

FACULTY OF PHYSICAL EDUCATION

SYLLABUS

FOR

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART I-II)

EXAMINATION: 2019-20



GURU NANAK DEV UNIVERSITY AMRITSAR

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MASTER OF PHYSICAL EDUCATION (M.P.Ed)

OUTLINE OF TEST, SYLLABI AND COURSE OF READING FOR

The course of Instructions in Master of Physical Education-1st Yr shall consist of the following parts:-

M.P.Ed-1 st Year			
Sr. No	Division of Syllabus		Max. Marks
1.	Section-I	Theory	500
2.	Section-II	Practical	300

Detailed outline of the Syllabus:

**M.P.Ed-1st Year
Section-I THEORY**

45% shall be the pass percentage in each Theory Paper and 50% shall be in aggregate each paper shall be of three hours duration.

Section-I	Theory Papers/Subjects	Max. Marks
	PAPER-I. Research Methodology	100
	PAPER-II. Kinesiology and Biomechanics	100
	PAPER-III. Sports Psychology	100
	PAPER-IV. Sports Medicine and Exercise Physiology	100
	PAPER-V. Sports Sociology	100

Section-II PRACTICAL

Minimum Pass percentage for each practical shall be 50%:

Section-II	Practical Papers/Subjects	Max. Marks
	1. Lesson on Training and Coaching in Athletics Long Jump High Jump Javelin Throw Shot-Put Start Relay	100
	2. Lesson on Training and Coaching in Games Badminton Handball Football Swimming Boxing Kho-Kho	100
	3. Proficiency in Athletics and Games based on Performance recognized by AIU. <ul style="list-style-type: none"> ➤ Athletics Events : One Jump, One Throw, One Sprint, One Middle Distance Race and One Hurdle. ➤ Games : (As per the Choice of each Student) 	100

MASTER OF PHYSICAL EDUCATION (M.P.Ed)**OUTLINE OF TEST, SYLLABI AND COURSE OF READING FOR**

The course of Instructions in Master in Physical Education 2nd year shall consist of the following parts:-

M.P.Ed. 2nd Year			
S.No.	Division of Syllabus		Max. Marks
1	Section-I	Theory	500
2	Section-II	Practical	300
3	Section-III	Teaching Practice (TP)	---

Detailed outline of the Syllabus:**Section-I: THEORY**

45% shall be the pass percentage in each Theory Paper and 50% shall be in aggregate. Each paper shall be of three hours duration.

Section-I	Theory Papers/Subjects	Max. Marks
	PAPER 1: Science of Coaching & Training	100
	PAPER 2: Sports Journalism	100
	PAPER 3: Measurement & Evaluation in Physical Education	100
	PAPER 4: Athletes Care and Rehabilitation	100
	PAPER 5: Any One of the Following Optional Subject:	100
	i) Dissertation	
	ii) Applied Statistics and Basic Computer Programming	
	iii) Yoga and Health Education	
	iv) Kinanthropometry in Sports	

MASTER OF PHYSICAL EDUCATION (M.P.Ed)**Section-II: PRACTICALS**

Minimum pass percentage for each Practical shall be 50%:

Practical Papers/Subjects	Max. Marks
1. Lesson on Training and Coaching in Athletics a) Triple Jump b) Pole Vault c) Discus Throw d) Hammer Throw e) Hurdles f) Steeple Cheese	100
2. Lesson on Training and Coaching in Games a) Hockey b) Basketball c) Volleyball d) Kabbadi e) Wrestling f) Cricket	100
3. Proficiency in Athletics and Games base on performance recognized by AIU: ➤ Athletics Events One Jump, One Throw, One Sprint, One Middle Distance Race and one Hurdle ➤ Games: (As per the Choice of each student)	50+50

Notes:

- 1) The students are required to complete five lessons each in above –mentioned activities and prepare a practical Note-Book.
- 2) No student of M.P.Ed. Part–II can repeat the Athletic Event & Game that had opted in M.P.Ed. Part I.
- 3) The students are required to give 5 seminars.
- 4) There will be four theory periods per course in a week for M.P.Ed Part-II students.
- 5) There will be three-practical/activity periods (including specialization) in evening for M.P.Ed. II students.

Section-III: Teaching Practice (TP)

A student pursuing Master of Physical Education (M.P.Ed.) Two Year Course, shall have to undergo Teaching Practice (TP) of:

Section –III	Practical Papers / Subjects
1.	15 supervised lessons in nearby schools/ in the department itself.
2.	Note Book (Teaching Practice)

PAPER-1: RESEARCH METHODOLOGY**Time: 3 Hours****Maximum Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section - A**Introduction**

- a. Meaning, Definition, and Objectives of Research
- b. Need of research in Physical Education
- c. Types of research
- d. Motivation in research
- e. Criteria of a good research

Key elements of Research

- a. Hypothesis: Definition, Types, nature and characteristics of Hypothesis, Testing of Hypothesis, Importance of Hypothesis
- b. Variables: Definition, types and characteristics
- c. Scientific method, Scientific theory, Scientific laws and Principles

Section - B**Research Problems**

- a. Identifying a Research problem
- b. Sources of Research problems
- c. Criteria for the selection of a Research problem
- d. Delimitation and limitation

Survey of Related Literature

- a. Need to survey related literature
- b. Sources of literature
- c. Advantages of survey of related literature
- d. Note-taking
Scanning and skimming

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART-I)**Research Proposal**

- a. Title & Background of the problem
- b. Statement of the problem
- c. Hypothesis of the problem
- d. Significance of the problem
- e. Definition of the terms
- f. Review of literature
- g. Methodology
- h. Bibliography

Section - C**Tools of Data Collection**

- a. Questionnaires: Definition, types and their uses
- b. Interview schedule: Definition, types and their uses
- c. Guidelines for Constructing questionnaire and interview schedule
- d. Guidelines for successful interviewing
- e. Observation Method: Definition, methods of observation

Sampling

- a. Definition, Meaning and Types of Sampling
- b. Characteristics of sampling
- c. Advantage of sampling
- d. Sampling error

Research Design

- a. Meaning and need of research design
- b. Feature of a good research design
- c. Important concepts relating to research design
- d. Historical design
- e. Descriptive design
- f. Experimental design

Section - D**Research Report**

- a. Definition and Organization of Research Report, Main division of Research Report
 - i. Preliminary material
 - ii. Main body of the thesis
 - iii. Supplementary material
- b. Guidelines for writing research reports
- c. Evaluation of research report

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART-I)**Statistics in Physical Education**

- a. Meaning, types and Importance of Statistics in Physical education
- b. Data and its types in statistics: Parametric vs. Non-parametric, Continuous vs. discrete; Data measurement scales: ratio scale, nominal scale, ordinal scale, interval scale
- c. Measures of Central Tendency– mean, median , mode
- d. Measures of variability–Range, inter-quartile range, Average deviation, Standard deviation, Percentiles
- e. T-test, Analysis of Variance (ANOVA) and Co–variance (ANCOVA), Chi–square, Correlation – Product moment and rank difference method

References:

1. Author's Guide: "Research Methods Applied to Health Physical Education and Recreation", Washington, D.C., 1991.
2. Best J.W., "Research in Education", Prentice Hall, New Delhi 1982.
3. Clarke H. David, "Research Processes in Physical Education, Recreation and Health", Prentice Hall Inc, Englewood Cliffs, New Jersey, 1985.
4. Kamlesh M.L., "Methodology of Research in Physical Education and Recreation", AHPER, Washington D.C., 1973.
5. Kamlesh M.L, "Methodology of Research in Physical Education and Recreation", AHPER, Washington D.C. 1973

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART-I)**PAPER-II: KINESIOLOGY AND BIOMECHANICS****Time: 3 Hours****Maximum Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A**Introduction**

- a. Meaning of Kinesiology, Aims and Objectives of Kinesiology
- b. Origin of Kinesiology, Historical Perspective
- c. Contribution of Kinesiology to Physical Education and Sports

Bones in Human Body

- a. Meaning of Bone, Composition of Bone
- b. Kinds of Bones (Flat, Long, Short, Irregular and Seesamoid)
- c. Function of Bones
- d. Fracture and its types and causes
- e. Structure of Major Bones
 - Upper extremities: Clavicle, Scapula, Radius and Ulna, Sternum, Humorous
 - Lower extremities: Femur, Patella, Tibia, Fibula, Pelvic

Section-B**Joints in the Human Body**

- a. Meaning and Types of Joints
- b. Plane and Axes
- c. Fundamental Movements around the Joints
- d. Structure and Functions of joints: Shoulder Joint, Elbow Joint, Hip Joint, Knee Joint, Spinal Column, Pelvic Girdle

Muscles in Human Body

- a. Definition and Classification of Muscles
- b. Structure of Skeletal Muscles, Classification of muscles on the basis of the Fiber arrangement
- c. Physiology of Muscle Contraction, Types of Muscle Contraction
- d. Role of muscles in the Movement
- e. Methods of the studying the actions of the muscles
- f. Muscles of the Neck & Trunk (Origin, Insertion, Innervations and Action)
- g. Sternocleidomastoid, Levator Scapulae, Erector spinae, Latissimus Dorsi, Serretus Anterior, Rectus Abdomirus, External and Internal Obliques.

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART-I)**Section-C****Muscle of Upper Extremities****i. Trapezius Rhomboids,**

Teres Major & Teres Minor Deltoids, Pectoralis Major and Minor, Infraspinatus and Supraspinatus.

ii. Muscle of the Elbow Joint

Biceps Brachii, Triceps, Brachioradialis, Pronator Teres, Supinator, Pronator Quadratus Brachialis.

Introduction to Sports Biomechanics

- a. Definition of Biomechanics
- b. Role of Bio-Mechanics in the field of Physical Education
- c. Defined the Motion, Types of Motion
- d. Newton Law of Angular Motion and Linear Motion
- e. Relationship between Angular Motion and Linear Motion

Inertia Forces and Couples

Force, Unit of Force, Factor Affecting the Force, Types of Force, Principle of Force

- i. Centripetal and Centrifugal Forces
- ii. Concept of Couple
- iii. Moment of Force
- iv. Moment of Inertia

Section-D**Equilibrium, Stability & Lever**

- a. Equilibrium, its types and Principles
- b. Centre of Gravity, Finding the Centre of Gravity, Factor affecting the Centre of Gravity
- c. Stability, Factor affecting the Stability
- d. Freely Falling Bodies, Projectile, Momentum, Impulse
- e. Lever and its Types

Work, Power & Energy

- a. Work, Power, Energy
- b. Relationship Work, Power and Energy
- c. Friction and its Types
- d. Spin, Impact, Elasticity, Rebound
- e. Fluid Mechanics, Air Resistance, and Water Resistance

Mechanical Analysis

a. Mechanical analysis of fundamental Skills: Walking, Running, Throwing, Pulling and Pushing

b. Mechanical analysis of Sports: Archery, Hockey (Hitting, Scoop), Football (Kicking and Heading), Swimming, (Free Style, Backstroke), Tennis (Fore Hand and Back Hand Strokes)

c. Mechanical Analysis of Track Event: Hurdles, Long Jump, Shot Put

References:

1. Atha, J., Current Research in Sports Biomechanics, Switzerland: Karger, 1987.
2. Gowitzke, B.A. and Milner, M. Scientific Bases of Human Movement, (3rd. Ed.)
3. Baltimore: Williams and Wilkins, 1988.
4. Grabiner, M.D., Current Issues in Biomechanics, New Delhi, 1993.
5. Hall, S.J., Basic Biomechanics, London, Mosby, 1991.
6. Kreighbaum & Barthels, Biomechanics, NY: Macmillan, 1985.
7. Mood, S.D., Beyond Biomechanics, New York: Taylor, 1996.
8. Shaw, D. Pedagogic Kinesiology, Khel Sahitya Kendra, 2007.
9. Thompson, C., Manual of Structural Kinesiology. (10th Ed.), St. Louis: Times Mirror/
Mosby College Publishing, 1995.
10. Shaw, Dhananjay, Kinsiology and Biomechanics of Human Motion, Khel Sahitya
Kendra, 1998.

PAPER-III: SPORTS PSYCHOLOGY

Time: 3 Hours

Max. Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section - A➤ **Introduction**

- a. Sports Psychology – Meaning, Definition, Nature and Scope
- b. Need and Importance of Sports Psychology in Physical Education & Sports
- c. Methods of Sports Psychology
- d. Psychological Factors effecting Sports Performance

➤ **Learning**

- a. Learning, Laws of Learning,
- b. Motor Learning, Phases and Principles of Motor Skill Acquisition,
- c. Learning Curve and its Types, Plateau, Causes of its Occurrence and Measures to Overcome Plateau,
- d. Individual Differences and their Impact on Skill Learning and Performance.
- e. Transfer of Training, Types, Factors affecting Transfer of Training

Section - B➤ **Motivation**

- a. Meaning, Definition and Types of Motivation,
- b. Dynamics of Motivation in Sports,
- c. Techniques of Motivation,
- d. Psychological Preparation for Sports Competition.

➤ **Emotions**

- a. Meaning, Definition and Types of Emotions,
- b. Characteristics of Emotions
- c. Theories :- James Lange Theory, Cannon Bard Theory and Scatchter– Singer Theory of Emotions
- d. Physiological Manifestations, Influence of Emotions (Success and Failure) on Level of Aspiration and Achievement

Section - C

- **Anxiety**
 - a. Meaning, Definition
 - b. Characteristics/Concept of Anxiety,
 - c. Positive or Negative Role of Anxiety in Sports,
 - d. Strategies to Manage Anxiety.

- **Stress**
 - a. Meaning, Definition and Types of Stress,
 - b. Causes of Stress, Physiology of Stress,
 - c. Stress related to Sports and Exercise,
 - d. Stress Managements Techniques.

- **Aggression**
 - a. Meaning, Definition and Types of Aggression
 - b. Characteristics/Concept of Aggression
 - c. Physiological and Psychological Constructs of Aggression
 - d. Role of Media in Aggression
 - e. Steps to Control Aggression

Section - D

- **Group Dynamics and Leadership**
 - a. Meaning and Concept of Groups - Team Cohesion.
 - b. Characteristics of Group Behaviour

 - c. Meaning and Characteristic of Leadership
 - d. Qualities of Good Leader in Physical Education and Sports
 - e. Need and Importance of Leadership in Physical Education & Sports.

- **Personality**
 - a. Meaning, Types and Characteristics of Personality
 - b. Personality Traits of Sports Persons
 - c. Relationship of Personality to Sports Performance
 - d. Measurements of Personality (Projective and Objective Measures)

- **Intelligence**
 - a. Meaning, Definition and Characteristics of Intelligence,
 - b. Theories of Intelligence,
 - c. Intelligence in Exercise and Sports

References:

1. Aggarwal, J.C., Basic Ideas in Educational Psychology, Delhi: Sipra, 2003.
2. Bhatia, Hans Cox, R. H., Sport Psychology Ed 5 Th., London, Mcgraw Hill, 2002.
3. Dewey, John, Psychology, New Delhi: K.S.K., 2003.
4. Kamlesh, M.L, Educational Sport Psychology, New Delhi, Friends Pub., 2006.
5. Levinthal, Charles F., Introduction to Physiological Psychology, N.D. Prentice Hall, 2005.
6. Seashore, C.E., Elementary Experiments in Psychology, ND: Sports Pub., 2001.
7. Woodworth, R.S., Basic Facts in Psychology, ND: Sports Pub., 2001.
8. Cashmore, Ellis, Key Concepts in Sport Psychology, London, Routledge, 2004.
9. M.L. Kamlesh, "Psychology in Physical Education and Sports" Metropolitan Book Co., Delhi.
10. Singer Robert N., "Motor Learning and Human Performance" Macmillan, New York.
11. Lauther, John. D., "Sports Psychology" Prentice Hall, Inc Englewood.
12. Whiting,H.I.A.& others " Personality and Performance in Physical Education" Henry Kimton Publishers, Londo

PAPER – IV: SPORTS MEDICINE AND EXERCISE PHYSIOLOGY

Time: 3 Hours

Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A➤ **Introduction**

- a. Definition and Concept of Sports Medicine,
- b. Historical Background of Sports Medicine,
- c. Aims, Objectives and Scope of Sports Medicine,
- d. Role of Sports Medicine in Physical Education & Sports

➤ **Nutrition**

- a. Definition and meaning of Nutrition and Balanced Diet,
- b. Nutritional Elements: Nature and Sources of Nutritional Elements (Carbohydrates, Fats, Proteins, Water, Minerals, Vitamins),
- c. Role of Nutritional Elements in the Body, Caloric Value of Different Nutrients, Carbohydrates Loading,
- d. Appropriate Diet Before , During and After Competition, Protein Carbohydrates and Liquid Meals

Section-B➤ **Physiological Basis**

- a. Oxygen and performance, Energy Dynamics; Aerobic & Anaerobic Sources, Human Energy Expenditure at rest and exercise,
- b. Effect of Training on various systems of the body

➤ **Enhancement of Performance**

- a. High Altitude Training and Adaptation,
- b. Cardiovascular Adaptation to Training,
- c. Pulmonary Adaptation to Training,
- d. Muscular Adaptation to Training

Section-C➤ **Cryogenic Aids and Doping in Sports**

- a. Meaning and Definition of Cryogenic Aids,
- b. Definition, Classes and Methods of Doping,
- c. Harmful Effects of Doping,
- d. Role of IOC, IOA, NADA and WADA. against Doping

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART-I)➤ **Applied Physiology**

- a. Physical, Physiological, Bio–Mechanical and Bio–Chemical differences between Men & Women,
- b. Female Specific Problems and competitive Sports
- c. Obesity, its Causes and Weight Management,
- d. Role of Exercise in prevention and treatment of Obesity and Diabetes

Section-D➤ **Sports Injuries**

- a. Meaning and Definition of Sports Injuries,
- b. Common Sports Injuries & their Classification,
- c. Regional Injuries and their physical and medical examination
- d. Sports Medicine Clinic: an Outline, First Aid Box
- e. Treatment and Management of common Sports Injuries, RICE.

➤ **Body Composition and Ageing**

- a. Body Composition and Physique,
- b. Body Composition and Sports Performance,
- c. Body Composition Assessments,
- d. Gerontology; Study of Ageing, Exercise and Ageing
- e. Exercise Benefits at various Stages of Life

References:

1. Ann. Lowlin. Women's Fitness Program Development Human, Kinetics. 2002.
2. Bengt O. Eriksson et al, Sports Medicine, Guinness Publication, 1990.
3. Christine M. Drews, Physiology of Sports and Exercise, Human Kinetics, USA, 1999.
4. David R. Mottran, Drugs in Sports (4th Ed) Routledge Taylor and Francis Group, 2005.
5. Erikson, B.O. et al, Sports Medicine, Guinness Pub. Great Britain, 1990.
6. Jain, Rachna, Sports Medicine, KSK, New Delhi, 2002.
7. Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
8. Khanna, G.L., Exercise Physiology & Sports Medicine, Lucky Enterprises, Delhi, 1990.
9. Mathew D.K. & Fox E.L, Physiological Basis of Physical Education and Athletics, W.B. Saunders Co: Philadelphia, 1971.
10. Pandey, P.K., Outline of Sports Medicine, J.P. Brothers Pub., New Delhi, 1987.
11. Pandey, P.K., Sports Medicine, Khel Sahitya Kendra, New Delhi, 1998.

PAPER-V: SPORTS SOCIOLOGY**Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A**➤ Introduction**

- a. Meaning, Definition and Scope of Sports Sociology
- b. Study of social behavior of an individual in Sports
- c. Relationship between sports and society.
- d. Issues and Controversies in Sports Sociology.

Section-B**➤ Sports and Culture**

- a. Cultural influences on sports
- b. Sports as an element of culture and a cultural product
- c. Influences of Sports on culture and values
- d. Culture – Pattern, Traditions, Rituals, Habits, Values and beliefs of a Society.

Section-C**➤ Social Factors concerning Sports in Society**

- a. Problem regarding professionalism in Sports for women
- b. Sociological links between different aspects of Society – Family, Economics and Politics etc.
- c. Role of religion in sports development.
- d. Influence of spectators on Sports.
- e. Social values and Sports

Section-D**➤ Sports and Micro Social System**

- a. Study of Sports Groups
- b. Sports as man's culture heritage
- c. Group interaction, competition and Co-operation

➤ Sports and Macro Social System

- a. Inter-relationship between Sports and regulating institutions (Politics and Economy)
- b. Commercialism in Sports
- c. Research technique in Social Sciences
- d. Identifying research problems in Sports Sociology

References:

1. Bhusan, V. and Sachdeva, An Introduction to Sociology, Delhi: Kitab, 2003.
2. IGNOU, The Study of Society – Understanding Sociology, Delhi – IGNOU, 2007.
3. Inkeles, A. Ed., What is Sociology, ND: Prentice Hall, 1997.
4. Jain, Rachna, Sports Sociology, New Delhi: KSK, 2005.
5. Kanwal Jeet, S., Sport Sociology, ND: Friends Pub., 2000.
6. Mitchell, G.D. Ed., Dictionary of Sociology, U.K: Routledge, 1999.
7. Sharma, R.N., Urban Sociology, ND: Surjeet Pub., 1993.
8. Singh, Bhupinder, Sports Sociology, New Delhi: Friends, 2004.
9. Turner, B., Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press, 2006

PAPER-I: SCIENCE OF COACHING AND TRAINING**Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

.SECTION-A

- **Sports Training**
 - a. Sports Training – Meaning, Definition, Need & Importance
 - b. Aims and Objectives of Sports Training
 - c. Characteristics of Sports Training
 - d. Principles of Sports Training

- **Training load, Adaptation and Recovery**
 - a. Concept of Load and Adaptation
 - b. Relationship of Load and Recovery
 - c. Factors of Load
 - d. Relationship between Volume and Intensity
 - e. Overload, Causes and Symptoms of Overload,
 - f. Tackling of Overload

- **Training Method**
 - a. Continuous Training Method
 - b. Repetition Training Method
 - c. Interval training Method
 - d. Circuit Training Method
 - e. Fartlek Training Method
 - f. Weight Training Method
 - g. Plyometric Method

SECTION-B

- **Strength**
 - a. Definition and Forms of Strength
 - b. Factors affecting Strength

 - c. Methods to develop Strength: Maximum Strength, Explosive Strength and Strength Endurance
 - d. Preventive measures in Strength Training

- **Endurance**
 - a. Definition and Forms of Endurance
 - b. Factors affecting Endurance
 - c. Methods to develop Endurance
- **Speed**
 - a. Definition and Forms of Speed
 - b. Factors determining Speed
 - c. Methods to develop Speed Abilities.
- **Flexibility**
 - a. Definition and Forms of Flexibility
 - b. Factors affecting Flexibility;
 - c. Methods to develop Flexibility

SECTION-C

- **Technical Training**
 - a. Definition and Meaning of Technique, Skill and Style;
 - b. Technique Training its Phases and Implications;
 - c. Methods employed for Technique Training;
 - d. Technical Faults, Causes and their Correction
- **Tactical Training**
 - a. Definition and Meaning of Tactics,
 - b. Aim of Tactics according to Sport
 - c. Training for Tactics
 - d. Principles of Tactical Preparation
- **Talent Identification and its Development**
 - a. Talent Identification and its importance
 - b. Phases of Talent Identification,
 - c. Guidelines for Talent Identification

SECTION-D

- **Planning**
 - a. Definition of Plan, Planning
 - b. Need and Importance in Planning
 - c. Principles of Planning
 - d. Forms of Plan - Long & Short Term Trainings (Training Conception, Macro, Meso, Micro and Training Session Plan)
- **Periodization**
 - a. Meaning, Definition and Types of Periodization
 - b. Periods/Phases of Periodization their Aims and Contents
 - c. Need and importance of Periodization

➤ **Competition**

- a. Meaning, Definition and Forms of Competition
- b. Characteristics of Sports Competition
- c. Preparation for Competition

References:

1. Allan W. Jakson & James R. Morrow, “*Physical Activity for Health and Fitness*”. (Human Kinetics). 1999.
2. American College of Sports Medicine, “*Guidelines for Exercises Testing and Prescription*” 4th Ed., (Philadelphia: Lea & Febiger). 1991.
3. Annette, Lang. Morning Strength Workouts. Human Kinetics, Champaign, Ilc, USA, 2007.
4. Daniel, D. Arnheim & William E. Prentice “Principles of Sports Training” Morby–Year Book Inc. St. Louis, 1993.
5. Hardayal Singh, Science of Sports Training, ND: D.A.V. Pub., 1993.
6. Herre, D., Principles of Sports Training, London : Grafion Book, 1982.
7. Lee, E.brown & Vance A.Ferrigna. (Editors). Training for Speed, Agility and Quickness, Human Kinetics, Champaign, Ilc.,USA, 2005.
8. Marney, B. Simon & Steren R. Levisohn. The Athlete within A Personal Guide to Total Fitness. Little Brown Company, Boston, 1987.
9. Matveyew, L.P. Fundamentals of Sports Training (Translation from Russian) Mir. Publishers, Moscow, 1991.
10. Novich, Max M. & Taylor, Buddy Training Conditioning of Athletes. Lea & Febiger, Philadelphia, 1983.
11. Willmore, J.H. Athletic Training & Physical Fitness. Allyand Bacon, Inc. Sydeny, 1987.

PAPER-II SPORTS JOURNALISM**Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

- **Introduction**

Meaning, Scope and Changing Trends of Sports Journalism in Sports, Importance of Journalism in Sports Promotion & Vice – Versa, Historical Development of Sports Journalism, Public Relation Media–advertising, press release, conference, exhibitions, films etc

- **Mass Media**

Introduction and Meaning of Mass Media, Purpose of Mass Media for the Propagation of Sports Growth of Sports Communication, Radio and T.V. communication for sports information

SECTION-B

- **Writing Skill for Media**

Fundamentals of a Sports News, News – Types, Sports Terminators and its Use, Language – Vocabulary , Spellings , Figure of Speech, Qualifications and responsibilities of a sports writer, Reporter and Editor

SECTION-C

- **Writing a Sports Media**

Types of Sports Feature; Exclusive Picture Feature, Freelance, Writing in Sports, Write–Ups Feature, Follow–Ups , Advance Story, Article, Editorials, Reviewing Sports Books, Design and make–ups ; headings, front reading ,layout & page making

SECTION-D

- **Research Trends in Sports Journalism**

Research tools for developing a sports story, Process of newspaper publishing and management Olympics and sports journalism, Introduction to photo journalism in reference to sports

References:

1. Ahuja, B.N., Theory and Practice of Journalism, Surjeet Pub, Delhi, 1988.
2. Health Jr. Gelfand, How to Cover, Write and Edit Sports, Annes Lowa, USA, 1951.
3. Juris, John R., The Writing Games, Columbia Univ. Press, New York, 1969.
4. Nea. Robest, News Gathering and News Writing, Columbia Hall Inc., New York, 1949.
5. “Sports” by Bhola Singh Thakur (pp.111.1240) in the Indian Reporter Guide by Richard Critchfield. Allied Pecific Pvt. Ltd., Bombay, 1962.
6. Woodward. S., Sports Page, Simon and Schuster, New York .1949

PAPER-III: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A**Introduction**

- a. Meaning of Measurement and Evaluation
- b. Principle need and Importance of Measurement and Evaluation in Physical Education
- c. Inter-Relationship between Test, Measurement and Evaluation

Constructing Tests and Evaluation**Constructing Test**

- a. General Consideration
- b. Construct Physical Performance

Evaluation

Criteria of Tests: Validity, Reliability, Objectivity, Norms and Economy of Tests, etc.

SECTION-B**Administration of Test and Measurement Technique**

- a. Organizing and Administering the Testing Programme. Defining the Problem, Selecting Test, Scoring the Test, Determination of Validity and Reliability of Test, Presenting and Interpreting the Result
- b. Measurement Technique: Physical Measurement of Size, Shape and Body

Strength Test

- a. Krausweber Test
- b. Roger's Strength Test
- c. Macloy Strength Test

Test of Motor Ability

- a. Philip's JCR Test
- b. Indiana Motor Fitness Test
- c. AAHPER Youth Fitness Test
- d. Barrow Motor Ability Test

SECTION-C**Cardiovascular Test**

- a. Cardiovascular Function
- b. Tuttle Pulse Ratio Test
- c. Harvard Step Test
- d. Copper's 12 minute Run Walk Test

Sports Skill Test**Basket Ball**

- a. Johnson Basketball Test
- b. Knox Basketball Test

Volleyball

- a. Modified Brady Volleyball Test
- b. Russel-Lange Volleyball Test

Soccer

Johnson Soccer Test

SECTION-D**Hockey**

Henry Fridel Field, Hockey Test

Badminton

Lochmart Mcpherson Badminton Test

Tennis

Hewitt Revision of the Dyer Backboard Test

Knowledge Test

- a. Types of Test
- b. Physical Education Knowledge Test

Statistics

Raw score and Derived Scores, Sigma Score, Hull Score, Sigma Scale, Hull Scale, t-test, f-test

PAPER-IV ATHLETES' CARE AND REHABILITATION**Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

- **Prevention and Management of Sports Injuries**

Injuries in sports, Meaning, definition and classification of injuries, Causes of injuries in sports General guidelines for their prevention, Introduction and First-Aid management of injuries:–Fracture, Dislocation, Laceration, Abrasion, Sprain and Strain

Safety in Sports

Safety appliances in sports and their uses, Principles of safety education, Provision of safety rules in competitive sports, First-Aid box and its requirements on the play fields

Rehabilitation

Meaning and definition of Rehabilitation, Concepts of Rehabilitation, Objective and scope of Rehabilitation, Principal of care and Rehabilitation

SECTION-B

- **Therapeutic Modalities**

Shortwave Diathermy, Microwave Diathermy, Ultra Sound, Cryo therapy, Contrast bath, T.E.N.S, I.F.T

Posture Deformities and Corrective Exercise

Kyphosis, Lordosis, Scoliosis, Knock-knee, Bow legs, Flat foot

SECTION-C

- **Posture**

Meaning, definition and concept, Good posture and its value, Bad posture, causes and its drawbacks

Aquatic Rehabilitation Exercise

Introduction to aquatic rehabilitation, Meaning and definition, Equipment for aquatic exercise Aqua workout station, Rehabilitative role and importance of aquatic activity, Benefits of exercise in water

Therapeutic Exercise

Introduction, meaning and definition, Scope of therapeutic exercise in sports injuries and rehabilitation, Exercise programme to strengthen the injury, Classification, effects and use of following types of therapeutic exercise, Active Exercise (Free, Assisted, Resisted), Passive Exercise (Relaxed, Passive and Stretching)

SECTION-D

- **Massage – I**

Introduction, meaning and definition of massage, Brief history of massage, Massage precautions / contra-indication, Physical and mental benefits of massage therapy, Role of massage in relation with sports competitions

Massage– II

Effects of massage on major systems of body, Types & Techniques of massage

i. Effleurage

ii. Kneading

iii. Petrissage

iv. Friction

v. Shaking and Vibration

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART-II)
vi. Percussion Movements (Hacking, Clapping, Beating, Pounding)

References:

1. Davies, J.E., Essentials of Sports Medicine, New Delhi, 1986.
2. Ellison, A.E. et al, Athletic Training & Sports Medicine, American Academy, 1984.
3. Eriksson, B.O., Sports Medicine, Great Britain: Guinness Pub.,1990.
4. Irvin, R. et al, Sports Medicine,USA: Allyn and Bacon,1998.
5. Komi, P.V., Encyclopedia of Sports Medicine, Blackwell, 1992.
6. Larry, J. Durstine and Geoffrey, E. Moore, Exercise Management for Person with Chronic Diseases and Disabilities (*2nd Ed*), Human Kinetics, USA, 2003.
7. Melinda, J. Flegel, Sports First Aid (*3rd Ed*), Human Kinetics, USA, 2003.
8. Prentice, W.E., Therapeutic Modalities in Sports Medicine, Times Mirror, 1990.
9. Torg, J.S. et al, Current Therapy in Sports Medicine, New Delhi.1996.

PAPER-V: (Opt. i)

(Optional Subject)

Note: Any one of the following:

Paper-V: (Option i) :

DISSERTATION

**Can be opted only by the students who have secured at least 60% marks
in Theory Papers of M.P. Ed. Part-I.**

PAPER-V: (Opt. ii) APPLIED STATISTICS AND BASIC COMPUTER PROGRAMMING

Time: 3 Hours

Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

Introduction to Statistics

- a. Meaning and Types of statistics: Descriptive and Inferential
- b. Importance of Statistics in Physical Education
- c. Presentation of data through Tables and Graphs; Normal Probability Curve.
- d. Measures of Central Tendency: Mean, Median and Mode
- e. Measures of Variability: Range, Standard Deviation, Percentiles, Deciles, Quartiles

SECTION-B

Tests of Significance: Parametric and Non-parametric tests

- a. Correlation – Karl Pearson's Product Moment and Spearman's Rank Difference Method.
- b. Chi-square test
- c. Procedure of testing a hypothesis, Critical Region and Acceptance Region, t-test, z-test, F-test, Mann-Whitney U test
- d. Analysis of Variance: Purpose of Analysis of Variance: One way ANOVA with equal and unequal sample size, Post-hoc tests

SECTION-C

Computer Fundamental

- a) Types of computers
- b) Classification of Computers
- c) Block Diagram of Computers
- d) Different Levels of Languages
- e) Flow Chart, Basic Language: Assignment statements, jumping, branching, and looping
- f) Different commands of BASIC for executing, saving, Listing and loading a programme.
- g) Constants and Variables
- h) Expression in Basic
- i) Relational Operators
- j) Library Function
- k) Printer Controls, Comma, Semicolon, Tab Using and Locate Control.
- l) Sub-scripted variable and dimension

SECTION – D

Programming with BASIC

- a) Simple Matrix Printing
- b) Program for calculating Odd and Even number, Sums, Mean and Standard Deviation.
- c) Program for solving quadratic equation
- d) Simple programs in Physical Education.

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART-II)**PAPER-V: (Opt. iii)****YOGA AND HEALTH EDUCATION****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A**Introduction**

- a. History of Yoga
- b. Meaning, types and objective of yoga
- c. Pranayama: – Meaning, Objectives and varieties of Pranayama, Techniques and Benefits of Ujjai , Bhastrika , Shita/ Sitkari and Bharamati, Pranayamas.
- d. Techniques of Bnadhas– Jhiva, Uddiyan, Mool Bnadhas
- e. Sudhi Kriyas: – Techniques and Effects of Neti (Jal, Sutra) Kapalbhathi, Nauli and Vaman Bhauti.
- f. Reference of Yoga in modern life
 - a. Stress and Strain
 - b. High Blood Pressure
 - c. Back Pain

SECTION-B

1. Surya Namaskar, its study of the technique.
2. The benefit of the following Asanas :
 - a. Specific activating Asanas :– Dhanur Asana, The Cobra (Sarap Asana), Sarvang,Ardhamatsyendra, Uddiyan Bandha Asana.
 - b. Specific Deactivating Asanas :–Paschimothan asana, Hal Asana, Shave Asana, Padahasth Asana.
 - c. Restrorative Asanas :– Suptakon Asana, Vipritakri Asana
 - d. Meditatives :– Padama Asana, Svastik Asana, Vajra Asana

SECTION-C**1. Health**

- a. Meaning, Definition and Dimension of Health
- b. Factors effecting Health
- c. Role of heredity in achieving positive health

Health Education

- a. Meaning and Importance of Health Education
- b. Aim and concepts of Health Education
- c. Need and Scope of Health Education

2. Health Information and Practice

- a. Role of Physical Education teacher
- b. Role of Media
- c. Role of Community Health services.

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART-II)**3. School and College Health Services:–**

- a. Meaning and Objectives of school Health and College Health services and their Status.
- b. Aspect of School and College health services:–
 - i. Health Appraisal
 - ii. Medical Examination
 - iii. First aid and Accident prevention
 - iv. Mental Health, Dental Health, Eye Health
 - v. Guidance and Counselling
- c. Role of Physical Education teacher in relation to School health Service and College Health Service

SECTION-D**1. Fitness and Wellness**

- a. Definition and meaning of Fitness and Wellness
- b. Components of Wellness
- c. Hygiene, Meaning, Need and Importance
- d. Nutrition: – Macro Nutrients, Micro Nutrients
- e. Weight Management/ Obesity Control

2 Communicable and Non-communicable Diseases

1. Communicable Diseases
 - a. Meaning and epidemiological approach of Communicable Diseases
 - b. Brief Description of following Communicable Diseases and their Prevention :– Typhoid, cholera, Swine Flu, Dengue, Aids (HIV), Tuber culosis
2. Non-communicable Diseases
 - a. Meaning of Non-communicable Diseases
 - b. Brief Description of following Non-Communicable Diseases and their Prevention: – Obesity, Diabetes, Heart Disease, and Cancer

3. Community and Environment Sanitation**Community**

- a. Population Policy, Population of Dynamics and Population Explosion
- b. National Family welfare programme
- c. Sex Education in School and College

Environment Sanitation

- a. Housing, School and College
- b. Air pollution, Light, Noise, Temperature: – Diseases arising out of them and cures Thereof.

References:

- 1) Alader Kogler : Yoga for every Athlete (Secrets of an Olympic Coach), Jaico Publishing House, Delhi, 1999.
- 2) Bedi Yaspal : Social and Preventive Medicine, New Delhi ; Atmaram and Sons, 1985.
- 3) Ghosh, S.N. Hygiene and Public Health, Calcutta: Scientific Publishing Co., 1989.
- 4) F.Yeast Brown: How to use Yoga and Sports, Publication by Durga Ganj New Delhi, 2006.
- 5) Iyenger, B.K.S : Light on Pranayama, 1981.
- 6) K.Chandra Shekar: Yoga for Health, Publication by Khel Sahtya, Kendra New Delhi, 2007.
- 7) Kirak Martin : Hatha Yoga Illustrated, Human Kinetics Publication, 2004.
- 8) Kumar Amresh (Prof.) : Yoga for Health and Body, Publisher by Khel Sahitya Kendra, Delhi, 2007.
- 9) Rana Asha : Yoga and health promotion in Schools, Sports Publications, New Delhi, 2006.

MASTER OF PHYSICAL EDUCATION (M.P.Ed) (PART-II)**PAPER-V Option-iv KINANTHROPOMETRY IN SPORTS****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A**Kinanthropometry:**

- a) Introduction, scope and general consideration, i.e. Application of anthropometric data in Sports.
- b) Body proportions and indices.
- c) Sports specific body proportions and indices.
- d) Body mass index and its importance in sports.

Anthropometric Measurements and Procedures

- a) Equipment for anthropometric measurements
- b) Gross Body Measurements and procedures
- c) Length of Body Parts, Measurements and procedures
- d) Diameters of Body Parts, Measurements and procedures
- e) Circumferences of Body Parts, Measurements and procedures
- f) Skinfold Thickness , Measurements and procedures

SECTION-B**Physiological Maturation:**

- a) Decimal Age and concept of Physiological maturity in sports.
- b) Measures of maturity.
- c) Assessment of skeletal maturity of athletes.
- d) Prediction of adult values and its applications.

SECTION-C**Body Composition:**

- a) Anthropometric, determination of body composition.
- b) Importance of body composition in sports.
- c) Various methods to estimate body composition

SECTION-D**Somatotyping**

- a) Introduction, Definition of Somatotyping.
- b) Heath – Carter method of somatotyping.
- c) Sheldon's method of somatotyping

References:

- 1) Sports Anthropometry by H.S. Sodhi, ANOVA Publication.
- 2) Physique and Selection of Sportsmen by H.S. Sodhi and L.S. Sidhu.
- 3) Kinanthropometry by S.P. Singh and P. Malhotra, Luna Publication, Patiala.
- 4) Kinanthropometry by Roger Eston and Thomas Reilly, E & F.N. SPON, London.
- 5) Skeletal Maturity by S.P. Singh, L.S. Sidhu, and J. Singh, Human Biology Publication Society, Punjabi University, Patiala.
- 6) Genetic and Anthropological Studies of Olympic Athletes by De Garray, Louis Levine & Cater, Academic Press, London.
- 7) Human Biology by Harrison et al, Oxford University Press, Oxford.