

ACADEMIC PROGRAMME

The Department offers the following courses under the faculty of Education:

- 1. B.P.Ed., :-** The course is of one year duration spread over two semesters. Graduates who are physically fit and who have sports background are admitted to the course. The candidates are admitted on the basis of their academic performance, sports participation and Achievement, and physical fitness. The weightage given is 40% for academic performance, 30% for sports Participation and achievement and 30% for Physical fitness, respectively. The course covers theory Component (600 marks), practical/ Activity (450 marks) and teaching ability component (150 marks) The course is interdisciplinary.

Course Content

First Semester Theory

1. History of Physical Education, Recreation and Camping
2. Foundations of Physical Education
3. Methodology of Teaching in Physical Education
4. Anatomy, Physiology and Kinesiology.

Practicals:

Unit-I

- a) Volleyball
- b) Swimming
- c) Football (For men)/Throw ball (for women)

Unit-II

- a) Kho-kho
- b) Handball
- c) Basketball

Unit-III

- a) Formal Activities: Mass P.T, table cards and Aerobics.
- b) Rhythmic Activities: Light apparatus, Minor games, Lezium, Folkdance, Action songs.
- c) Drill and Marching, Ceremonial parade, Pyramid and Gymnastics.

Unit-IV

- a) Track Events
- b) Jumps
- c) Throws

Second semester Theory:

1. Health and Safety Education

2. Principles of Officiating and coaching
3. Education Management
4. Adapted Physical Education and Sports Injuries.

Practicals:

Unit-I

- a) Kabaddi
- b) Hockey
- c) Cricket

Unit-II

- a) Badminton
- b) Wrestling (for Men) / Tennikoit (for women)
- c) Yoga.

Unit-III

Teaching:

- a) General Lesson
- b) Class room teaching
(Health, fitness and wellness)

Teaching:

- a) Particular lesson
- b) Class room teaching
(sports, games and yoga)

2. **M.P.Ed.:-** The course is of two years duration spread over 4 semesters.

Graduates in Physical Education with a minimum of 50% Marks are eligible for admission to the course. The course covers the following components: Theory (1200 marks) Specialisation (700 marks) and Dissertation (100 marks).

The students work for two practical sessions (four hours) and one theory session (two hours),. each day for six days a week.

M.P.Ed. Course:

Theory: I Semester

1. Foundations and Principles of Physical Education
2. Evaluation in Physical Education
3. Research Processes in Physical Education

Specialisation: Kho-kho, Kabaddi, Volleyball
Athletics-I

Theory: II Semester

1. Statistics and Computer applications in Physical Education.

2. Theory and Methods of Sports Training.
3. Curriculum and Supervision in Physical Education.

Specialisation: Badminton, TableTennis, Handball
Athletics-II

Theory: III Semester

1. Sport Management
 2. Exercise Physiology
- Optional (To opt any one)
- a)Adaptive and corrective physical education.
 - b)Sports Journalism
 - c)Analytical History of Physical Education
 - d)Recreation

Specialisation:
Hockey, Cricket, Swimming
Yogic practices.

Theory IV Semester

1. Health, Fitness and Wellness
 - 2.Sport Psychology
- Optional: (To opt any one)
- a)Guidance and Counseling
 - b)Sports Medicine
 - c)Bio-mechanics
 - d)Sports Sociology.

Specialisation:

Football/Basketball/Wrestling

Dissertation.

ATTENDANCE:

Each student has to put in a minimum of 85% of Attendance of the total number of working periods.

3. Ph.D.: - It is offered as an external programme.

RECOGNISED GUIDES

1. Dr.M.Chandrakumar,
Professor and Chairman
DOS in Physical Education and Sports Sciences,
2. Dr.S.Madialagan,
Lecturer
3. Dr.C.Venkatesh
Lecturer

TECHNICAL SERVICE/ AND CONSULTANCY: OFFERED TO COMMUNITY

The department offers technical services and assistance to various Universities, Sports organizations and associations, Education departments of the Govt., in organizing and conducting sports/ games tournaments. The department offers technical service and counseling in sports and fitness to people in the community.

The department has been assisting Universities and the Department of Education, Govt. of Karnataka to conduct the Refresher courses, orientation courses/ seminars and conferences in Physical Education and Sports Sciences.

Healthy Practices:

1. The Department organizes regular intramural programmes in sports for students.
2. The department organizes projects to help students work on them and gain first hand experience.
3. Teachers work extra hours to help weaker students toward improving their performance.
4. Teachers assist the students and alumni of our department in preparing them for UGC/SLET/NET/CET examinations.
5. The department arranges special training for students desirous of taking examination to qualify as officials/Referees and Umpires in different sports and games.
6. Through talent search forum, cultural activities are organized frequently.
7. Teachers guide and counsel general public in fitness and sports.

