

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

**MDH508: (A) COACHING LESSONS OF TRACK AND FIELD AND (B)  
COACHING LESSONS OF GAME SPECIALISATION**

<b>Number of credits: 4</b>	<b>Number of hours : 4</b>	<b>Marks : Internal - 30 External - 70</b>
<b>Objectives:</b>		
At the end of the course the student should understand		
<ul style="list-style-type: none"><li>• The general coaching principles of sports and games</li><li>• Specific coaching principles of track and field and game specialization.</li><li>• Various drills for progression of learning skills from simple to complex.</li><li>• Management of trainees while coaching a game/event.</li><li>• Knowledge about various equipment required for the teaching of a particular game/event</li><li>• Periodisation of coaching according to the purpose and objectives</li></ul>		

**(A) COACHING LESSONS OF TRACK AND FIELD**

The students of M.P.Ed – III Semester need to develop proficiency in taking coaching lesson on above mentioned selected discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. 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 fifteen lessons in track and field for the BPED students or high school students as decided by the departmental council at the end of which a competition will be conducted among the trainees of the MPED teachers. For this purpose a group of three MPED students in each coaching team may be made to coach track, jumps and throws. 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 coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

**(B) COACHING LESSONS OF GAME SPECIALISATION**

The students of M.P.Ed – III Semester need to be develop proficiency in taking coaching lesson in selected game discipline. In view of this, the students shall be provided with advance training and coaching in selected discipline. 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 visit the schools and take coaching lessons on games allotted to them for 15 days at the end of which there will be a competition among the participating schools in the respective games. 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 coaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

At the end of the semester pedagogy there will be an external exam, in which the teacher trainee (MPed student) will have to demonstrate his coaching abilities in one track and field event as well as one game.

