

## BELUR MAIN CAMPUS

### DEPARTMENT OF SPORTS SCIENCE

#### **Report on E-PG Pathshala Project on subject area "Physical Education, Sports and Health Education" at Ramakrishna Mission Vivekananda University.**

#### **Background**

Information and Communication Technology (ICT) has changed the way of life, very significantly, in many countries and made the 'Global Village' concept possible. The Government of India, in an effort to leverage the potential of ICT in the country and to enhance the learning process, created the National Mission on Education through Information and Communication Technology (NME-ICT) as a Centrally Sponsored Scheme under the Ministry of Human Resource Development. One of the major goals of the scheme is to develop of high quality e-content in all disciplines and subjects at various levels.

The e-PG Pathshala project was sanctioned as a Grant-in-Aid to UGC for production of e-content in 77 subjects at postgraduate level in different subjects across all disciplines of social sciences, arts, fine arts & humanities, natural & mathematical sciences and linguistics and languages. The project is coordinated and monitored by a Standing Committee constituted by UGC. The Standing Committee is the apex level decision making body for the e-PG Pathshala, at present.

Dr. Asis Goswami, UNESCO Chairholder and Dean of Faculty of General and Adapted Physical Activity, was invited to develop e-content at PG level for the subject "Physical Education, Sports and Health Education" (during July, 2014).

With full support from the Vice-Chancellor, Swami Atmapriyananda, the project and the Memorandum of Agreement was submitted to UGC; Dr. Asis Goswami was to act as Principal Investigator and Dr. P.K. Nag as Co-Principal Investigator. The project preparation Guideline and MOA is enclosed in Annexure I and Annexure II respectively.

#### **Beginning of the project:**

The project proposal was prepared after consulting the syllabus of more than 10 Universities in India offering Physical Education course at Master's level. It was decided that the e-content will consist of 16 Papers including core and optional papers (given in Table 1). Each paper would have about 40 teaching modules containing four quadrants as mentioned in the project guideline by UGC (given in Table 2). The PI attended a number of meetings and workshops to learn the system of e-content production.

The Quadrant 1 and 2 were the most difficult components of the total production since it required plagiarism free text content and development of video lectures based on the text content. The vastness of the project could be understood from the fact that each

paper will have text of not less than 3000 words and each video of 30 min duration; in total 582 modules meant 582 booklets and 582 video (equivalent to that many short films).

Table 1: Papers in the project

Sr. no.	Paper title	Expected number of modules
1	Scientific Principles of Training and Coaching	35
2	Research Methods and Statistics in Physical Education	37
3	Sports Medicine	30
4	Applied Kinesiology and Biomechanics	36
5	Exercise physiology	35
6	Officiating and coaching I: <b>sub modules</b> Kabaddi, Kho-kho, Football, Handball, Volleyball, Table Tennis and Tennis; each of 14 modules	98
7	Officiating and coaching II : sub modules Hockey, Gymnastic, Basketball, Badminton, Cricket, Track Events and Field Events; each of 14 modules	98
8	Sports Management and Sports Journalism	29
9	Adapted Physical Education	32
10	Sports Psychology	24
11	Measurement and Evaluation in Physical Education	22
12	Yoga and health education	25
13	Sports Sociology	16
14	Athletes care and rehabilitation	20
15	Sports nutrition and kinanthropometry	26
16	Pedagogy and Sports Technology	19

Table 2: Description of quadrants

Quadrant	Content
Quad 1:e-Content	Textual Document, PDF / e-Books /illustration, video demonstrations / documents & Interactive simulations wherever required
Quad 2:e-Tutorial	Video and Audio Content in anorganized form, Animation, Simulations,Virtual Labs.
Quad 3:Web Resources	Related Links, Wikipedia Developmentof Course, Open Content on Internet,Case Studies, Anecdotal information,Historical development of the subject,Articles
Quad 4:Self Assessment	MCQ, Problems, Quizzes,Assignments & solutions, Online feedback through discussion forums &setting up the FAQ , Clarifications ongeneral misconceptions

### **Technical demand of the project:**

1. Developing the content had two areas that needed special attention: a) subject matter at the PG level; b) plagiarism free text. These two criteria made the process slow.
2. Preparation of slides also required original drawing / diagrams or open license pictures (CC-NC-SA or similar license). Searching such documents is time consuming and tedious. Many content writers are not aware of the copyright issues.
3. Conversion of slides to the required format (16:9 ratio and specific font sizes) was another area that became a bottleneck.
4. Video production was a new field for the PI and was financially non-viable for the type of funds provided in the project if professionals or vendors were recruited. Purchase of high quality Video Camera was also not possible. Editing the recorded content required either a well written story board or editors with knowledge of the subject matters. On screen presence of the presenter faculty member was difficult for many due to personal reasons.

### **Meeting the demand:**

The following trials were made to meet the project quality requirements.

1. A vendor was contacted to try the production. It failed since they were not trained for video recording and also the lack of understanding of the content. Several sample output produced by the PI were rejected by the Standing Committee.
2. Finally with the support of Mr. Abhijit Biswas a studio was created at the Main Campus of the University. Recording sample was accepted by the Standing Committee.



(Pictures of the present recording facility)

3. A group of support personnel were trained on the editing technique, editing software, powerful computers were acquired. However most of the trained persons left the project due to various reasons creating a difficult position.

4. The progress remained slow, however, a few modules could be delivered. These modules were uploaded by INFLIBNET.
5. To enhance the number of deliverable modules, Dr. Alagesanwas trained and parallel production was started at Coimbatore Campus of the University.
6. The project was restricted to only three papers by the Standing Committee. These three papers are: a) Exercise physiology; b) Officiating and coaching in Football and c) Athlete care and rehabilitation.

### **Project output:**

The following is the present status of the project. Total 36 modules were attempted for production till date; Exercise Physiology (8); Officiating and coaching (13); Athlete care and rehabilitation (15).

<b>Paper</b>	<b>Module name</b>	<b>Status</b>	<b>Remark</b>
Exercise Physiology	System Physiology	<b>Submitted &amp; uploaded</b>	
	Muscle Contraction	<b>Submitted &amp; uploaded</b>	
	Body Temperature Regulation	Ready for submission	Final quality check in progress
	Exercise Performance in hot Environment Pt I	Ready for submission	Final quality check in progress
	Exercise Performance in hot Environment Pt II	Ready for submission	Final quality check in progress
	Exercise performance in Cold environment	Ready for submission	Final quality check in progress
	Historical Development of Exercise Physiology		Preparation in progress at Coimbatore
	Causes of fatigue & recovery methods		Ready for recording at Main Campus

Officiating and coaching in Football	Fundamental skills in Football	<b>Submitted &amp; text uploaded</b>	Video re-edited & Ready for submission
	Stages of technique Training in Football	Final Editing in progress	
	Specific Exercises for skill (Football)	Final Editing in progress	
	Philosophy Coaching Football	Final Editing in progress	
	Code of ethics for coaches	Final Editing in progress	
	Principles of Attack in Football	Final Editing in progress	
	Defensive tactics in Football	Final Editing in progress	
	Origin and Development of football	Recorded at Coimbatore	Quality check in progress
	Various football tournaments	Recorded at Coimbatore	Quality check in progress
	Rules of the Game I	Recorded at Coimbatore	Quality check in progress
	Rules of the Game II	Recorded at Coimbatore	Quality check in progress
	Preparation of Annual Coaching Plans	Recorded at Coimbatore	Quality check in progress
	Status of coaching in India	Recorded at Coimbatore	Quality check in progress
Athlete Care and Rehabilitation	Principles of Safety Education	<b>Submitted &amp; uploaded</b>	
	Meaning and concept of rehabilitation	Ready for submission	
	Principles of Athletic Care and Rehabilitation	Ready for submission	
	Conductive Thermal Modalities	Ready for submission	
	Diathermy	Ready for submission	

	Therapeutic Ultrasound	Ready for submission	
	Neuromuscular Electrical Stimulation	Ready for submission	
	Introduction and Classification of Therapeutic Exercise	Ready for submission	
	Effects and Uses of Therapeutic Exercise	Ready for submission	
	Introduction to Massage Therapy	Ready for submission	
	Techniques of Massage	Ready for submission	
	Effects of Massage	Ready for submission	
	Use and Contraindication of Massage	Ready for submission	
	Safety appliances in sports and their uses		Preparation in progress at Coimbatore
	Meaning and types of therapeutic modalities		Preparation in progress at Coimbatore

The uploaded content can be accessed at  
[http://epgp.inflibnet.ac.in/view\\_f.php?category=1157](http://epgp.inflibnet.ac.in/view_f.php?category=1157)

Report as on 17th May, 2016  
Prepared by Dr. AsisGoswami,  
PI of the project.