

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	- 30	External	- 70
Objectives / Learning Outcomes								
• Develop skills and fitness specific to a particular sport. • Appreciate and be able to execute strategic play. • Participate at a level appropriate to one's developmental stage. • Share in the planning and administration of sport experience. • Provide reasonable leadership. • Work effectively within a group toward common goals • Appreciate the rituals and conventions that give particular sports their unique meanings. • Develop the capacity to make reasoned decisions about sport issues. • Develop and apply knowledge about umpiring, refereeing, and training.								

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.