

**MANGALORE UNIVERSITY**  
**DETAILS OF M.P.Ed COURSE PATTERN, SYLLABUS AND SCHEME OF EXAMINATION**

**SEMESTER – I**

<b>Part A :Theoretical Course</b>						
<b>Course</b>	<b>Title of the Papers</b>	<b>Total Hours</b>	<b>Credit</b>	<b>Internal Marks</b>	<b>External Marks</b>	<b>Total Marks</b>
<b>Hard Core Courses</b>						
<b>MDH 401</b>	Research Process in Physical Education and Sports Sciences	4	4	30	70	100
<b>MDH 402</b>	Principles and Methods of Sports Training	4	4	30	70	100
<b>MDH 403</b>	Tests, Measurement and Evaluation in Physical Education	4	4	30	70	100
<b>Soft Core Courses (Any one)</b>						
<b>MDS 404</b>	Yogic Sciences	3	3	30	70	100
<b>MDS 405</b>	Sports Technology					
<b>Part-B Practical Hard Core Courses</b>						
<b>MDH406</b>	<b>Specialization -Track and Field I</b> Running Events and Hurdles	4	2	30	70	100
<b>MDH407</b>	<b>Laboratory Practical:</b> Sports Training	4	2	30	70	100
<b>MDH408</b>	<b>Laboratory Practical - Test,</b> Measurement and Evaluation	4	2	30	70	100
<b>Practical Course – Soft Core Course</b>						
<b>MDS409</b>	<b>Specialization -</b> Wrestling/Football/Hockey (any one )	4	2	30	70	100
<b>Total</b>		<b>31</b>	<b>23</b>	<b>240</b>	<b>560</b>	<b>800</b>

## SEMESTER - II

<b>Part A :Theoretical Course</b>						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
<b>Hard Core Courses</b>						
<b>MDH451</b>	Fitness, Wellness and Lifestyle Management ( <b>Open elective</b> )	3	3	30	70	100
<b>MDH452</b>	Applied Statistics in Physical Education & Sports	4	4	30	70	100
<b>MDH453</b>	Physiology of Exercise.	4	4	30	70	100
<b>Soft Core Courses (Any one)</b>						
<b>MDS454</b>	Sports Journalism and Mass Media			30	70	100
<b>MDS455</b>	Sports Management	3	3	30	70	100
<b>Part-B Practical Hard Core Course</b>						
<b>MDH456</b>	<b>Track and Field II: Jumping Events</b>	4	2	30	70	100
<b>MDH457</b>	<b>Laboratory Practical – Physiology of Exercise</b>	4	2	30	70	100
<b>MDH458</b>	(A) Coaching Lessons of Track and Field events specialization.					
	(B) Coaching lessons of Game Specialization.	4	2	30	70	100
<b>Practical Soft Core Course</b>						
<b>MDS459</b>	<b>Specialization: Kho-Kho/ Volleyball/Cricket (Any one game)</b>	6	3	30	70	100
<b>Total</b>		<b>32</b>	<b>23</b>	<b>240</b>	<b>560</b>	<b>800</b>

### Semester - III

<b>Part A :Theoretical Course</b>						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
<b>Hard Core Courses</b>						
<b>MDH501</b>	Contemporary trends in Physical Education and Sports ( <b>Open elective</b> )	3	3	30	70	100
<b>MDH502</b>	Sports Psychology	4	4	30	70	100
<b>Soft Core Courses (Any two)</b>						
<b>MDS503</b>	Sports Sponsorship	3	3	30	70	100
<b>MDS504</b>	Adapted and Corrective Physical Education	3	3	30	70	100
<b>MDS505</b>	Sports Medicine	3	3	30	70	100
<b>Part-B Practical Hard Core Courses</b>						
<b>MDH506</b>	<b>Track and Field III:</b> Throwing Events	4	2	30	70	100
<b>MDH507</b>	<b>Laboratory Practical:</b> Sports Psychology	4	2	30	70	100
<b>MDH508</b>	Internship	4	2	30	70	100
<b>Practical Soft Core Course</b>						
<b>MDS509</b>	<b>Games Specialization:</b> Badminton / Kabaddi / Weightlifting ( <b>Any one</b> )	6	3	30	70	100
<b>Total</b>		<b>31</b>	<b>22</b>	<b>240</b>	<b>560</b>	<b>800</b>

### Semester - IV

Part A :Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
<b>Hard Core Courses</b>						
<b>MDH551</b>	Dissertation/Project	4	4	30	70	100
<b>MDS552</b>	Biomechanics and Kinesiology	4	4	30	70	100
<b>Soft Core Courses (Any Two)</b>						
<b>MDS553</b>	Value and Environmental Education	3	3	30	70	100
<b>MDS554</b>	Sports Sociology	3	3	30	70	100
<b>MDS555</b>	Information and Communication Technology (ICT) in Physical Education	3	3	30	70	100
<b>Part-B Practical Hard Core Courses</b>						
<b>MDH556</b>	<b>Track and Field IV:</b> Combined Events, Cross Country, Race Walking, Track and Field marking and officiating	4	2	30	70	100
<b>Practical Soft Core Course</b>						
<b>MDS557</b>	<b>Laboratory Practical:</b> Computer Applications	4	2	30	70	100
<b>MDS558</b>	<b>Laboratory Practical:</b> Biomechanics and Kinesiology	4	2	30	70	100
<b>Practical Soft Core Course</b>						
<b>MDS559</b>	<b>Games Specialization:</b> Handball / Tennis / Basketball (Any one)	6	3	30	70	100
<b>Total of IV semester</b>		<b>32</b>	<b>23</b>	<b>240</b>	<b>560</b>	<b>800</b>
<b>Total of all semesters</b>		<b>126</b>	<b>91</b>	<b>960</b>	<b>2240</b>	<b>3200</b>

**Courses to be registered by a student in a normal phase to successfully complete MPED Degree in four semesters.**

I to IV Semesters	Hard Core Courses		Soft Core Courses		Total	
	Numbers	Credits	Numbers	Credits	Numbers	Credits
	20	58	12	33	32	91

### Credits required for MPED Course

I to IV Semesters	Hard Core Courses		Soft Core Courses		Total	
	Numbers	Credits	Numbers	Credits	Numbers	Credits
	20	58	12	33	32	91