

Tribhuvan University

Faculty of Humanities and Social Sciences

Master's Programme in Sports Science

Kirtipur, Kathmandu, Nepal



Syllabus for 1st, 2nd, 3rd and 4th Semester

2081



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Tribhuvan University

Faculty of Humanities and Social Sciences

Master's Programme in Sports Science

Kirtipur, Kathmandu, Nepal



Syllabus for 1st Semester

2081





Tribhuvan University
Faculty of Humanities and Social Sciences
Master's in Sports Sciences
Course Structure - 2081

2081-8-15

First Semester				Second Semester			
S.N.	Course Code	Course Title	Credit Hour	S.N.	Course Code	Course Title	Credit Hour
1.	SPS 501	Applied Sports Science	3	1.	SPS 551	Kinesiology and Biomechanics	3
2.	SPS 502	Advanced Sports Psychology	3	2.	SPS 552	Sports Training and Coaching Science	3
3.	SPS 503	Sports Sociology	3	3.	SPS 553	Sports Policy, Environment and Sports Organizations	3
4.	SPS 504	Sports Medicine and Nutrition	3	4.	SPS 554	Games And Sports: Volley Ball and Basketball	3
5.	SPS 505	Track and Field, and Yoga	3	5.	SPS 555	Games and Sports: Football and Cycling	3
Total Credit Hour			15	Total Credit Hour			15
Third Semester				Fourth Semester			
S.N.	Course Code	Course Title	Credit Hour	S.N.	Course Code	Course Title	Credit Hour
1.	SPS 601	Research Methodology and Sports Statistics	3	1.	SPS 651	Sports Science in Contemporary Society	3
2.	SPS 602-1 SPS 602-2	1. Sports Medicine and Exercise Physiology-I Or, 2. Sports Management-I	3	2.	SPS 652-1 SPS 652-2	1. Sports Medicine and Exercise Physiology-II Or, 2. Sports Management-II	3
3.	SPS 603	Test, Measurement and Evaluation in Games and Sports	3	3.	SPS 653	Games and Sports:, Table Tennis and Badminton	3
4.	SPS 604	Games and Sports: Kho-Kho, Kabaddi and Karate	3	4.	SPS 654	Sports Coaching Event Management and Entrepreneurship (Project Work)	3
5.	SPS 605	Games and Sports: Cricket and Taekwondo	3	5.	SPS 655	Thesis	6
Total Credit Hour			15	Total Credit Hour			18
Credit Hour in Grand Total							63



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**MASTER'S IN SPORTS SCIENCE
FIRST SEMESTER**

Subject: Applied Sports Science
Course Code: SPS 501
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

Course Introduction

This course is designed to acquaint students with the advance knowledge of applied sports science, its areas, history, philosophy and theories. It also intends to develop the insights of students toward its development and prospects. It has also been designed to enable a multidisciplinary study of sport science. It is hoped that the candidates having this course will obtain strong analytical skills. This course will provide the students with the knowledge and understanding of how scientific methods and principles are applied within the study of sports.

Objectives

The general objectives of this course are to acquaint students on the applied sports science in the field of games and sports. However, the specific objectives of the course are as follows:

- To discuss the applied sports science
- To analyze the areas of sports science
- To discuss and apply the different philosophies and sports science
- To examine the brief history of physical education and sports science
- To apply the scientific principles and theories in sports

Units	Contents	Teaching Hour	Remarks
1	Introduction of Sports Science 1.1 Review of the history of sports science 1.2 Concept of applied sports science 1.3 Nature, need and scope of sports science 1.4 Sports science, physical education and other discipline 1.5 Application of sports science in sports	08	
2	Areas of Sports Science 2.1 Sports training 2.2 Sports management 2.3 Exercise physiology 2.4 Sports psychology 2.5 Sports medicine 2.6 Sports sociology 2.7 Sports pedagogy 2.8 Biomechanics 2.9 Physical fitness 2.10 Sports tourism 2.11 History of sports	08	
3	Philosophy and Sports Science 3.1 Concept, need and importance of philosophy 3.2 Sports philosophy	14	



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	3.3 Types and areas of philosophy 3.4 Philosophy, educational philosophy and sports 3.5 Application of some modern educational philosophies in sports science; Idealism, Realism, Pragmatism, Naturalism, Dualism, Existentialism, Humanism and Eclecticism. 1.6 Hinduism and Buddhism and sports science		
4	History of Physical Education, Sports and Sports science 4.1 Review of ancient sports history: Nepal, India China, Rome, Greece 4.2 Review of medieval, renaissance and modern era. 4.3 Review of development of physical education, sports, and sports science in Nepal: 4.3.1 Role of the Universities and educational institutions. 4.3.2 Role of local and province level government 4.3.3 Role of School Level Curriculum and Sports 4.3.4 Role of Different National Sports Organizations 4.4 National and International Games: 4.4.1 National Games 4.4.2 President Cup 4.4.3 Asian Games 4.4.4 South Asian Games 4.4.5 Olympic Games and 4.4.6 Introduction of International Championship	10	
5	Theories of Sports Science 5.1 Ethics and morality in sports: Principles, Sportsmanship 5.2 Fair play and justice in sports 5.3 Aesthetics theory 5.4 Grounded theory 5.5 Gradual progression theory	08	
Total Teaching Hours		48	
Workshop, paper writing and presentation (All units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation

Term paper writing

Midterm examination

Presentation, attendance and oral tests

Final Examination

Two long answer questions out of three

Three short answer questions out of five

40 % of the total grade

40 % of internal grade

30 % of internal grade

30 % of internal grade

60 % of the total grade

2 x 15 = 50 %

3 x 10 = 50 %



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Prescribed text

Barrow, H. M. (1981). *Man and movement*. Philadelphia: Lea and Febiger.

Econ. J., List, C.; Polak, B. (2010). *Introduction to judgment aggregation Theory*.

Howell, R. (1994). *Foundations of physical education*. Delhi: Friends Publications.

List, C. (2012). *The theory of judgment aggregation: An introductory review*.

Okasha, S. (2011). *Theory choice and social choice: Kuhn versus Arrow*.

Thomas, C.E. (1983). *Sports in a philosophic context*. Philadelphia: Lea and Febiger.

Van Dalen, D. B. and Bruceh (1971). *A world history of physical education*. New Jersey: Prentice Hall Inc.

Wuest, D. A. and Charles A. B. (1992). *Foundations of physical education and sport*. New Delhi: B. I. Publications.

William H. F. (1988). *Physical education and sports in a changing society*. Delhi: Surjeet Publications.





MASTER'S IN SPORTS SCIENCE
FIRST SEMESTER

Subject: Advanced Sports Psychology
Course Code: SPS 502
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

Course Introduction

This course is designed to provide basic and advance concepts and knowledge of sports psychology to the students. It is also designed to give skills and strategies of sports psychology and its principles, theories and laws applied to sports activities. This course will provide the students with the knowledge and understanding of how scientific methods and principles are applied within the study of sports psychology.

Objectives

The general objective of this course are to acquaint students on the concept of sports psychology and psychological factors influencing sports, to enable them to comprehend different theories and laws of learning applied to sports skill learning. However, the specific objectives of the course are as follows:

- To explain the meaning, definitions and importance of sports psychology.
- To discuss various learning theories and laws of learning applied in skill learning.
- To discuss the relation of motivational aspects, its role and application in sports.
- To explain the concept of frustration, anxiety, fear in sports competition and manage them properly.
- To describe and analyze the types of personality.
- To discuss and analyze the meaning, importance and role of emotion in sports.

Units	Contents	Teaching Hour	Remarks
1	Sports Psychology 1.1 Concept of sport psychology 1.2 Needs and importance of sports psychology 1.3 Some psychological factors influencing sports: Needs, Drive, Interest, Motivation, Incentive, Rewards and Feedback 1.4 Heredity and environment and their influence on child's development 1.5 Play theory and application	08	
2	Skill Learning and Developmental Stages 2.1 Concept and nature of learning 2.2 Different theories of learning 2.3 Laws of learning 2.4 Learning curve and application 2.5 Transfer of training 2.6 Human growth and development	10	



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	2.7 Different developmental stages and characteristics of human with special reference to adolescence 2.8 Perceptual Motor Learning 2.8.1 Concept and importance of perception in sports 2.8.2 Perceptual motor learning in sports 2.8.3 Reaction time: Visual, auditory and tactile		
3	Psychological Treatment of Athletes 3.1 Concept of psychological treatment 3.2 Psychological treatment during training, coaching and competition 3.3 Individual differences in motor skills learning 3.4 Factors affecting mental health and characteristics of mental health 3.5 Frustration, anxiety, fear in sports competition and their management 3.6 High performance and achievement 3.7 Psychological handling of injured athletes during sports competition	10	
4	4.1 Motivation and Sports 4.1 Components of motivation 4.2 Intrinsic and extrinsic motivation 4.3 Theories of motivation 4.4 Prime motivation and low motivation 4.5 Methods of enhancing motivation	08	
5	Personality and Emotion in Sports 5.1 Concept, role and types of sports personality 5.2 Role of sports in building and shaping personality 5.3 Concept and types of emotion in sports 5.4 Role of emotion in sports 5.3.1 Fight and flight 5.3.2 Face the challenge 5.5 Set-up: Physical, mental and emotional set-up for better performance in games and sports 5.6 Approaches to maintain emotional stability 5.7 Methods of emotion development in athletes	12	
Total Teaching Hours		48	
Workshop, paper writing and presentation (All units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation

Term paper writing

Midterm examination

40 % of the total grade

40 % of internal grade

30 % of internal grade



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Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text

Kamlesh, M.L. (1996). *Sports psychology*. New Delhi: Surjeet Publication.

Lawther, J.D. (1970). *Sports psychology*. New Delhi: Prentice Hall of India.

Maurya, B.K., & Gupta, S.C. (1975). *Psychology applied to physical education*. Meerut: Pragati Prakashan.

Suinn, R.M. (1982). *Psychology in sports: Methods and Application*. New Delhi: Surjeet Publication.





**MASTER'S IN SPORTS SCIENCE
FIRST SEMESTER**

Subject: Sports Sociology
Course Code: SPS 503
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

Course Introduction

This course is designed to acquaint the students with the advance knowledge on the sociology of sports. This course also intends to provide knowledge and skill on social process and social issues in relation to sports.

Objectives

The general objectives of this course are to acquaint students on the applied sports sociology in the field of sports training, games and sports. However, the specific objectives of the course are as follows:

- To deliberate the sports sociology, its scope and importance
- To explain the historical perspective of sociology of sports
- To discuss the importance of leadership training in sports field
- To discuss the prospects of women sports in Nepal
- To discuss the trends and issues concerning sports in society

Units	Contents	Teaching Hour	Remarks
1	Introduction to Sports Sociology 1.1 Concept, scope and application of sport sociology 1.2 Importance of sports sociology in training and coaching 1.3 Historical perspective of sports sociology 1.4 Sociological exploration (Theories and paradigms) 1.4.1 Conflict theory 1.4.2 Social constructivism 1.2.3 Social learning theory 1.4.4 Feminist theory	10	
2	Socialization and Identity in Sports 1.1 Sports as a social phenomenon 1.2 Socialization through games and sports 1.3 Family support mechanism and sports participation 1.4 Sports as regulating institution of society 1.5 Role of sports in shaping national and cultural identity 1.6 Intersectionality in sports: Gender, Race, Ethnicity and Class 1.7 Youth sports and development	10	
3	Economics, Politics and Media in Sports 2.1 Economics of sports: Commercialization and	08	



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	Commodification 2.2 Politics and power in sports: Role of government and policy in sports 2.3 Media in sports: Impact, consumption and perception		
4	Trends, Issues and Challenge of Sports in Society 5.1 Sports and aggression 5.2 Violence in sports 5.3 Gender and sexuality in sports 5.4 Women in sports: Social myths and attitude of society 5.5 Social stratification: Nature and class 5.6 Disability in sports 5.7 Democratization in sports 5.8 Sports culture 5.9 Group dynamics	10	
5	Leisure Sports, Recreation, and Play in Society 5.1 Concept and role of leisure in contemporary society 5.2 Different between leisure, recreation, and play 5.3 Therapeutic recreation and leisure 5.4 Laugh therapy for recreation and types 5.5 Use of television, videogames, and computer among children and adolescents around the world	10	
Total Teaching Hours		48	
Workshop, paper writing and presentation (All units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation	40 % of the total grade
Term paper writing	40 % of internal grade
Midterm examination	30 % of internal grade
Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text

Wuest, D. A. and Charles A. B. (1992). *Foundations of physical education and sport*. New Delhi: B. I. Publications.

Gillin and Gillin (1950). *Cultural sociology*. New York: Mac million Co.

Freeman, W.H. (1988). *Physical education and sports in changing society*. New Delhi: Surjeet Publication.

Maclver, R. M. (1945). *Society: a text book of sociology*. New York: Farrar and Rinehar.



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Stewsr. E. W. (1978). *Sociology the human science*. New York: Mc. Graw. Hill Book Company.

Vidya B. and Sachdera. D.R. (1987). *An introduction to sociology*. Allahabad: Kitab Mahal.

Lay, John W. and Gerald S. Kenyon (1981) Sport, *Culture and society*. London: Macmillan Company.

Willian H. Freeman (1988). *Physical education and sport in a changing society*. Delhi: Surjeet Publications.

www.sociology.about.com/.../Sociol...

www.jan.ucc.nau.edu/.../190socio1....



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**MASTER'S IN SPORTS SCIENCE
FIRST SEMESTER**

Subject: Sports Medicine and Nutrition

Nature of Course: Theory

Course Code: SPS 504

Credit Hours: 3

Teaching Hour: 48

Course Introduction

This course is designed to acquaint students with the basic knowledge of Sports Medicine, Injury, Physiotherapy and Nutrition. It also intends to develop the insights of students toward its development and prospects. It is assumed that the students having this course will obtain strong basic knowledge and skills. This course will provide the students with the fundamental knowledge, skill and understanding of sports medicine, injury, physiotherapy and nutrition are applied within the study of games and sports. Diet and nutrition provide with a comprehensive understanding and its practical application in sports field. Explore the intricate relationship between diet, exercise, and athlete's performance, equipping with the skills to design effective nutrition plans tailored to athletes' needs.

Objectives

This course is designed to acquaint students with the basic knowledge of sports medicine, injury, physiotherapy, diet and nutrition. It also intends to develop the insights of students toward its development and prospects. It has also been designed to enable a multidisciplinary. This course will provide the students with the fundamental knowledge, skill and understanding of how scientific methods and principles are applied within the study of games and sports. However, the specific objectives of the course are as follows:

- To explain the concept and importance of sports medicine.
- To implement sports injuries prevention strategies.
- To educating athletes, coaches and sports professionals on nutrition and rehabilitation.
- To apply physiotherapy for prevent, manage and rehabilitation sport related injuries in athlete's performance.
- To describe concept, importance, analysis and interpret to sports nutrition.
- To design personalized nutrition plans for different athletes.
- To implement of diet and nutrition in enhancing sports performance.

Units	Contents	Teaching Hour	Remarks
1	Introduction to Sports Medicine 1.1 Historical introduction to sports medicine 1.2 Advanced concept of sports medicine 1.3 Need and importance of sports medicine 1.4 Sports medical teams and its roles	10	
2	Introduction to Sports Injury 2.1 Inflammation signs and mechanisms 2.2 Injury, Causes & mechanism of sports injuries, prevention of sports injuries 2.3 Common acute and overuse injuries	10	



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	<p>2.3.1 Shoulder girdle, shoulder, arm, elbow, forearm, Wrist & hand</p> <p>2.3.2 Pelvis, hip, thigh, knee, leg, ankle & foot and Head and spine</p> <p>2.4 Common sporting injuries in athletics, badminton, cricket, football, gymnastics, swimming, table tennis, volleyball, basketball, Kho-Kho, Kabaddi, taekwondo, cricket and karate</p> <p>2.5 Concept and classification of doping</p>		
3	<p>Prevention of sports injury</p> <p>3.1 Introduction to prevention</p> <p>3.2 Classification primary/secondary/tertiary</p> <p>3.3 Factor assisting prevention, warm up, stretching, Splinting, taping / bracing, appropriate training, psychology</p> <p>3.4 Cardio pulmonary resuscitation (CPR)</p> <p>3.5 Age determination \ skeletal age \ dental age \ body measurements \ gross size and mass \ lengths or heights of body parts \ circumferences of body parts \ skin fold thickness</p>	10	
4	<p>Introduction to Physiotherapy</p> <p>4.1 Definition of physiotherapy</p> <p>4.2 Scope of physiotherapy practice</p> <p>4.3 History of physiotherapy</p> <p>4.4 Setting in which physiotherapy practices</p> <p>4.5 Characteristics of physical therapy</p> <p>4.6 Principles supporting the description of physical therapy</p> <p>4.7 Nature of the physical therapy process, specialty areas</p>	10	
5	<p>Sports Diet and Nutrition</p> <p>5.1 Introduction sports diet and nutrition</p> <p>5.2 Balance diet</p> <p>5.3 Micro and macro nutrition</p> <p>5.4 Diet planning (periodization) for athletes</p> <p>5.5 Pre, during and post-game diet planning</p> <p>5.6 Body type and metabolism</p>	08	
Total Teaching Hours		48	
Workshop, Paper Writing and Presentation (All Units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation

Term paper writing

Midterm examination

40 % of the total grade

40 % of internal grade

30 % of internal grade



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Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text

- Sullivan. (1981). *Physical Rehabilitation*. F.A. Davis Company.
- Narayanan, L. (2005). *Textbook of therapeutic exercises*. Jaypee brothers medical publishers.
- Joshi, J. (1999). *Essentials Of Orthopaedics & Applied Physiotherapy*. New Delhi: Elsevier .
- Kibler, W. (2003). Range of motion in junior tennis players participating in an injury risk modification program. *Journal of Science and Medicine in Sport* , 51-62.
- Craig R. D. (2000). *Therapeutic modalities for athletic injuries*. USA: Human Kinetic.
- David C. R. (1991). *Clinical sports medicine*. New York: McGraw-Hill Medical.
- Sandra, J. S. (2000). *Sports injuries: causes, diagnosis, treatment and prevention*. Place: Chapman and hall.



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**MASTER'S IN SPORTS SCIENCE
FIRST SEMESTER**

Subject: Track and Field, and Yoga
Course Code: SPS 505
Teaching Hour: 96

Nature of Course: Practical
Credit Hours: 3

Course Introduction

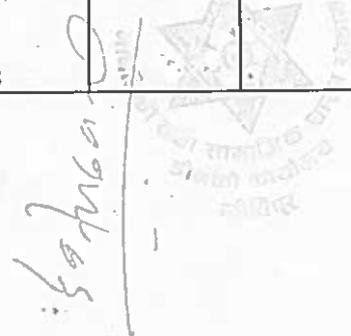
This course is designed to provide students with sound foundation and brief historical development of Track and Field events. The underlying scientific training principle, analysis of different track and field events will be studied in this course. It has designed to acquaint students with the experience of the layout of different Track And Field marking and officiating. Some Bio-mechanical and Physiological analysis will of different events in athletics. Yoga also introduce with different asana.

Objectives:

The general objective of this course is to provide adequate experience on track and field, however, the specific objectives of the course are as follows:

- To explain the nature of track and field events and its development since the ancient times
- To demonstrate different training methods in track and field events
- To evaluate different track and field events' performance.
- To lay out track and field marking.
- To analyze different track and field events and scientific research paper.
- To introduce the Yoga and apply different asana.

SN	Contents	Teaching Hour	Remarks
1	Introduction to Track and Field 1.1 History of Athletics in World and Nepal 1.2 Role of NAA and IAAF 1.3 History of Yoga	06	
2	Sprints, Hurdles and Relays 2.1 Sprint performance and chronological development 2.2 Running phases and its contribution in total performance 2.3 Sprint start technique 2.4 Predicting sprint performance 2.5 Effect of false start rule on the reaction time 2.6 Hurdles fault analysis and correction 2.7 Training program development and analysis 2.8 Biomechanical analysis of sprint and hurdles 2.9 Baton pass techniques in relays	14	
3	Middle and Long Distance 3.1 Performance and chronological development 3.2 Profile of distance runners and their physique 3.3 Interval training for middle and long distance runners	14	



	<p>3.4 Developing training programmed</p> <p>3.5 Kenyan distance running development system</p> <p>3.6 Altitude training and its effect on distance runners</p> <p>3.7 Performance analysis of different elite runners in different Championships</p>		
4	<p>High Jump, Long Jump and Triple Jump</p> <p>4.1 Different jumping performance and its chronological development</p> <p>4.2 Kinematic analysis of high jump technique</p> <p>4.3 Difference between power and speed high jump</p> <p>4.4 Long jump and triple jumps phases</p> <p>4.5 Difference between speed and power long jump</p> <p>4.6 Determination of approach run in long and triple jumps</p> <p>4.7 Speed lost during take-off in long jump and triple jump</p>	14	
5	<p>Shot Put and Javelin Throw</p> <p>5.1 Shot-put and Javelin throwing performance and its chronological development</p> <p>5.2 Difference between glide and rotational shot putting techniques</p> <p>5.3 Chronological javelin implements development</p> <p>5.4 Training program development of shot-put and javelin</p> <p>5.5 Biomechanical analysis of shot-put and javelin throw</p> <p>5.6 Study of physical qualities of shot-put and javelin throwers</p>	10	
6	<p>Officiating in Track and Field</p> <p>6.1 Marking of track and field events</p> <p>6.2 Require equipment</p> <p>6.3 Laws of IAAF</p> <p>6.4 Officials required</p> <p>6.5 Officiating different events of track and field</p> <p>6.6 Specific Fitness and Warm-up</p>	08	
7	<p>Yoga</p> <p>8.1 Basic concept of yoga</p> <p>8.2 Types of yoga</p> <p>8.3 Instructions for Yoga practice</p> <p>8.4 Advantages and disadvantages of Suryanamaskar, fews Asanas (Sitting, Standing, Prone, Supine and Inverted) and Pranayama</p> <p>8.5 Practice of Anulomviloma, kapalbhati, Bhramani, Nadi Sodhana, Sheetal, Sheetkari, Pranayama and Asanas</p> <p>8.6 Meditation</p>	30	
Total Teaching Hour		96	



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Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Practical Evaluation-40%

Internal evaluation will be conducted by subject teachers based on the following activities:

SN	Activities	Points
1	Attendance	10
2	Participation in learning activities	05
3	Performance	10
4	Tournament organization	10
5	Notebook keeping	05
Total		40

External Practical Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Sciences will appoint an external examiner to conduct practical examination at the end of the semester.

SN	Types of activities (Internal and External)	Points
1	Performance in different skills	40
2	Oral test	20
Total		60

Prescribed text

Doherty, K. (1985). *Track and field Ominibook* (4th Edition). USA: Track and Field News Inc.

Bosen, K.O. (1993). *Teaching athletics (skills and techniques)*. Patiala: Sports Authority of India.

Schmolinsky, G (1983). *Track and field*. Berlin: Sportsverlag.

New studies in athletics. IAAF.

Martin, D.E. and Peter, C. (1997). *Better training for distance runners* (2nd Ed). Place: Human Kinetics.

Amatya, D. L. (2000). *Track and field marking (Judging and Officiating)*. Lalitpur: Athletics Club Publication.

Nagendra, H.R., *Integrated Approach of Yoga Therapy for Positive Health*, Swami Vivekananda Yoga Prakashana, Bangalore, 2001.



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Tribhuvan University

Faculty of Humanities and Social Sciences

Master's Programme in Sports Science

Kirtipur, Kathmandu, Nepal



Syllabus for 2nd Semester

2081

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Tribhuvan University
Faculty of Humanities and Social Sciences
Master's in Sports Sciences
Course Structure - 2081

2081-8-15

First Semester				Second Semester			
S.N.	Course Code	Course Title	Credit Hour	S.N.	Course Code	Course Title	Credit Hour
1.	SPS 501	Applied Sports Science	3	1.	SPS 551	Kinesiology and Biomechanics	3
2.	SPS 502	Advanced Sports Psychology	3	2.	SPS 552	Sports Training and Coaching Science	3
3.	SPS 503	Sports Sociology	3	3.	SPS 553	Sports Policy, Environment and Sports Organizations	3
4.	SPS 504	Sports Medicine and Nutrition	3	4.	SPS 554	Games And Sports: Volley Ball and Basketball	3
5.	SPS 505	Track and Field, and Yoga	3	5.	SPS 555	Games and Sports: Football and Cycling	3
Total Credit Hour			15	Total Credit Hour			15
Third Semester				Fourth Semester			
S.N.	Course Code	Course Title	Credit Hour	S.N.	Course Code	Course Title	Credit Hour
1.	SPS 601	Research Methodology and Sports Statistics	3	1.	SPS 651	Sports Science in Contemporary Society	3
2.	SPS 602-1 SPS 602-2	1. Sports Medicine and Exercise Physiology-I Or, 2. Sports Management-I	3	2.	SPS 652-1 SPS 652-2	1. Sports Medicine and Exercise Physiology-II Or, 2. Sports Management-II	3
3.	SPS 603	Test, Measurement and Evaluation in Games and Sports	3	3.	SPS 653	Games and Sports:, Table Tennis and Badminton	3
4.	SPS 604	Games and Sports: Kho-Kho, Kabaddi and Karate	3	4.	SPS 654	Sports Coaching, Event Management and Entrepreneurship (Project Work)	3
5.	SPS 605	Games and Sports: Cricket and Taekwondo	3	5.	SPS 655	Thesis	6
Total Credit Hour			15	Total Credit Hour			18
						Credit Hour in Grand Total	63



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**MASTER'S IN SPORTS SCIENCE
SECOND SEMESTER**

Subject: Kinesiology and Biomechanics
Course Code: SPS 551
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

Course Introduction

This course is designed to acquaint the students with the advanced knowledge on the Kinesiology and sports Bio-mechanics. Bio-mechanics include the study of human involved in exercise and sports. The outcome of many sporting events is kinematic measures is important. The course is designed for majors preparing for all kinds of human movements professions and therefore uses a wide variety of movement examples to illustrate the application of biomechanics.

Objectives

The general aim of the course is to provide advance knowledge on kinesiology and sports biomechanics; however, the specific objectives of the course are as follows:

- To discuss the kinesiology and biomechanics in sports.
- To comprehend external and international forces and their effect on the body and its movements.
- To apply the Newton's laws of motions.
- To describe objects in angular motion.
- To explain forces of fluid exerted on an objects.
- To identify and describe the function of skeletal and muscular system.
- To explain nervous system in human body.

Units	Contents	Teaching Hour	Remarks
1	Introduction to Kinesiology 5.1 Meaning and definition of kinesiology, brief history of importance of kinesiology for sports 5.2 Kinesiological /functional classification of muscles. The role of muscle in human body, muscular analysis of motor movement 5.3 Anatomical position and anatomical terms 5.4 Joints, types of movement of joints in respect of their Movements of major body parts Shoulder, elbow, wrist, fingers, hip, knee, ankle and vertebral column 5.5 Goniometry and normal values	10	
2	Sports Biomechanics 2.1 Introduction to sports biomechanics 2.2 Importance of biomechanics to: coach, athlete and injury prevention and rehabilitation 2.3 Gait ,gait cycle and different between gait and running gait 2.4 Plans and axis in human body	06	

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कौटिल्य

3	Kinetics and Kinematics in Sports 3.1 Motion: linear, angular motion and general motion 3.2 Distance and displacement 3.3 Speed, velocity, mass and friction 3.4 Projectiles, types, factor affecting projectiles 3.5 Newton's laws of motion 3.6 Eccentric and concentric forces (muscular forces) 3.7 Equilibrium and moment of inertia 3.8 Centre of gravity (COG), base of support (BOS) and line of gravity (LOG) 3.9 Centripetal and centrifugal forces, conditions 3.10 Angular speed and velocity 3.11 Angular distance, displacement and acceleration 3.12 Definition, posture and motion 3.13 Good and bad posture\Postural deformities	12	
4	Fluid Mechanics 4.1 Buoyant force due to immersion 4.2 Dynamic force 4.3 Drag force 4.4 Surface and form drag 4.5 Spin and the Magnus effect	10	
5	Biomechanical Analysis of Sports Techniques 5.1 Football 5.2 Basketball 5.3 Running 5.4 Throwing 5.5 Jumping	10	
Total Teaching Hour		48	
Remarks: Workshop and Paper Writing and Presentation (All Units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation	40 % of the total grade
Term paper writing	40 % of internal grade
Midterm examination	30 % of internal grade
Presentation, attendance and oral tests	30 % of internal grade

Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text

Peter, M. P. (2005). *Biomechanics of sports and exercise*. USA: Human Kinetics Publication.

Gerry, C. (2004). *Sports mechanics for coaches*. USA: Human Kinetics Publication.

James, G. H. (1993). *The bio-mechanics of sports techniques*. UK: Prentice Hall International.
Dhan, J. S. (2000). *Mechanical basis of biomechanics*. New Delhi: Sports Publication.
Anderson, T. M. (2005). *Biomechanics of body movement in sports*. New Delhi: VivekThani
Khel Sahitya Kendra.



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MASTER'S IN SPORTS SCIENCE
SECOND SEMESTER

Subject: Sports Training and Coaching Science
Course Code: SPS 552
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

Course Introduction

This course is designed to acquaint students with the advanced knowledge, ideas and strategies of training. It is also intended to acquaint students with the coaching science so that relation building with players can be ensured. This course also aims to orient students with basic training patterns training plans.

Objectives

The general aim of the course is to provide advance knowledge on sports training, however, the specific objectives of the course are as follows:

- To describe concept of sports training, its aims and objectives.
- To construct and apply training plan and periodization.
- To describe the training load and its effects.
- To apply the technical and tactical strategies of training.
- To explain the concept and process of coaching science.
- To analyze the biometric abilities in relation to sports activities.

Units	Contents	Teaching Hour	Remarks
1	Introduction to Sports Training 1.1 Concept, objective, importance and scope of sports Training science 1.2 Characteristics of sports training 1.3 Principles of sports training 1.4 Types of sports training 1.5 Principle of plan and periodization 1.6 Periodization cycle 1.7 Daily training session plan	10	
2	Training Load 2.1 Concept and feature of training load 2.2 Overload: causes, symptoms 2.3 Load and adaptation in sports 2.4 Relationship between load and recovery	10	
3	Technical and Tactical Training in Sports 3.1 Difference between sports skill and technique 3.2 Characteristics of technique 3.3 Method of technique training 3.4 Tactics and strategies 3.5 Principle of tactical preparation	10	



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	3.6 Basic tactical skills in sports: Offensive and Defensive 3.7 Relationship between technical and tactical training.		
4	Coaching Science in Sports 4.1 Concept of coaching science 4.2 Coaching process /style 4.3 Leadership in coaching 4.4 Athlete-Coach relationship 4.5 Basic requirements for coaching 4.6 Coaching camp: Concept, Types and Importance 4.7 Evaluation of coaching and training 4.8 Preparation and presentation of training plan for advance athletes	10	
5	Bio-motor Abilities and Talent Identification 5.1 Bio-motor abilities: Speed, Strength, Endurance, Flexibility and Coordinative ability/agility 5.2 Method of developing different bio-motor abilities 5.3 Concept of talent identification and development (TID) 5.4 Model of talent identification and development	08	
Total Teaching Hour		48	
Assignment and Presentation (All Units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation	40 % of the total grade
Term paper writing	40 % of internal grade
Midterm examination	30 % of internal grade
Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text

- Harre, D. (1982). *Principals of sports training*. London: Grafion Book.
- Singh, H. (1993). *Science of sports training*, New Delhi: D.A.V. Pub., 1993.
- Hartmann, J. and Tunnemenn, H. (2000). *Fitness and strength training for All sports theory method, pProgram*. New Delhi: Friends Publication.
- Daniel, D. A. & William, E. P. (1993). *Principles of sports training*. I Louis: Morby – Year Book.
- Thomas, K. (2008). *Science of sports training*. USA: Stadion Publication.
- Annette, L. (2007). *Morning strength workouts USA: Human Kinetics*.
- American College of Sports Medicine* (1991). *Guidelines for exercises testing and prescription*. Philadelphia: Lea & Febiger.



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**MASTER'S IN SPORTS SCIENCE
SECOND SEMESTER**

Subject: Sports Policy, Environment and Sports Organizations Nature of Course: Theory
Course Code: SPS 553 Credit Hours: 3
Teaching Hour: 48

Course Introduction

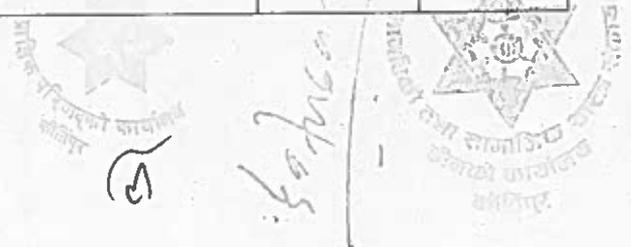
This course is designed to acquaint the students with the advance knowledge on the Sports Policy, Environment and Sports Organizations. This course also intends to provide knowledge and skill on sports policy analysis, environment conservation and role of sports organizations.

Objectives

The general objectives of this course are to acquaint students on the Sports Policy, Environment and Sports Organizations in the field of sports science and games and sports. However, the specific objectives of the course are as follows:

- To analysis the policy theories.
- To analysis the sports policy of different country.
- To show the relationship between environment and sports.
- To deliberate the role of different sports organizations to develop the games and sports.

Units	Contents	Teaching Hour	Remarks
1	Introduction to Sports Policy 1.1 Concept of policy and sports policy 1.2 Foundations of sports policy 1.3 Development model of sports policy 1.4 Theory of sports policy: 1.4.1 Policy network theory 1.4.2 Stakeholder theory 1.4.3 Compliance theory 1.4.4 Community theory 1.4.5 International relations theory 1.4.6 Institutional theory	10	
2	Sports Policy and Practice 2.1 Analysis of National sports policy, Act and Rules of Nepal 2.2 Province level sports policy and practice 2.3 Local level sports policy and practice 2.4 Review of sports policy: India, China, USA and Canada	10	
3	Sports Environment 3.1 Concept and issues concerning sports and environment 3.1.1 Biodiversity conservation and protection of Ecosystem and sports 3.1.2 Land use and Landscape 3.1.3 Health and Safety 3.1.4 Pollution and waste management	10	



	3.1.5 Safeguard of cultural heritage 3.2 Essential elements of sports environments: Infrastructure set up, equipment facilities and maintenance, duties of players, staff and organization, physical activities (Training, Fitness work and Recreation) 3.3 Environmentally sound event management 3.4 IOC environmental policy and actions 3.5 Environment requirements for the Olympic Games		
4	National Sports Organizations: Structure and Functions 4.1 Role of MOEST and MOYS 4.2 National Sports Council 4.3 Nepal Olympic Committee 4.4 National Anti-Doping Agency of Nepal (NADA) 4.5 Nepal School Sports Federation 4.6 Role of National and local level clubs of Nepal	10	
5	International Sports Organizations: Structure and Functions 5.1 International Olympic Committee (IOC) 5.2 International School Sports Federation (ISF) 5.3 International University Sports Federation (FISU) 5.4 Olympic Council of Asia (OCA) and South Asia (ASOC) 5.5 Cerebral Palsy International Sports and Recreation Association (CPISRA)	08	
Total Teaching Hours		48	
Paper writing and presentation (All Units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation	40 % of the total grade
Term paper writing	40 % of internal grade
Midterm examination	30 % of internal grade
Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

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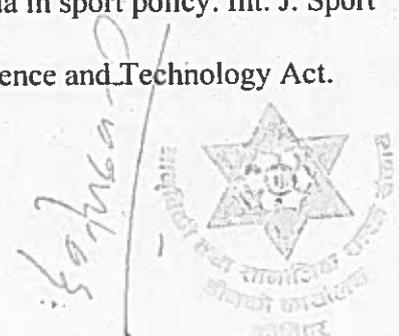
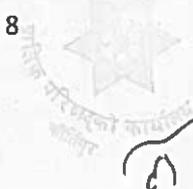
Howlett, M.; Cashore, B. Conceptualizing Public Policy. In Comparative Policy Studies; Engeli, I., Allison, C.R., Eds.; Palgrave MacMillan: London, UK, 2014; pp. 17–33.

Cheng, M. Public Policy; Chiguang: Tainan, Taiwan, 2019.

Ma, C.J. Public Policy Analysis: An Introduction; Liwen: Taipei, Taiwan, 2011.

Houlihan, B.; Bloyce, D.; Smith, A. Developing the research agenda in sport policy. Int. J. Sport Policy Politics 2009, 1, 1–12.

Department of Foresight and Innovation Policies. Fundamental Science and Technology Act.



2020. Available online: <https://law.most.gov.tw/LawContent.aspx?id=FL009566> (accessed on 7 July 2020).

Olympic Movement's Agenda 21: http://www.olympic.org/uk/organisation/commissions/environment/agenda_uk.asp

International Olympic Committee, Manual for the candidate cities to the organization of the 2004 Olympic Games, Lausanne, September 1995, 138 pp. International Olympic Committee.

UNCU, USJSF, Sports environment, Les cahiers de l'université sportive d'été no. 8, 1994.

Okasha, S. (2011). *Theory choice and social choice: Kuhn versus Arrow*.

Van Dalen, D. B. and Bruceh (1971). *A world history of physical education*. New Jersey: Prentice Hall Inc.

Wuest, D. A. and Charles A. B. (1992). *Foundations of physical education and sport*. New Delhi: B. I. Publications.

William H. F. (1988). *Physical education and sports in a changing society*. Delhi: Surjeet Publications.

<http://www.nocnepal.org.np/>

<https://www.nsc.gov.np>

<http://www.ocasia.org/Sports/SportsFedList>

<https://www.olympic.org/ioc-governance-international-sports-federations>

<https://www.olympic.org/the-ioc>

<https://www.paralympic.org/ipc/federations>



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**MASTER'S IN SPORTS SCIENCE
SECOND SEMESTER**

Subject: Games and Sports: Basketball and Volley Ball
Course Code: SPS 554
Teaching Hour: 96

Nature of Course: Practical
Credit Hours: 3

Course Introduction

This course is designed to develop advanced skills and apply game strategies in Volleyball and Basketball. This course also intends to impart practical experiences by applying related scientific principles in Volleyball and Basketball. The students are required to develop specific notes on Volleyball and Basketball game. The main intention of this course is to apply advanced skills, strategies, scientific principles and laws in their respective field, so that the students will be able to demonstrate skills properly, apply related strategies and laws in game situation as well as officiating respective tournament in an effective way. This course is practical in nature.

Objectives:

The general objectives of the course are to provide students with the knowledge and skills of Volleyball and Basketball game and to enable the students in officiating Volleyball and Basketball tournament. However, the specific objectives of the course are as follows:

- To discuss the historical development of Volleyball and Basketball in the world and Nepal.
- To demonstrate different skills in Volleyball and Basketball.
- To explain different training/coaching strategies in Volleyball and Basketball.
- To apply advanced training/coaching strategies in Volleyball and Basketball.
- To officiate Volleyball and Basketball game.

SN	Contents	Teaching Hour	Remarks
1	Volleyball 1.1 History of Volleyball in World and Nepal 1.2 Role of NVA and FIVA 1.3 Organization of different tournament of volleyball in Nepal	04	
2	Coaching of Basic and Advance Skills of Volleyball 2.1 Volleying: Fingering and Digging 2.2 Service: Underhand, Overhead and Jump Service 2.3 Passing 2.4 Setting 2.5 Spiking 2.6 Blocking 2.7 Coaching techniques of different skills for beginners, and advanced players 2.8 Offensive and defensive strategies	30	
3	Officiating 3.1 Court measurement and marking	10	



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	3.2 Require equipment of volleyball 3.3 Official Volleyball rules 3.4 Officials required and officiating 3.5 Organizing the match: Volleyball, Beach Volleyball, Park Volleyball, Mini Volleyball		
4	Specific Fitness and Warm-up 4.1 Endurance 4.2 Speed 4.3 Strength 4.4 Flexibility 4.5 Agility 4.5 Cool down exercises	04	
5	Basketball 5.1 History of Basketball in World and Nepal 5.2 Role of NBA and FIBA 5.3 Formats of international Basketball	04	
6	Coaching of Basic and Advance Skills in Basketball 6.1 Dribbling 6.2 Passing 6.3 Shooting 6.4 Game practice	32	
7	Officiating 7.1 Ground measurement and marking 7.2 Require equipment 7.3 Laws of the game 7.4 Officials required for officiating 7.5 Organizing the match	08	
8	Specific Fitness and Warm-up 8.1 Endurance 8.2 Speed 8.3 Strength 8.4 Flexibility 8.5 Agility 8.6 Cool down exercises	04	
Total Teaching Hour		96	

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Practical Evaluation-40%

Internal evaluation will be conducted by subject teachers based on the following activities:

SN	Activities	Points
1	Attendance	10



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2	Participation in learning activities	05
3	Performance	10
4	Tournament organization	10
5	Notebook keeping	05
Total		40

External Practical Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Sciences will appoint an external examiner to conduct practical examination at the end of the semester.

SN	Types of activities (Internal and External)	Points
1	Performance in different skills	40
2	Oral test	20
Total		60

Prescribed text

Kumar, A. (2003). *Volleyball*. New Delhi: Discovery Publishing House.

Jain, D. (2003). *Volleyball skills and Rules*. New Delhi: Vivek Thari Khel Sahitya Kendra.

John, A. (ND). *The Oxford Companion to Sports and Games*, USA: Oxford University Press.

FIVB. *Official volleyball rules and regulations*.

FIVB. *Official beach volleyball rules and regulations*.

Leading with the Heart was written in 2001.

FIBA. *Official basketball rules and regulations*.

FIBA. *Official beach basketball rules and regulations*.



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**MASTER'S IN SPORTS SCIENCE
SECOND SEMESTER**

Subject: Games and Sports: Football and Cycling
Course Code: SPS 555
Teaching Hour: 96

Nature of Course: Practical
Credit Hours: 3

Course Introduction

This course is designed to develop advanced skills and apply game strategies in football and cycling. This course also intends to impart practical experiences by applying related scientific principles in football and cycling. The students are required to develop specific notes on football and cycling game. The main intention of this course is to apply advanced skills, strategies, scientific principles and laws in their respective field, so that the students will be able to demonstrate skills properly, apply related strategies and laws in game situation as well as officiating respective tournament in an effective way. This course is practical in nature.

Objectives

- To discuss the historical development of football and cycling in the world and Nepal.
- To demonstrate different skills in football and cycling.
- To explain different training/coaching strategies in football and cycling.
- To apply advanced training/coaching strategies in football and cycling.
- To officiate football and cycling game.
- To officiate football and cycling game.

SN	Contents	Teaching Hour	Remarks
1	Introduction to Football 1.1 History of football in World and Nepal 1.2 Role of ANFA and FIFA 1.3 Formats of international football	6	
2	Basic and Advance Skills of Football with Coaching Strategies 2.1 Passing and trapping 2.2 Dribbling, tackling and feinting 2.3 Throw in 2.4 Heading 2.5 Goal keeping 2.6 Offensive and defensive strategies in game	30	
3	Officiating in Football Game 3.1 Ground measurement and marking 3.2 Require equipment	20	



	3.3 Laws of the football game 3.4 Officials required and officiating 3.5 Organizing the match		
4	Specific Fitness and Warm-up in Football 4.1 Endurance 4.2 Speed 4.3 Strength 4.4 Flexibility 4.5 Cool down exercises	04	
5	Cycling 5.1 Introduction of Cycling 5.2 Role of NCA 5.3 Role of International Cycling Club 5.4 Require equipment 5.5 Cycling rules 5.6 Cycling practice 5.7 Specific fitness and cool down exercise	24	
6	Training, Nutrition and Injuries Prevention for Cycling 6.1 Road 6.2 Track 6.3 Mountain biking 6.4 Developing training plans for different levels of athletes 6.5 Monitoring and evaluating athlete progress 6.6 Use of technology in performance analysis 6.7 Nutritional requirements for cyclists 6.8 Hydration strategies and supplementation 6.9 Common cycling injuries and prevention strategies	12	
Total Teaching Hour		96	

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal practical Evaluation-40%

Internal evaluation will be conducted by subject teachers based on the following activities:

SN	Activities	Points
1	Attendance	10
2	Participation in learning activities	05
3	Performance	10
4	Tournament organization	10
5	Notebook keeping	05
Total		40

External Practical Evaluation - 60%



Examination Division, Office of the Dean, Faculty of Humanities and Social Sciences will appoint an external examiner to conduct practical examination at the end of the semester.

SN	Types of activities (Internal and External)	Points
1	Performance in different skills	40
2	Oral test	20
Total		60

Prescribed text

Goel, R. G. & Goel, V. (1990). *Encyclopaedia of sports and games*. New Delhi: Vikas Publishing House Pvt. Ltd.

Jha, A. K. (2003). *Lay-out of games and sports*. Kathmandu: Ratna Pustak Bhandar.

Sen, Gupta, S. (ND). *How to play football*. New Delhi: Indicia Publishers.

FIFA. *Official football rules and regulations*.

Parker, Daryl Lee. (2005). *The Science of Cycling*. California State University, Sacramento.

<https://www.bikeradar.com/search?phrase=reference%20books%20for%20cycle%20raiding>



Tribhuvan University

Faculty of Humanities and Social Sciences

Master's Programme in Sports Science

Kirtipur, Kathmandu, Nepal



Syllabus for 3rd Semester

2081



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Tribhuvan University
Faculty of Humanities and Social Sciences
Master's in Sports Sciences
Course Structure - 2081

2081-8-15

First Semester				Second Semester			
S.N.	Course Code	Course Title	Credit Hour	S.N.	Course Code	Course Title	Credit Hour
1.	SPS 501	Applied Sports Science	3	1.	SPS 551	Kinesiology and Biomechanics	3
2.	SPS 502	Advanced Sports Psychology	3	2.	SPS 552	Sports Training and Coaching Science	3
3.	SPS 503	Sports Sociology	3	3.	SPS 553	Sports Policy, Environment and Sports Organizations	3
4.	SPS 504	Sports Medicine and Nutrition	3	4.	SPS 554	Games And Sports: Volley Ball and Basketball	3
5.	SPS 505	Track and Field, and Yoga	3	5.	SPS 555	Games and Sports: Football and Cycling	3
Total Credit Hour			15	Total Credit Hour			15
Third Semester				Fourth Semester			
S.N.	Course Code	Course Title	Credit Hour	S.N.	Course Code	Course Title	Credit Hour
1.	SPS 601	Research Methodology and Sports Statistics	3	1.	SPS 651	Sports Science in Contemporary Society	3
2.	SPS 602-1 SPS 602-2	1. Sports Medicine and Exercise Physiology-I Or, 2. Sports Management-I	3	2.	SPS 652-1 SPS 652-2	1. Sports Medicine and Exercise Physiology-II Or, 2. Sports Management-II	3
3.	SPS 603	Test, Measurement and Evaluation in Games and Sports	3	3.	SPS 653	Games and Sports:, Table Tennis and Badminton	3
4.	SPS 604	Games and Sports: Kho-Kho, Kabaddi and Karate	3	4.	SPS 654	Sports Coaching, Event Management and Entrepreneurship (Project Work)	3
5.	SPS 605	Games and Sports: Cricket and Taekwondo	3	5.	SPS 655	Thesis	6
Total Credit Hour			15	Total Credit Hour			18
Credit Hour in Grand Total							63



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**MASTER'S IN SPORTS SCIENCE
THIRD SEMESTER**

Subject: Research Methodology and Sports Statistics

Nature of Course: Theory

Course Code: SPS 601

Credit Hours: 3

Teaching Hour: 48

Course Introduction

This course is designed to provide an opportunity for students to advance their understanding of research through critical exploration of research language, ethics, and approaches. The course introduces the concept of research and its types, review of literature, research design, data collection tools and data analysis and interpretation. It also aims to provide computer application and statistics to the students so that they can analyze the data in proper way.

Objectives

The general objectives of this course are to provide students about the research skills, however, the specific objectives of the course are as follows:

- To define research and its importance in games and sports.
- To list the criteria for selecting an acceptable problem.
- To consult necessary literature for the improvement of research work.
- To classify the types of research.
- To differentiate quantitative and qualitative design of research.
- To discuss the need of sampling in research work.
- To construct and develop different types of research tools to collect essential data.
- To analyze different kinds of data.
- To describe the concept of sports statistics.
- To apply statistical tools to present different facts.

Units	Contents	Teaching Hour	Remarks
1	Introduction to Research in Games and Sports 1.1 Introduction to Research 1.1.1 Concept, importance and types of research 1.1.2 Research in games and sports 1.1.3 Purpose of research in sports 1.2 Research problems in games and sports 1.2.1 Sources of problem in games and sports 1.2.2 Identification and selection of the problem 1.2.3 Statement of problem	08	
2	Review of the Literature 2.1 Purpose of literature review 2.2 Steps of conducting literature review 2.3 Characteristics of effective literature reviews 2.4 Review of theoretical and empirical literatures,	08	



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	identification of study variables, conceptual framework and formulation of hypothesis or research question 2.5 Citation and referencing		
3	Types of Research and Design 3.1 Basic and applied research 3.2 Historical research 3.3 Descriptive research: 3.3.1 Exploratory research 3.3.2 Analytical research 3.3.3 Survey research 3.3.4 Case studies 3.4 Experimental research 3.5 Action research 3.6 Research design: 3.6.1 Quantitative design 3.6.2 Qualitative design 3.6.3 Mixed design	10	
4	Population, Sampling, Tools of Data Collection 4.1 Population: Total, target and accessible population 4.2 Sampling: Probability and non-probability sampling 4.2.1 Sample size and sampling error 4.3 Methods and tools of data Collection 4.3.1 Questionnaire, interview schedule, observation check-list, focus group discussion, Key informant interview, participatory observation, photo voice, attitude scale and <u>socio-metric</u> scale 4.4 Analysis of Data 4.4.1 Data processing: Editing, coding, classification and tabulation of data 4.4.2 Analysis and interpretation of data	10	
5	Sports Statistics 5.1 Variables and measurement scale 5.2 Standard scores (Z scores, T scores and composite scores) 5.3 Measures of relationships 5.3.1 Pearson's product moment method 5.3.2 Spearman's Rank Difference method 5.4 Analysis of variance and covariance (ANOVA and ANOCOVA) 5.5 Parametric tests (t-test and z-test) 5.6 Non-parametric test Chi square (X^2) test, Correlation and Regression. 5.7 Use of Statistical Package for Social Sciences (SPSS): Data editor, Output viewer, Syntax editor and Data entry	12	
Total Teaching Hours		48	
Paper writing and presentation (All Units)			



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Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation	40 % of the total grade
Term paper writing	40 % of internal grade
Midterm examination	30 % of internal grade
Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text

Best, John W. & James V. Kahn (2001). *Research in education*. New Delhi: Prentice Hall of India P.Ltd.

Clarke, D. H. and H. H. Clarke (1981). *Research process in physical education, recreation and health*. New Jersey: Prentice-Hall, Inc.

Creswell, J. W. (2018). *Research design: Qualitative, quantitative and mixed methods approaches*. 5th Ed. Thousand Oaks, California: Sage. ISBN: 978-1-5063-8670-6

Kothari, C. R. (1995). *Research methodology: Methods & techniques*. New Delhi: Wishwa Prakashan.

Koul, L. (1995). *Methodology of educational research*. New Delhi: Vikas Publishing House Pvt. Ltd.

Morehouse, C. A. Stull (1975). *Statistical principles and application for physical education*. Philadelphia: Lea and Febiger.

Sidhu, K. S. (1995). *Methodology of research in education*. New Delhi: Sterling Publishers Pvt. Ltd.



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**MASTER'S IN SPORTS SCIENCE
THIRD SEMESTER**

Subject: Sports Medicine and Exercise Physiology-I
Course Code: SPS 602-1
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

Course Introduction

The Master's program in Sports Science, Sports Medicine and Exercise Physiology is designed to provide advanced knowledge and skills for those looking to specialize in the fields of sports medicine and rehabilitation. This program integrates various aspects of sports science, focusing on the prevention, diagnosis, treatment, and rehabilitation of sports-related injuries. Students will engage with theoretical principles, practical applications, and research-based practices to enhance athletic performance and promote health. This course is designed to provide knowledge on respiratory system, hormonal regulations to exercise, metabolism and basic energy system and metabolic adaptation to training. It also aims to provide students with experiences on neuro-muscular and adaptation to resistant training.

Objectives

The general aim of the course is to provide advance knowledge on different body system and their effect on exercise and training; however, the specific objectives of the course are as follows:

- To equip students with an in-depth understanding of human anatomy, physiology, biomechanics, and psychology as they relate to sports performance and recovery.
- To develop clinical skills in assessing, diagnosing, and sports injuries, enabling students to provide effective rehabilitation plans.
- To cultivate research skills necessary for conducting scientific investigations and understanding current trends in sports medicine and exercise physiology.
- To teach evidence-based strategies for preventing injuries in athletes, including conditioning programs and safety protocols.

Units	Contents	Teaching Hour	Remarks
1	Human anatomy and Physiology in Sports 1.1 Cardiovascular, respiratory, musculoskeletal and nervous system 1.2 Effects of exercises on skeletal system 1.3 Effects of exercises on muscular system 1.4 Effects of exercises on circulatory system 1.5 Effects of exercises on respiratory system 1.6 Effects of exercises on nervous system	10	
2	Exercise Physiology	10	



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	<p>2.1 Energy sour concept, anaerobic and aerobic energy, metabolism, recovery from exercise, recovery of oxygen, rapid and slow recovery, power and energy and measurement of energy expenditure</p> <p>2.2 Oxygen dept., Krebs cycle, ATP cycle, metabolism, catabolism and anabolism</p> <p>2.3 Concept and dimensions of fitness, health-related vs. skill-related</p> <p>2.4 Importance of fitness for health, quality of life, and sports performance</p>		
3	<p>Physiology, Endurance and Test</p> <p>3.1 Cardiac output, stroke volume, and VO2 Max</p> <p>3.2 Testing cardiovascular fitness:VO2 max tests (e.g., treadmill, cycle ergometer), Cooper tests: 12-minute run test, Harvard step test, heart rate monitoring and heart rate zones</p> <p>3.3 Measuring muscular strength:1-Rep max (1RM) testing, isokinetic and Isometric strength tests and strength-to-weight ratio</p> <p>3.4 Blood, blood test, grouping and normal values</p> <p>3.5 Principles of assessment-on-field assessment, sideline assessment, off-field assessment</p>	10	
4	<p>Physiotherapy in Sports</p> <p>1.1 Rehabilitation and therapeutic modalities</p> <p>1.2 Principles of sports injury rehabilitation</p> <p>1.3 Use of therapeutic modalities: cryotherapy, heat therapy, electrotherapy, exercise therapy and massage therapy</p> <p>1.4 Designing rehabilitation programs for injured athletes</p>	10	
5	<p>Sports First aid and its Applications</p> <p>5.1 Concept of First aid, role and responsibly of first adder</p> <p>5.2 First aid box and equipment</p> <p>5.3 Basics Electrocardiogram (ECG)) including rate, rhythm, axis calculations and interpretation of P, Q, R, S, T waves segments</p> <p>5.4 Normal and abnormal ECG</p> <p>5.5 Practical work (Hospital visit)</p>	08	
Total Teaching Hour		48	
Practical work field visit, report writing and presentation			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation

Term paper writing
Midterm examination

40 % of the total grade

40 % of internal grade

30 % of internal grade



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Presentation, attendance and oral tests

30 % of internal grade

Final Examination

60 % of the total grade

Two long answer questions out of three

2 x 15 = 50 %

Three short answer questions out of five

3 x 10 = 50 %

Prescribed text

Fox, E. L. & Mathews, D. K. (1981). *The physiological basis of physical education and athletics*. Philadelphia: Saunders College Publishing.

Karporich, P.V. & Surring E. (1978). *Physiology of muscular activities*. Philadelphia: Lea and Febiger.

Shaver, L.G. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.

Sullivan. (1981). *Physical Rehabilitation*. F.A. Davis Company.

Narayanan, L. (2005). *Textbook of therapeutical exercises*. Jaypee brothers medical publishers.

Joshi, J. (1999). *Essentials Of Orthopaedics & Applied Physiotherapy*. New Delhi: Elsevier .

Kibler, W. (2003). Range of motion in junior tennis players participating in an injury risk modification program. *Journal of Science and Medicine in Sport* , 51-62.

Craig R. D. (2000). *Therapeutic modalities for athletic injuries*. USA: Human Kinetic.

David C. R. (1991). *Clinical sports medicine*. New York: McGraw-Hill Medical.

Sandra, J. S. (2000). *Sports injuries: causes, diagnosis, treatment and prevention*. Place: Chapman and hall.



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**MASTER'S IN SPORTS SCIENCE
THIRD SEMESTER**

Subject: Sports Management -I
Course Code: SPS 602-2
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

Course Introduction

This course is designed to acquaint students with the preliminary knowledge of sports management. It also intends to develop the skills of sports event management, leadership in organizations, sports economics and sports governance.

Objectives

The general objectives of this course are to acquaint students on sports management. However, the specific objectives of the course are as follows:

- To explain the definition of sports management and sports management competencies.
- To discuss the importance of sports event management in the field of sports.
- To describe the managerial skills to lead an organization.
- To point out the areas of expenditure and sources of income in organizing sports event.
- To define sports governance and explain the role of state in sports governance.

Units	Contents	Teaching Hour	Remarks
1	Introduction to Sport Management 1.1 Review of Concept, importance and scope of sport management 1.2 History of sport management 1.3 Aspects of sport management 1.4 Sport management competencies 1.5 Future challenges and opportunities in sport management	10	
2	Sport event Management 2.1 Hosting sports event 2.2 Overview of sports event; Hosting sports event 2.3 Sports event planning process 2.4 Hosting mega sporting events; Various effects 2.5 Controversial issues in economic impact of mega sporting Events 2.6 Impacts and legacies of mega sporting events; From	10	



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	sustainability prospective		
3	Financial Management in Sports 3.1 Sports industry overview 3.2 The global sport market 3.3 Global sports organization 3.4 Global sports events 3.5 Global sports corporations 3.6 Sports broadcasting and sponsorship 3.7 Event oriented and function oriented organization 3.8 Globalization of sport markets and politics	10	
4	Sports Governance 4.1 Concept and importance of sports governance: Systemic governance and Scientific governance 4.2 The role of the state in sport governance 4.3 Principles of good governance 4.4 Features of sport governing bodies 4.5 Apex of an inter-organizational network 4.6 Apical functions of sport governing bodies	10	
5	Concept of Managing and Leading in Sport Organizations 5.1 Theoretical approaches to scientific sport management 5.2 Management functions: Plan, Organization, Leadership, and Evaluation 5.3 Model of leadership 5.4 Leadership theory 5.5 Leadership in elite sports 5.6 Styles of decision making: Participative, Consultative and Altercative 5.7 Entrepreneurship in sports industry	08	
Total Teaching Hour		48	
Paper Writing and Presentation (All Units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation	40 % of the total grade
Term paper writing	40 % of internal grade
Midterm examination	30 % of internal grade
Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text

Bonnie, L, (1991). *The management of sports*. St.Louis: Mosby Publishing Company.



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Dheer, S. & Kamal, R. (2002). *Organisation and administration of physical education*. New Delhi: Friends Publication.

Huges, W.L. et al (1962). *Administrative of physical education*. New York: The Ronald Press, Company.

Joseph P.M. (1963). *Organization of physical education*. Bombay: The Old Students Association.

Parks, J. B., Quarterman, J. & Thibault, L. (2007). *Contemporary sport management* (3rd ed.). Champaign, IL: Human Kinetics Publishers, Inc.

Slack, T. & Parent, M. M. (2006). *Understanding sport organizations: The application of organization theory* (2nd ed.). Champaign, IL: Human Kinetics.





MASTER'S IN SPORTS SCIENCE

THIRD SEMESTER

Subject: Test, Measurement and Evaluation in Games and Sports

Nature of Course: Th.+Pr.

Course Code: SPS 603

Credit Hours: 3

Teaching Hour: 72

Course Introduction

This course is designed to acquaint students with measurement and evaluation techniques and their applications in Games and Sports settings. The subject includes theoretical and practical elements of test construction, grading, alternative assessment strategies, and measurement of knowledge, Fitness and Sports skills.

Objectives

The general objectives of this course are to acquaint students with the clear Fitness and Skill test knowledge in different Games and Sports. However, specific objective of the course are as follows:

- To explain the need & importance of test, measurement and evaluation in games and sports.
- To describe the concepts related to test, measurement & evaluation.
- To explain different physical fitness and sports skill tests.
- To conceptualize Kin-anthropometry and demonstrate various sites.
- To measure and calculate various components of anthropometry.
- To measure and calculate various sports skill test.
- To analysis of the test results.

Units	Contents	Teaching Hour	Remarks
1	Test, Measurement and Evaluation in Games and Sports 1.6 Concept, importance of test, measurement and evaluation 1.7 Scope of tests, measurement and evaluation in sports 1.8 Types of tests in sports science and sports 1.9 Types of evaluation in sports science and sports 1.10 Concept of fitness test and performance evaluation 1.11 Analysis of fitness and sports performance evaluation 1.12 Knowledge and motor educability tests	16	
2	Anthropometric Measurement and analysis 2.1 Girth Measurement: Upper Arm, Forearm, Calf, Chest 2.2 Width Measurement: Bi-acromial Chest, Illocrestol Epicondyler (Femur and Humerus) 2.3 Somatotypes assessment 2.4 Anthropometric estimation body composition 2.5 Anthropometry and sports performances 2.6 Analysis of the test result	14	
3	Various Tests and Analysis of Track and Field Athletes 3.1 Various tests in Sprint and their evaluation	10	



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	3.2 Sports skill tests in middle and long distance runner 3.3 Different tests for jumping events		
4	Sports Skill Tests and Analysis the Results 4.1 Volleyball Test 4.1.1 Russel-Lange volleyball test 4.1.2 AAHPER volleyball skill test 4.2 Mott-Lockhart Table Tennis Test 4.3 Different tests for Badminton 4.3.1 French clear test 4.3.2 French short service test 4.4 Richard Aldworth Stretch Cricket Skill Test 4.4.1 Batting skills 4.4.2 Bowling skills 4.4.3 Fielding skills 4.5 Different tests for Taekwondo 4.5.1 Fitness test for taekwondo player 4.5.2 Specific skills test for taekwondo 4.6 Different tests for Karate 4.6.1 Different fitness test for karate player 4.6.1 Different games specific skills test for karate 4.7 Basketball skill test	32	
Total Teaching Hours		72	
Field work, test analysis and presentation (All Units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation	40 % of the total grade
Term paper writing	40 % of internal grade
Midterm examination	30 % of internal grade
Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text

- AAHPER (1976). *Youth fitness test manual*. Washington: American Alliance for Health, Physical Education and Recreation.
- Jha, A. K. (2010). *Test, measurement and evaluation in physical education*. Siraha: Renu Prakashan.
- John, S. & Boonseng, L (1994). *Physical fitness assessment in exercise and sport science*. Australia: Leelar Biomedicine Service.
- Kevin, N. & Tim, O. (2000). *Anthropometrics*. University of New South Wales Press.
- Vivian H. H. (2002). *Advance fitness assessment and exercise prescription (4th Ed)*. USA: Human Kinetic.

www.slideshare.net/UsmanKhan225/cricket-skills-test-presentation



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**MASTER'S IN SPORTS SCIENCE
THIRD SEMESTER**

Subject: Games and Sports: Kho-Kho, Kabaddi and Karate (Any Two)

Course Code: SPS 604

Credit Hours: 3

Nature of Course: Practical

Teaching Hour: 96

Course Introduction

This course is designed to provide students the advanced skills of Kho-Kho, Kabaddi, and Karate apply game strategies while playing these games. It also aims to provide practical experiences by applying related principles in the game. This is an elective course. The main aim of this course is to practice the coaching strategies of kho-kho, kabaddi and karate however, the practice and demonstration of basic skills will also be emphasized. This course focuses essential values and skills and ability, discipline, including self-confidence and fair play as well as life skills. It also provides the students with the experience of officiating kho-kho, kabaddi and karate tournaments.

Objectives:

The general objectives of the course are to provide students with experiences of kho-kho, kabaddi and karate. However, the specific objectives of the course are as follows:

- To explain history of kho-kho, kabaddi and karate in Nepal and World.
- To demonstrate different coaching strategies of basic skills of mention above games.
- To apply different skills in aforementioned games.
- To mention and apply the rules and regulations of the games.
- To officiate the tournaments of mention above games.
- To introduce and develop knowledge, skills and attitude in the field of karate.
- To build knowledgeable human resources in karate.

SN	Contents	Teaching Hour	Remarks
1	Introduction to Kho-Kho, kabaddi and Karate 1.1 History of kho-kho, kabaddi and karate in World, and Nepal 1.2 Role of ANKA, IKF, NKKA, IKKF, IKF 1.3 Ground measurement and marking of kho-kho 1.4 Court measurement and marking of kabaddi 1.5 Requirements of karate	16	
2	Training and Coaching of Basic and Advanced Skills of Kho-Kho 2.1 Sitting in squires 2.2 Diving 2.3 Chain information 2.4 Making circles 2.5 Giving Kho	20	



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	2.6 Pole dive and turning round the pole 2.7 Running and dodging 2.8 Sudden change of direction		
3	Officiating of Kho-Kho 3.1 Require equipment 3.2 Laws of the game 3.3 Officials required in Kho-Kho 3.4 Organizing match	20	
4	Training and Coaching of Basic and advanced skills of Kabaddi 4.1 Defensive skills: Running, Tackle, Block, Chain, Waist hold, Thai hold, Ankle hold, Diving ankle hold 4.2 Offensive skills: Raiding, Hand touch, Dubik, Squat thrust, Kicking 4.3 Pro Kabaddi	20	
5	Officiating in Kabaddi 5.1 Require equipment 5.2 Laws of kabaddi game 5.3 Officials required in kabaddi 5.4 Organizing match	20	
6	Introduction to Karate 6.1 Meaning of Karate 6.2 Principal of karate and philosophy 6.3 Introduction to different style of karate affiliated by WKF 6.4 Wearing of Gi, belt and salutation 6.5 Karate general warm-up, specific warm up, stretching, Important of stretching and cool down 6.6 Kihon (Basic Techniques): 6.6.1 Dachi (Stances), Tsuki (Punches), Uke (Blocks), Geri (Kicks) 6.6.2 Basic Movement techniques, taisha waki, (tobi ashi, De ashi, hiki ashi, yori ashi, mawari ashi), and Tensin happo (Eight direction movement) 6.6.3 Combination of techniques 6.6.4 Attack and Defense	20	
7	Kata and Kumite 7.1 Kata of karate 7.1.1 Introduction to kata, meaning and important of kata in karate 7.1.2 Basic movement of kata 7.1.3 Some Basic katas and its bunkai 7.1.4 Karate for Self-defense and karate for all 7.2 Kumite (Sparring) 7.2.1 Basic movement for Kumite 7.2.2 Combination of techniques	20	



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7.2.3 Spring		
7.3 Rules and regulation of karate competition		
7.4 Karate degree and title, planning in Karate, Physical preparation for karateka		
Total Teaching Hour		96

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Practical Evaluation-40%

Internal evaluation will be conducted by subject teachers based on the following activities:

SN	Activities	Points
1	Attendance	10
2	Participation in learning activities	05
3	Performance	10
4	Tournament organization	10
5	Notebook keeping	05
Total		40

External Practical Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Sciences will appoint an external examiner to conduct practical examination at the end of the semester.

SN	Types of activities (Internal and External)	Points
1	Performance in different skills	40
2	Oral test	20
Total		60

Prescribed text

Goel, R. G. and Goel, V. (1990). *Encyclopedia of sports and games*. New Delhi: Vikas Publishing House Pvt. Ltd.

Funakoshi, Gichin. (1975). *KARATE-DO My Way of Life*. Books.google.com.



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**MASTER'S IN SPORTS SCIENCE
THIRD SEMESTER**

Subject: Games and Sports: Cricket and Taekwondo
Course Code: SPS 605
Teaching Hour: 96

Nature of Course: Practical
Credit Hours: 3

Course Introduction

This course is designed to provide students the advanced skills of Cricket and Taekwondo and apply game strategies while playing these games. It also aims to provide practical experiences by applying related principles in the game. This is an elective course. The main aim of this course is to practice the coaching strategies of cricket and taekwondo however, the practice and demonstration of basic skills will also be emphasized. It also provides the students with the experience of officiating cricket and taekwondo tournaments.

Objectives:

The general objectives of the course are to provide students with experiences of cricket and taekwondo. However, the specific objectives of the course are as follows:

- To explain how cricket and taekwondo is developed in Nepal and World.
- To demonstrate different coaching strategies of basic skills of cricket and taekwondo.
- To apply different batting, bowling and fielding skills in cricket and taekwondo.
- To mention the rules and regulations of cricket and taekwondo.
- To officiate cricket and taekwondo tournaments.

SN	Contents	Teaching Hour	Remarks
1	Introduction to Cricket and Taekwondo 1.1 History of cricket in World and Nepal 1.2 Role of CAN and ICC, NTA, ITF, WT, KUKKIWON, CU and MNA 1.3 Formats of international cricket 1.4 Taekwondo Competition Arena measurement 1.5 Belt (Poom/Dan) promotion test eligibilities	10	
2	Coaching of Basic Skills of Cricket 2.1 Batting: 2.1.1 Grip 2.1.2 Stance 2.1.3 The back-lift 2.1.4 The forward defense stroke 2.1.5 The straight drive 2.1.6 The on drive 2.1.7 The off drive 2.1.8 Cover drive and other drives	20	



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	<p>2.1.9 Back foot defensive and stroke</p> <p>2.1.10 Different types of horizontal back shoots</p> <p>2.1.11 Running between the wickets</p> <p>2.2 Bowling:</p> <p>2.2.1 Basic Bowling: Grip, Run-up, Delivery position, Delivery and Follow through</p> <p>2.2.2 Types of bowling: Fast bowling and Spin Bowling</p> <p>2.3 Fielding</p> <p>2.3.1 Types of fielding</p> <p>2.3.2 The fielding position</p> <p>2.3.3 The catching: High catch, Low catch</p> <p>2.3.4 The long barrier and throw</p> <p>2.3.5 The long throw</p> <p>2.3.6 Throwing on the turn</p> <p>2.3.7 Wicket keeping: Stance, Gather the Ball</p>		
3	<p>Officiating in Cricket</p> <p>3.1 Ground measurement and marking of Cricket</p> <p>3.2 Require equipment Cricket</p> <p>3.3 Laws of Cricket</p> <p>3.4 Officials required in Cricket</p> <p>3.5 Organizing Cricket match</p>	20	
4	<p>Training and Coaching of Basic and Advanced Techniques of Taekwondo</p> <p>4.1 Basic Stances, Blocking, Punching, Striking, Pushing and Thrusting</p> <p>4.2 Kicking</p> <p>4.3 Sparring</p> <p>4.4 Self-defense</p> <p>4.5 Poomsae</p> <p>4.6 Breaking</p>	20	
5	<p>Officiating in Taekwondo</p> <p>5.1 Equipment and point scoring system (PSS)</p> <p>5.2 WT Kyorugi competition rules</p> <p>5.3 WT Poomsae competition rules</p> <p>5.4 Organizing competition</p>	20	
6	<p>Specific Fitness and Warm-up</p> <p>6.1 Endurance</p> <p>6.2 Speed</p> <p>6.3 Strength</p> <p>6.4 Flexibility</p> <p>6.5 Warm-up</p> <p>6.6 Cooldown Exercises</p>	06	
Total Teaching Hour		96	

Evaluation Guidelines



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Students will be evaluated internally and externally:

Internal Practical Evaluation-40%

Internal evaluation will be conducted by subject teachers based on the following activities:

SN	Activities	Points
1	Attendance	10
2	Participation in learning activities	05
3	Performance	10
4	Tournament organization	10
5	Notebook keeping	05
Total		40

External Practical Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Sciences will appoint an external examiner to conduct practical examination at the end of the semester.

SN	Types of activities (Internal and External)	Points
1	Performance in different skills	40
2	Oral test	20
Total		60

Prescribed text

Andrew, K. V. *The handbook of cricket*. ISBN 0 7207 1789 1

Dev, K. (1987). *Cricket my style*. New Delhi: Allied Publisher.

Goel, R. G. and Goel, V.(1990). *Encyclopedia of sports and games*. New Delhi: Vikas Publishing House Pvt. Ltd.

The Law of Cricket (1992). London: MCC.

Yi, Kyu-hyong, Lee, Kyu Hyung, Kim, H. Sang, (2007). *COMPLETE TAEKWONDO POOMSAE*. Turtle Press.



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Tribhuvan University

Faculty of Humanities and Social Sciences

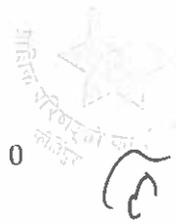
Master's Programme in Sports Science

Kirtipur, Kathmandu, Nepal



Syllabus for 4th Semester

2081



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Tribhuvan University
Faculty of Humanities and Social Sciences
Master's in Sports Sciences
Course Structure - 2081

2081-8-15

First Semester				Second Semester			
S.N.	Course Code	Course Title	Credit Hour	S.N.	Course Code	Course Title	Credit Hour
1.	SPS 501	Applied Sports Science	3	1.	SPS 551	Kinesiology and Biomechanics	3
2.	SPS 502	Advanced Sports Psychology	3	2.	SPS 552	Sports Training and Coaching Science	3
3.	SPS 503	Sports Sociology	3	3.	SPS 553	Sports Policy, Environment and Sports Organizations	3
4.	SPS 504	Sports Medicine and Nutrition	3	4.	SPS 554	Games And Sports: Volley Ball and Basketball	3
5.	SPS 505	Track and Field, and Yoga	3	5.	SPS 555	Games and Sports: Football and Cycling	3
Total Credit Hour			15	Total Credit Hour			15
Third Semester				Fourth Semester			
S.N.	Course Code	Course Title	Credit Hour	S.N.	Course Code	Course Title	Credit Hour
1.	SPS 601	Research Methodology and Sports Statistics	3	1.	SPS 651	Sports Science in Contemporary Society	3
2.	SPS 602-1 SPS 602-2	1. Sports Medicine and Exercise Physiology-I Or, 2. Sports Management-I	3	2.	SPS 652-1 SPS 652-2	1. Sports Medicine and Exercise Physiology-II Or, 2. Sports Management-II	3
3.	SPS 603	Test, Measurement and Evaluation in Games and Sports	3	3.	SPS 653	Games and Sports:, Table Tennis and Badminton	3
4.	SPS 604	Games and Sports: Kho-Kho, Kabaddi and Karate	3	4.	SPS 654	Sports Coaching, Event Management and Entrepreneurship (Project Work)	3
5.	SPS 605	Games and Sports: Cricket and Taekwondo	3	5.	SPS 655	Thesis	6
Total Credit Hour			15	Total Credit Hour			18
Credit Hour in Grand Total							63



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 (Official stamp of Tribhuvan University, Faculty of Humanities and Social Sciences, Kirtipur)



**MASTER'S IN SPORTS SCIENCE
FOURTH SEMESTER**

Subject: Sports Science in Contemporary Society
Course Code: SPS 651
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

Course Introduction

This course is designed to acquaint the students with the advance knowledge on the Sports Science in Contemporary Society. This course also intends to provide knowledge and skill on sports related current practice in contemporary society.

Objectives

The general objectives of this course are to acquaint students on the sports diplomacy, sports law, sports tourism, adventure sports, inclusion and equity in sports. However, the specific objectives of the course are as follows:

- To discuss the sports diplomacy in the Nepal and Global context.
- To describe the practice of sports law in sports field.
- To analyze the sports tourism and adventure sports.
- To introduce sports technology and AI in sports.
- To discuss inclusion and equity in sports.

Units	Contents	Teaching Hour	Remarks
1	Sports Diplomacy 1.1 Origin of sports diplomacy 1.2 Theories and approaches of sports diplomacy 1.3 Practice of sports diplomacy in Nepal 1.4 Role of sports diplomacy in contemporary International Relations 1.5 Cultural diplomacy through sports 1.6 Sports diplomacy achieving to sustainable development	10	
2	Sports Law 2.1 Concept and evolution of sports law in Nepal 2.2 Legal issues involved in sports 2.3 Governing sports law in Nepal 2.4 Dispute resolution in sports law 2.5 Functioning of the Court of arbitration for sports	10	
3	Sports Tourism and Adventure Sports 3.1 Concept and importance of sports tourism and adventure Sports 3.2 Evolution of sports tourism and adventure sports in local And global context 3.3 Economic impact of sports tourism and adventure sports. 3.4 Socio-cultural transformation	10	



4	Sports Technology 4.1 Concept and importance of technology in sports 4.2 Scope and application of sports technology 4.3 e-sports 4.4 Application of AI in sports 4.4.1 Sports training 4.4.2 Sports competition 4.4.3 Research in sports	10	
5	Inclusion and Equity in Sports 5.1 Concept of inclusion and equity 5.2 Inclusion in sports 5.3 Building equity: Gender equity, Ethnic, Cultural differences, Disadvantaged people, People with disabilities	08	
Total Teaching Hours		48	
Paper writing and presentation (All Units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation	40 % of the total grade
Term paper writing	40 % of internal grade
Midterm examination	30 % of internal grade
Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text:

Barrera-Bassols, N., & Carvalho, I. M. (2017). Soft Power Brazil and Cultural Diplomacy. In T. de Melo (Ed.), Brazil as a Global Soft Power: Understanding Brazilian Influence in International Relations (pp. 101-121). Palgrave Macmillan.

Berridge, G. R. (2015). Diplomatic theory of international relations. Springer. Black, D. (2018).

"The Importance of the Olympics as an Agent for Global Change." Diplomatic Courier.

Retrieved from <https://www.diplomaticcourier.com/posts/the-importance-of-theolympics-as-an-agent-for-global-change>

Blanchfield, L. (2015). "Sports diplomacy: It's not the score, it's how you play the game."

Canadian Foreign Policy Journal, 21(2), 121-129. DOI: 10.1080/11926422.2015.1043988

Carvalho, J. (2013). Brazil in Africa: South-South cooperation as a development strategy. Zed Books.

Castro, R., & Silva, J. (2018). The role of cultural diplomacy in the Brazilian foreign policy. In 2018 Brazilian Political Science Association (ABCP) International Meeting (pp. 1-30).

Richard F. Mull, Kathryn G. Bayless and Lynn M. Jamieson (2005): Recreation Sports Management. Indiana University. Human Kinetic Publishing USA



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- N. Frevel *et al.* (2022). The impact of technology on sports—A prospective study Technol. Forecast. Soc. Change
- K. Koronios *et al.* (2020). Online technologies and sports: a new era for sponsorship. J. High Technology. Manag. Res.
- D. Mourtzis *et al.* (2022). Design and development of an edge-computing platform towards 5G technology adoption for improving equipment predictive maintenance Proc. Computer Science.
- U. Sajjad *et al.* (2022). Personal thermal management-A review on strategies, progress, and prospects Int. Community. Heat Mass Tran.
- Cornelissen, S. (2016). "Rhetorics of international sporting events: The case of the Beijing 2008 Olympic Games." Journal of Sport & Social Issues, 40(1), 24-43.
DOI:0.1177/0193723515614182
- P. Ding, "Analysis of artificial intelligence (AI) application in sports," Journal of Physics Conference Series, vol. 1302, 2019.
- M. Housman, "Why "augmented intelligence" is a better way to describe AI. AI news," 2018, <https://www.artificialintelligence-news.com/2018/05/24/why-augmentedintelligence-is-a-better-way-to-describe-ai/>.
- S. Russell and P. Norvig, Artificial Intelligence: A Modern Approach, Prentice Hall, Upper Saddle River, NJ, USA, 2nd edition, 2003.
- T. H. Davenport, 7e AI Advantage: How to Put the Artificial Intelligence Revolution to Work, MIT Press, Boston, MA, USA, 2018.
- M. Iansiti and K. Lakhani, Competing in the Age of AI: Strategy and Leadership when Algorithms and Networks Run the World, Harvard Business Review Press, Boston, MA, USA, 2020.
- Y. M. Qian, S. H. Chen, J. C. Li et al., "A decision-making model using machine learning for improving dispatching efficiency in Chengdu Shuangliu airport," Complexity, vol. 2020, Article ID 6626937, 16 pages, 2020.
- B. Q. Cheng, Y. H. Wei, W. Zhang et al., "Evolutionary game simulation on government incentive strategies of prefabricated construction: a system dynamics approach," Complexity, vol. 2020, Article ID 8861146, 11 pages, 2020.



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**MASTER'S IN SPORTS SCIENCE
FOURTH SEMESTER**

Subject: Sports Medicine and Exercise Physiology-II
Course Code: SPS 652-1
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

Course Introduction

The Master's program in sports science, sports medicine, and exercise physiology is designed to provide advanced knowledge and skills for those looking to specialize in the fields of sports medicine and rehabilitation. This program integrates various aspects of sports science, focusing on the prevention, diagnosis, treatment, and rehabilitation of sports-related injuries. This course is designed to provide knowledge on metabolism and basic energy system and metabolic adaptation to training. It also aims to provide students with experiences on neuro-muscular and adaptation to resistant training.

Objectives

The general aim of the course is to provide advance knowledge on different body system and their effect on exercise and training; however, the specific objectives of the course are as follows:

- Discuss the energy expenditure at rest and exercise.
- Describe the acute adaptations to aerobic anaerobic training.
- Assess body composition and body performance.
- To cultivate research skills necessary for conducting scientific investigations.
- Understanding current trends in sports medicine and physiotherapy.
- To teach evidence based strategies for preventing injuries in athletes, including conditioning programs and safety protocols.

Units	Contents	Teaching Hour	Remarks
1	Metabolism, Energy and the Basic Energy System 1.1 Energy sources and energy system 1.2 Measuring energy use during exercise 1.3 Energy expenditure at rest and during exercise 1.4 Fatigue and its causes 1.5 Metabolic adaptation to training: adaptation to aerobic training, training the aerobic system and adaptation to aerobic training	12	
2	Introduction to Exercise and Sport Physiology 2.1 Definition of exercise and sport physiology 2.2 Historical perspective of exercise and sport physiology 2.3 Acute physiological response to exercise 2.4 Chronic physiological adaptation to exercise 2.5 Glycogen depletion and repletion 2.6 Fat metabolism during endurance activities 2.7 Protein turnover, muscle repair and hypertrophy	10	



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3	Homeostasis, Hydration and Electrolyte Balance in Exercise 3.1 Introduction to homeostasis, origin of homeostasis 3.2 Positive and negative feedback system 3.3 Vital signs and its applications 3.4 Role of hydration in sports performance 3.5 Monitoring hydration status (Urine color, weight loss during training)	08	
4	Evidence Based Physiotherapy and Recent Advances in Physiotherapy 4.1 Definition ,evidence based physiotherapy practice 4.2 Recent advances in physiotherapy 4.3 Breathing exercises: types, techniques, effects, uses 4.4 Soft tissue mobilization, mobilization, relaxation, PNF 4.5 Myth vs reality in physiotherapy	08	
5	Body Weight, Body Composition and Sports 5.1 BMI, body build, build size and composition 5.2 Assessing body composition 5.3 Differences between body mass index (BMI) and body composition, fat-free mass (FFM) vs fat mass (FM) 5.4 Body composition and sport performance	10	
Total Teaching Hours		48	
Field visit and practical work (All Units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation

Term paper writing

Midterm examination

Presentation, attendance and oral tests

Final Examination

Two long answer questions out of three

Three short answer questions out of five

40 % of the total grade

40 % of internal grade

30 % of internal grade

30 % of internal grade

60 % of the total grade

2 x 15 = 50 %

3 x 10 = 50 %

Prescribed text

Sullivan. (1981). *Physical Rehabilitation*. F.A. Davis Company.

Narayanan, L. (2005). *Textbook of therapeutic exercises*. Jaypee brothers medical publishers.

Joshi, J. (1999). *Essentials Of Orthopaedics & Applied Physiotherapy*. New Delhi: Elsevier .

Kibler, W. (2003). Range of motion in junior tennis players participating in an injury risk modification program. *Journal of Science and Medicine in Sport* , 51-62.

Craig R. D. (2000). *Therapeutic modalities for athletic injuries*. USA: Human Kinetic.

David C. R. (1991). *Clinical sports medicine*. New York: McGraw-Hill Medical.

Sandra, J. S. (2000). *Sports injuries: causes, diagnosis, treatment and prevention*. Place: Chapman and hall.





**MASTER'S IN SPORTS SCIENCE
FOURTH SEMESTER**

Subject: Sports Management- II
Course Code: SPS 652-2
Teaching Hour: 48

Nature of Course: Theory
Credit Hours: 3

This course is designed to make students familiar with different aspects of sports management. It also intends to develop the experiences on sports facility management and human resource management, sponsorship and social responsibility, public relation and sports marketing.

Objectives

The general objectives of this course are to acquaint students on different aspects of sports management. However, the specific objectives of the course are as follows:

- To define sports sponsorship and social responsibility.
- To discuss the importance of managing sports facilities in the field of sports.
- To explain the management process of human resources.
- To describe the need of sports marketing in the field of sports.
- To discuss the use of sports public relation in joining hands together with the community.

Units	Contents	Teaching Hour	Remarks
1	Sports sponsorship and social responsibility 1.1 Concept of sports sponsorship 1.2 The sport property view of sponsorship 1.3 Sponsorship proposals and valuation 1.4 The sponsor's views 1.5 Sponsorship in sports development 1.6 Sponsorship marketing congruence & measurement 1.6 Public policy and sponsorship 1.7 Carroll CSR model	10	
2	Facility Management 2.1 Need for out-door facilities: Principles for their location and the selection/types of surfaces, Drainage system, fencing (Protection), seating arrangements and parking 2.2 Guidelines/Principles for the lay-out of out-door facilities 2.3 Care and maintenance of out-door facilities 2.4 Types and need of equipment 2.5 Procedure for the purchase of equipment 2.6 Principles to be followed for the purchase 2.7 Store Room Management: Need, Location, Fixtures, Handing of equipment, Issuing procedure and Periodical stock-checking 2.8 Stocking of leather equipment, Rubber equipment, Wooden equipment, Cloth uniform, Shuttle cocks, Mattresses, Swimming and track equipment	10	



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	2.9 Repairs and disposal of damaged equipment		
3	Human resource management 3.1 Human Resources in Sport and Recreation 3.1.1 Head of the Institute/Department and his role in maintaining the spirit of discipline among his staff and students 3.1.2 Qualifications of coaches and managers for different level assignments 3.1.3 Qualities of a good sports teacher 3.2 Staff co-operation and its significance 3.3 Involvement/development of voluntary services of other teachers for sports program 3.3 Student Leadership: Meaning, elements, and values/ significance 3.4 Relation of the sports teacher with the students, parents, colleagues, principal and supervisor etc. 3.6 Performance appraisal and reward system 3.7 Job satisfaction and commitment	10	
4	Sport Marketing 4.1 Concept of sport marketing 4.2 Sports marketing analysis 4.3 Sport marketing strategy value proposition and fan development strategy 4.4 Sport event as experiential product: I: event, process, brand and people and II: venue, and physical evidence 4.5 Ticketing: packaging, pricing, distribution 4.6 Promotion: integrated marketing communication 4.7 Project work and presentation	10	
5	Sport Public Relations 5.1 Concept of Sport Public Relations 5.2 Creating public relations campaigns 5.3 Managing the organization: Media relationship 5.4 Business ethics: Social responsibility 5.5 Strategic management for sports organization 5.6 Sports media and communication	08	
Total Teaching Hours		48	
Paper preparation and presentation (All Units)			

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation

Term paper writing
Midterm examination

40 % of the total grade

40 % of internal grade

30 % of internal grade



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Presentation, attendance and oral tests	30 % of internal grade
Final Examination	60 % of the total grade
Two long answer questions out of three	2 x 15 = 50 %
Three short answer questions out of five	3 x 10 = 50 %

Prescribed text

- Bonnie, L, (1991). *The management of sports*. St.Louuis: Mosby Publishing Company.
- Bucher, C.H. (1983). *Administration of physical education and athletic programmes*. London: The C.V. Mosby Company.
- Chelladurai, P. (1999). *Human resources management in sports and recreation*. Champaign, Il: Human Kinetics.
- Dheer, S. & Kamal, R. (2002). *Organisation and administration of physical education*. New Delhi: Friends Publication.
- Huges, W.L. et al (1962). *Administrative of physical education*. New York: The Ronald Press, Company.
- Joseph P.M. (1963). *Organization of physical education*. Bombay: The Old Students Association.
- Voltmar, B.P. et al (1979). *The organization and administration of physical education*. New Jersey: Prentice Hall Inc.
- Wosley, C., Minten, S. & Abrams, J. (2012). *Human Resource Management in the Sport and Leisure Industry*. Oxon: Routledge.



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**MASTER'S IN SPORTS SCIENCE
FOURTH SEMESTER**

Subject: Games and Sports: Table Tennis and Badminton

Nature of Course: Practical

Course Code: SPS 653

Credit Hours: 3

Teaching Hour: 96

Course Introduction

This course is designed to develop advanced skills and apply game strategies in Table Tennis and Badminton. The aim of this course is to impart practical experiences by applying related principles in the game. This is an elective course. The main intention of this course is to acquaint the students with coaching strategies of table tennis and badminton, however, the practice and demonstration of skills will also be emphasized. It also intends to provide officiating experiences in table tennis and badminton tournaments.

Objectives:

The general objectives of the course are to acquaint students with experiences of Table Tennis and Badminton. However, the specific objectives of the course are as follows:

- To explain how Table Tennis and Badminton is developed in Nepal and world.
- To demonstrate different coaching strategies of basic skills of Table Tennis and Badminton.
- To apply different offensive and defensive skills in Table Tennis and Badminton game.
- To mention the laws of Table Tennis and Badminton game.
- To officiate Table Tennis and Badminton tournaments.

SN	Contents	Teaching Hour	Remarks
1	Introduction to Table Tennis and Badminton 1.1 History of Table Tennis and Badminton in World and Nepal 1.2 Role of ITTF, NTTA, NBA and BWF 1.3 Specific fitness and warm-up in table tennis and badminton: Endurance, Speed, Strength, and Flexibility 1.4 Cool down exercises	12	
2	Grips, Strokes and Spin in Table Tennis 2.1 Grips: 2.1 Pen hold 2.2 Shake hand 2.2 Stance and footwork 2.3 Strokes 2.3.1 Offensive strokes: Hit, Loop, Counter-hit, Flip and Smash 2.3.2 Defensive strokes: Push, Chop, Block and Lob 2.3 Spin 2.1 Backspin 2.2 Topspin	14	



	2.3 Sidespin		
3	Training and Coaching of Basic and Advance Skills in Table Tennis 2.1 Training cycle 2.2 Fitness training in table tennis 2.3 Coaching techniques for table tennis (Warm up & cool down) 2.4 Diagonal and straight practice 2.5 Multi-ball practice (Service, receive and stroke)	14	
4	Table Tennis Game Play 4.1 Starting a game 4.2 Service and return 4.3 Let 4.4 Scoring 4.5 Alternation of services and ends 4.6 Singles', doubles and team games 4.7 Rules and regulations of table tennis 4.8 Officiating table tennis game 4.9 Require equipment of table tennis 4.10 Laws of the game	14	
5	Advanced Skill Practice 5.1 Grips: Forehand and Backhand 5.2 Stance and footwork 5.3 Service 5.4 Clears 5.5 Smashes 5.6 Drives 5.7 Drops	14	
6	Training and Coaching in badminton 5.1 Fitness training in badminton 5.2 On-court and off-court fitness training 5.3 Coaching techniques for badminton	14	
7	Badminton Game Play 3.1 Starting the game 3.2 Service and receive 3.3 Scoring 3.4 Singles' and doubles' games 3.7 Laws of badminton 3.8 Officiating in badminton games	14	
Total Teaching Hour		96	

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation-40%



Internal evaluation will be conducted by subject teachers based on the following activities:

SN	Activities	Points
1	Attendance	10
2	Participation in learning activities	05
3	Performance	10
4	Tournament organization	10
5	Notebook keeping	05
Total		40

External Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Sciences will appoint an external examiner to conduct practical examination at the end of the semester.

SN	Types of activities (Internal and External)	Points
1	Performance in different skills	40
2	Oral test	20
Total		60

Prescribed text

Ballou, R. B. ((1988). *Teaching badminton*. Delhi: Surjeet Publication.

Goel, R. G. and Goel, Veena (1990). *Encyclopaedia of sports and games*. New Delhi: Vikas Publishing House Pvt. Ltd.

Parker, D.(Nd). *Take up table tennis*. New Delhi: Learners Press.

Parker. D. & David, H. (1996). *Play the game table tennis*. London: Bland ford.

Singh, B. (1981). *Rules and skills of games and sports*. New Delhi: Pankaj Publication.

YMCA (1981). *Rules of games and sports*. New Delhi: YMCA Pub. House.

<https://www.britannica.com/sports/table-tennis>

<https://www.experttabletennis.com/coaching/>

<https://www.ittf.com/>

<https://www.tabletenniscoach.me.uk/table-tennis-for-beginners/>

www.abac.edu/wp-content/uploads/2013/01/Badminton-Syllabus-Spring-2018.pdf

www.shoreline.edu › Faculty › Louise Lindenmeyer

sportsauthorityofindia.nic.in/showimg.asp?ID=576

www.safari-badminton.com/6-week-safari-syllabus-beginners/



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**MASTER'S IN SPORTS SCIENCE
FOURTH SEMESTER**

Subject: Sports Coaching, Event Management and Entrepreneurship (Project work)
Nature of Course: Practical
Credit Hours: 3
Course Code: SPS 654
Teaching Hour: 96

Course Introduction

This course is designed to make students practically experienced with the different aspects of sports coaching and organizing tournaments. A group of students not more than four have to choose any one game and they have to plan coaching strategies of the particular game. The students will be sent to different schools to gain experience of the coaching programme. Finally, inter house or inter school (according to the number of teams) tournament will be organized to gain experience of officiating.

Objectives

The general objectives of this course are to acquaint students on coaching and officiating different games and sports. However, the specific objectives of the course are as follows:

- To construct the plan coaching programme in a specific game.
- To organize coaching camps in respective schools.
- To form the organizing committee and sub-committees required for the tournament.
- To organize tournament in a specific game.
- To prepare a report on coaching and officiating.

SN	Contents	Teaching Hour	Remarks
1	Event Management and Sports Competition 1.1 Concept of event management 1.2 Basic requirements of event management 1.3 Concept of sports competition 1.4 Preparation of tournament organization	10	
2	Preparation for the Coaching 2.1 Preparation of coaching strategies in particular game 2.2 Composition of a coaching session (Warm up, lead up games, skill part, fun games and cool down) 2.3 Time distribution for each event 2.4 Preparation of daily coaching plan and selection of schools 2.5 Conduction of coaching programme in the schools 2.6 Evaluation of daily coaching task 2.7 Concept and importance of entrepreneurship	48	

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	2.8 Field of entrepreneurship 2.9 Theory of entrepreneurship		
3	Organising Tournaments 3.1 Preliminary preparation (Formulation of organising committee and sub committees) 3.2 Sponsorship and financial management 3.3 Announcement of the tournament 3.4 Team entry 3.5 Preparation of tie-sheet 3.6 Management of officials 3.7 Conducting tournament followed by opening and closing Ceremony	24	
4	Report Writing 4.1 Introduction 4.2 Objectives 4.3 Participating teams and schedule 4.4 Programme results, and analysis 4.5 Conclusions/Recommendation	14	
Total Teaching Hour		96	

Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Practical Evaluation-40%

Internal evaluation will be conducted by subject teachers based on the following activities:

SN	Activities	Points
1	Attendance	10
2	Participation in learning activities	05
3	Performance	10
4	Tournament organization	10
5	Notebook keeping	05
Total		40

External Practical Evaluation - 60%

Examination Division, Office of the Dean, Faculty of Humanities and Social Sciences will appoint an external examiner to conduct practical examination at the end of the semester.

SN	Types of activities	Points
1	Report Evaluation	30
2	Oral test	30
Total		60



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Prescribed text

Anand, R. L. (1986). *Playing field manual*. Patiala: NIS Publication.

Bucher. C.A. (1979). *Administration of physical education and athletics programme*. St. Louis: The C.V. Mosby Company.

Muller. P. and J. W. Refrik. *Intramural Recreational Sports: Programming and Administration*. New York: John wisely and Sons.

Voltmer, E. F. et al (1979). *The organisation and administration of physical education*. New Jersey: Prentice Hall. Inc.



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**MASTER'S IN SPORTS SCIENCE
FOURTH SEMESTER**

Subject: Thesis
Course Code: SPS 655
Teaching Hour: 96

Nature of Course: Practical
Credit Hours: 3

Course Introduction

This course is designed to acquaint the students with a practical and course based research knowledge to help them in order to accomplish their research work within the semester. This course also provides students the writing skills in their respective field. In addition to that they will be equally trained in writing thesis and present their thesis work in a proper manner. This is a practical course where students have to attend some theory content which are related to the thesis writing. Students will be eligible to write thesis after the completion of the theory contents. Each student will be provided a supervisor to supervise their thesis work.

Objectives

The general objective of this course is to enhance the students with the research knowledge to accomplish their research work; however, the specific objectives of the course are as follows.

- To collect and analyze the academic writing documents.
- To identify the research topic for the thesis writing.
- To search suitable literature.
- To prepare proposal for the research.
- To craft the conceptual framework and formulate hypotheses or research question.
- To triangulate the research by utilizing both quantitative and qualitative tools.
- To design the research and sample.
- To craft both quantitative and qualitative tools such as questionnaire, guidelines for focus group discussion, key informant interview, case studies and preparing check lists.
- To apply field survey, questionnaire editing, data entry and data analysis.
- To write the research report, prepare the presentation and defend the academic work.

Units	Contents	Teaching Hour	Remarks
1	Academic Writing 1.1 Concept and importance of academic writing 1.2 Academic writing documents: Books and book reports, Research paper or research article, Conference paper, Academic journal, Dissertation/Thesis, and Abstract 1.3 Characteristics of Academic Writing: Planning, Outline, Tone, Language, Point-of-view, and Approach	10	



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	1.4 Structure and guidelines of Academic Writing: Introduction, Body, and Conclusion 1.5 Paper writing and preparation		
2	Proposal / Thesis Writing and Practice 1.1 Elements of proposal 1.2 Elements of thesis 1.3 Importance and scope of proposal and thesis writing 2.4 Library search for good thesis in sports and social sciences 2.5 Review of related literature 2.6 General background of the research 2.7 Writing and presentation	10	
3	Selection of Topic, Type of Research, Sampling and Tools, Proposal preparation and defense 3.1 Selection of topic of thesis - exercise session 3.2 Decision and practice on the design and type of research: explorative, descriptive, longitudinal, cross sectional, experimental etc. 3.3 Practice of sampling and tools development 3.4 Proposal preparation practice 3.5 Proposal defense with supervisors and thesis scholars	16	
4	Determination of quantitative and qualitative tools for the research 4.1 Preparation of questionnaire design by topic of research. 4.2 Preparation of guidelines for qualitative information collection 4.3 Role play and pre-test of tools 4.4 Finalized research tools and data collection procedure	08	
5	Practice in field management, Recruitment of Personnel, Collection of Information, Compiling, Coding and Editing 5.1 Field survey, challenges and opportunities 5.2 Recruitment and deployment of personnel 5.3 Use of questionnaire administration, conduction of focus group discussion, Key Informant Index (KII) and selection 5.4 Data compiling, post-coding	10	
6	Data processing and analysis practice 6.1 Preparation of data entry panel and checking; data entry, deriving preliminary frequencies, cross and mean tables 6.2 Multiple answer tables 6.3 Analysis of qualitative tools	10	
7	Preparation of thesis report and presentation	32	
Total Teaching Hour		96	



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Evaluation Guidelines

Students will be evaluated internally and externally:

Internal Evaluation (Based on Proposal Defense)

40 % of the total grade

External Evaluation (Based on Thesis Defense)

60 % of the total grade

Prescribed text

Trochim, William MK () *Social Research Methods*.

<http://www.socialresearchmethods.net/kb> (Useful for all units)

Harvard University, *Developing a thesis*.

<https://writingcenter.fas.harvard.edu/pages/developing-thesis>

Columbia University

https://www.ldeo.columbia.edu/~martins/sen_sem/thesis_org.html

Acharya, Bidhan (Ed), (2013). *Handbook of research methodology: approaches and techniques*.

Kathmandu: Central Department of Population Studies, TU.

Acharya, Bidhan, (2013). Questionnaire Construction and Scaling Methods in Acharya,

Bidhan (Ed), (2013). *Handbook of Research methodology: approaches and techniques*.

Kathmandu: Central Department of Population Studies, TU.

Family Health International (2011) *Qualitative Research Methods: A Data Collector's Field*

Guide, Module 1 Qualitative Research Methods Overview, Accessed in url

<https://course.ccs.neu.edu/is4800sp12/resources/qualmethods.pdf#targetText=In%20this%20sense%2C%20qualitative%20research,from%20scientific%20research%20in%20general.&targetText=The%20three%20most%20common%20qualitative,depth%20interviews%2C%20and%20focus%20groups>.

James, H. (2008). *Academic writing and publishing: A practical handbook*. London: Routledge.

Murray, R. & Moore, S. Moore (2006). *The handbook of academic writing: A fresh approach*.

England: Open University Press, McGraw-Hill Education.

Saldana, Johnny (2015). *The coding manual for qualitative researchers*. (3 Ed). Sage

Publications. Partial access in https://www.sagepub.com/sites/default/files/upm-binaries/24614_01_Saldana_Ch_01.pdf



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