided he/ she must compensate the Attendance by Attending Additional Classes.

4) A Candidate with 79% and below shall not be permitted to write the examination in the Current Semester. He/ she should **REDO** the Semester.

5. Continuous Internal Assessment for Part I - Theory Papers

(A) Written Examination - 20 Marks

I. Continuous Internal Assessment shall be graded by the concerned subject teachers. Three tests will be conducted for each paper.

II. Each test carries a maximum of 20 marks and the average of best two tests shall be considered.

- I. However, in the case of students who miss the tests for any valid reasons with prior permission from the Head of the Department Principal of the College (Viz. Participating in Sports and Games competitions), he/she may be granted special permission to write the tests before the commencement of semester examination.

(B) Assignment / Seminar - 5 Marks

The teachers shall give assignments to the students and 5 Marks are allotted for Assignments. This may be of any accepted method such as Peer Group Teaching and Discussion Concept (PGTDC), Seminar, Project, Written Materials, Record etc.

Method of Calculation	
First Test	20 Marks
Second Test	20 Marks.
Third Test	20 Marks

Average of the best two tests	20 Marks
Assignment	05 Marks
Total	25 Marks

Pre - Semester/ Model Examination (75 Marks)

(A) Pre - Semester Model Examination shall be held at the end of each Semester before the Final Semester Examination covering all the portions and 75 Marks are awarded for this Examination

(B) Each paper carries 75 Marks and will be converted into 25 Marks

(C) The Continuous Internal Assessment marks plus Pre - Semester/ Model Examination divided by two shall be the Final Internal Marks for 25.

6. Games as the Specialization

Note: The student has to select any two different Games as the Specialization – I (Second Best) and Specialization - II (First Best) in I and II years respectively from the following Games Sports.

List of Major Games/ Sports for Specialization			
1	Basketball	5	Kabaddi
2	Cricket	6	Kho - Kho
3	Football	7	Tennis
4	Hockey	8	Volleyball
5	Handball		

7. Requirement for Passing

No candidate shall be eligible for the award of the M. P. Ed Degree unless he/ she has passed the Written Examinations (Part - I). Practicum (Part - II), Internship/ Teaching Practice (Part - III) and Part - IV.

8. Internship/ Teaching Practice Community engagements

- a) In Internship a student (Teacher Trainee) is undergoing supervised Practical Training Internship Teaching Practice includes Teaching & Observation in the Department College. Intensive Teaching Practice in the neighbouring Schools,
- b) Schools for Intensive Teaching shall be decided by the Staff – in - charge of Teaching Practice and Head of the Department/ Principal of the College.
- c) A minimum of 30 lessons, Students shall complete 15 Athletics and 15 Specialization Lessons/ Coaching Lessons in 15 working days under the supervision of the assigned Department /College and Physical Education stall in the Schools.
- d) (Community Engagements Village Placement Programme). The programme includes Teaching Indigenous Activities, Basic Skills in Sports and Games giving exposure to Teacher in the Teaching – Learning Process.
- e) For the Community Engagements (Village Placement Programme) the students shall visit the neighbouring Village for a minimum period of Five Days and organise the programmes such as
 1. Physical Education Physical Exercise related programmes
 - 2 Awareness Programmes related to Health and Fitness
 5. Cleaning, Creation of place for Physical Activities, Sports and Games.
 4. Survey related to health and fitness of the public.

The Community Engagements (Village Placement Programme) record with details of programmes organised and Photo Graphs shall be submitted at the time of the University Practical Examinations for the Evaluation of External Examiners.

Note

- (A) For the Practice Teaching Examination conducted by the University, there shall be One External and One Internal Examiner.
- (B) For Coaching Practice, each student shall maintain a Coaching Practice Record book, which shall contain records of 10 teaching. 10 Coaching General and 10 Officiating Plans.
- (C) A Candidate who fails in Coaching Practice Examination may present himself / herself in the subsequent University Coaching Practice Examination.

9. Ability Enhancement Courses (Part - IV)

To successfully complete the B. P. Ed Degree Course the students must undergo the Ability Enhancement Courses under the sub headings of Ability Enhancement Compulsory Courses (AECC) Skill Enhancement Courses and Co - Curricular course)

10. Genetic Elective

To successfully complete the B. P. Ed Degree Course the students must undergo and complete anyone of the genetic elective (Open Elective) in the Third Semester.

11. Peer Group Teaching and Discussion Concept

M. P. Ed is a Teacher Trainer Course in Physical Education, to inculcate the teaching and habits on the subject matter Peer Group Teaching and Discussion Concept (PGGTDC) is included in the syllabus. Teachers of the concerned subjects are asked to encourage the students in this activity

12. Inter - University Sports Participation and Special Permission for University Examination

A student representing the University/ State/ Nation in a Game or Sport and misses the University Semester Examination will appear for a special supplementary University Examination as stipulated by the University. Special permission may be granted by the controller of examination as per the rules and regulations of the university examinations provided the request must be submitted through proper channel well in advance. The Special Examinations will be conducted in the University Main Campus, Chennai 600 127 only.

Internal Test - Special Permission. In case, a student unable to appear for an internal test due to participation in Inter - Collegiate University Sports Competition / any such programme of the University with prior permission from the concerned head of the Faculty / Department/ Principal, he / she may be permitted to appear for a Special Test / Tests before the Pre - Semester Examination.

Such a student appearing for a special supplementary University Examination shall not be considered as an arrear/ arrears in a paper/ papers and shall not be deprived of **RANK** in the University.

A student who fails in any one or more papers in the Semester Examination will be permitted to rewrite the paper or papers in the subsequent Semester Examination.

To qualify for the Degree, supplementary candidates are required to pass all the papers prescribed for the course within a period of Three Years after he/she complete the course this period, the candidate shall follow the current syllabi for the examination applicable.

Examination Fee will be collected normally according to the Rules and Regulations University. A Separate Examination fee will be collected in this case.

Students who fail in a paper/papers are permitted to apply for recounting or revaluation in examination section of the University within the prescribed period with specified fee.

Appeal against the results of the semester examination shall be made to the Controller of Examinations by the student concerned through the Head of the Department/ Principal of the Affiliated College within 15 days of the publication of results by paying Re - Totalling Revaluation Fee.

13. Instant Examination for Outgoing Students

Instant Examinations will be conducted only in the University Main Campus, Chennai 600127 for the outgoing students who failed in only one theory paper by paying prescribed Examination Fee. The date of instant examination will be intimated by Controller of Examinations of Tamil Nadu Physical Education and Sports University.