Mahatma Gandhi Kashi Vidyapith

महात्मा गांधी काशी विद्यापीठ



PROSPECTUS

Master of Physical Education (M.P.Ed.)
(Two Years Course)

Department of Physical Education Faculty of Education

Department of Physical Education

Faculty of Education Mahatma Gandhi Kashi Vidyapith, Varanasi

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

I. MINIMUM ELIGIBILITY CRITERIA FOR ADMISSION:

A graduate degree of a recognized university with one year Diploma or Degree in Physical Education.

or

A candidate holding three/four year bachelor of Physical Education (Professional) Degree.

II ADMISSION PROCEDURE:-

Admission to M.P.Ed course shall be done on the basis of Entrance test, which will consist of:-

- 1. Written test
- 2. Physical fitness test- Modified AAPHER Test shall be conducted for this purpose.

The admission will be made on the basis of an Entrance Test (Theory & Practical). The Entrance (Theory) Test will be a comprehensive written objective test of 100 marks. All candidates have to appear in Physical Efficiency Test (Modified AAPHER Test) of 100 marks to be conducted by the External Examiners appointed by the Controller of Examination under the supervision of the Head Department of Physical Education. Appearance in both Theory and Physical Efficiency Test is mandatory in order to be eligible for consideration for admission. A minimum 40% marks separately in written test & Physical Test for admission is mandatory.

Note:- The five events will be:-

- (i) 10x4 yards shuttle run.
- (ii) Full-ups/Modified chin-ups.
- (iii) Sergeant jump
- (iv) Sit-ups

(v) 600 yard run.

III NUMBER OF SEATS

Not more than 30 candidates will be admitted, provided they qualify as per University Rules. The candidates will have to apply in the prescribed form. Those employed should forward their application through the proper channel and should produce the relieving no objection certificate at the time of admission. Seats will be distributed as mentioned bellow:

Note: - Admission will be given as per University rules.

IV UNIFORM

Track suit, sports shoe- one, white T-shirt- one house T-shirt, one class T-shirt, one black short, one pair white socks, one cap, one bag (small) shall be arranged by each candidate is compulsory.

V. ATTENDANCE, PROGRESS, CONDUCT AND EXAMINATION:

- (a) The medium of instruction and examination shall be in Hindi/ English language.
- (b) A student shall be deemed to have prosecuted to course provided that he has attended at least 75% of the classes actually held in each subject (Theory as well as practical) and has produced a certificate from the Head of the Department of Physical Education to this effect that he/she has completed the practical training prescribed in the course.
- (c) There shall be 16 written papers for the M.P.Ed. four Semester Examination, of these four papers shall be offered to the candidates in each semester. Candidate must obtain pass marks in each examination Ist, IInd and IIIrd, IVth semester will count together for place on pass list of the final examination.
- (d) A candidate shall have the option of submitting Dissertation in lieu of one paper for M.P.Ed. fourth semester examination provided he/she has obtained at-least 60% of the aggregate marks in the previous examination.

The topic of the Dissertation and supervisor shall be approved by the Head of the Department on the recommendation of the Departmental Research Committee. A candidate selecting the option has to submit his/her Dissertation not less than one week before the beginning of the final examination. If a candidate has failed in the examination but has obtained pass marks in the Dissertation, the Dissertation marks obtained may be carried forward his to two subsequent years without fresh assessment. If student fails in Dissertation but secures pass marks in M.P.Ed. (Previous and Final) Ist, IIInd, IIIIrd, & IVth semester Examinations, the candidate will be permitted to complete his requirement for thesis in two subsequent years and on doing so, will be awarded the degree of Master of Physical Education.

The assessment of the Dissertation will be done by the External examination and he will submit his report and give the marks out of 50 marks after viva voce examination separately. The Supervisor will submit his Internal Marks separately out of 50 marks and the total of internal and external marks i.e. 100 will be taken as Final Marks by controller of examination office.

- (e) A candidate who after passing the M.P.Ed. First year (Ist & IInd semester) of this university, has completed a regular course of study for one academic year in the Department of Physical Education shall be admitted to the M.P.E Final year (IIIrd & IVth semester)
- (f) Those candidates who fail in one paper in the M.P.Ed. IIIrd and IVth semester examination but obtain 45% shall be eligible to appear in the second examination to be scheduled by the university.
- (g) 36% will be the passing marks separately for the theory & practical examinations and aggregate passing marks will be 40%. Division will be applicable as per the University rules.

VI COVERAGE OF COURSE

Each of the course of M.P.Ed. Ist to IVth Semester shall be covered by about minimum 60 hrs. teaching. In which approximately 2.3 is to be covered by the concerning teacher in the form of class lectures and 1.3 is to be covered by the student himself in the form of tutorials, seminars, projects, assignments

or group discussions etc. All the Departmental core courses shall be compulsory and be covered in Ist and IInd semester.

Syllabi - the syllabi of Core & Elective Papers must be covered by the concerning Teachers in each Semester before final Exams.

Credits and Evaluation - The minimum credit requirement for M.P.Ed. Professional Course in the Deptt. of Physical Education, Faculty of Education shall be 80 for four semester to be covered in the following Patterns.

Sl. No.	Departmental Core Courses	Hrs./ week	Total weeks/Sem.	Hrs./Sem.	Credits
1.	(i.) Paper – I	4	16	64	4
	(ii.) Paper – II	4	16	64	4
	(iii.) Paper – III	4	16	64	4
	(iv.) Paper – IV	4	16	64	4
					Total: 16
2.	Practicals	6	15	90	6

NOTE:

- (A.) Same scheme is followed in other semesters also (total four semesters).
- (B.) Total Credits in Theory in all four semesters is $16 \times 4 = 64$.
- (C.) Total Credits in Practical's in all four semesters is 6 X 6 = 36.
- (D.) Grand total Credits in Theory and Practical is 64 + 36 = 100.
- (E.) Practical includes personality development class for one credit.

SPECIAL NOTE:

- ➤ For Theory Classes 16 hrs. is equivalent to 01 Credit.
- ➤ For Field Practical's 13 hrs. is equivalent to 01 Credit.

For evaluation 30% marks will be allotted to various assessments during each semester, while 70% marks will be allotted at the end of Semester Examination. The Semester assessment (30%) would comprise class tests, tutorials, seminars, projects & group discussion etc. and for Theory Paper (70%). The evaluation for written examination at the end of each semester will be done by the University Evaluation Centre.

VII COURSE OF STUDY

A student shall have to study four theory papers, which will be compulsory, in M.P.Ed. Ist and IInd semester each carrying 100 marks (70+30) in M.P.Ed. IInd and IIIrd semester also they shall study four papers obtained out of six optional (elective a+b) papers each of which carrying 100 (70+30) marks. However in M.P.Ed. (IIIrd semester) students were securing 60% marks in M.P.Ed. (Previous) will have to write dissertation instead of taking one optional paper. In addition a student shall be required to opt for sports specialization in a game/ sports of his/her choice subject to the availability of staff and administrative feasibility. Sports specialization examination will be held in M.P.Ed. (Final). Enclosed M.P.Ed. Ist Semester.

PAPER STRUCTURE

Master of Physical Education (Four Semester)

M.P.Ed. SEMESTER - I {95 working days}

Paper	Name of the Paper	(Core Course)	Marks
			Max.
1.	Research Methods in Physical Edu	cation	70
	Sessional - (Project, Assignments,	Internal Test & Attendance etc.}	30
2.	Sports Management		70
	Sessional - (Project, Assignments,	Internal Test & Attendance etc.}	30
3.	Scientific Principles of Training		70
	Sessional - (Project, Assignments,	Internal Test & Attendance etc.}	30
4.	Test, Measurement and Evaluation	in Physical Education	70
	Sessional - (Project, Assignments,	Internal Test & Attendance etc.}	30
	Educational Tour		100
			500

M.P.Ed SEMESTER - II { 95 working days }

Paper	Name of the Paper (Core Course)	Marks	
1.	Amiliad Statistics	Max. 70	
1.	Applied Statistics Sessional - (Project, Assignments, Internal Test & Attendance etc.)	30	
2.	Management of Physical Education	70	
	Sessional - (Project, Assignments, Internal Test & Attendance etc.)	30	
3.	Planning and Evaluation of Sports Training	70	
	Sessional -(Project, Assignments, Internal Test & Attendance etc.)	30	
4.	Evaluation Techniques in Physical Education	70	
	Sessional - (Project, Assignments, Internal Test & Attendance etc.)	30	
	Sports Skill Proficiency Test	100	
	Sessional	50	
		550	

M.P.Ed. SEMESTER - III {95 working days}

	TVE SUBJECTS - opt any four Name of the Paper (Core Course)	Marks
Paper	Name of the Paper (Core Course)	Max.
I a	Physiology of Exercise	70
	Sessional	30
II a	Sports Psychology	70
	Sessional	30
III a	Curriculum Design in Physical Education	70
	Sessional	30
IV a	Sports Bio-mechanics	70
	Sessional	30
V a	Sports Sociology	70
	Sessional	30
VI a	Athletic Care & Rehabilitation	70
	Sessional	30
V	Thesis (in lieu of a Paper) - Presentation of first three chapter in seminar and Viva - Internal	100
		400

M.P.Ed. SEMESTER - IV {95 working days}

Paper	Name of the Paper (Elective Course-opted in III Semester)	Marks
Ib	Physiology of Exercise Sessional	Max. 70 30
II b	Sports Psychology Sessional	70 30
III b	Curriculum Design in Physical Education	70
	Sessional	30
IV b	Sports Bio-mechanics Sessional	70 30
Vb	Sports Sociology Sessional	70 30
VI b	Athletic Care & Rehabilitation Sessional	70 30
V	Thesis (in lieu of a Paper) Evaluation and Viva by External Internal marks 100 Average	100
(a)	Sports Specialization: Final coaching ability lesson examination	
(b)	(to be evaluated jointly by external and internal examiners Sessional) - 100 marks - 50 marks

Total: 550

Grand Total: 2000

(5 practical and 5 theories), on the basis of his ability to teach]

[Sessional marks will be awarded on the conduct of ten coaching lessons

M.P.Ed. SEMESTER - I

Paper No. Subjects I. Research Methods in Physical Education II. Sports Management. III. Scientific Principles of Training. IV. Test, Measurement and Evaluation in Physical Education. Educational Tour (Purpose to visit physical educational and sports Institute of repute and also sports facilities; they shall submit a report on their return).

M.P.Ed. SEMESTER – I

PAPER – I

RESEARCH METHODS IN PHYSICAL EDUCATION

(70 Marks)

Unit-I

- 1. Introduction
 - 1.1. Definition of Research.
 - 1.2. Need and importance of Research in Physical Education and Sports.
 - 1.3. Scope of Research in Physical Education & Sports.
 - 1.4. Types of Research-Basic, Applied and Action Research.
- 2. Research Problem
 - 2.1. Meaning of the term.
 - 2.2. Location and criteria of Selection of Problem.
 - 2.3. Formulation of a Research Problem.
 - 2.4. Limitations and Delimitations.
- 3. Survey of Related Literature
 - 3.1. Need for surveying related literature.
 - 3.2. Literature Sources.
 - 3.3. Library Reading.

Unit-II

- 1. Historical Research
 - 2.1. Meaning and definition of Historical Research.
 - 2.2. Historical Sources.
 - 2.3. Evaluation of Historical data.

- 2. Survey Studies.
 - 2.1. Meaning of Survey.
 - 2.2. Tools of Survey Research.
 - 2.2.1. Questionnaire and Interview.
 - 2.2.2. Meaning of Questionnaire and Interview.
 - 2.2.3. Construction, Appearance and Development of Questionnaire.
 - 2.2.4. Procedure of conducting interview.
 - 2.2.5. Suggestions to enhance response.
- 3. Case Studies.
 - 3.1. Meaning of Case Studies.
 - 3.2. Objectives.
- 4. Normative Survey.
 - 4.1. Meaning of Normative Survey.
 - 4.2. Factors affecting Normative Survey.

Unit-III

- 1. Philosophical Research.
 - 1.1. Meaning of Philosophical Research.
 - 1.2. Tool of Philosophical Research.
 - 1.3. Steps in Critical Thinking.
- 2. Experimental Research
 - 4.3. Meaning of Experimental Research.
 - 4.4. Experimental Designs
 - 4.4.1. Types of Designs.
 - 4.4.2. Suitability of Designs.

Unit-III

- 5. Research Proposal
 - 5.1. Meaning and Significance of Research Proposal.
 - 5.2. Preparation of Research proposal.
- 6. Research Report.
 - 6.1. Meaning of Research Report.
 - 6.2. Parts of a Research Report.

References:

- 1. Best W. John, Research in Education (Prentice Hall of India private Limited New Delhi, 1981.
- 2. Bose N.M., Research Methodology (Sher Niwas Publication, Jaipur (India), 2005).
- 3. Clark H. David, Clarke Harrison H, Research Processes is Physical Education Recreation and Health (Prentice Hall Inc. Englewood Cliffs, New Jersey, 1970).
- 4. Fern F. Adward, Advanced focus group research, (Saye Publication, New Delhi, 2001).
- 5. Gay R.L., Airasian Peter, Educational Research, (Merrill, Prentice Hall, 1996).
- 6. Kamlesh M.L., Methodology of Research in Physical Education & Sports, (Metropolitan, New Delhi, 1994).
- 7. Silverman David, Doing qualitative research, (Saye Publications, New Delhi, 2000).
- 8. Thomas R. Jerry, Nelson. Take, Research Method in Physical Activity (Human Kinetics, 2001).

M.P.Ed. SEMESTER - I

PAPER - II

SPORTS MANAGEMENT

(70 Marks)

Unit-I

- 1. Nature of Management:
 - 1.1. Concept of management and administration.
 - 1.2. Progressive concept of management.
 - 1.3. The purpose of Management.
 - 1.4. The scope of Management.
 - 1.5. Essential skills of Management.
 - 1.6. Pros and Cons of becoming a Manager (Advantage & Disadvantage).
 - 1.7. Competency based approaches and implication in physical education and sports.

Unit-II

- 1. Meaning and Definition of leadership
- 2. Leadership style and method.
 - 2.1. Elements of leadership.
 - 2.2. Forms of Leadership.
 - 2.2.1. Autocratic
 - 2.2.2. Laissez-faire
 - 2.2.3. Democratic
 - 2.2.4. Benevolent Dictator

- 2.3. Qualities of administrative leader.
- 2.4. Preparation of administrative leader.
- 2.5. Leadership and Organisational performance.

Unit-III

1. Sports Management in Schools, colleges and Universities.

Factors affecting planning

- 1.1. Planning a school or college sports programme.
- 1.2. Directing of school or college sports programme.
- 1.3. Controlling a school, college and university sports programme.
 - 1.3.1. Developing performance standard
 - 1.3.2. Establishing a reporting system
 - 1.3.3. Evaluation
 - 1.3.4. The reward/punishment system

Unit-IV

- 1. Financial management in
 - 2.6. Physical Education & sports in schools, Colleges and Universities.
 - 2.7. Budget Importance, Criteria of good budget, Steps of Budget making
 - 2.8. Principles of budget

REFERENCES:

- 1. Earl F. Zeigh & Gary W. Bowie. Management Competency Development in Sports and Physical Education., (Philadelphia: W. Lea and Febiger, 1963).
- 2. Joseph Bucher and Earnest Kienigeburg, Scientific Inventory Management (New Delhi: Prentice Hall of India Pvt. Ltd., 1968).
- 3. Ashton D. Administration of Physical Education for Women (New York: The Ronal Press Cl, 1968).
- 4. Bucher C.A. Administration of Physical Education and Athletic Programme (St. Louis: The C.V. Mosby Co., 1979), 7th Edition.
- Daughtrey G. and Woods J.B. physical Education and Intramural Programmes, Organisation and Administration (Philadelphia U.S.A.: W.B. Sounders Cp., 1976), 11th Ed.
- 6. Fersy the C.E. and Duncan R.C. Administration of Physical Education (New York: Prentice Hall Inc. 1951).
- 7. Ziegler & Horigin

M.P.Ed. SEMESTER – I

PAPER - III

SCIENTIFIC PRINCIPLES OF TRAINING

Unit-I

- 1. Sports Training:
 - 1.1. Definition of terms-conditioning, training and coaching.
 - 1.2. Aim, Tasks and Characteristics of sports Training.
 - 1.3. Principles of sports Training.
 - 1.4. Training means and its types, movement structure.

2. Unit-II

- 1. Training Load:
 - 1.1. Important Features of Training Load Intensity, Density, Duration and Frequency, load structure.
 - 1.2. Principles of Training Load, judgement of load.
 - 1.3. Adoption Process and condition of adoption.
 - 1.4. Overload Causes and Symptoms Tackling of overload.

Unit-III

- 1. Training for Motor Components:
 - 1.1. Strength: Forms of strength, characteristics of strength, Principles of strength training, strength training for children and women, Factors determining Strength.
 - 1.2. Endurance: Forms of endurance, characteristics of endurance, training means and methods and factors determining Endurance.
 - 1.3. Speed: Forms of Speed, characteristics of Speed, training means and methods and factors determining Speed.
 - 1.4. Flexibility: Forms of Flexibility, characteristics of Flexibility, methods of development of flexibility and factors determining flexibility.
 - 1.5. Coordinative Abilities: Characteristics of coordinative Abilities, importance of Coordinative Abilities, classification of Coordinative Abilities, training means and methods.

Unit-IV

4. Talent identification and development.

Reference:

- 1. Harre, Dietrich, Principles of Sports Training (Berlin: Sporulated, 1982).
- 2. Dick W. Frank. sports Training Principles (London: Lepus Books, 1980).
- 3. Jensen, R. Clayne, and Fisher A.G. Scientific Basis of Athletic conditioning (Philadelphia: Lea and Fibiger 1979), 2nd Edn.
- 4. Matvyew, L.P. Fundamental of sports Training (Moscow: Progress Publishers, 1981).
- 5. Cratty, J. Brayant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
- 6. Singh, H. Sports Training, General Theory and methods (Patials: NSNIS, 1984).
- 7. Uppal, A.K., Sports Training (New Delhi: Friends Publication, 1999).

M.P.Ed. SEMESTER – I

PAPER – IV

TEST MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit-I

1. Introduction:

- 1.1. Meaning of Test Measurement and Evaluation.
- 1.2. Nature and scope of evaluation programme.
- 1.3. Need and importance of evaluation in the field of physical education.
- 1.4. Principles of Evaluation.

Unit-II

1. Selection and Construction of Tests:

- 1.1. Criteria of test Selection.
- 1.2. Factors affecting scientific authenticity.
- 1.3. Procedure to establish Scientific Authenticity.
- 1.4. Classification of tests-standardized and teacher made test (objective and subjective).
- 1.5. Construction of Tests-knowledge test and skill tests.
- 1.6. Administration of testing programmes its procedure and follow up.

Unit-III

- 1. Measurement of Physical Performance:
 - 1.1 Cardiovascular and respiratory function:
 - Cooper's 12 minutes continuous run-walk test and modifications
 - Harvard step test and its modifications (High School and college level (Men and Women))
 - Tuttle Pulse ratio test
 - Hyman's Cardio pulmonary Index(CPI)

1.2 Motor Fitness:

- Oregon Motor Fitness Test
- JCR Test
- Canadian obstacle fitness Test
- AAHPER Youth fitness Test.
- Indiana Motor Fitness Test

Unit-IV

- 1. General Motor Ability
 - Mc Cloy's General Motor Ability test
 - Methany Johnson Test
 - Barrow Motor ability Test
 - Larson Test
 - Seat and reach / bend and reach Flexibility test
 - Modified brass balance test
 - Reaction time test.
 - Nelson Speed of movement test
 - Different agility tests
- 2. Measurement of Health Related Fitness
 - Vital Capacity (Spiro metre/Peak flow metre)
 - Blood pressure (Sphygnomo metre)

- 1. Barrow M. Harold and McGhee, Rosemary. A Practical Approach to Measurement in Physical Education (Philadelphia: Lea and Febiger, 1979). Edn. 3rd
- 2. Bosco S. James and Gustafson F. William, Measurement and Evaluation in Physical Fitness and Sports (New Jersey: Englewood Clits, Prentice Hall, 1983).
- 3. Clarks, h. David and Clarke Harrison. H. Application of Measurement to Physical Education (Englewood Cliffs. Prentice Hall, Inc., 1987) Edn. 6.

- 4. Hubbard W. Alfred (Ed.) Research Method in Health Physical Education and Recreation 3rd revised Edn. (Washington: D.C. American Association of Health, Physical Education and Recreation.
- 5. Johnson L. Barry and Nelson K. jack, practical Measurement for Evaluation in Physical Education, 1st Indian Reprint, (Delhi: Surject Publication, 1982) Edition3rd.
- 6. Larson, L.A. and Yawn, R.C. Measurement and Evaluation in Physical Health and Recreation Education (St. Louis L.C.V. Mosby Com., 1957.
- 7. Larson, L.A. Encyclopaedia of sports Sciences and medicine Education and Recreation 3rd Revised Edn. (Washington: D.C. American Association of Health, Physical Education and Recreation, 1973).

M.P.ED. SEMESTER – II

Paper No. Subjects

- **I.** Applied Statistics.
- **II.** Management of Physical Education.
- **III.** Planning and Evaluation of Sports Training.
- **IV.** Evaluation techniques in Physical Education.

Sports Skill Proficiency Test

M.P.Ed. SEMESTER – II

PAPER – I

APPLIED STATISTICS

Unit-I

- 1. What is statistics? Definition and its use in Physical Education and Sports researches.
- 2. Measure of central tendency- Mean, Median and Mode.
- 3. Meaning, Characteristics, uses and computation from ungrouped and grouped data.

Unit-II

- 1. Graphs Uses, types and principles of graphical representation.
- 2. Percentiles and quartiles Meaning, importance, computing percentile from grouped data.
- 3. Measures of Variability Range, Quartile deviation, standard deviation, Meaning, computation from grouped and ungrouped data. Use and characteristics of measures of Variability.

Unit-III

- 1. Normal Curve Definition and Principles of normal curve, relation between binominal and normal curve, properties of normal curve, Skewness and Kurtosis.
- 2. Standard scales Z, T, 6 sigma, 7 sigma.
- 3. Statistical Inference: Reliability validity limits, factors affecting reliability, T, F and Z statistics, Null hypothesis, Type I and Type II errors, Two and one tailed tests, significance level.

Unit-IV

- 1. Sampling Sample and stratified random sampling, standard error, sampling errors.
- 2. Correlation Meaning, Magnitude, Computing Product Moment Method (Ungrouped and grouped data), Rank difference method, level of significance for correlation coefficients.
- 3. One way and two way analysis of variance (introduction), LSD and Scheffer's test.

- 1. Best, John W. Research in Education, New Delhi Prentice Hall of India (P) Ltd. 1963.
- 2. Bolnmera Paul and Lindquist, EF, Statistical Methods in Psychology and Education, Calcutta: Oxford Book Co.
- 3. Clarke David H. and Clarke H. Harrison, research Process in Physical Education, Recreation and Health, Englewood Cliffs, New Jersey Prentice Hall Inc. 1979.
- 4. Clarke H. Harrison, the Application of Measurement in Heal and Physical Education New York, Prentice Hall Inc. 1979.
- 5. Garret, Harry E and Good Worth R.S., Statistics Psychology and Education, Bombay Allied pacific Private Ltd. 19.
- 6. Good V. Caster and Scates Douglas E., Methods of research Application Century, New York, 1954.
- 7. Guilford J.P., fundamental of Statistics in Psychology Educational, New York: McGraw Hill Book Cp. Inc. 1956.
- 8. Mauly George J., The Science of Educational Research, New Delhi Eurasia Publishing Hours (P), 1963.
- 9. Robson M, Brar T.S. and Uppal A.K., Thesis format, Gwalior, LNCPE, 1979.
- 10. Sukhia S.P., Mehrotra P.V. and Mefrotra R.N., Elements of Educational Research (Hindi), Agra Vinod Bood Publisher, 1984.

M.P.Ed. SEMESTER - II

PAPER – II

MANAGEMENT OF PHYSICAL EDUCATION

UNIT-I

- 1. Supervision in physical Education & Sports.
 - 1.1. Concept of supervision.
 - 1.2. Principles of supervision.
 - 1.3. Personal traits of supervisors.
 - 1.4. Functions of supervision
 - 1.4.1. Supervision, Administration, Planning, Programme development,
 - 1.4.2. Demonstration and lecture, research and Evaluation.
 - 1.5. Evaluation of supervision.
 - 1.5.1. Meaning.
 - 1.5.2. Method and need for evaluation.
 - 1.5.3. Criteria for evaluation.
 - 1.5.4. Follow-up.

UNIT-II

- 1. Future processing in sports management
 - 1.1. Factors associated with successful management in future
 - 1.2. Plan for an organizational change.

(Appraisal phase, Transition phase, Continuation phases).

- 1.3. Sponsorship approach for competitive sports.
- 2. Marketing Management for competitive sports-
 - 2.1. Concept of marketing.
 - 2.2. Factors affecting marketing programme.
 - 2.3. Positive and negative influence of marketing in sports in India.

UNIT-III

- 1. Selected problem in
 - 1.1. Management/administration.
 - 1.2. Professional preparation.
 - 1.3. Professional Ethics.
 - 1.4. Class discipline and Student Teaching.

UNIT-IV

- 1. Mass Movement for health consciousness in the Society.
- 2. Role of information technology in sports..

References:

- 1. Ashton D. Administration of Physical Education for Women (New York: The Ronal Press Cl, 1968).
- 2. Bucher C.A. Administration of Physical Education and Athletic Programme (St. Louis: The C.V. Mosby Co., 1979), 7th Edition.
- 3. Daughtrey G. and Woods J.B. physical Education and Intramural Programms, Organisation and Administration (Philadelphia U.S.A.: W.B. Sounders Cp., 1976), 11th Ed.
- 4. Earl F. Zeigh & Gary W. Bowie. Management Competency Development in Sports and Physical Education., (Philadelphia: W. Lea and Febiger, 1963).
- 5. Fersy the C.E. and Duncan R.C. Administration of Physical Education (New York: Prentice Hall Inc. 1951).
- 6. Joseph Bucher and Earnest Kienigeburg, Scientific Inventory Management (New Delhi: Prentice Hall of India Pvt. Ltd., 1968).

M.P.Ed. SEMESTER - II

PAPER – III

PLANING AND EVALUATION OF SPORTS TRAINING

UNIT-I

1. Technique:

- 1.1. Definition of skill, Technique and Technical training.
- 1.2. Aims of technique, rational technique
- 1.3. Characteristics of Technique.
- 1.4. Motor learning and different Phases of skill acquisition, interference and transfer in motor learning.
- 1.5. Methods of Technique Training.
- 1.6. Causes and correction of faults.

2 Tactics:

- 2.1. Definition of tactics and strategy.
- 2.2. Basic Tactical concepts-Offensive, Defensive and high Performance.
- 2.3. Methods of Tactical Training.
- 2.4. Control of Tactical knowledge.

UNIT-II

- 1. Planning and Organisation of Training:
 - 1.1. Important of Planning.
 - 1.2. Principles of Planning.
 - 1.3. Systems of planning, types of training plans.
 - 1.4. Top form
 - 1.5. Periodisation and its types.
 - 1.6. Contents for various periods of training and formulation of training plan.
 - 1.7. Training session and its structure.

UNIT-III

- 1. Competition Planning and Preparation:
 - 1.1. Importance of Competitions.
 - 1.2. Competition Frequency.
 - 1.3. Main and build-up Competitions.
 - 1.4. Direct preparation for an important competition.
 - 1.5. Psychological preparation of sports man for competition.
 - 1.6. Making a competition plan

UNIT-IV

- 1. Regulation of Training:
 - 1.1. Items to be included in evaluation programme.
 - 1.2 Test and control sports motor tests (strength, speed, endurance, flexibility, agility).
 - 1.3. Performance and development documents.

- 1. Dick W. Frank. sports Training Principles (London: Lepus Books, 1980).
- 2. Cratty, J. Brayant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
- 3. Harre, Dietrich, Principles of Sports Training (Berlin: Sporulated, 1982).
- 4. Jensen, R. Clayne, and Fisher A.G. Scientific Basis of Athletic conditioning (Philadelphia: Lea and Fibiger 1979), 2nd Edn.
- 5. Matvyew, L.P. Fundamental of sports Training (Moscow: Progress Publishers, 1981).
- 6. Singh, Hardayal, Sports Training, General Theory and methods (Patials: NSNIS, 1984).

M.P.Ed. SEMESTER - II

PAPER – IV

EVALUATION TECHNIQUES IN PHYSICAL EDUCATION

UNIT-I

- 1. Measurement of Strength and Skill:
 - 1.1. Kraus-Weber muscular fitness test.
 - 1.2. Instrument for measuring strength dynamometer.
 - 1.3. Roger's physical Fitness index and suggested changes in the PFI Test.
 - 1.4. Volleyball-Brady Volleyball, Russel and Longe test.

Basketball- Johnson test, Knox test

Soccer – McDonald test and Johnson Test.

Badminton – Miller Volley test, Lockhart McPherson test

Field Hockey – Harbans Singh Field Hockey Test, Mehrotra test battery in

Hockey.

Tennis – Broer and Miller Test, Dyer test.

UNIT-II

- 1. Measures of Posture and Anthropometry
 - 1.1. Measure of Posture- IOWA Posture Test (Curelon's)
 - 1.2. Anthropometrics Measurements
 - 1.2.1. Girth Measurements-upper arm, fore arm, calf, chest.
 - 1.2.2. Width Measurements-Biacromial Chest, Illiocrestal (Femur), Biepicondylar (Humerus).
 - 1.2.3. Height Measurement Stature and sitting height.
 - 1.2.4. Somatotypes (Different body types).

UNIT-III

- 1. Measurement of Social Efficiency and Psychological Factors
 - 1.1. Social Efficiency and Attitude Scales:
 - 1.1.1. Cook socio-metric status Index.
 - 1.1.2. Edgerton Attitude Scale for high school Freshman Boys.
 - 1.1.3. Adams Physical Education Attitude Scale.
 - 1.1.4. Mc Mohan Sportsmanship Questionnaire.

- 1.2. Psychological Factors:
 - 1.2.1. Anxiety Scale-SCAT (Martens and Others)
 - 1.2.2. Cattell's 16-PF Personality Questionnaire
 - 1.2.3. Self Motivation Inventory (SMI).

UNIT-IV

1. Medical Examination

- 1.1. Testing Personnel, Time and testing, Economy of testing, test records.
- 1.2. Preparation of report.
- 1.3. Construction of table groups.
- 1.4. Purpose of reporting Justification & Particular phases of the Programme, worth of a change Methodology.

- 1. Barrow M. Harold and McGhee, Rosemary. A Practical approach to Measurement in Physical Education.(Philadelphia: Lea and Febiger, 1979).Edn. 3rd.
- 2. Bosco S. James and Gustafson F. William, Measurement and Evaluation in Physical Fitness and Sports.(New Jersey: Englewood Cliffs, Prentice hall, 1983).
- 3. Clarks, H. David and Clarke Hanison. H. Application of Measurement to Physical Education (Englewood Cliffs. Prentice Hall, Inc., 1987) Edn. 6.
- 4. Hubbard W. Alfred (Ed.) Research Method in health Physical Education and Recreation 3rd revised Edn. (Washington: D.C. American Association of health, physical Education and Recreation.
- 5. Johnson L. Barry and Nelson K. Jack, Practical measurement for Evaluation in physical Education, 1st Indian Reprint, (Delhi: Surject Publication, 1982) Edn. 3rd
- 6. Larson, L.A. and Yawn, R.C. Measurement and Evaluation in Physical Health and Recreation Education (St. Louis L.C.V. Mosby Com., 1957).
- 7. Larson, L.A. Encyclopedia of Sports sciences and medicine Education and Recreation 3rd Revised Edn. (Washington: D.C. American Association of Health, Physical education and Recreation. 1973).
- 8. Mathews, Donald K. Measurement in Physical Education (London: W.B. Saunders Co., 1973)Edm. 5.
- 9. Philips D. Allen and Honark E. James. Measurement and Evaluation in Physical Education, New work: Willey and sons, 1973.

M.P.Ed. SEMESTER - III

Paper No.	<u>Subjects</u>
I. (a.)	Physiology of Exercise
II. (a.)	Sports Psychology
III. (a.)	Curriculum Design in Physical Education
IV. (a.)	Sports Bio-mechanics
V. (a.)	Sports Sociology
VI. (a.)	Athletic Care & Rehabilitation
VII.	Thesis (in lieu of a paper) (Internal) presentation of the chapter in seminar and Viva - Internal

*Opt any four of above

M.P.Ed. SEMESTER – III OPTIONAL PAPER – I (A)

PHYSIOLOGY OF EXERCISE

UNIT-I

- 1. Introduction.
 - 1.1. Definition of Physiology and Exercise Physiology.
 - 1.2. Need and importance of Exercise Physiology in the field of Physical Education and sports.
- 2. Muscle: Structure, Function and Types:
 - 2.1. Types of muscles (Voluntary, Involuntary and cardiac). Myofibril, Gross structure of skeletal Muscle, Microscopic structures.
 - 2.2. Chemical composition of skeletal muscle
 - 2.3. Muscle fibre type (Red and white muscle).
 - 2.4. Theories of muscular contraction:
 - 2.4.1. Sliding filament theory
 - 2.4.2. Various changes during muscular contraction
 - 2.4.3. Heat production and thermodynamics of muscle contraction.

UNIT-II

- 1. Bioenergetics
 - 1.1. Fuel for muscular work (ATP).
 - 1.2. Energy of muscular construction,
 - 1.3. Aerobic and Anaerobic metabolism.

UNIT-III

- 1. Neuro-muscular junction and Co-ordination of Muscular Activity:
 - 1.1. Neuron and Motor unit,
 - 1.2. Transmission of nerve impulse,
 - 1.3. Bio-electric potentials,
 - 1.4. Neuro-muscular junction and transmission of nerve impulse across it.
 - 1.5. Proprioception and kinaesthesia.

UNIT-IV

- 1. Physiological changes due to Exercise:
 - 2.5. Immediate effect of exercise/work on various systems of body, Cardio-respiratory, muscular and systems.
- 2. Effect of Conditioning and Training.
 - 2.1. Heart and circulatory systems,
 - 2.2. Respiratory system.
 - 2.3. Brief discussion on other systems during rest, sub-maximal and maximal work.
 - 2.4. Oxygen debt, breathing capacity, recovery rate.
 - 2.5. Blood supply to skeletal muscle and regulation of blood flow during exercise (Microcirculation).
 - 2.6. Second wind.

- 1. Astrand, P.O. and Rodahi. K. Text Book of Work physiology. Tokye: Mc. Graw Hill Kogakusha, Ltd. 1970).
- 2. Bourne, Geoffey H. The Structure and Function of Muscles: (London: Academic Press, 1973).
- 3. Guyton, Arthur C. Test Book of Medical Physiology (Philadelphia: W.B. Saunder company, 1978).
- 4. Karporich, P.V. and Sining. Wayne E. Physiology and Muscular Activity (Philadelphia: W.B. Saunder company, 1971), 7th Edn.
- 5. Mathew, D.K. and Fox. E.L., Physiological Basis of Physical Education and Athletics. (Philadelphia: W.B. Saunder company, 1976).
- 6. Morehouse, L.E and Miller, A.T. Physiology of Exercise (saint Louis: The C.V. Mosby Co. 1976). 7th Edn.

M.P.Ed. SEMESTER – III OPTIONAL PAPER – II (A)

SPORTS PSYCHOLOGY

UNIT-I

- 1. Introduction of Sports Psychology:
 - 1.1. Meaning of Sports Psychology.
 - 1.2. Scope of Sports Psychology.
 - 1.3. Development of Sports Psychology.
 - 1.4. Relationship of Sports Psychology with other Sports Sciences.
- 2. Importance of Sports Psychology for Physical Educators and Coaches.

UNIT-II

- 1. Cognitive processes in Physical Activities:
 - 1.1. Meaning of Cognition.
 - 1.2. Characteristics of cognitive processes in Sports.
 - 1.3. Sensation & Perception.
 - 1.4. Thinking.
 - 1.5. Imagination
 - 1.6. Memory
- 2. Attention:
 - 2.1. Meaning
 - 2.2. Dimensions of Attention
 - 2.3. Distractibility in Attention
 - 2.4. Strategies to develop attention

UNIT-III

- 1. Motor Learning
 - 1.1. Meaning of Motor Learning
 - 1.2. Factors affecting motor learning.
 - 1.3. Motor development in various periods of childhood & adolescence.
- 2. Action Regulation.
 - 2.1. Meaning of action regulation.
 - 2.2. Psychological Characteristics of Physical activities.
 - 2.3. Techniques of action regulation.
 - 2.4. Action programme in different games and sports.
 - 2.5. Importance of action regulation.

UNIT-IV

1. Personality

- 2.1. Meaning of personality.
- 2.2. Types of personality.
- 2.3. Components of personality.
- 2.4. Personality traits of sports persons.
- 2.5. Relationship of personality to sports performance.
- 2.6. Personality differences among various sports group.
- 2.7. Concept of well being.

- 1. Alderman, R.B. Psychological Behaviour in Sports. (Philadelphia: London, Sounders Company, 1974).
- 2. But Susan Dorcas, Psychology of Sports (Network: Van Nastrand Reinhold Company) Edn. 2.
- 3. Cratty brayant, J. Movement Behaviour and Motor Learning. (Philadelphia: Lea and Febiger, 1973), Edn. 3.
- 4. Craty Bryant, J. Psychology and Physical Activity. (New Jersey Englewood Cleffs, Prentice Hall Inc. 1965).
- 5. Cratty Bryant, J. Psychological Proportion and Athletics Excellence. (New York: Movement publications Inc. 1978).
- 6. Gold Stein and Joffery J. (Ed.) Sports Games and Play Social and Psychological View Points (Lowerence Eribanm Associates, Publishers R.J. 1979).
- 7. Gill Dianel: Psychological dynamics of sports (Illinois: Human Kinetics publisher Inc. 1987).
- 8. Kamlesh M.L. Psychology of Physical Education and Sports. (New Delhi: Metropolitan Book Co., Pvt. Ltd. 1983).
- 9. Kene J.E. Psychological Aspect of Physical Education and Sports. (London, Boston: Routledge and K. Egan Paul, 1972).
- 10. Liewellyor Jack H. and Blucker Judy A. Psychology of Coaching Theory and Application (Delhi: Surjeet Publishers, 1975).
- 11. Linda K. Binket, Robert J. Ratella and ann. S. Really. Sports Psychology, Psychological Consideration in Maximizing Sports Performance (C. Brown publishers Dubugue Jawa).
- 12. Martens Rainer, Social Psychology and Physical Activity (New York: Harper and Row Publishers, 1975).
- 13. Martens Rainer, Coaching Guide to Sports Psychology (Illinois: Human Kinetics Publisher Inc. 1987).
- 14. Robert Glyn C. Learning Experiences in Sports Psychology. (Illinois: Human Kinetics Publisher Inc. 1986).

M.P.Ed. SEMESTER – III OPTIONAL PAPER – III (A)

CURRICULUM DESIGNS IN PHYSICAL EDUCATION

UNIT-I

- 1. Meaning and Modern concept of the curriculum
- 2. Need and importance of curriculum
- 3. Need and importance of curriculum development, the role of the teacher in curriculum development.

UNIT-II

- 1. Factors affecting curriculum
 - 1.1. Social factors
 - 1.2. Personnel qualifications
 - 1.3. Climatic consideration
 - 1.4. Equipment and facilities
 - 1.5. Time suitability of hours.
- 2. National and Professional policies, Research finding.

UNIT-III

- 1. Basic Guide line for curriculum construction; contest (selection and expansion).
 - 1.1. Focalisation
 - 1.2 Socialisation
 - 1.3. Individualisation
 - 1.4. Sequence and operation
 - 1.5. Steps in curriculum construction.

UNIT-IV

- 1. Principles of planning: Determining objectives, understanding the learner, Selecting material for instruction, selecting methods of teaching, evaluation and Follow-up.
 - 1.1. Objectives: Aims, goals and objectives, operation definitions of objectives, direct, concomitant an associated learning, facility of realisation of objectives.
 - 1.2. Understanding the Learner: Growth, Development, need, characteristics, interest of different ate group and sexes, motivation effective at these levels; Physical, Psychological and Social development: Long term need of the learner for developing appropriate skills and attitude.
 - 1.3. Selecting Material for Instruction: Classification of activities in physical Education, the outcomes of each class of activity, suitability of activities for different age groups and sexes, progress on curriculum, cultural influence in the choice of activities, flexibility of programme material.

1.4. Selecting Methods of Teaching: Grouping of students for instructions: Lecture, projects seminars activities, demonstrations, block of period, total time allotment for a given activity, teaching aids, conditioning, special gadgets of bringing up pre-requisites for learning a given skill provision for individual difference.

Reference:

- 1. Barrow Harold M. Man and Movement: Principles of Physical Education, Philadelphia: Lea and Febiger, 1983.
- 2. Bucher, Charles A. foundation of Physical Education St. Louis: The C. V. Mosby & Company, 1986.
- 3. Cassidy, R. Curriculum Development in Physical Education, New York: Harper & Company, 1986.
- 4. Cowell, C.C. and Hazelton H.W. Curriculum Designs in Physical Education, Englewood Cliffs; N.J. prentice Hall Inc. 1965.
- 5. Irwin: L.W. Curriculum in Health and Physical Education, Iowa: W.M.C. Brown Co.
- 6. Larson, L.A. Curriculum Foundation in Physical Education, Englewood Cliffs: N.J. Prentice Hall Inc.
- 7. National Plan of Physical Education in Recreation, Ministry of Education, Govt. of India, 1956.
- 8. Pape, L.A. and Means, L.E.A. Professional Career in Physical Education, Englewood, Cliffs, N.J. Prentice Hall, Inc. 1952.
- 9. Reports of Various committees in Education and Physical Education, Govt. of India.
- 10. Underwood, Gorden, L. The Physical Education Curriculum in Secondary School: Planning and Implementation England: Taylor and Francis Ltd. 1983.
- 11. Willgoose, C.E. Curriculum in Physical Education 3rd Ed. Englewood Cliffs., N.J. Prentice Hall, Inc. 1979.

M.P.Ed. SEMESTER – III OPTIONAL PAPER – IV (A)

SPORTS BIOMECHANICS

UNIT-I

1. Introduction:

- 1.1. Meaning of Biomechanics.
- 1.2. Biomechanics in Physical Education, Sports and Research.
- 1.3. Fundamental Skills-Basic and/of sports.

UNIT-II

- Movement Analysis-Kinesiological Analysis, Mechanical Analysis and Biomechanical Analysis.
- 2. Linear, Angular and General Motion:
 - 2.1. Distance and Displacement (Linear and Angular).
 - 2.2. Speed and Velocity (Linear and Angular).
 - 2.3. Acceleration (Linear and Angular Uniform Motion).
 - 2.4. Relationship of Linear and Angular motion.
 - 2.5. Centrifugal and Centripetal Forces.
 - 2.6. Newton's Laws of motion as applicable to Linear and Angular Motion.

UNIT-III

- 1. Force:
 - 1.1. Meaning
 - 1.2. Units of force
 - 1.3. Effects of force
 - 1.4. Sources of force
 - 1.5. Components and resultant
 - 1.6. Friction
 - 1.7. Pressure.

UNIT-IV

- 1. Work, Power and Energy.
 - 1.1. Moment of Force.
 - 1.2. Moment of Inertia.
 - 1.3. Levers.
 - 1.4. Freely falling bodies, Projectiles, Momentum, and impulse.

- 1. Bunn, Hohn W. Scientific Principles of Coaching (Englewood Cliffs, N.J.: Prentice Hall Inc., 1972).
- 2. Broer, M. Roin R. and Zernicke, R. Ronald F. Efficiency of Human Movement (Philadelphia: W.E. Saunder Co., 1979).
- 3. Hay, James, G. The Biomechanics of Sports Techniques. (Englewood Cliffs, N.J.: Prentice Hall, Inc., 1970).
- 4. Hay, James G. and Reid J. Gavind, The Anatomical and Mechanical Basis of <u>Human Motion</u> (Englewood Cliffs, N.J.: prentice Hall Inc., 1982).

- 5. Hay, James G. and Reid J. Gavind, Hay, Anatomy, Mechanics and human Motion (Englewood Cliffs, N.J.: prentice Hall Inc., 1988).
- 6. Simonian Charles, Fundamentals of Sport Biomechanics (Englewood Cliffs, n.J.: Prentice Hall Inc., 1911).

M.P.Ed. SEMESTER – III OPTIONAL PAPER – V (A)

SPORTS SOCIOLOGY

UNIT-I

- 1. Introduction:
 - 1.1. Definition of Sports Sociology.
 - 1.2. Nature of Sports Sociology.
 - 1.3. Scope and method of Sports Sociology.
 - 1.4. Sports as a special phenomenon.

UNIT-II

- 1. Sociological Analysis of Sports and Sports Sociology as an academic discipline.
- 2. Social Factor inference on participation and performance in sports.
 - 2.1. Appearance
 - 2.2. Sociality
 - 2.3. Aspiration level
 - 2.4. Audience

UNIT-II

- 1. Sports and Micro Social Systems:
 - 1.1. Study of sport groups.
 - 1.2. Group interaction, competition and cooperation.
 - 1.3. Behaviour characteristics
 - 1.4. Sports and Cultures.

UNIT-IV

- 1. Sports and Macro Social Systems:
 - 1.1. Relationship between sport and socializing institutions (family, school and educational systems).
 - 1.2. Inter-relationship between and regulating institutions (Polities and economy).
 - 1.3. Sport and Cultural institutions (religion and art).
 - 1.4. Socialization via games and sports.

Reference:

- 1. Ball, Donald W. and Loy John W. Sport and social Order; Contribution to the sociology of sport, (London: Addison Wesley Publishing Co., Inc., 1975).
- 2. Cratty, Brayant J. Social Dimensions of Physical Activity New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.
- 3. Edward Larry. Sociology of sport (Illinois: The Dorsey Press, 1973).
- 4. Loy John. W. McPherson, Barry D., and Kenyon Gerald, sport and Social System (London: Addison Wesley Publishing Company Inc., 1978).
- 5. Loy, John W., Kenyon, Gerald S. & McPherson, Barry D. Sports Culture and Society (Philadelphia: Lea & Febiger, 1981).

6.

M.P.Ed. SEMESTER – III OPTIONAL PAPER – VI (A)

ATHLETE'S CARE & REHABILITATION

UNIT-I

- 1. Introduction:
 - 1.1. Concept of Athletic Trainer and Sports physician;
 - 1.2. Role of Physical Education Teacher/Coaches in Athlete's Care and Rehabilitation;
 - 1.3. Team Medical Care, Its concept and approaches;
 - 1.4. Age determination in talent search scheme.
 - 1.5. Hygiene in Camps and Competitions.

UNIT-II

- 2. Injury and Tissue Response:
 - 2.1. Definition of Macro-trauma and Micro-trauma
 - 2.2. Tissue response to stress
 - 2.3. Inflammation and different steps of wound healing Overuse trauma
 - 2.4. Problem common sites and their management.

UNIT-III

- 1. Common regional injuries and their management
 - 1.1 Head & Neck
 - 1.2. Face
 - 1.3. Thorax
 - 1.4. Abdomen
 - 1.5. Pelvis
 - 1.6. Upper Limbs and Lower Limbs
 - 1.7. Shoulder, Elbow, Wrist, hip, Knee and Ankle joints

UNIT-IV

- 1. Therapeutic Modalities & Rehabilitation:
 - 1.1. Brief description of therapeutic modalities used in rehabilitation;
 - 1.2. Different forms of Hydrotherapy and Thermotherapy Hot and Cold Packs, Whirlpool, Contrast bath, paraffin bath, Infrared, Short Wave Diathermy and Ultra Sound. Indications & Contra-indications of each modality. Cryo Therapy Compression, Cryo Kinetics.
 - 1.3. Brief Concept of electrical muscle stimulator, dialups wax and laser therapy.
 - 1.4. Definition concept & approach in athletic rehabilitation. Action plan of athletic rehabilitation;
 - 1.4. Role of ice in treatment of Sports Injury.

- 1. Pandey P.K. Know How Medicine (Jalandhar: A.P. Publisher, 1989).
- 2. Ray, Steven and Irvin Richard, "Sports medicine" (New Jersey: Englewood Cliffa. Prentice Hall, 1983).
- 3. William J.G.P. Sports Medicine. (London: Edward Arnold Pulkshers). Pandey P.K. and Gupta L.G. Outline of Sports Medicine. (New Delhi: Jaypee Brothers, 1987).

M.P.Ed. SEMESTER – III OPTIONAL PAPER – VII

IN LIEU OF PAPER THESIS

- 1. A candidate shall have the option of opting dissertation in lieu of one paper for M.P.Ed. III Semester Examination provided he/she has obtained at least 60% of the aggregate marks in the M.P.Ed. (Previous) Examination.
- 2. The student must submit his/her Synopsis and get it approved by the Head, Department of Physical Education, Faculty of Education, Mahatma Gandhi Kashi Vidyapith, Varanasi on the recommendation on D.R.C. (Departmental Research Committee).
- 3. A candidate selecting this option must submit his/her dissertation not less than one week before the beginning of the Final Examination.
- 4. In Semester III the Candidate have to present and Submit First Three chapters in seminar and face the Viva-voca conducted by internal faculty members. The marks will be given out of 50.

M.P.Ed. SEMESTER – IV

Paper No.	<u>Subject</u>
I. (b.)	Physiology of Exercise
II. (b.)	Sports Psychology
III. (b.)	Curriculum Design in Physical Education
IV. (b.)	Sports Bio-Mechanics
V. (b.)	Sports Sociology
VI. (b.)	Athletic Care & Rehabilitation
VII. (b.)	Thesis (in lieu of a paper)
	with Viva (External)

Sports Specialization (Advance Coaching lesson)

M.P.Ed. SEMESTER – IV OPTIONAL PAPER – I (B)

EXERCISE PHYSIOLOGY

UNIT-I

- 1. Other Physiological aspects of Exercise and Sports.
 - 1.1. Concept of Physical Fitness and physical training.
 - 1.2. Warming-up and fatigue.
 - 1.3. Physiological aspects of development of strength and endurance.

UNIT-II

- 1. Sports and Nutrition:
 - 1.1. Basic concept of a balanced diet.
 - 1.2. Appropriate diet before, during and after athletic performance.
 - 1.3. The effect of alcohol
 - 1.4. Drugs and smoking on athletic performance.

UNIT-III

- 1. Energy cost of various sports activity:
 - 1.1. Definition of Energy cost,
 - 1.2. Assessing Energy cost of various sports activities.

UNIT-IV

- 1. Work and Environment:
 - 1.1. Work capacity under different environmental. Conditions (Hot, humid, cold & high altitude).
- 2. Obesity and Weight Control:
 - 2.1. Definition of obesity.
 - 2.2. Body weight control

- 1. Astrand, P.O. and Rodahi. Karri. Text Book of work Physiology. (Tokyo McGraw Hill kogakusha, Ltd. 1979).
- 2. Bourne, Geoffery H. The Strucrure and Functon of Muscles: (London Academic Press 1973).
- 3. Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunder company, 1976).
- 4. Karpovich, P.V. and Sinning, Wayne E. Physiology of muscular Activity (Philadelphia: W.B. Sauders Company, 1971). 7th Ed.

- 5. Mathew, D.K. and Fox, E.L. Physiology Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976).
- 6. Morehouse, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C.V. Mosby Company, 1976).

M.P.Ed. SEMESTER – IV OPTIONAL PAPER – II (B)

SPORTS PSYCHOLOGY

UNIT-I

- 1. Motivation:
 - 1.1. Need & importance
 - 1.2. Meaning of motive, need & drive
 - 1.3. Types of Motivation.
 - 1.4. Relationship between intrinsic & extrinsic motivation.
 - 1.5. Techniques of motivation.
 - 1.6. Interest- meaning & importance, methods of developing interest for physical education and sports activities.

UNIT-II

- 1. Instinct and Emotions:
 - 1.1. Meaning of emotion.
 - 1.2. Types of emotion
 - 1.3. Influence of emotion on performance.
 - 1.4. Anxiety.
 - 1.5. Fear.

UNIT-III

- 1. Psychological Aspects of Competition:
 - 1.1. Definition of Competition.
 - 1.2. Psychological aspects of long term and short term preparation for competition.
 - 1.3. Characteristics of pre-competition and post-competition states.
 - 1.4. Selected psycho-regulative techniques for relaxation and activation.
 - 1.5. Psychological care of injured sportsperson and coping techniques.
- 2. Effect of audience on sports performance.
- 3. Psychological Problems of Victory and Defeat in sports.
- 4. Various Methods Used in Sports Psychology.

UNIT-IV

- 1. Psychological Tests.
 - 1.1. Meaning, need and importance.
 - 1.2. Introduction to different test in sports psychology.
 - 1.3. Visual Perception Test Muller Lyer.
 - 1.4. Mirror drawing.
 - 1.5. Depth perception.
 - 1.6. Competitive behaviour scale R.K. Yadav

- 1. Alderman, R.B. Psychological Behaviour in Sports (Philadelphia: London, Saunders Company, 1974).
- 2. But, Lusan Dorcas, Psychology of Sports (Network: Van No strand Reihold Company)Edn. 2.
- 3. Cratty Braynat. J. Movement Behaviour and Motor Learning (Philadelphia: Lea and Febiger, 1973), Edn. 3.
- 4. Cratty, Bryant J. Psychology and Physical Activity (New jersey EnglewoodCliffs, prentice hall inc., 1995).
- 5. Dianel. Psychological Dynamic of sport (Illinois: Juan Kinetic Publisher, 1986).
- 6. Gold Stein and Joffery H. (Ed.) Sport Games and Play Social and Psychological View Points (Lowrence Erlbanm Associates, publishers R.J. 1979).
- 7. Kamlesh, M.L. Psychology of physical Education and Sports (New Delhi: Metropolitan book Co. Pvt. Ltd., 1983).
- 8. Kare, J.E. Psychological Aspect of Physical Education and Sports. (London, Boston Routleoge and Kegan Paul, 1972).
- 9. Liewellyor, Jack H. and Buluckar Judy. Psychology of Coaching Theory and Application (Delhi: Surject Publication, 1982)...
- 10. Martens Rainer, Social Psychology and Physical Activity (New York: Harper and Row Publishers, 1975).
- 11. Linda K. Binket, Robert j. Ratella; and Ann, S. Realy. Sports Psychology Psychological Consideration in Maximizing Sport Performance. (C. Brown Publishes Dubugne Jowa.

M.P.Ed. SEMESTER – IV OPTIONAL PAPER – III (B)

CURRICULUM DESIGNS IN PHYSICAL EDUCATION

UNIT-I

1. Curriculum of Physical Education at various Levels:

Kindergarden, Elementary School, Middle School, High and Higher Secondary Schools, College and university, special Institutions (Technical School, Orphanage Hostels), special programmes for clubs, special days (National) day, NPFP etc.

UNIT-II

- 1. Relationship of Physical Education and Allied Areas:
 - 1.1. Health Education
 - 1.2. School recreation
 - 1.3. Community recreation Inter-School Tournaments
 - 1.4. Other curricular areas in the School.

UNIT-III

- 1. Co-education in Physical Education:
 - 1.1. Integrating the programmes for boys and girls
 - 1.2. Activities suitable for co-educational needs
 - 1.3. Levels at which co-education is desirable
 - 1.4. Special provision for development of girls programme.

UNIT-IV

1. Evaluation and Follow-up process in Physical Education:

Procedures for evaluating students in Physical Education, grading knowledge, skill, officiating and attitude, components for the evaluation of curriculum. Long range follow-up questionnaire studies, surveys of the needs met by the Physical Education programme annual follow-up in continuous revision of curriculum.

2. Review of Committee recommendations

NCERT, CBSE, UGC recommendation on curriculum for Schools and Colleges curriculum followed in professional College of Physical Education.

Reference:

- 1. Brraw Harold M. Man and Movement: Principles of Physical Education, Philadelphia: Kea and febiger 1983.
- 2. Bucher, Charles A. Foundation of Physical Education St. Louis: The C.Va Mosby & Company, 1986.
- 3. Cassidy, r. Curriculum Development in Physical Education, New York: Harper & Company, 1986.
- 4. Cowell, C.C. and Hazelton H.W. Curriculum Designs in Physical Education, Englewood Cliffs; N.J. Prentice Hall Inc. 1965.
- 5. Irwin: L.W. Curriculum in Health and Physical Education, Iowa: W.M.C. Brown Co.
- 6. Larson, L.A. Curriculum foundation in Physical Education, Englewood Cliffs; N.J. Prentice Hall Inc.
- National Plan of Physical Education in Recreation, Ministry of Education, Govt. of India, 1956.
- 8. Pape. L.A. and Means, L.E.A. Professional Career in physical Education, Englewood, Cliffs, N.J. Prentice Hall, Inc. 1952.
- 9. Reports of Various committees in Education and Physical Education and Physical Education, Govt. of India
- 10. Underwood, Gorden, L. The Physical Education Curriculum in Secondary School: Planning and Implementation England: Taylor and Francis Ltd. 1983.
- 11. Willgoose, C.E. Curriculum in Physical Education 3rd Ed. Englewood Cliffs., N.J. Prentice Hall, Inc. 1979.

M.P.Ed. SEMESTER – IV OPTIONAL PAPER – IV (B)

SPORTS BIOMECHANICS

UNIT-I

- 1. Stability (Static and Dynamic), Initiating Rotation in the Air.
- 2. Spin Impact and Elasticity.

UNIT-II

- 1. Fluid Mechanics
 - 1.1. Air resistance
 - 1.2. Water resistance

UNIT-III

- 4. Analysis of fundamental Skills.
 - 4.1. Walking
 - 4.2. Running
 - 4.3. Throwing
 - 4.4. Lifting
 - 4.5. Pulling
 - 4.6. Pushing
 - 4.7. Catching
 - 4.8. Climbing

UNIT-IV

- 5. Analysis of the Skills of the following games/sports:
 - 5.1. Athletics
 - 5.2. Gymnastics
 - 5.3. Swimming
 - 5.4. Football
 - 5.5. Hockey
 - 5.6. Basketball
 - 5.7. Cricket
 - 5.8. Volleyball
 - 5.9. Badminton
 - 5.10. Tennis
 - 5.11. Kabaddi

- 1. Broer, M. Roin R. and Zernicke, R. Ronald F. Efficiency of Human Movement (Philadelphia: W.E. Saunder Co., 1979).
- 2. Bunn, John W. Scientific Principles of Coaching (Englewood Cliffs, N.J.: Prentice Hall Inc., 1972).
- 3. Hay, James, G. The Biomechanics of Sports Techniques. (Englewood Cliffs, N.J.: Prentice Hall, Inc., 1970).
- 4. Hay, James G. and Reid J. Gavin, Anatomy, Mechanics and Human Motion (Englewood Cliffs, N.J.: Prentice Hall Inc., 1988).
- 5. Simonian Charles, Fundamentals of Sport Biomechanics (Englewood Cliffs, N.J.: Prentice Hall Inc., 1911).

M.P.Ed. SEMESTER IV OPTIONAL PAPER V (B)

SPORTS SOCIOLOGY

UNIT-I

- 1. Sports and Culture:
 - 1.1. Sports as a Social institution.
 - 1.2. Sports an element of culture and a cultural product.
 - 1.3. Manipulative socialization and concerned conformity.
 - 1.4. Relationship between sports and culture.

UNIT-II

- 1. Social Games Concerning Sport in Society:
 - 1.1. Social stratification in sports, as a stratification system.
 - 1.2. Discrimination and democratisation in sport with special reference to socioeconomic classes and women.
 - 1.3. Sports and aggression, violence in sport.
 - 1.4. Problem regarding professionalization and children in sport.

- 1. Ball, Donald, W. and Lay John W. Sport and Social order Contribution to the Sociology of Sport. (London: Addition Wesley Publishing Co. Inc., 1975).
- 2. Loy John W., Mepherson, Barry D., and Kenyon Gerall, Sport and Social System(London: Addition Wesley Publishing Co. Inc., 1978).
- 3. Loy, Jhon W., Kenyon, Geral S. and Mopherson, Barry D., Sports Culture and society (Philadelphia: Lea & Febiger, 1981).

M.P.Ed. SEMESTER IV

OPTIONAL PAPER VI (B)

ATHLETIC CARE AND REHABILITATION

UNIT-I

- 1. Introduction:
 - 1.1. Concept of Sports Medicine
 - 1.2. Aim and objectives
 - 1.3. Need and scope of sports Medicine in Physical Education.
 - 1.4. Athletic Trainer Coach and the player in Sports Medicine,
 - 1.5. History of Sports Medicine in Indian and abroad.

UNIT-II

- 1. Common old age problems like arthritis heart diseases and diabetes
 - 1.1. Role of exercises in rehabilitation and evaluation of male and female athletes
 - 1.2. Sports medical problems of athletes and rehabilitation
 - 1.3. Low back problems

UNIT-III

- 1. Management and strengthening exercise for back problem, Pregnancy and exercise. Sex problems in athletes.
 - 1.1. Health Club
 - 1.2. Sauna-bath and massage, their use and misuse.
- 2. Specific Game Injuries, Brief Account of Injuries:

Football, Hockey, Track and Field, Swimming, Wrestling, Judo, Weight lifting and training, Tennis, Boxing, Gymnastics, Volleyball and Basketball.

UNIT-IV

- 1. Doping and Athletic Nutrition:
 - 1.1 Dope history, definition, classification, signs and symptoms Procedure of sampling at National and International levels. Uses and abuses of drugs, Role of Managers and Coaches in controlling the dope problems.
 - 1.2. Athletic Nutrition factors affecting the athlete's dietary requirement. Planning and Justification of athletic diets for different categories of Sports.
 - 1.3. Mal-nutrition amongst athletes and its Management. Environmental Stress. Role of water for the athletes.

- 1. Armstrong and Tucker, Injuries in sports (London: Staples press, 1964).
- 2. Ray, Steven and Irvin Richard, Sports Medicine. (New Jersey: Englewood cliffa, Prentice Hall, 1983).

M.P.Ed. SEMESTER – IV

OPTIONAL PAPER – VII IN LIEU OF PAPER THESIS

CONTINUE FROM SEMESTER III

- The student must submit his/her dissertation and get it approved by the Supervisor and the Head, Department of Physical Education, Education Faculty, Mahatma Gandhi Kashi Vidyapith, Varanasi on the recommendation on D.R.C. (Departmental Research committee).
- 2. A candidate selecting this option must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.
- 3. The candidate has to face the Viva- voca conducted by External Examiner only.