

KANNUR  UNIVERSITY

(Abstract)

M.P.Ed Course w.e.f 2014 admission – Swimming included as specialization event -Syllabus and Model Question Paper Implemented –Modified – Orders issued.

ACADEMIC 'C' SECTION

U.O. No. Acad/C4/4836/2011

Civil Station(P.O),Dated28.05.2016

- Read: 1. U.O No Acad/C1/3408/2006 Dated 08.08.2007
2. U.O No Acad/C4/4836/2011 Dated 22.07.2011
3. Minutes of the Department council held on 08.12.2015
4. Letter from course Director Department of Physical Education dated 09.03.2016

ORDER

1. As per the paper read (1) above, the Regulation, Scheme and Syllabus for B.P.Ed and M.P.Ed course were implemented in the University Department w.e.f 2007 admission and as per the paper read (2) above, the Regulation, Scheme and Syllabus of M.P.Ed course were modified w.e.f 2012 admission. .
2. The meeting of the Department Council held on 08.12.2015 vide reference (2) above, considered the request of students ,for including swimming as a specialization event in the M.P.Ed course and approved the syllabus and Model question papers for swimming w.e.f 2014 admission
3. The course Director, Department of Physical Education vide paper read (4) above has forwarded the syllabus and model question paper of swimming specialization as approved by the Department Council, to be implemented in the M.P.Ed course w.e.f 2014 admission.
- 4 . The Vice-Chancellor, after considering the matter in detail, and in exercise of the powers of the Academic Council, conferred under Section 11 (1) of Kannur University Act, 1996 and all other enabling provisions read together with, has accorded sanction to implement the Syllabus and Model Question Papers of swimming as a specialization event for M.P.Ed course in the University Department w.e.f 2014 admission, subject to report to the Academic Council.
7. The U.O.as per paper read (2) above, stands modified to this extent

(P.T.O)

8. Orders are therefore issued accordingly.
9. The implemented Syllabus and Model Question Papers of swimming as specialization For M. P. Ed. Programme w.e.f. 2014 admission are appended.

Sd/-
JOINT REGISTRAR (ACADEMIC)
For REGISTRAR

To:
The Course Director, Dept. of Physical Education
Mangattuparamba Campus, Kannur University

Copy to:

1. The Examination Branch (through PA to CE)
2. PS to VC/PA to PVC/PA to Registrar/PA to CE.
3. JR/AR-I (Academic).
4. WebManager (for uploading in the Website)
5. SF/DF/FC

Forwarded /By Order



SECTION OFFICER



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MPEd IV Semester (2014-16 batch)

SWIMMING SPECIALIZATION SYLLABUS:

CHAPTER-1

- 1.1) Swimming – historical perspectives and modern trends of swimming and developments.**
- 1.2) Organizational set up of national and international governing body for swimming**
- 1.3) Brief introduction to various aquatics sports- swimming water polo, diving, open water swimming and synchronized swimming.**
- 1.4) Construction and maintenance of swimming pool and related facilities.**

CHAPTER-2

- 2.1) Fundamental technique of different strokes
Free style, back stroke ,butterfly and breast stroke
Start, turn, finish- teaching stages and stroke perfection.**
- 2.2) Mechanical basis of swimming-mechanical analysis of various stroke.**
- 2.3) Pre-requisite qualities of swimmers.**

CHAPTER-3

- 3.1) Systematization of training process**
- 3.2) Warming up, cooling down, specific exercise and basic skills**
- 3.3) Teaching and training of beginners
Qualities required for swimmers – physical , physiological , psychological & motor qualities – training and developments.**
- 3.4) Specific training for medley and relay swimmers.**

CHAPTER-4

- 4.1) Specific nutritional requirements for swimmers.**
- 4.2) Injuries related to swimming and its treatment & rehabilitation.
A) Swimmers shoulder. B) Breast stroker'sknee pain c) butterfly stroker's back pain
d) sinusitis, E) ear infection, F) Eye infection, G) Tooth problems , H) Skin diseases.**

CHAPTER-5

5.1) Rules and Regulations of Swimming

5.2) Organization Of Planning for pre, during and post competition workout.

5.3) Qualification, qualities , responsibilities and role of a coach and official.

5.4) Life saving techniques and first aid.

References:

- 1. Kelvin Juba, (2001) Swimming for Fitness, London: A & C Black**
- 2. Guzman, Ruben J (1998) Swimming Drills for every Stroke, Champaign Illinois: Human Kinetics**
- 3. Hannula Dick(2003) Coaching Swimming successfully Champaign Illinois: Human Kinetics**
- 4. Thomas, David(2005) Swimming steps to Success Champaign Illinois: Human Kinetics**
- 5. Maglisho, Ernest W(2003) Swimming Fastest Champaign Illinois: Human Kinetics**

IV SEMESTER MPED DEGREE EXAMINATION

Paper XI- SPORTS SPECIALIZATION-SWIMMING

Time: 3 Hours

Max Marks: 70

Instructions: Attempt any five questions. Question No. 8 is compulsory (All Questions carry equal marks)

1. Discuss in detail historical perspectives of development of swimming (15marks)
2. Elaborate on the construction and maintenance of swimming pool and related facilities (15marks)
3. Provide details of fundamental techniques and teaching stages of any strokes in swimming (15marks)
4. Elaborate on the mechanical analysis of any one stroke in swimming (15marks)
5. Write short notes on the following (5 x 3 = 15marks)
 - a. Nutritional requirements of swimmers
 - b. Warming up and cooling down for swimming
 - c. Life saving techniques and first aid
6. Elaborate on planning for pre, during and post completion work out in swimming (15marks)
7. Discuss on the qualification, qualities and responsibilities of a coach (15marks)
8. Write short note on any five of the following (3 x 5 = 15marks)
 - a. Organizational set up of national governing body in swimming
 - b. Pre-requisites of swimmers
 - c. Specific training for relay
 - d. Injuries related to swimming
 - e. Training beginners with respect to motor qualities
 - f. Officials for swimming competition
 - g. International Governing Body and its set up
 - h. Regulations for Swimming in Olympic Games

