



VINAYAKA MISSION'S RESEARCH FOUNDATION

Deemed to be University under section 3 of the UGC Act 1956

FACULTY OF PHYSICAL EDUCATION **REGULATION & SYLLABUS** **Choice Based Credit System (CBCS)**

Learning Outcome Based Curriculum Frame Work | L.O.C.F.

**MASTER OF PHYSICAL EDUCATION &
SPORTS**
M.P.E.S., DEGREE PROGRAM (2 YEARS)

**ACADEMIC
YEAR 2023-24
ONWARDS**





VINAYAKA MISSION'S RESEARCH FOUNDATION

(Deemed to be University under section 3 of the UGC Act 1956)

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**MASTER OF PHYSICAL EDUCATION AND SPORTS (M.P.E.S) DEGREE
PROGRAMME UNDER FACULTY OF PHYSICAL EDUCATION
REGULATIONS 2023**

In exercise of the powers conferred by the MoA and Bye Laws of the Vinayaka Mission's Research Foundation (Deemed to be University), Salem, the Academic Council of the University based on the recommendations of the concern Board of Studies hereby issuing the following regulations pertaining to the Under Graduate programme and the award of the degree of Master of Physical Education and Sports (M.P.E.S) at this University.

1 TITLE AND COMMENCEMENT

These regulations shall be called as "Master of Physical Education and Sports (M.P.E.S) Degree Programme Regulations 2023" or simply called as 'M.P.E.S.R2023' of the Vinayaka Mission's Research Foundation (Deemed to be University).

This regulation will come into effect from the Academic Year 2023-24 with the approval of the Academic Council based on the recommendations of Board of Studies and modifications as may be approved by the authorities of the University from time to time.

2 PREAMBLE

The degree of Master of Physical Education and Sports (M.P.E.S) under Faculty of Physical Education shall be awarded to a candidate who, as per these regulations, has successfully undergone the programme, passed the prescribed examinations and thereby qualified to receive the degree.

The programme shall run on choice-based credit system (CBCS).

- The CBCS provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill based courses.
- The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Therefore, it is necessary to introduce uniform grading system in the entire higher education in India.
- This will benefit the students to move across institutions within India to begin with and across countries.
- The uniform grading system will also enable potential employers in assessing the performance of the candidates.
- In order to bring uniformity in evaluation system and computation of the Cumulative Grade Point Average (CGPA) based on student's performance in examinations.



3 DEFINITION AND NOMENCLATURE

In the Regulations, unless the context otherwise requires, certain terms used and their meanings are as under:

- 3.1. AC means Academic Council of the Vinayaka Mission's Research Foundation (Deemed to be University), principal academic body of the University.
- 3.2. AECC means Ability Enhancement Compulsory Courses.
- 3.3. BoM means Board of Management of the Vinayaka Mission's Research Foundation (Deemed to be University), the highest governing body of the University.
- 3.4. BoS means Board of Studies of Vinayaka Mission's Research Foundation (Deemed to be University) under Faculty of Physical Education.
- 3.5. CCC means Co-Curricular Courses
- 3.6. CCT means Core Course Theory
- 3.7. CCP means Core Course Practical
- 3.8. CoE means Controller of the Examinations of the Vinayaka Mission's Research Foundation (Deemed to be University).
- 3.9. College means Vinayaka Mission's College of Physical Education (VMCPE), VMKV A&S College Campus of the Vinayaka Mission's Research Foundation (Deemed to be University) running Physical Education Programmes comes under Faculty of Physical Education.
- 3.10. Course means a Theory and Practical course that is normally studied in a Semester, like Human Anatomy Physiology, Methods and Test & Measurement, etc.,
- 3.11. Curriculum and Syllabus means the curriculum and syllabus for study as prescribed by the BoS and AC of the Vinayaka Mission's Research Foundation (Deemed to be University) based on the National Council for Teacher Education, New Delhi, India regulations/ guidelines
- 3.12. Dean means Dean of the Faculty of Physical Education
- 3.13. DSEC means Discipline Specific Elective Course
- 3.14. GEC means Generic Elective Course
- 3.15. HoI means Head of the Institution/ Principal of the VMCPE of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.16. IP means Internship Practical
- 3.17. MHRD means Ministry of Human Resource Development
- 3.18. MoA means Memorandum of Association



- 3.19. Programme means Under Graduate programme leading to award the Degree of M.P.E.S approved by the UGC and Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.20. SECC means Skill Enhancement Compulsory Courses
- 3.21. Teaching staff means the Dean, Director, Principal, Professors, Associate Professors, Assistant Professors, Lecturers, and other academic staff engaged in coaching the students and assisting the students in the conduct of studies and Research in the College/University
- 3.22. UGC means University Grants Commission established under University Grants Commission Act 1956
- 3.23. VC means Vice-Chancellor of the Vinayaka Mission's Research Foundation (Deemed to be University)
- 3.24. VMRF (DU) means Vinayaka Mission's Research Foundation (Deemed to be University) established under Section 3 of the UGC Act 1956 by MHRD based on the recommendation of UGC.

4 VISION & MISSION

4.1 VISION

4.1.1 The vision of the institution is to select students particularly from the rural parts of the state and to train them to become good physical Education teachers.

4.1.2 To produce academically excellent, professionally competent Physical Education teachers for the nation and rest of the world.

4.1.3 MISSION

4.1.4 The best physical education teachers, produced from the college would serve as missionaries to tap the talent in the schools and colleges and develop them physically fit, mentally sound and socially enriching in individuals and thus produce fit citizens of India.

4.1.5 This message is communicated to the students and teachers through guest lectures and through personal guidance and counseling.

5 PROGRAM OUTCOMES

5.1 PROGRAM OUTCOMES (POS)

Program Outcomes (POs) on successful completion of the M.P.E.S. program, the students will be able to

5.1.1 **Qualified teacher:** Become qualified, skillful and competent teachers in Physical Education and Sports.

5.1.2 **Knowledge:** Apply the knowledge to make the nation with wholesome developed students and bring out the specific top-level performances in sports.



- 5.1.3 **Organizing Sports:** achieve competency to organize state, national and international level tournaments
- 5.1.4 **Officiating:** Demonstrate capability to officiate various sports and games.
- 5.1.5 **Training:** Design training regimes for various sports in the light of physiological, psychological, biomechanical principles.
- 5.1.6 **Talent Identification:** Identify talent among the population for various sports with a scientific method of performance assessment and potential in young ages.
- 5.1.7 **Design & development:** Designing and developing the new equipment in Sports with the application of technology and Biomechanics.
- 5.1.8 **Research Orientation:** Apply research tools to investigate issues related to proficiency in Physical education and sports.
- 5.1.9 **Communication:** Communicate effectively on complex sports activities and perform better in the competitive world of sports. Use media and technology to make effective presentations.
- 5.1.10 **Physical education and society:** Apply the reasoning methods informed by the contextual knowledge to assess societal, health, safety, legal and cultural issues and the consequent responsibilities relevant to the Physical education profession.
- 5.1.11 **Self-employment and entrepreneurship:** A good knowledge in sports and games makes the students an entrepreneur in the sports academy, sports marketing, health clubs, sports goods manufacturer, yoga trainer and also employment opportunities in sports media and sports analyzer.
- 5.1.12 **Environment and sustainability:** Developing different professionals like, coaches, fitness trainers, yoga trainers, sports administrators and sports technologists in societal and environmental contexts, and demonstrates the knowledge of the need for sustainable development in the field of physical education and sports.
- 5.1.13 **Individual and teamwork:** Function effectively as a team member or leader in diverse teams, and in multidisciplinary settings.
- 5.1.14 **Ethics and sportsmanship:** Apply ethical principles and commit to professional ethics and responsibilities with good sportsmanship.
- 5.1.15 **Life-long learning:** Recognize the need for the current scenario in the societal contexts. Should have the preparation and ability to engage themselves in independent and life-long learning in the broadest context of environmental changes.



5.2 PROGRAM EDUCATIONAL OBJECTIVES (PEOs)

The M.P.E.S. Program describes accomplishments that graduates are expected to attain.

- 5.2.1 Learning the skills and implementing to various teaching methods in teaching various physical activities, sports and games.
- 5.2.2 Enables to develop the organizational skills to organize national and international level tournaments and conferences.
- 5.2.3 Understanding the principles of growth and development, individual differences, physiological and cognitive development in teaching sports activities.
- 5.2.4 Understanding the role of Physical Education and Sports in the challenging society. Create awareness on fitness and health among the youth our nation along with the familiarizing the Fit India movement.
- 5.2.5 Create avenues to become a Assistant Professor, Physical Education teacher, Coach, trainer, technologist and researcher in physical education and encourage them to aspire for higher studies Ph.D.,etc.,

5.3 PROGRAMME SPECIFIC OUTCOMES (PSOs)

Program Specific Outcomes (POs) on successful completion of the M.P.E.S., program, the students will be able to

- 5.3.1 Eligible and qualified Physical Education Teacher and become basic qualification to go for higher education in Physical Education.
- 5.3.2 Learn understand and implement various concepts of Physical Education and acquire the technical and tactical skills in various games and sports along with fitness and training methods.
- 5.3.3 Comprehend the role of the systems of governance and structural – functional provisions that support school education by teaching fundamental skills in sports and games to the school children.
- 5.3.4 Development of organizing skills to conduct various sports competitions in state, national International level and acquiring knowledge of methods in lay out and maintained of Play Fields.
- 5.3.5 Develop understanding about teaching, pedagogy, school management and community involvement. Build skills and abilities of communication, reflection, art, aesthetics, theatre, self expression and ICT.

6 DURATION OF THE PROGRAMME

- 6.1 The duration of the Programme of study is two academic years, consisting of four semesters. The total number working days shall not be less than 100 days in a semester (Excluding examination).
- 6.2 Each working day shall consist of four hours of Practical Class (Morning Session 2-hours and Evening Session 2-hours) and three hours of theory in between.
- 6.3 The candidate who fails to complete the programme in the certain duration mentioned in clause 6.1 would be permitted to complete the programme within a period of 4 years from the date of admission to the programme.



7 MEDIUM OF INSTRUCTION

The medium of instruction for all the courses and examination shall be English.

8 FEES STRUCTURE

The Fee structure of this programme shall be fixed by the Committee appointed for this purpose by VMRF (DU) from time to time.

9 ADMISSION ELIGIBILITY

9.1 A Candidate for admission to the Master of Physical Education and Sports (M.P.E.S.) degree programme should have passed B.P.E/B.P.E.S/B.P.Ed., and B.Sc., (Physical Education) examination from any recognized University with minimum of 50% marks and it should be approved by the university.

9.2 A candidate at least participation in the Inter - College / Inter- Zone/ District/ School competition in sports and games as recognized by the AIU/ IOA/SGFI/Govt. of India.

9.3 The candidates should not have completed 35 years of age as on 1st July. However, the relaxation of 3 years shall be given for SC/ST candidates. Ex-Servicemen/Experienced Physical Education Teachers/Coaches (Minimum 5 years) shall be given age relaxation of 6 years.

9.4 The candidate should be medically fit (to produce medical fitness certificate at the time of admission) and free from any deformity.

9.5 Pregnant women are not permitted either for admission or to undergo the Programme. If violated, they will not be permitted to continue the Programme.

10 ADMISSION PROCEDURE

10.1 Admission shall be made on the basis of ranking for a total of 150 marks as details below: -

(Minimum 50% Percentile Marks required in Selection Trails for Admission in M.P.E.S Programme)

1.	Qualifying Examination	25 marks
2.	Participation in Games & Sports	25 marks
3.	Games and Sports Skill test	50 marks
4.	Written Test	35 marks
5.	Personal Interview	15 marks
Total		150marks

10.1.1 Awarding the Marks for Qualifying Examination (Maximum marks:25)

S. No	Criteria for Pass	Marks Allot
1.	First Class with Destination	25 Marks
2.	First Class	20 Marks
3.	Second Class	15 Marks



10.1.2 Participation in Games & Sports (Maximum Marks: 25)

The norms for award of marks for the sports and games participation are furnished hereunder: Any one which is applicable / advantageous.

1.	Placing in first three places in National/ All India/ Inter-University/ Representing International	25 Marks
2.	Representing in National / All India / Inter-University	20 Marks
3.	Representing State /University	15 Marks
4.	Representing Zone/District/Division/ School/College	10 Marks

Note: The Candidates should produce necessary supporting certificates to obtain the above marks

10.1.3 Games and Sports Skill Test (Maximum Marks: 50)

The candidates should choose any one of the following games and sports.

S. No	Games and Sports	S. No	Games and Sports
1.	Basketball	6.	Handball
2.	Badminton	7.	Kabaddi
3.	Cricket	8.	Kho-Kho
4.	Football	9.	Tennis
5.	Hockey	10.	Volleyball

Note: The test will be conducted by three judges. Out of the three, one will be the Head of the Institution/ Head of the Department and one senior most Associate Professor/ Assistant Professor from the College/ Department and one specialist in particular skill/ event will be appointed by the Head of the Institution/ Department.

11 REGISTRATION

All candidates admitted in the M.P.E.S programme shall register his/her name with the VMRF(DU) Cut-off date for joining the course is last week of September in each academic year.

12 COMMENCEMENT OF THE PROGRAMME

The Academic year commences from first week of July in each academic year.

13 WORKING DAYS IN AN ACADEMIC YEAR

There shall be 100 working days in each semester.



14 BREAK OF STUDY

14.1 Break of study may be permitted for genuine reasons like serious health problems and calamitous family situations. The Vice-Chancellor and HoI are vested with the power to permit the break for which the candidate must apply and enclose necessary supporting documents and fee through his/her HoI, sufficiently ahead of the proposed period of break. A break of study may cast for a period of less than 6 months or more than 6 months up to one year.

14.1.1 The HoI shall approve the break of study if the period is less than 6 months with prior approval from the University

14.1.2 In case, the Break of study requires more than 6 months up to one year, then the candidate shall obtain the prior approval from the Vice-Chancellor based on the recommendations of HoI.

14.2 The period of break of study of the candidate for rejoining the programme shall be calculated from the date of commencement of the discontinuance of the programme.

14.3 A maximum two spells of break of study for M.P.E.S programme shall be allowed for the entire duration of the programme. Any further break of study shall entail the candidate to be de-registered and his/her admission stands cancelled.

14.4 A candidate having a break of not more than 12 months for M.P.E.S. programme, the programme of study shall be extended by that period and the candidate is permitted to appear for the examination only after completing this extension period. The candidate shall apply to the VMRF(DU) through his/her HoI for the extension using the prescribed form and fee.

15 PROCEDURE FOR RE-JOINING/DISCONTINUING PROGRAMME

15.1 For M.P.E.S. Degree programme the Candidate having availed a break of study between 6 to 12 months shall apply for rejoining the programme in the prescribed form as in (ANNEXURE - I) by remitting the stipulated fee for condonation of break of study to the VMRF (DU) through the HoI of the concerned college for issue of necessary permission to rejoin the programme. The concerned HoI of the College shall not permit any candidate with a Break of study as stipulated above to rejoin the programme without obtaining the prior permission from the authorities of the VMRF (DU).

15.2 All the M.P.E.S Students have to execute a declaration at the time of registration with this university in this regard in the prescribed form as in ANNEXURE-II.



16 READMISSION AFTER EXTENSION

If the candidates name is not registered with the VMRF(DU) within three months from the cutoff date prescribed for the M.P.E.S Programme for admission without any valid reasons / ground for such non registration, permission for readmission for such candidates will not be issued by the VMRF(DU)

17 PROGRAMME STRUCTURE

17.1 The Curriculum of the M.P.E.S Programme shall be prepared by the BoS of the faculty based on the guidelines of UGC and approved by the AC. The courses of study for the period of four semester.

The Curriculum of the M.P.E.S and Scheme of Instruction and examination is given separately in ANNEXURE- III

17.2 SYLLABUS

17.2.1 The Syllabus of the programme pertaining to M.P.E.S is given separately in ANNEXURE - IV

17.2.2 The curriculum and the syllabus for the programme shall be approved by the AC based on the recommendations of concerned BoS.

17.3 The minimum working hours for each course is given in ANNEXURE -V

18 ATTENDANCE REQUIRED FOR ADMISSION TO EXAMINATION

Student must have 75% of attendance in each course for appearing the examination. Students who have 74.99% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64.99% to 55% of attendance shall apply for condonation in the prescribed form with the prescribed fee along with the medical certificate. Students who have 54.99% to 45% of attendance shall not be allowed to write the examination. They will be allowed to write the examination on next semester as arrear. Students who have below 44.99% of attendance are not eligible to appear for the examination and they should redo the semester.

19 EXAMINATIONS

19.1

19.1.1 There shall be examinations at the end of each semester, for odd semester in the month of November / December, for even semester in the month of April/May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November / December or April/May.



19.1.2 A candidate should get enrolled / registered for the current examination. If enrollment / registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to next semester. Such candidates shall redo the semester in next academic year to fulfill all the requisite criteria.

19.2 **Question Paper Pattern (theory):**

Time: 3 Hours

Marks: 70

I - Part A: 10x2 =20

(Ten questions to be answered out of twelve questions)

II - Part B : 5x4 = 20

(Five questions to be answered out of eight questions)

III - Part C: 3x10 = 30

(Three questions to be answered out of five questions)

19.3 **Evaluation - Internal Assessment:**

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a Continuous Internal assessment (CIA) by the concerned course coordinator as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

Continuous Internal Assessment (CIA) for Theory

Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
One Test (Best out of three)	15 Marks
Total	30 Marks

Continuous Internal Assessment (CIA) for Practical

Attendance	5 Marks
Practical Demonstration	45 Marks
Total	50 Marks

19.3.1 **Attendance (5 marks)**

For attendance a Maximum 5 marks will be awarded. As for the criteria given bellow:

Attendance Percentage	Marks
Less than 75 %	0 Mark
75% to 80%	1 Mark
80.1% to 85%	2 Marks
85.1% to 90%	3 Marks
90.1% to 95%	4 Marks
95.1% to 100%	5 Marks



19.4 Requirement for Passing

19.4.1 The minimum passing standard for Continuous Internal Assessment (CIA) and End Semester Examination (ESE) shall be 50%, i.e. 15 marks out of 30 marks (CIA) and 35 marks out of 70 marks (ESE) respectively for theory course.

19.4.2 The minimum passing for both CIA & External Examination shall be 50% for the practical courses.

19.4.3 If the candidate secures less than 50% marks in Continuous Internal Assessment (CIA) in theory and 50 % marks in practical course, such candidates have to **REDO** the semester.

19.5 Internship/ Teaching Practice

19.5.1. In internship a student (teacher trainee) is undergoing supervised practical training. Intensive Teaching Practice in the Schools.

19.5.2. Schools for intensive teaching shall be decided by the Staff-in-charge of Coaching Practice and Head of the Institution / Principal of the College.

19.5.3. A minimum of 20 lessons, Students shall complete 10 General and 10 Particular lessons/ Coaching Lessons in 20 working days under the supervision of assigned by the physical director/ physical education teacher staff in the schools.

19.6 Ability, Skill Enhancement and Co-Curricular Compulsory Courses

To successfully complete the M.P.E.S. Programme the students must undergo the Ability, Skill Enhancement and Co-curricular Courses under the sub headings of Ability Enhancement Compulsory Courses (AECC), Skill Enhancement Compulsory Courses (SECC) and Co-Curricular course (CCC).

19.7 Results

19.7.1 Passing board should be conducted with the concern of Vice Chancellor in order to equalize any dispute during examination as well as to consider the grade of the students.

19.7.2 The results shall be published preferably within a month after the last examinations by the CoE with the approval of the Vice Chancellor.

19.7.3 Issuance of mark statement

1. The mark sheet for each examination shall be issued preferably within a month after declaring the results

2. The mark sheet shall bear the date of publication of the results of the concerned examination. The passed candidate shall be deemed to have passed the examination on that date.



19.8. Methods of redressal mechanism in evaluation of answer scripts

19.8.1 Re-totaling:

The University on application and remittance of a stipulated fee to be prescribed by the university shall permit a recounting or opportunity to recount the marks awarded for various questions in an answer paper/ papers for theory of all courses for which the candidate has appeared in the university examination. Any error in addition of the marks awarded if identified should be suitably rectified.

19.8.2 Re-evaluation:

There shall be Revaluation of answer papers of candidates in M.P.E.S. Examinations. Students who fail in any paper/papers would be permitted to apply to the examination section of the University to verify the valuation in case of doubt, for which they have to pay "Revaluation fee".

Appeal against the results of the semester examination may be made to the controller of examination by the student concerned through the principal of the affiliated college within 7 days of the announcement of results by paying the prescribed fees for each paper. Revaluation shall be done and result will be published by COE through the Head of the Institution.

19.9. Sports Participation – University Examination – Special Permission

19.9.1 Internal Test- Special Permission

In case, a student misses to appear for an internal test due to participation in competition / any such programme of the University with prior permission from the head of the institution, he / she may be permitted to appear for a special test / tests before the pre-semester examination.

19.9.2 University Examination – Special Permission

Such a Student appearing for a Special/Supplementary University Examination will not be deprived of *RANK in the University*, as his/ her appearance will not be considered as an arrear/arrears in a paper/papers.

19.9.3 A student who fails in any one or more papers in the semester examination will be permitted to rewrite the paper or papers in the subsequent semester examination. To qualify for the degree, candidates are required to pass all the papers prescribed for the Programme within a period of four years from the date of joining the Programme. Beyond this maximum period, on reasonable grounds, Vice-Chancellor may consider the request as per the University regulations.



20 CRITERIA FOR THE AWARD OF DEGREE

A candidate shall be eligible for the award of the degree of M.P.E.S only if he/she has earned the minimum required 142 credits of the programme prescribed above.

The provisional certificate shall be issued after successful completion of the programme and passing all the courses and internship wherever applicable. This provisional certificate has validity till the issue of the degree certificate which shall be issued during the Convocation.

21 CLASSIFICATION OF SUCCESSFUL CANDIDATES.

The minimum passing standard for Continuous Internal Assessment (CIA) and End Semester Examination (ESE) shall be 50% for both theory and practical courses.

The grading system is given below:

Grade	Grade Point	Marks
O++	10	95-100marks
O+	9.5	90-94marks
O	9	85-89marks
A++	8.5	80-84marks
A+	8	70-79marks
A	7	60-69marks
B+	6	55-59marks
B	5.5	51-54marks
C	5	40-50marks
U	0	00-49marks
U	AAA	Absent

21.1 Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Cumulative Grade Point Average (CGPA)** and declaration of class for MPES Programme.

The credit grade points are to be calculated on the following basis:

Semester Grade Point Average (SGPA)

$$\text{SGPA} = \frac{\text{Sum of (Credit x Grade Point) for all Subjects}}{\text{Total credit of the semester}}$$

$$\text{Semester Grade Point Average (SGPA)} = \frac{\sum(C_i \times G_i)}{\sum C_i}$$

Where C_i is the credit for a course in that semester and G_i is the Grade Point earned by the student for that course. The SGPA is rounded off to three decimals. SGPA will be marked as NA if all courses are not passed.



Cumulative Grade Point Average (CGPA)

The overall performance of a student at any stage of the Degree programme is evaluated by the Cumulative Grade Point Average.

$$\text{CGPA} = \frac{\text{Sum of All Semester (Credit x Grade Point) for all Subjects}}{\text{Total credit of the semester}}$$

(CGPA) up to that point of time.

$$\text{Cumulative Grade Point Average (CGPA)} = \sum_j \left\{ \frac{\sum_i (C_{ij} * G_{ij})}{\sum_i C_{ij}} \right\}$$

Where 'j' indicates the semester number, 'i' indicates the course number in the semester 'j', C the credit for a course in any semester and G is the grade point earned by the student for that course. The CGPA is rounded off to three decimals. CGPA is marked as NA if all the courses are not passed.

22 CLASSIFICATION OF SUCCESSFUL CANDIDATES FOR AWARD OF DEGREE

For the purpose of declaring a candidate to have qualified for the degree of bachelor of physical education in the first class/ second class or first class with distinction, the CGPA earned by the candidate at the end of courses will be the criterion as given below.

CGPA	Classification of Final Result
8.00 - 10.0	First Class with Distinction*
6.50 - 7.99	First Class
Below - 6.49	Second Class

22.1. First Class With Distinction

A student who qualifies for the award of degree and passed the examination in registered course in his/her first appearance within two years for the students admitted in first year and securing a CGPA of not less than 8.00 shall be declared to have passed in the First Class with Distinction.

22.2. First Class

A student who qualifies for the award of degree and passed the examination in registered course within two years for the students admitted in first year and securing a CGPA of not less than 6.50 shall be declared to have passed in the First Class.

22.3. Second Class

All other students not covered the above (22.1 & 22.2) and who qualifies for the award of M.P.E.S Degree and passed the examination in registered course shall be declared to have passed in the Second class.



23 RANKING

23.1. Only Candidates who passed all the courses of the programme in university examination in first appearance will be considered for ranking.

23.2. For ranking marks secured in all the courses from semester I to IV M.P.E.S. will be considered.

23.3. The University rank will be awarded only after the Final M.P.E.S. examination

24 ADOPTION OF SWAYAM

Candidate will be given credit for the successful completion of SWAYAM online programmes when the candidate submits the certificate of completion.

25 MODIFICATION OF REGULATIONS

The regulations are subject to modifications from time to time as per the decisions of the Academic council and Board of studies of the VMRF(DU).



**ANNEXURE - I
PROFORMA FOR RE-ADMISSION**

1.	Name of the Student	
2.	Register Number	
3.	Name of the programme and period of study	
4.	Name of the Faculty/College	
5.	Date of joining the programme	
6.	Duration of break of study	
7.	Details of examination appeared & Courses passed	
8.	Reason for the period of Break of study of the programme (Evidence should be produced)	
9.	The details of previous break of study if any (Enclose Xerox copy of the Condonation order of the University)	
10.	Whether his / her own vacancy is available for rejoining the programme	
11.	Whether any disciplinary case	
12.	Whether the candidate has registered with this University, if so furnish the Registration No.	
13.	Whether the candidate has paid the prescribed fee for readmission sought for (furnish details)	
14.	Previous correspondence if any made (Furnish Copies of relevant records)	
15.	Recommendation of the Dean / Principal / Director	

This is to certify that the details furnished above in respect of the candidate are verified and found to be correct.

Date:

Place:

Signature of Dean / Principal / Director
(with seal)



**ANNEXURE - II
DECLARATION**

I Son of / Daughter of
..... Residing
at.....

.....
.....
.....and admitted to in I year of
..... (Name of
the Faculty) do hereby solemnly affirm and sincerely state as follows.

I declare that I shall abide by the Rules and Regulations prescribed by the
Vinayaka Mission's Research Foundation (Deemed to be University), Salem for the
..... (Programme) including regulations in force
after amendment.

Date:

/Counter signed/
Principal / Dean
(Office date seal)

Signature of the Candidate



**ANNEXURE - III
Master of Physical Education and Sports (M.P.E.S)
SCHEME OF INSTRUCTION AND EXAMINATION**

SEMESTER - I									
Part	Course Code	Title of the Paper / Component	Hours of Instruction / Week		Scheme of Examination				
			Theory	Practical	CIA	ESE	Total Marks	Credit	
Core Course Theory									
I	75423CC01	Research Process in Physical Education and Sports Sciences	4	-	30	70	100	4	
	75423CC02	Physiology of Exercise	4	-	30	70	100	4	
	75423CC03	Tests, Measurement and Evaluation in Physical Education	4	-	30	70	100	4	
	Discipline Specific Elective Courses								
	75423EC01 - 75423EC04	Select any one paper from the list of courses of DSEC (Part - I)	4	-	30	70	100	4	
Core Course Practical									
II	75423CP01	Yogic Practices: Asanas, Pranayama, Kriyas, Bandhas, Mudras, Suryanamaskar and Meditation	-	4	50	--	50	2	
	75423CP02	Track and Field Events - I: Sprint, Middle and Long Distance Running, Relay Races, Walking	-	6	100	--	100	4	
	75423CP03	Game of Specialization - I (Second Best) Basketball/Badminton/Cricket/ Football/Handball/Hockey/Kabaddi/Kho-Kho/ Tennis/Volleyball	-	6	100	--	100	4	
	75423CP04	Practical II: Fitness Training and Aerobics	-	6	100	--	100	4	
Internship Practical									
III	75423IP01	Class room Teaching (20) Five lessons on Theory Subject Field / Laboratory Work (20) Test and Measurement Participation & Organization (10) Extramural and Intramural Tournaments	-	4	50	--	50	2	
Total			16	26	520	280	800	32	
			42						
Ability Enhancement Compulsory Courses*									
IV*	75423AE01	Personality Development and Life Coping Skills (Or) Human Rights	2	-	50	-	50	2	



SEMESTER - II								
Part	Course Code	Title of the Paper / Component	Hours of Instruction / Week		Scheme of Examination			
			Theory	Practical	CIA	ESE	Total Marks	Credit
Core Course Theory								
I	75423CC04	Applied Statistics in Physical Education and Sports	4	-	30	70	100	4
	75423CC05	Sports Biomechanics and Kinesiology	4	-	30	70	100	4
	75423CC06	Sports Psychology and Sociology	4	-	30	70	100	4
	Discipline Specific Elective Courses							
	75423EC01 - 75423EC04	Select any one paper from the list of courses of DSEC (Part - I)	4	-	30	70	100	4
Core Course Practical								
II	75423CP05	Track & Field Events -II: Long Jump, Triple Jump, High Jump and Pole Vault	-	6	100	--	100	4
	75423CP06	Teaching/Coaching Practice Officiating: Game of Specialization - II (Second Best) Basketball/Badminton /Cricket/ Football/Handball/ Hockey/ Kabaddi/ Kho-ho/Tennis/ Volleyball	-	6	50	50	100	4
	75423CP07	Teaching/Coaching Practice Officiating: Track and Field Events - I & II	-	6	50	50	100	4
Internship Practical								
III	75423IP02	School/ College/ Institution Internship: Coaching Practice and Officiating	-	4	100	--	100	2
	75423IP03	Class Room Teaching: Five Lessons on Theory Subjects. Field / Laboratory Work: Sports Psychology/ Kinesiology and Sport Biomechanics Participation: Participation in Intramural and Extramural Tournaments	-	4	50	--	50	2
Total			16	26	470	380	850	32
			42					
Ability Enhancement Compulsory Courses*								
IV*	75423AE02	Software Based Applied Statistics (Or) Sports Tourism in India	2	-	50	-	50	2
	Co -Curricular course							
	75423CO01	Community Engagements - Village Placement Programme	-	2	50	-	50	2



SEMESTER - III									
Part	Course Code	Title of the Paper / Component	Hours of Instruction / Week		Scheme of Examination				
			Theory	Practical	CIA	ESE	Total Marks	Credit	
Core Course Theory									
I	75423CC07	Sports Medicine, Athletic Care and Rehabilitation	4	-	30	70	100	4	
	75423CC08	Theories of Track and Field	4	-	30	70	100	4	
	75423CC09	Scientific Principles of Sports Training	4	-	30	70	100	4	
	Discipline Specific Elective Courses								
	75423EC05-75423EC08	Select any one paper from the list of courses of DSEC (Part - I)	4	-	30	70	100	4	
	Generic Elective Courses								
75423GE01-75423GE02	Select any one paper from the list of courses of GEC (Part - II)	-	-	30	70	100	4		
Core Course Practical									
II	75423CP08	Track and Field Events - III : Throwing Events and Combined Events	-	6	100	--	100	4	
	75423CP09	Game of Specialization - III (First Best) Basketball/Badminton/ Cricket/Football/Handball/Hockey/ Kabaddi/Kho-Kho/ Tennis/ Volleyball	-	4	50	--	50	2	
	75423CP10	Combative Sports & Martial Arts: Boxing, Fencing, Stick Fencing (Silambam), Kalari, Judo, Karate, Taekwondo and Kung-Fu	-	4	50	--	50	2	
	75423CP11	Fitness Training: Conditioning Exercises: General and Specific. Training Methods : Weight Training (Free Weights and Machine Weights)- Circuit Training - Interval Training- Fartlek Training - Plyometric, Swiss ball Training - Medicine Ball Training - Core Board Training - Cross Training.	-	4	50	--	50	2	
	75423CP12	Field / Laboratory Work: Athletic Care, Physiotherapy and Rehabilitation/ Sports Training/ Physiology of Exercise	-	4	100	--	100	2	
Internship Practical									
	75423IP04	Class Room Teaching: Five Lessons on Theory Subjects. Field / Laboratory Work: Sports Psychology/ Kinesiology and Sport Biomechanics Participation: Participation in Intramural and Extramural Tournaments	-	4	50	--	50	2	
Total			16	26	500	350	900	34	
			42						



Skill Enhancement Compulsory Course*								
IV*	75423SE01	Approved Online Course / MOOC	2	-	50	-	50	2
	Co -Curricular course							
	75423CO02	NSS / Organisation of Project Sports Meet and Participation in Sports Related Events / Swachha Bharat Abhiyan	-	2	50	-	50	2
SEMESTER - IV								
Part	Course Code	Title of the Paper / Component	Hours of Instruction / Week		Scheme of Examination			
			Theory	Practical	CIA	ESE	Total Marks	Credit
Core Course Theory								
I	75423CC10	Information and Communication Technology (ICT) in Physical Education	4	-	30	70	100	4
	75423CC11A - 75423CC11J	Theories of Game of Specialization	4	-	30	70	100	4
	75423CC12	Dissertation	4	-	30	70	100	4
	Discipline Specific Elective Courses							
	75423EC05-75423EC08	Select any one paper from the list of courses of DSEC (Part - I)	4	-	30	70	100	4
Core Course Practical								
II	75423IP13	Game of Specialization - IV (First Best) Basketball/Badminton/ Cricket/Football/Handball/ Hockey/ Kabaddi/Kho-Kho/ Tennis/Volleyball	-	6	50	50	100	4
	75423IP14	Track and Field Specialization (Any one Track and Field Events)	-	6	50	50	100	4
Internship Practical								
III	75423IP05	Internship/ Intensive Teaching/ Coaching Practice - Coaching Lesson (Track and Field)	-	4	50	--	50	2
	75423IP06	Internship/ Intensive Teaching/ Coaching Practice - Coaching Lesson (Game of Specialization)	-	6	100	--	100	4
	75423IP07	Internship in Officiating: Officiating and Organisation of Tournaments.	-	4	50	--	50	2
Total			16	26	420	380	800	32
			42					
Skill Enhancement Compulsory Course*								
IV*	75423SE02	Professional Preparation for SET /NET in Physical Education	2	-	50	-	50	2



Part - I

CORE COURSE THEORY (CCT)

S. No.	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75423CC01	Research Process in Physical Education and Sports Sciences	4	30	70	100	-Nil-
2.	75423CC02	Physiology of Exercise	4	30	70	100	-Nil-
3.	75423CC03	Tests, Measurement and Evaluation in Physical Education	4	30	70	100	-Nil-
4.	75423CC04	Applied Statistics in Physical Education and Sports	4	30	70	100	-Nil-
5.	75423CC05	Sports Biomechanics and Kinesiology	4	30	70	100	-Nil-
6.	75423CC06	Sports Psychology and Sociology	4	30	70	100	-Nil-
7.	75423CC07	Sports Medicine, Athletic Care and Rehabilitation	4	30	70	100	-Nil-
8.	75423CC08	Theories of Track and Field	4	30	70	100	-Nil-
9.	75423CC09	Scientific Principles of Sports Training	4	30	70	100	-Nil-
10.	75423CC10	Information and Communication Technology (ICT) in Physical Education	4	30	70	100	-Nil-
11.	75423CC11A - 75423CC11J	Theories of Game of Specialization	4	30	70	100	-Nil-
12.	75423CC12	Dissertation	4	30	70	100	-Nil-



Part - I

DISCIPLINE SPECIFIC ELECTIVE COURSES (DSEC)

GROUP - A (First Year)								
S. No.	Course Code	Name of the Courses	Hours Per Week	Credit	Scheme of Examination			Pre-Request
					CIA	ESE	Total	
1.	75423EC01	Yogic Sciences	4	4	30	70	100	-Nil-
2.	75423EC02	Physical Fitness and Wellness	4	4	30	70	100	-Nil-
3.	75423EC03	Sports Technology and Sports Engineering	4	4	30	70	100	-Nil-
4.	75423EC04	Recreational and Inclusive Games	4	4	30	70	100	-Nil-
GROUP - B (Second Year)								
1.	75423EC05	Health Education and Sports Nutrition	4	4	30	70	100	-Nil-
2.	75423EC06	Sports Management and Curriculum Design in Physical Education	4	4	30	70	100	-Nil-
3.	75423EC07	Value and Environmental Education	4	4	30	70	100	-Nil-
4.	75423EC08	Sports Journalism and Mass Media	4	4	30	70	100	-Nil-

Part - I

GENERIC ELECTIVE COURSES (GEC)

Generic Elective Courses (Only for 3rd Semster)								
S. No	Course Code	Name of the Courses	Hours Per Week	Credit	Scheme of Examination			Pre-Request
					CIA	ESE	Total	
1.	75423GE01	Adapted Physical Education	4	4	30	70	100	-Nil-
2.	75423GE02	Special Olympics	4	4	30	70	100	-Nil-



PART - II
CORE COURSE PRACTICALS (CCP)

S. No	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75423CP01	Yogic Practices: Asanas, Pranayama, Kriyas, Bandhas, Mudras, Suryanamaskar and Meditation	4	50	--	50	-Nil-
2.	75423CP02	Track and Field Events - I: Sprint, Middle and Long Distance Running, Relay Races, Walking	6	100	--	100	-Nil-
3.	75423CP03	Game of Specialization - I (Second Best): Basketball/ Badminton/ Cricket/ Football/ Handball / Hockey/ Kabaddi/ Kho- Kho/ Tennis/ Volleyball	6	100	--	100	-Nil-
4.	75423CP04	Practical II: Fitness Training and Aerobics	6	100	--	100	-Nil-
5.	75423CP05	Track & Field Events -II: Long Jump, Triple Jump, High Jump and Pole Vault	6	100	--	100	-Nil-
6.	75423CP06	Teaching/ Coaching Practice Officiating: Game of Specialization - II (Second Best): Basketball/ Badminton/ Cricket/ Football/ Handball/ Hockey/ Kabaddi/ Kho-Kho/ Tennis/ Volleyball	6	50	50	100	-Nil-
7.	75423CP07	Teaching/ Coaching Practice Officiating: Track and Field Events - I & II	6	50	50	100	-Nil-
8.	75423CP08	Track and Field Events - III : Throwing Events and Combined Events	6	100	--	100	-Nil-
9.	75423CP09	Game of Specialization - III (First Best) Basketball/ Badminton/ Cricket/ Football/ Handball/ Hockey/ Kabaddi/ Kho-Kho/ Tennis/ Volleyball	4	50	--	50	-Nil-
10.	75423CP10	Combative Sports & Martial Arts: Boxing, Fencing, Stick Fencing (Silambam), Kalari, Judo, Karate, Taekwondo and Kung-Fu	4	50	--	50	-Nil-
11.	75423CP11	Fitness Training: Conditioning Exercises: General and Specific. Training Methods : Weight Training (Free Weights and Machine Weights)- Circuit Training - Interval Training- Fartlek Training - Plyometric, Swiss ball Training - Medicine Ball Training - Core Board Training - Cross Training.	4	50	--	50	-Nil-
12.	75423CP12	Field / Laboratory Work: Athletic Care, Physiotherapy and Rehabilitation/ Sports Training / Physiology of Exercise	4	100	--	100	-Nil-
13.	75423CP13	Game of Specialization - IV (First Best) Basketball/ Badminton/ Cricket/ Football/ Handball / Hockey/ Kabaddi/ Kho-Kho/ Tennis/ Volleyball	6	50	50	100	-Nil-
14.	75423CP14	Track and Field Specialization (Any one Track and Field Events)	6	50	50	100	-Nil-



PART - III

INTERNSHIP PRACTICAL (IP)

S. No	Course Code	Name of the Courses	Credit	Scheme of Examination			Pre-Request
				CIA	ESE	Total	
1.	75423IP01	Class room Teaching (20) Five lessons on Theory Subject Field / Laboratory Work (20) Test and Measurement Participation & Organization (10) Extramural and Intramural Tournaments	4	50	--	50	-Nil-
2.	75423IP02	School/ College/ Institution Internship: Coaching Practice and Officiating	4	100	--	100	-Nil-
3.	75423IP03	Class Room Teaching: Five Lessons on Theory Subjects. Field / Laboratory Work: Sports Psychology/ Kinesiology and Sport Biomechanics Participation: Participation in Intramural and Extramural Tournaments	4	50	--	50	-Nil-
4.	75423IP04	Class Room Teaching: Five Lessons on Theory Subjects. Field / Laboratory Work: Sports Psychology/ Kinesiology and Sport Biomechanics, Participation: Participation in Intramural and Extramural Tournaments	4	50	--	50	-Nil-
5.	75423IP05	Internship/ Intensive Teaching/ Coaching Practice - Coaching Lesson (Track and Field)	4	50	--	50	-Nil-
6.	75423IP06	Internship/ Intensive Teaching/ Coaching Practice - Coaching Lesson (Game of Specialization)	6	100	--	100	-Nil-
7.	75423IP07	Internship in Officiating: Officiating and Organisation of Tournaments.	4	50	--	50	-Nil-



Part - IV*
**ABILITY, SKILL ENHANCEMENT COMPULSORY COURSES
AND CO-CURRICULAR COURSES**

Ability, Skill Enhancement Compulsory Courses and Co-Curricular Courses							
Course code	Pre-Request	Total Hours	Scheme of Examination			Total credits	Pre-Request
			CIA	ESE	Total		
Ability Enhancement compulsory Courses (AECC) (4 credits)							
75423AE01	Personality Development and Life Coping Skills (Or) Human Rights	2	50	-	50	2	-Nil-
75423AE02	Software Based Applied Statistics (Or) Sports Tourism in India	2	50	-	50	2	-Nil-
Skill Enhancement Compulsory Courses (SECC) - (4 credits)							
75423SE01	Approved Online Course / MOOC	2	50	-	50	2	-Nil-
75423SE02	Professional Preparation for SET /NET in Physical Education	2	50	-	50	2	-Nil-
Co-Curricular Course (CCC) (6 credits)							
75423CO01	Community Engagements - Village Placement Programme	20 Hours (5 Days)	50	-	50	2	-Nil-
75423CO02	NSS / Organisation of Project Sports Meet and Participation in Sports Related Events / Swachha Bharat Abhiyan	20 Hours (5 Days)	50	-	50	2	-Nil-
Total Credits (Part IV)						12	

**In Part - IV Examination & Evaluation conducted from College itself and issue the marks to the Controller of Examinations and this will not be included for the computation of SGPA/CGPA.*

CREDIT AND MARKS ABSTRACT

Semester	Credits	Total Marks
I	34	800
II	36	850
III	38	900
IV	34	800
Grand Total	142	3350

CREDIT ABSTRACT

PART	Semester - Credits Course	I	II	III	IV	Total Credits



I	Core Course Theory (CCT)	12	12	12	12	48
	Discipline Specific Elective Courses (DSEC)	4	4	4	4	16
	Generic Elective Course	-	-	4	-	4
II	Core Course Practical (CCP)	14	12	12	8	46
III	Internship Practical	2	4	2	8	16
	Total	32	32	34	32	130
(Ability, Skill Enhancement and Co-curricular Courses)						
IV	Ability Enhancement Course	2	2	-	-	4
	Skill Enhancement Course	-	-	2	2	4
	Co-Curricular Courses	-	2	2	-	4
	Total	2	4	4	2	12
	Grand Total	34	36	38	34	142

Total Minimum 142 Credits required to earn the degree

MARKS ABSTRACT

PART	Semester - Marks Course	I	II	III	IV	Total Marks
I	Core Course Theory (CCT)	300	300	300	300	1200
	Discipline Specific Elective Courses (DSEC)	100	100	100	100	400
	Generic Elective Course	-	-	100	-	100
II	Core Course Practical (CCP)	350	100	350	200	1000
III	Internship Practical	50	350	-	200	600
	Total	800	850	900	800	3350
(Ability, Skill Enhancement and Co-curricular Courses)						
IV	Ability Enhancement Course	2 Credit	2 Credit			4 Credits
	Skill Enhancement Course			2 Credit	2 Credit	4 Credits
	Co-Curricular Courses		2 Credit	2 Credit		4 Credits
	Grand Total	800	850	900	800	3350