



**MANGALORE UNIVERSITY**  
**Department of Physical Education**  
**Master of Physical Education (M.P.Ed.)**

**MDH458: (A) TEACHING LESSONS OF DIFFERENT SPORTS AND GAMES AND  
 (B) CLASS ROOM TEACHING ON THEORIES OF SPORTS AND GAMES.**

<b>Number of credits :</b>	<b>2</b>	<b>Number of hours :</b>	<b>4</b>	<b>Marks :</b>	<b>Internal</b>	<b>- 30</b>	<b>External</b>	<b>-</b>
<b>70</b>								
<b>Objectives / Learning Outcomes</b>								
<ul style="list-style-type: none"> <li>• To consider the basic principles of teaching, training and coaching</li> <li>• To provide direction to instruction.</li> <li>• To provide guidelines for assessment.</li> <li>• To convey instructional intent to others.</li> <li>• To improve the student's ability to communicate effectively with the students.</li> <li>• To develop an understanding and appreciation of the sports and games.</li> <li>• To create opportunities for students to engage in creating teaching and coaching.</li> <li>• To develop a knowledge and understanding of scientific training procedures.</li> </ul>								

**(A) TEACHING LESSONS OF DIFFERENT SPORTS AND GAMES**

The students of M.P.Ed – II Semester need to develop proficiency in taking teaching classes in indigenous activities and sport under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least ten lessons in PU/Degree/Professional college during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, all the parts of the lesson covered progressively.

**General out-line of the contents of practical teaching of Games and Sports.**

- General and specific warming up required for the game/sport.
- Basic skills of the game/sport.
- Advanced skills of the game/sport.

**(B) CLASS ROOM TEACHING ON THEORIES OF SPORTS AND GAMES  
 (LESSONS ON THEORY OF DIFFERENT SPORTS & GAMES).**

The students of M.P.Ed–II Semester need to develop proficiency in taking teaching lessons as per selected games and sport or game specialization. In view of this, the students

shall be provided with selected or specialized game teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the second semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons all the parts of the lesson covered progressively.

### **General out-line of the contents of class room teaching of theory of Games and Sports**

- Introduction of the game/sport and historical development with special reference to India.
- Orientation of the students to the play area and equipment used in the game/sport.
- Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the game/sport.
- Theoretical basis of general and specific warming up, importance, uses and applications of various skills (both fundamental and advanced), and lead up activities for those skills.
- Equipment of the game/sport, infrastructure and facilities required for the game etc.
- General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

**At the end of the practical/class room teaching classes the semester exams in this activity will be held with two examiners of which at least one shall be an external examiner.**

