

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

**MDS409: SPECIALISATION - WRESTLING/ BADMINTON / FOOTBALL**  
**(ANY ONE)**

Number of credits :	2	Number of hours :	2	Marks :	Internal	-	External	-
						30	1	70
<b>Objectives / Learning Outcomes</b>								
<ul style="list-style-type: none"> <li>• Develop skills and fitness specific to a particular sport.</li> <li>• Appreciate and be able to execute strategic play.</li> <li>• Participate at a level appropriate to one's developmental stage.</li> <li>• Share in the planning and administration of sport experience.</li> <li>• Provide reasonable leadership.</li> <li>• Work effectively within a group toward common goals</li> <li>• Appreciate the rituals and conventions that give particular sports their unique meanings.</li> <li>• Develop the capacity to make reasoned decisions about sport issues.</li> <li>• Develop and apply knowledge about umpiring, refereeing, and training.</li> </ul>								

**WRESTLING/BADMINTON / FOOTBALL**

- Basic skills
- Advanced skills
- Teaching progression of different skills
- Drills for each of the skills
- Biomechanical analysis of the skills
- Specific fitness drills

**SPECIALISATION RECORD**

**UNIT 1: History and development of the Game/Sport**

- Origin of the Game
- Growth and development of the Game in India.
- Tournaments and awards

**UNIT 2: Skills and Techniques**

- Fundamental Skills
- Advanced skills
- Training drills

**UNIT 3: Strategies and Tactics**

- Training for tactics
- Training plan for a period of six weeks and twelve weeks at different levels (High school, college and university)

**UNIT 4: Officiating**

- Rules and Regulations
- System of officiating

**UNIT 5: Layout and construction and maintenance of playfield/courts.****UNIT 6: Organization, Administration and managerial set up for conducting tournament /competition****UNIT 7: Biomechanics and Energy systems**

- Biomechanical principles of the game/sport
- Energy systems involved in the games and fitness programme specific to the game

**UNIT 8: Injuries and Nutrition**

- Game/Sport related injuries – Prevention, treatment and rehabilitation.
- Nutrition related to the game – Off season, and pre, during and post competition

\*The chapters are indicative. Chapter/s specific to the game/event of specialization can be included or irrelevant chapters excluded shall be decided in the departmental council meeting.