

SYLLABUS AND COURSES OF READING

Paper-I (Semester-1st)

HISTORY & PRINCIPLES OF PHYSICAL EDUCATION AND SPORTS

Maximum Marks: 100

Internal Marks: 20

External Marks : 80

Time: 3 hours

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

- Definition, Meaning & Scope of Physical Education
- Aims & Objectives of Physical Education
- Relationship of Physical Education & Recreation
- Contribution of Physical Education towards general education

UNIT-II

- History of Physical Education in Ancient Greek, Comparative Study of Spartan Athenian Education.
- The high and development of Olympic Games.
- Development of Asian Games

UNIT-III

- Physical Education in Germany, Sweden & Denmark (Emphasis only on contribution of Basedaw, Guts-Muths, John Speiss, Machtegal, Long).
- Present status of Physical Education & Recreation in Russia and Japan.
- History of Physical Education in India (Pre-post Independence Era).

UNIT-IV

- Critical Appreciation of following:
- Haryana Sports Department
- IOC Policies of developing of Physical Education & Sports
- Modern Olympics
- South Asian Federation Games
- Sports Authority of India.

UNIT-V

- Foundation of Physical Education
- Biological Activity, its need, principle of use and disuse.
- Growth and Development
- Age & Sex difference
- Classification of Physique

REFERENECE BOOKS

1. Charles & Bucher, Foundations of Physical Education.

2. **Harold M. Barrow, Man & His Movement Principles of Physical Education.**
3. **J.F.Williams, Principles of Physical Education.**
4. **Cowel & France, Philosophy and Principles of Physical Education.**
5. **D.G. Wakhakar, Manual of Physical Education**
6. **M.L.Kamlesh & M.S.Sangral, Principles & History of Physical Education.**
7. **Upadyke Johnson , Principles of Modern Physical Education, Health & Recreation.**



Paper-II (Semester 1st)
ANATOMY AND PHYSIOLOGY OF EXERCISE

Maximum Marks: 100

Internal Marks: 20

External Marks: 80

Time: 3 hours

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

- **Definition of Terms: Cell, Tissue, Organ, Ligament, Cartilage etc.**
- **The Skeletal System: Its structure, its functions Spinal column, Pelvi girdle-male & female the thorax, the extremities, joints and there movements.**

UNIT-II

- **The Muscular System: Structure of the muscles, Different types of muscles, Functions of the muscles, contraction of muscles Effect of exercise on the muscular system Fatigue, staleness Macle cramp.**
- **The Nervous System: The Neuron, Spinal Cord, the brain, the autonomic system, Reflex action, peripheral nerves, influence of exercise on the nervous system.**

UNIT-III

- **The Circulatory System: General arrangement of Circulatory system, functions of the Circulatory system, Blood, Hameonhage. The Heart and blood vessles, pulse, Blood pressure and its measurement, effect of exercise on circulatory system, Athletic Heart.**

UNIT-IV

- **The Digestive System: Anatomy of digestive system, digestion of food, Metabolism. Effect of exercise on the digestive system.**
- **The Excretory System: Anatomy of excretory system and its function, the heat regulating mechanism.**

UNIT-V

- **The Respiratory System, Anatomy of Respiratory System mechanics of respiration, Vital capacity, Role of Oxygen in exercise on the respiratory system.**

REFERENCE BOOKS

1. **Clarke David H., Exercise Physiology Englewood Cliffs. N.J.Prentice Hall Inc 1975**
2. **Crouch, James E., Functional Human Anatomy, 2nd ed. Philadelpia: Lea & Febniger, 1972**
3. **Morehouse and Miller, Physiology of Exercise, St Louis The C.V. Mosby Company, 1975.**
4. **Pearce, Evelyn C. Anatomy and Physiology for Nurses, London, Faber & Faber Ltd.**

**Paper-III (Semester 1st)
OFFICATING & COACHING**

Maximum Marks: 100

Internal Marks: 20

External Marks: 80

Time: 3 hours

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

- **Meaning and Definition of Officiating.**
- **Importance and Principles of Officiating**
- **Duties of Officials in general, pre during and post game duties**
- **Relation of Officials with management, players, Coaches and Spectators.**

UNIT-II

- **Measurement, Marking, Equipment, Technique and rules & regulations of following:**
- **400 meters, 200 mtrs, track and field event**
- **Preparation of score sheet of track & field events**
- **Layout of standard track.**

UNIT-III

- **Measurement, marking, equipments, basic fundamentals, rule & regulations of following games:**
- **Kabaddi, Badminton, Judo, Kho-kho**
- **Preparation of Score-sheet of Kabaddi, Badminton, Judo & Kho-kho**

UNIT-IV

- **Method of Conditioning**
- **Interval Method, Circuit training method, Weight Training method, fortlak Training method**
- **Principles of training**
- **Doping and its effects on sports performance a health of an athlete.**

UNIT-V

- **Criteria for selection of College/University team**
- **Warming up, cooling down and its physiological effect.**
- **Preparation of TA/DA bills**
- **Qualities of a good official.**

REFERENCE BOOKS

1. **Rules of Games and Sports by YMCA Madras.**
2. **Athletic training by Cliffs.**
3. **Rules of Games and Sports by Lokesh Hani.**
4. **R.L.Anand: Playing field manual NIS Publications.**

Paper-(iv) Optional (Semester-1st)

KINESIOLOGY (i)

**Time: 3 hours
Max. Marks: 30**

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I INTRODUCTION

- **Definition, Scope, Importance and application of Kinesiology in Physical Education and Sports.**

UNIT-II

- **Terminology of various types of movements around joints.**
- **Factors of body (i) Body planes (ii) Body axis.**
- **Spine (ii) Shoulder (iii) Shoulder Girdle (iv) Hips (v) Elbow (vi) Knee (vii) Ankle**

UNIT-III

- **Structural classification of muscles on the basis of attachment.**
- **Functional classification of muscles (iii) Technology of muscular attachment (iv) Method of assessing a joints range of motion (v) technique for increasing joint flexibility (vi) Basic concept of force, motion, Newton;s Laws, Equilibrium and centre of gravity.**

UNIT-IV

- **Characteristics and functions of Shoulder Joint & Shoulder Girdle Muscles:**
- **Deltoil, Latissmus Dorsi, Pectorals major, Trepzius**
- **Characteristics and functions of elbow joint muscles.**
- **Biceps Brachi, Brachialis and Triceps**
- **LOWER EXTEREITY**
- **Characteristics and functions of Hip Joint muscles; Gluteous Maximum, Characteristics and function of knee joint, Gastrocnemius.**
- **Hamstrings, Biceps Femoris, Rectos Femoris, Sartoris**
- **Characteristics and functions of individual muscles Rectos Abdorminus, sterno-cleidomastoid.**

UNIT-V

- **Concept of Balanced Posture (ii) Common Postural deformities (iii) Corrective exercises for postural defects (iv) injuries and their treatment, sprain, strain, contusion.**

KINESIOLOGY: PRACTICAL

TOTAL Marks: 20 marks

- Axis & Planes**
- Name of movement, its axis & planes**
- Location & names of various muscles**
- Postural deformities & corrective exercise for these deformities**

REFERENCE BOOKS

1. Wells & Luttgenes: Kinesiology
2. Rosche, P.J. Burk, Kinesiology and application Anatomy, Lea and Febiger, 1970.
3. Dyson, J., the Mechanizes of Athletics, University of London Press Ltd., Warevoel Squire, London.
4. Rosche, P.J. Burk, Kinesiology and Applicatn Anatomy, Les and Febiger, 1967.



Paper-(iv) Optional (Semester-1st)

HEALTH EDUCATION (ii)

**Time: 3 hours
Max. Marks: 30**

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions at least one question from each unit. All questions carry equal marks.

UNIT-I INTRODUCTION

- **Meaning and definition of Health Education**
- **Importance of Health Education**
- **Scope of Health Education**

UNIT-II HEALTH

- **Meaning of Health**
- **Factprs affecting health**
- **Care of skin, hair, eyes, ear, nose, teeth, hands and clothes.**

UNIT-III SCHOOL HEALTH PROGRAMME

- **Need and importance of School Health services**
- **Health supervision**
- **Different aspects of SHP**

UNIT-IV NUTRITION

- **Elements of balanced diet**
- **Carbohydrates, proteins, fat vitamins, minerals, salts and water.**

UNIT-V

- **Need and importance of first-aid in Physical Education and Sports**
- **Causes and prevention of aids**
- **Effects of smoking and alcohol on health**
- **Safety in playgrounds.**

PRACTICAL HEALTH:-

Total marks: 20

- 1. Preparation of School health programme**
- 2. Transportation of the injured persons**
- 3. Artificial Respiration**
- 4. Control of bleeding, cuts and wounds**
- 5. Taping bandage and its various types.**

REFERENCE BOOKS

- 1. Dehl: Healthful living, MC Graw Hill.**
- 2. Physical Education & Health (Dr. A.K. Uppal, Dr. G.P.Gautam)**
- 3. Obertaufor: School Health Education**
- 4. Physical and Health Education (Mr. V.D.Sharma & Granth Singh)**

Paper-(iv) Optional (Semester-1st)
COMPUTER APPLICATION (iii)

Time: 3 hours
Max. Marks: 30

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

Basic of Computer

- What is computer? Its History, application characteristics, classification of computers (analog, digital, hybrid)
- Physical structure of computer
- Why computers are useful?
- Human vs. Computer
- Role of computer in various fields.
- What are the aspects and need of computers education?

UNIT-II

COMPONENTS OF COMPUTER SYSTEM: AN INTRODUCTION OF HARDWARE AND SOFTWARE

- What is Hardware
- CPU, (CU, ALU, Main Memory)
- Input Devices (Keyboard, Mouse and Track Ball, Touchpad, Joysticks, Touch-Sensitive Screens, Data Scanning evices, Bar code Readers)
- Output Devices (Monitor, Laser, LCD)
- Hard Copy Devices (Printers) UPS and types of UPSs.
- What is a Software?
- System (OS, PL, Translator)
- Application (Program, Package....)

UNIT-III

INTRODUCTION TO WINDOWS

- Windows Features
- Windows accessories-calculator, notepad, Wordpad, paint.
- Structure of Window Screen (Desktop, Wallpaper, Taskbar, Icons)
- Start Button
- Programms, Documents, Setting Search, Help & Support, Run, Concept of file & folders, Shut down.
- What is an operating system?
- Function and type of OS.

UNIT-IV

MS OFFICE

- Word –Introduction of word processor, creating & saving documents, Editing & formatting, a document including color, size, font, alignment of

- text, printing a document, inserting Word Art, Clipart & picture, page sorting, bullets and numbering, inserting tables, mail merge.
- Power Point-Introduction to excel, need of spreadsheet, creating, opening & saving workbook, editing worksheet, using links, applying different views, types of functions.

UNIT-V

COMPUTER AS A SOURCE OF KNOWLEDGE AND COMMUNICATION

- What is Internet? Benefits of Internet.
- Type of connections: Dial-up, Dedicated or Leased Lines, Wi-fi.
- How to use Search Engine? Downloading the information.
- Communication on the Internet: e-mail, chatting, internet newsgroups.
- What is virus? How does it spread? Types of Virus? Its ill-effects? Symptoms of Virus.

COMPUTER PRACTICALS: (SEMESTER -1st) Marks: 20

- | | | |
|------|---------------------------|----------|
| i) | Window operating system:- | 06 marks |
| ii) | MS word | 08 marks |
| iii) | use of Internet | 06 marks |

REFERENCE BOOKS

1. **Sunita Arora: Introduction to information and technology Dhanpat Rai & Co. (Pvt.) Ltd. Education & Technical publisher (2002)**
2. **Nasib Gill: Essential of Computer, and network technologies. Khana book Publishing Company Darya Ganj New Delhi (2000)**
3. **Hussain: Computer technology & application 1996**
4. **Carter Roger: The information Technology handbook, Heinmar Professional Publishing Ltd. (1987)**
5. **Raja Raman V. Fundamentals of computer, Prentice Hall of India Pvt Ltd 1982.**
6. **Raja Gopalan R: Understanding Computers, Tata Mcgraw Hill Publishing Company Ltd. 1990.**

Paper-(v) (Semester-2nd)
EDUCATIONAL AND SPORTS PSYCHOLOGY

Time: 3 hours
Max. Marks: 100
Internal Marks: 20
External Marks: 80

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

- UNIT-I INTRODUCTION**
- Psychology-its meaning: Psychology as a Science-its Utility in the field of Physical Education.
- INTELLIGENCE**
- Nature of Intelligence, Kinds of intelligence: theories of intelligence Evaluation of intelligence.
- UNIT-II DEVELOPMENT PSYCHOLOGY**
- Nature of human growth and development general characteristics of Physical, Menial; emotional and social development at the stage of infancy and adolescence.
- PERSONALITY**
- Its meaning and development. Types of Personality: Evaluation of personality.
- UNIT-III INDIVIDUAL**
- Type and nature of individual
 - Difference: Factors responsible heredity & environment
- LEARNING**
- Nature of Learning: Theories of Learning: Laws of Learning: Plateau in Learning and transfer of Learning.
- UNIT-IV MOTIVATION**
- Nature of motivation: Factors influencing motivation: Motivation and sports performance: Motivation techniques.
- ANXIETY**
- Nature of Anxiety; kind of anxiety, anxiety and performance, Management of anxiety.
- UNIT-IV ADJUSTMENT**
- Personal and social adjustment, Causes of maladjustment; role of Physical Education in preventing maladjustment and promoting proper maladjustment & promoting proper mental health. Exceptional Children mentally gifter, tetarded, delinequents, Physically handicapped and backward.

REFERENCE BOOKS

1. Crow, Educational Psychology-Little field adams & Co., 1979.
2. J.Ross, Ground work of Education Psychology.
3. Mathur, S.S., Educational Psychology, Vinod Pustak Mandir, Agra-1962.
4. Jack H., Psychology of Coaching: Theory and Application

Paper-(VI) (Semester-2nd)
SPORTS MANAGEMENT

Time: 3 hours
Max. Marks: 100
Internal Marks: 20
External Marks: 80

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions atleast one question from each unit. All questions carry equal marks.

UNIT-I

- **Meaning, Importance and scope of Sports management.**
- **Factors influencing sports management**
- **Factor affecting teaching methods and various methods of teaching**
- **Steps of Personnel and Technical Preparation**
- **Meaning Importance and type of audio visual aids.**

UNIT-II

- **Meaning and type of class management.**
- **Salient features of good classes management**
- **Factors effecting good classes management**
- **Meaning & values of lesson plan- Games, Gymnastic, Athletic and Indigenous activity**
- **Classification of exercises and activities and its importance**
- **Meaning & Importance of tournaments, types of tournament knockout and league, their advantages and disadvantages.**

UNIT-III

- **Meaning importance and principles of administration and organization.**
- **Factors influencing good administration**
- **Qualifications and qualities of Physical Education Teachers.**
- **Playgrounds, Area, Location, Layout and care of Sports Equipments.**
- **Need, Importance, purchase of sports equipments.**

UNIT-IV

- **Need & Importance of curriculum planning.**
- **Time-table, factors affecting time-table, objectives, principles and precautions in preparation of time-table.**
- **Intramural objectives and organization**
- **Budget importance and criteria for a good budget.**
- **Meaning & Importance, types of records and registers.**

UNIT-V

- **Evaluation-meaning need, importance and methods of evaluation.**
- **Characteristics of a good test**
- **Supervision and inspection,**
- **Qualities of good supervisor.**
- **Organization and conduct of tournaments and Athletic meets.**

RECOMMENDED BOOKS

1. **P.M. Loseph, Organization of Physical Education.**
2. **Suraj Singh, Administration of Physical Education**
3. **D.G.Wakherker, Manual of Physical Education.**

**Paper-(VII) (Semester-2nd)
OFFICIATING & COACHING**

**Time: 3 hours
Max. Marks: 100
Internal Marks: 20
External Marks: 80**

Note:-

Paper setter is required to set 10 questions. Two questions from each unit. Candidates are required to attempt five questions at least one question from each unit. All questions carry equal marks.

UNIT-I

- Meaning and Importance of Coaching
- Principles of Coaching
- Qualities, Qualifications and responsibilities of a good Coach.

UNIT-II

- Marking, Measurement, Techniques, Equipments, rules and regulations of following:
- i) Road Races (ii) Combined Events (iii) Preparation of Score sheet for Road races and combined events. (iv) Selection of route in road races (v) Outstanding performer in road races and combined events.

UNIT-III

- Marking, Measurement, Definition, basic fundamentals, equipments, rules and regulation of following games:
- (i) Basketball (ii) Handball (iii) Weightlifting & Wrestling
- Preparation of score sheet for Basketball, Handball, Weightlifting and Wrestling.

UNIT-IV

- Periodisation-types of periodisation
- Preparation of training schedule
- Importance of training schedule
- Structure and organization of training schedule

UNIT-V

- Measures for improving the standard of
- (a) Official factors affecting sports performance (b) Guidelines for preparing coaching lesson plan in athletics and games (c) use of types and teaching aids.

REFERENCE BOOKS

1. John V. Bunn: The arts of Officiating Sports, Prentice Hall, Inc Englewood Cliffs J.N.
2. John W. Bunn, The arts of Coaching, Prentice Hall, Englewood Cliffs, N.J.
3. Thani Lokesh, Skills and tactics in game and sports
4. R.L. Anand: Sports field manual, NIS publications.

M.P.Ed- III Semester
Paper – I (Fundamental of Sports Training)

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT - I BASIC CONCEPT IN SPORTS TRAINING

- Meaning and importance of Training
- Aim and objectives of sports Training
- Characteristics of sports Training
- Types of Exercise

UNIT-II PRINCIPLE OF SPORTS TRAINING

- Principle of conscious involvement
- Principle of Individualization and accessibility
- Principle of gradual increase of load
- Principle of Specialization
- Principle of continuity and systematic ness in Training Process
- Principle of Economy of Effort

UNIT – III TRAINING LOAD, ADAPTATION AND RECOVERY

- Meaning and factors/ parameters of Load
- Judgment of Load
- Load and adaptation
- Relationship between load and recovery
- Factors affecting pace of recovery
- Means of recovery
- Overload
- Causes and symptoms of overload
- Tackling of overload.

UNIT – IV VARIOUS TRAINING METHODS

- Interval Training Method
- Repetition Training Method
- Continuous Training Method
- Circuit Training Method
- Fartlek Training Method
- Weight Training Method

UNIT – V: CYCLES IN SPORTS TRAINING

- Cycle in life

- Cycle & periodization of training
- Structure of a workout
- Structure of Micro cycle
- Structure of Meso Cycle
- Structure of Macro Cycle

REFERENCES

SPORTS TRAINING

1. Allan W. Jakson & James R. Morrow (1999), "Physical Activity for Health and Fitness". Human Kinetics.
2. American College of Sports Medicine (1991), "Guidelines for Exercises Testing and Prescription" ed. (Philadelphia: Lea & Febiger).
3. Annette, Lang Morning Strength Workouts. Human Kinetics, Champaign, Ilc, USA, 2007.
4. B. Don, Frnak, Edward J. Howley (1995), "Fitness Leaders Handbook". (Human Kinetics)
5. Claude Bouchard, Roy J. Stephard, Thomas Stephens (1993), "Physical Activity, Fitness and Consensus Statement" (Human Kinetics Publishers).
6. Craig A. Wrisberg, Sports Skill Instruction for Coaches. Human Kinetics, Champaign, iic, USA
7. Cratty, B. Perceptual and Motor Development in Infants and Children. Pretrice Hall, 1989.
8. Daniel, D. Arnhjeim & William E. Prentice "Principles of Sports Training" Morby - Year Book I Louis, 1993.
9. David C. Nieman (2000), "Fitness and Sports Medicine: A Health Related Approach"
3rd
Ed. (M. Publicity Company).
10. David N. Camaione (1993), "Fitness Management". (Wels Brown & Benlr Mark).
11. David R. Lamb (1984), "Physiology of Exercise, Responses and Adaptation" 2nd ed. (Mac Publicity Company).
12. David, Sandler, Sports Power, human Kinetics, Champaign, iic., USA, 2005.
13. Donald, Chu. Jumping into Plyo metrics. Human Kinetics, Champaign, ILL., 1998.
14. Fuoss Donald E., & Troppmann, Robert J. Effective Coaching (Apsychological Approach),
Mac. Publishing Company & Collier Macmillan Publishers, 1985.
15. Hardayal Singh, Science of Sports Training, ND; D.a.V. Pub., 1993.
16. Herre, D., Principals of Sports Training, London: Grafion Book, 1982.
17. Thomas Kuhz, Science of Sports Training USA Stadion Publication, 2008.

M.P.Ed- III Semester

Paper - II (Statistical Techniques in Physical Education)

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

Unit. –I

Meaning of statistics. Need and importance of statistics in Physical Education, Meaning of “Data” , Methods of organizing Data through Frequency Distribution. Meaning of the Measures of Central Tendency, Computation of Measures of Central Tendency i.e. Mean, Median and Mode.

Unit-II

Meaning of Variability, Computation of Measures of variability: Range, Quartile - Deviation, Average Deviation and Standard Deviation. Meaning of term Percentile, Computation of Percentile & Quartiles. Meaning of Percentile Rank, Computation of Percentile Rank.

Unit - III

Meaning of Normal Probability Curve, characteristics and properties of Normal Curve. Application of N.P.C, Meaning of Skewness and kurtosis. Calculation of various combination of Heads and Tails.

UNIT-IV

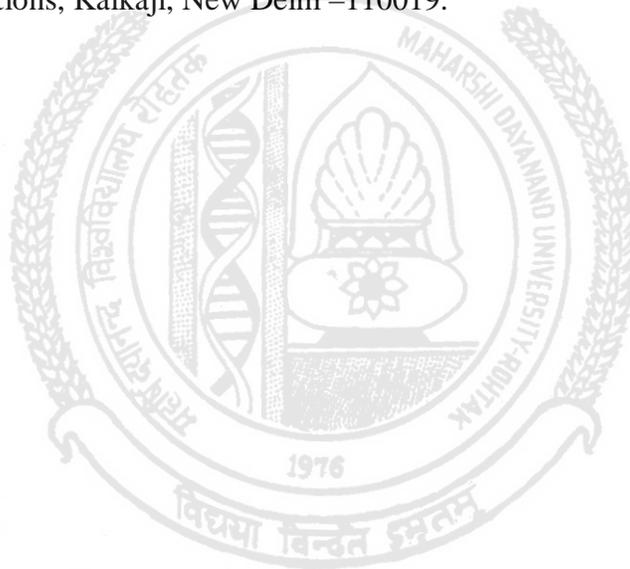
- Meaning and Types of Linear Correlation.
- Computation of Correlation Coefficient with Product Movement Method and Rank Difference Method.

Unit – V

- Meaning and advantage of Graphical Representation of Data .
- Principle of Graphical Representation of Data.
- Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram.
- Meaning of two –tailed and one tailed test of significance,
- computing significance of Difference between two means with t – Test (independent samples).

REFERENCES

1. Clarke.HH.The Application of Measurement in Health and Physical Education,1992.
2. Clarke,David H.and Clake H.Hares N. Research Process in Health Education Physical Education and Recreation . Englewood Cliffs, New Jersey, Prentice Hall, Inc.1986.
3. Shaw. Dhananjoy. Fundamental statistics in Physical Education & Sports sciences, sports publication,2007.
4. Margaret J. Safrit : Introduction to Measurement in Physical Education and Exercise Science, Time Mirror/ Mosy, College Publishing St. Louis. Toronte Bosion (2Nd. Edition-1998.
5. Morey E. Garrett : Statistics in Psychology and Educated, David Meka Company Inc.
6. Devinder K. Kansal : Test and Measurement in Sports and Physical Education, D.V.S.Publications, Kalkaji, New Delhi –110019.



M.P.Ed- III Semester

Paper-III (Research Methodology in Physical Education)

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks:20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT: I

- Meaning and Definition of research , Characteristics of good research, Need of Research in Physical Education and Sports, Fundamental Versus Applied Research, Nature of Research in Physical Education and Sports, Scope Research in Physical Education and Sports, Qualities of a good research worker.

UNIT-II

- The Problem: Definition, selection of Problem.
- Personal Criteria, Social Criteria, Research Criteria, Locating Problem, Problem areas in Physical Education and Sports.

UNIT: III

- Research Literature: Location of the research material. Indexes, books, bibliographic, reviews and Abstracts, Critical literature and allied literature.
- Steps in reviewing literature (note taking, scanning and skimming), Reference and foot notes, Direct and indirect library sources.

UNIT: IV

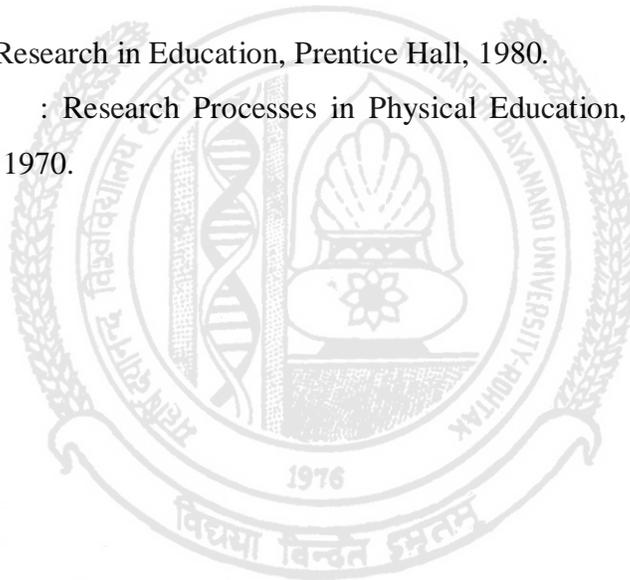
- Tools of Research: Observation, Interviews, questionnaires, opinionaires or attitude scales,
- Psychological Tests and Personality Inventories, Type of Psychological Tests, Sports specific Psychological Tests, Sociometric Techniques, Photography and cinematography.

UNIT: V

- What is Sampling, Selection of sample, the concept of Randomness, Type of Samples, Size of the Sample, and Theory of sampling.
- Hypothesis: Meaning, importance, Sources, types (Declarative, Probable and questions) form, Characteristics of good hypothesis.

Reference

1. Best J.W. Research in Education, Prentice Hall Inc. : Delhi-1982
2. Clarke, H.David., Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.1985.
3. Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics Champaign, 1996.
4. Weimer, Jon, Research Techniques in Human Engineering. Prentice Hall: New Jersey.1994.
5. C.V.Good : Methods of Research , Appleton Century Crofts Inc., New York,1954.
6. W.R.Mouly : Educational Research Introduction, David Making CO. Inc. Yew York, 1975.
7. J.W.Best : Research in Education, Prentice Hall, 1980.
8. D.H. Clarke : Research Processes in Physical Education, Recreation and Health , Prentice Hall, 1970.



M.P.Ed- III Semester

Paper – IV (Sports Medicine)

Time – 3 hours

Max. Marks = 100

External marks:- 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

Unit-I

- Meaning and concept of sports medicine, scope of sports medicine in physical education and sports.
- History of Sports Medicine in India. Prevention of sports injuries. Role of Physical Educators and Coaches in the prevention of sports injuries. Pre-conditioning injury prevention exercises and drives

Unit-II

- Sports Injuries: - Terminology and classification of common sports soft tissue injuries, Pathological changes in sprains, strain and contusion and their management.
- Regional injuries and their management- injuries of head, ears, eyes, nose, back, shoulders, elbows, hand, abdomen, thighs, knee, leg and ankle.

Unit-III

- Rehabilitation procedures of sports injuries, Principles of rehabilitation of injuries, Barriers to successful rehabilitation.
- Therapeutic modalities i.e cryotherapy, hydrotherapy, electrotherapy and lesser therapy.

Unit- IV.

- **Massage, kind of massage and benefit of massage**
- **Therapeutic exercises and their classification**
- **Stretching exercises and their benefits**

UNIT-V

- Gynecological problem in women athlete
- Menstrual dysfunction,
- Pregnancy : Physiology & Exercise
- Exercise associated with Amenorrhea & Leptin

References :

1. Armstrong and Tuckler : Injuries in Sports, London, Staples Press, 1964
2. Bolan, J.P. : Treatment and Prevention of Athletic Injuries. The Rasch, P.J Inter-state Printers and Publishers, 1967.
3. Morehouse, L.E and : Sports Medicine for Trainers, Philadelphia, W.B. Saunder CO.,1963
Rasch, P.J.
4. Ryans Allan : Medical Care of the Athlete, McGraw Hill.
5. Morchouse & Miller : Physiology of Exercise
6. Falls : Exercise Physiology
7. Karpovitch : Physiology of Muscular activity
8. Pande, P.K. “ Know How Sports Medicine?” AP Publications, Jalandhar
9. Marry Irland, The female athlete, W.B. Saunder CO.,2003.

Paper-V Semester 3rd
(a) (Science of Coaching Athletics)

Time: 3 hours

Max. Marks: 50
External marks: 40
Internal marks: 10

Note:-

Paper Setter is required to set 10 questions from 5 units two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

- **History of Athletics in India & Olympics**
- **Teaching, training and Coaching of athletes**
- **Selection of an Athlete**
- **Organization and Administration of Athletic Meet.**

UNIT-II

- **Track and Field marking with layout of Field Events**
- **Rules and regulations of track and field events**
- **Duties and powers of officials.**

UNIT-III

- **Warming up and its significance, factors effecting warming up, types of warming up, cool down and its significance.**
- **Definition-Athletic terminology: (i) Jogging (ii) Striding (iii) Second wind (iv) soreness of muscles (v) Speed play or Forlek (vi) Stitch in the side (viii)Sprinting**
- **Training Methods their components and significance: (i) Interval training (ii) Acceleration sprints (iii) continuous running (iv) Hollow sprints (v) Repetition running (vi) Sprints (vii) Fartlck or speed play (viii) Circuit training**

UNIT-IV

- **Explain the Physical requirements of the events given below. Explain mechanics involved in the techniques at different stages given against each event.**
 - a) **Sprinting (Cronch Start: Supporting Phase, driving phase, Recovery Phase, Finish)**
 - b) **Hurdles (approach, take off, flight, landing, stride in between hurdles)**
 - c) **High Jump (Approach run, take off, bar clearance, landing)**
 - d) **Javelin throw (Holding & carrying, approach run, transitional steps, throwing stance, release and recovery)**
 - e) **Long Jumps (approach run, take off, flight, landing)**
 - f) **Hammer throw: (Handhold, starting position, preliminary swing, turns, release and recovery)**

UNIT-V

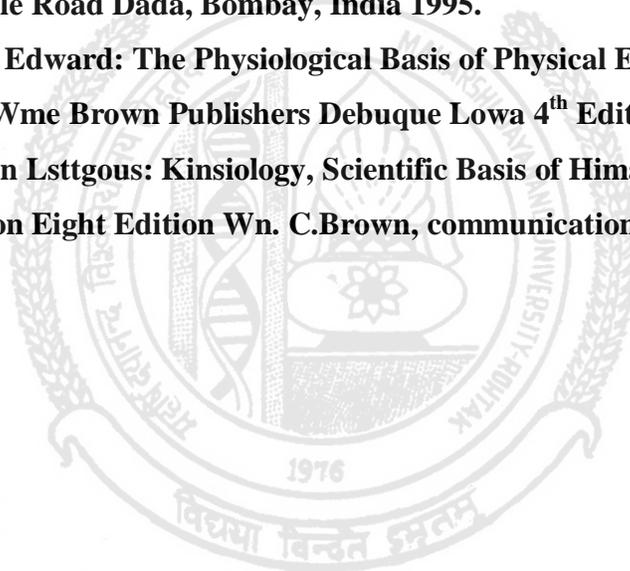
PERIODIZATION

- **Meaning and types and objectives of periodisation**
- **Division of training aspects for different events for different periods of training.**
- **Preparation of a weekly training programme for**
 - a) **Track events**
 - b) **Jumps**
 - c) **Throws**

Note:- While setting question from the period, event and level of athlete must be given or choice should be left to the student.

REFERENCE

1. **Vidyasagar; Training systematic in throwing NS NIS Patiala, India 1979.**
2. **Gerry A. Can : Fundamentals of Track and field Theodore b Rangansa, 62 A Gokhale Road Dada, Bombay, India 1995.**
3. **Fox L. Edward: The Physiological Basis of Physical Education and Athletics, Web. Wme Brown Publishers Debuque Iowa 4th Edition.**
4. **Ketluyn Lsttgous: Kinsiology, Scientific Basis of Hima Helga Dustch Mention Eight Edition Wn. C.Brown, communications, Ltd., Dubuque, IA, USA.**



Paper-V Semester 3rd
(b) Science of Teaching & Coaching game (Hockey)

Time: 3 hours

Max. Marks: 50
External marks: 40
Internal marks: 10

Note:-

Paper Setter is required to set 10 questions from 5 units two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

- Asia and Olympic
- Teaching training and coaching of Hockey
- Selection of Hockey Team
- Organizing Hockey Tournament

UNIT-II

- Layout of Hockey/ground and its dimension
- Rules and regulations of Hockey
- Duties and powers of officials
- Size and weight of equipments
- Protective equipments

UNIT-III

- Importance of warming up and Cool down
- Preparation of team, before during and after the game
- Technical and Tactical preparation of different position
- Team Tactics, formation of attack and difference system of play

UNIT-IV

A -Individual skills Teaching and Analysis

- i) Hitting (ii) Dribbling, (iii) stopping (iv) Reverse flick (v) Pushing (vi) Dodging (vii) Scoping (viii) Hitting on the wrong foot**

B -Passes:

- i) Forward Pass (ii) Back Pass (iii) Side Pass (iv) Cross Pass (v) Through Pass (vi) Scoop Pass (vii) Deflected Pass (viii) Flick Pass**

UNIT-V -PERIODISATION OF TRAINING

- Annual training plan
- Training during competition period
- Training during preparatory period
- Training during transitional
- Weekly training plan

REFERENCE

- 1. Horst Wein Transferred by: The Science of hockey (1973) Devid Belchamber. M.A.**
- 2. Lokesh Thani : Skill in Tectics Hockey (1995)**
- 3. Matin Khan: To Hell with Hockey (1982) the life story of Lympian Aslam Sher Khan**
- 4. Jan Taylor with David Viar: Taylor on Hockey (1988)**

Paper-V (b) Semester 3rd
Science of Teaching & Coaching game (Handball)

Time: 3 hours

Max. Marks: 50
External marks: 40
Internal marks: 10

Note:-

Paper Setter is required to set 10 questions from 5 units two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

- Brief History and development of Handball in Haryana, India, Asia and Olympic
- Requirements of Handball: Playing court, playing time, time out, The Ball, The team substitution and equipments.
- Rules and their interpretation and their application in the game of Handball.
- Official and their duties: Referees, The time keeper and the Score keeper.

UNIT-II

Attack and defensive techniques:

- (i) Passes: Over arm, under arm, wrist pass, back hand, chest pass, jumps pass and lower pass.
- (ii) Bouncing/Dribbling:- Low and High
- (iii) Faking-Body Fake, Arm Swing Fake, Rotation Fake, Passing Fake and Shooting Foke.
- (iv) Goal shooting-over arm, under arm jump, Falling and Dive shots
- (v) Checking on the ground and in the air
- (vi) Defensive Blocking of:- Over arm, under arm, curved and jump shots

UNIT-III

Attacking and defensive Tactics:-

- (i) The counter Attack: Simple, Extended and complete Fast break
- (ii) Organization of Attack: (a) Individual: Winger, Piyot, back court and Centre Back player, (b) Group:- Parallel Thrust, Waving, changing position/crossing and blocking/freeing oneself. (c) Attack against different defence systems- Against man to man, against zone and against combined defence.
 - iii) Delaying the attack and moving back quickly
 - iv) Man to man Defence full and half court processing

UNIT-IV

Different Kind of Defense

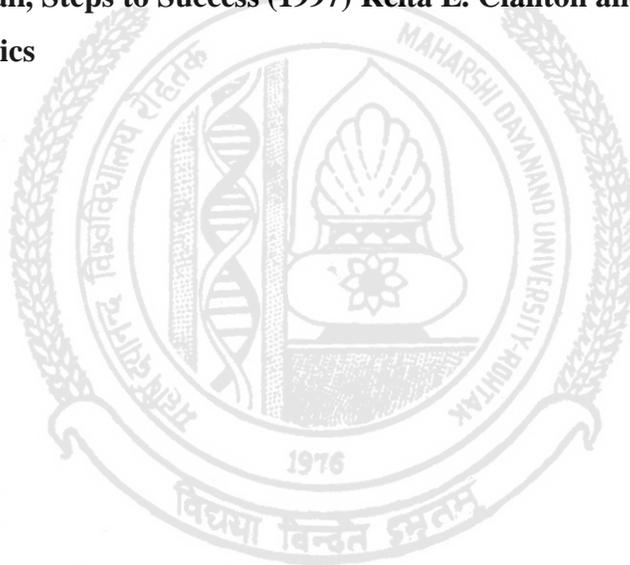
- One defence: 6:0, 5:1, 4:2, 3:3, 3:2:1
- Combined Defence:-
- 5+1 and 1+5 defence
- 4+2 and 2+4 defence

UNIT-V

- **Preparation, observation and Evaluation of Handball Game**
- **Periodization of Handball Training- Competitive, preparatory and Transitional period.**
- **Planning: Annual Training Plan and Weekly Training Plan.**

REFERENCE

1. **ix Rules of the Game, International Handball Federation Post Box 312 Ch 4020
Basel, Switzerland**
2. **Playing Handball by Zoltan MARCZINKA (1993) a COMPREHENSIVE Study of
the Game International Handball Federation, Tirio Budapest-Publishing Company.**
3. **Study Material Handball, German College of Physical Education Culture Leipzig
Germany**
4. **Team Handball, Steps to Success (1997) Reita E. Clanton and Mary Phyl Dright
Human Kinetics**



Paper-V (b) Semester 3rd
Science of Teaching & Coaching game (Basketball)

Time: 3 hours

Max. Marks: 50

External marks: 40

Internal marks: 10

Note:-

Paper Setter is required to set 10 questions from 5 units two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

- History and Development of Basketball game

UNIT-II

- Dimensions of the Basketball Court, Dimension of the blackboard. Specification of the Basketball ring, upright and Ball. Equipments of the Basketball game.

UNIT-III

Administration of the Basketball game

- Officials, Table Official, Commissioner and the duties and ;power of the official, playing regulation, violations in Basketball game fouls and penalty in Basketball game.

UNIT-IV

- Fundamental of Basket Ball game (Teaching and their importance) Dribbling, Passing and Receiving, Shooting and Rebounding.

UNIT-V

- Team defence, offense, fast break, team tactics team/talent, signal of the official in Basketball game.

REFERENCE

1. The complete handbook of individual skills: Robert Fox
2. Handbook of official Basketball rules-BFI
3. Complete Book of Basketball – Theory Balron berg.

Paper-V (b) Semester 3rd
Science of Teaching & Coaching game (Volleyball)

Time: 3 hours

Max. Marks: 50
External marks: 40
Internal marks: 10

Note:-

Paper Setter is required to set 10 questions from 5 units two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

- Origin of game
- History of Volley Ball
- Ancient History of Volley Ball
- Haryana History of Volley Ball
- Role of Haryana's People for the development of Volley Ball game.

UNIT-II

- Length and Width of Volley Ball Court.
- Height of Volley Ball Net
- Length and Width of Volley Ball Net
- Total number of Volley Ball Players
- Interpretation of Rules

UNIT-III

- Smash (ii) Blocking (iii) Lifting (iv) Underhand (v) Upper Hand Service

UNIT-IV

Strategy and tactics

- Rotation
- Placing of Libero
- Placing of Players
- Dropping

UNIT-V

Duties and power of officials

- Number of referee
- Duties of empire
- Duties of Lineman
- Technical Officials

REFERENCE

1. Keith Nichollos: Modern Volley Ball (1967-76)
2. S.K. Sagar: Play Better Volley Ball
3. S.K.Sagar: Skill & Tests
4. Deepak Jain: Teaching and Coaching Volley Ball Science of Teaching and Coaching.

Paper-V (b) Semester 3rd
Science of Teaching & Coaching game (Badminton)

Time: 3 hours

Max. Marks: 50
External marks: 40
Internal marks: 10

Note:-

Paper Setter is required to set 10 questions from 5 units two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

- Brief History and development of Badminton in India Asia and Olympic.
- Teaching, training and coaching of Badminton
- Selection of a Badminton Player
- Organizing Badminton Tournament Type of tournament

UNIT-II

- Layout of Badminton Court and its dimensions
- Rules and Laws of Badminton
- Duties and power of official
- Size and weight of equipments

UNIT-III

- Technical and Tectical preparation of different strokes.
- Preparation of a player before after and during the game
- Tactical formation of attack and defence
- Importance of warming up and cool down.

UNIT-IV

Teaching and Analysis:

- Service (2) Drive (3) Over Lead (4) Drop (5) Shash (6) Net Shots (7) Under arm back hand

UNIT-V

Periodization of Training

- Training during preparation period
- Training during completion period
- Training during transitional period
- Organizing training sessions.

REFERENCE:

1. Deepak Jain- Teaching and Coaching Badminton.
2. Lokesh Thani- Skills and Tactics
3. R. Stanton Hales: Badminton (Sixth Edition)
4. Judy Hash Nandan C.M. Jones, Beginning Badminton Science of Teaching and Coaching.

Paper-V (b) Semester 3rd
Science of Teaching & Coaching game (Kabaddi)

Time: 3 hours

Max. Marks: 50
External marks: 40
Internal marks: 10

Note:-

Paper Setter is required to set 10 questions from 5 units two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

- Define Kabaddi, Types of Kabaddi, Style and formation of Kabaddi-Origin of Kabaddi.
- History of Kabaddi in India and abroad origin of Kabaddi in modern time and Ancient time.
- Scope of Kabaddi in India, Asian games, world championship Common wealth and Olympic games.

UNIT-II

- Dimension of Kabaddi ground/court and its Measurement in different style/types/kinds.
- Methods and techniques to formaltion the Kabaddi ground/court
- Official and formation of Kabaddi to conduct the good competition/tournaments of championship and duties & uses of all the official.
- Responsibility & duties of the team Manager, Coach and Captain of the Kabaddi Team during after and before the competition

UNIT-III

- Rule and regulation of Kabaddi
- Duration, time and period of the Kabaddi Matches in Men, Women, Junior & sub junior level.

UNIT-IV

- Training & Coaching, Describe specific Trg. And general trg & Coaching for Kabaddi Players.
- Technique of training, tactic & skill of training of Kabaddi
- Defensive & Offensive Kabaddi Technique
- Describe in details about the specific training for Kabaddi team.

UNIT-V

- Kabaddi tournament in India.
- Selection of Kabaddi Team. What method you adopt for the selection of the Kabaddi Team.
- Famous Kabaddi players, teams, Arjuna Awardee etc.
- Uniform, Diet special training & coaching for outstanding Kabaddi players/team give them daily training schedule/time table

REFERENCE:

1. John W. Dann: Scientific Principle of Coaching
2. Prentice Hall eglewood Clifs, JJ.
3. VN.Rao: Kabaddi.

Paper-V (b) Semester 3rd
Science of Teaching & Coaching game (Kho-Kho)

Time: 3 hours

Max. Marks: 50
External marks: 40
Internal marks: 10

Note:-

Paper Setter is required to set 10 questions from 5 units two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

- Describe Kho-kho games in details, origin of Kho-kho his native land/place and his born in ancient time.
- History of Kho-kho, scope of kho-kho in India and abroad.

UNIT-II

- Dimension of Kho-kho ground/court and its measurement
- Methods and techniques to formation the kho-kho ground/court.
- How many officials are sufficient during the kho-kho match
- Duties of all officials during and after the match
- Role & duties of kho-kho team captain coach and team manager and his responsibilities during after and before the completion.

UNIT-III

- Rules & regulation of Kho-kho discuss in details.
- Duration, time and period of the kho-kho matches in Mean, Women & Junior sections.
- Runner & Charger Technique & Try
- Special Try for Kho-kho players.

UNIT-IV

- Kho-kho tournament in India and other countries in the world
- Selection of Kho-kho team methods of selection.
- Famous Kho-kho players. Arjuna Awardies etc.
- Uniform Diet, Training & Coaching for Kho-kho team give their daily training schedule/time table.

UNIT-V

REFERENCE

1. A.S. Barhas Co., New York Sentence of Coaching
2. John V. Dunn- The art of officiating sports
3. Prentice Hall, Eglewood clifs N.J.

Paper-V (b) Semester 3rd
Science of Teaching & Coaching game (Football)

Time: 3 hours

Max. Marks: 50
External marks: 40
Internal marks: 10

Note:-

Paper Setter is required to set 10 questions from 5 units two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

- Brief History and development of football in India, Asia and Olympic
- Teaching, training and Coaching of Football
- Selection of football team
- Organizing football tournament.

UNIT-II

- Layout of football ground and its dimensions.
- Rules and Regulations of football
- Duties and power of officials
- Size and weight of the equipments

UNIT-III

- Importance of Warming up and Cool down
- Preparation of team, before, during and after the game.
- Technical and teefical preparation of different position
- Team tactics, formaton of attack and defence, system of play.

UNIT-IV

Individual Skills (Teaching and Analysis)

1. Kicking (2) Stopping (3) Heading (4) Trapping (5) Dribbling (6) Trackling (7) Throwing (8) Civil

Passt.

1. Forward Pass (2) Side Pass (3) Chip (4) Head Pass (5) Short Pass

UNIT-V

Periodization of Training

1. Annual Training Plan
2. Training during preparatory period
3. training during competition period
4. Training during transitional weekly training plan.

REFERENCE

1. Kamlesh M. 21 Sangui, M.S.Method in Physical Education Parkash Brother Jalandhar.
2. H.C. Bulk Rules of games of Sports.

M.P.Ed- IV Semester

Paper – VII (Scientific Principle of Sports Training)

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT – I BIO-MOTOR ABILITIES AND THEIR DEVELOPMENT

1.1 Strength

- Definition
- Factors determining strength
- Methods of strength: Training maximum strength, explosive strength and strength endurance.

1.2 Speed

- Definition
- Forms of speed
- Factors determining speed
- Load parameters to develop speed abilities
- Methods to develop speed abilities

UNIT – II ENDURANCE, FLEXIBILITY AND COORDINATIVE ABILITIES

2.1 Endurance

- Definition and significance of endurance
- Factors Affecting endurance
- Forms of endurance
- Methods of develop endurance
- Load parameters in relation to endurance Training

2.2 Flexibility

- Definition and importance of flexibility
- Factors determining flexibility
- Forms of flexibility
- Methods used to develop flexibility

2.3 Coordinative abilities

- Definition
- Classification of coordinative abilities
- Methods used to develop coordinative abilities

UNIT – III TECHNICAL AND TACTICAL PREPARATION

3.1 Technique Training

- Meaning of technique, skill and style

- Aim of technique training in different sport
- Technique Training, its characteristics and implication in various phases, Methods employed for technique training, causes of technical faults and their correction.

3.2 Tactics

- Meaning of tactics
- Aim of tactics in sports
- Training for tactics
- Principles of tactical preparation

UNIT – IV COMPETITION TRAINING AND PERIODISATION

4.1 Periodisation

- Meaning of Periodisation
- Top form and periodisation
- Aims and contents of various periods of periodisation
- Types of Periodisation

4.2 Competition

- Importance and frequency of competition
- Preparation for competition (general guidelines, psychological preparation and Direct preparation)

UNIT-V: NATURAL MEANS OF RECOVERY

- **Natural Environment**
- **Massage**
- **Water**
- **Means of recovery in Meso cycle**

REFERENCES

1. Hoeger (2005), "Principles and Labs in Fitness & Wellness".
2. Jenson, C.R. Fisher, A.G. Scientific Basic of Athletic Conditioning, Lea and Febiger, Philadelphia, 1992.
3. Jones, J. Jones, Wells, L. Jannet, Peters, Rachael E., Johnson, Dewayne J., Effective Coaching (Principles & Practice). Allyn & Bacon, Massachusetts, USA, 1982.
4. Katch, F.L. & Mc. Ardle, W.O. (1989), "Nutrition, Weight Control and Exercises" 3rd ed. (Philadelphia: Lea & Febiger.
5. Lee, E. Brown & Vance A. Ferrigna (editors): Training for speed, Agility and Quickness, Human Kinetis, Champaign. Llc. USA, 2005.
6. Marney, B. Simon & Steren R. Levisohn. The Athlete within A Personal Guide To total Fitness, Little Brown Company, Boston, 1987.
7. Matveyew, L.P. Fundamentals of Sports Training (translation from Russian) Mir. Publishers, Moscow. 1991.
8. Novich, Max M. & Taylorm, Buddy Training Conditioning of Athletes, Lea & Febiger, Phildelphia, 1983.
9. Roy. J. Shephard (1994), "Aerobic Fitness and Health" (Human Kinetics Publishers).

10. Singh, H., Science of Sports Training, Delhi: D.V.S. Publishers, 1991.
11. Thani, Yograj, Sports Training, Delhi: Sports, 2003.
12. Uppal, A.K. and Gautam, Principles of Sports Training, Delhi: Friends, 2001.
13. Vivian H. Heyward (1991), “*Advanced Fitness Assessment and Exercise Prescription*” 2nd ed. (Human Kinetics Publishers).
14. Willmore, J.H. Athletic Training and Physical Fitness. Allyand Bacon, Inc. Sydney, 1987.
15. Scott. K. Powers, Stephen L. Dodd. (1999) Total Fitness: Exercise, Nutrition and Wellness, Allyn & Bacon, United States of America.



M.P.Ed- Semester 4th
Paper –VIII (Measurement and Evaluation in Physical Education))

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

Unit -1

- Meaning of Test, Evaluation and Measurement. Importance of test in Physical education and sports.
- Criteria for test selection - a) Technical Standards b) Practical Standards.
Administration of Test –a) Advance Preparations b) Duties During Testing c) Duties after testing.

UNIT-II

- Classification of test : Standardized and Teacher made test (objective & subjective test)
- Construction of test: Knowledge test (written test) and skill test.

Unit – III

- Meaning of Motor Ability, Test of Motor Ability – a) Barrow Motor Ability test b) Scott Motor Ability Test.
- Test of Fitness and Endurance – a) AAHPER Youth Fitness Test b) Harvard Step Test.

Unit – IV

- Test of specific sports skill - Badminton - French Short Serve and Clear Test.
Basket Ball – Johnson Basketball Test.
Hockey – Schmithals-French Test in Field Hockey.
Soccer - Warner Test for Soccer skills.

Unit – V

- Meaning of Psychomotor Test. Meredith Physical Growth Records and Iowa Posture Test.
- Broer – Miller Forehand and Backhand Drive test for Tennis skills.
Petry Volleyball Serve Test.

REFERENCES

1. Cohen, R.J.and M.E Swerdhik, Psychological Testing and Assessment: An Introduction to Test and Measurement,1999.
2. Kansal, D.K.Text Book of Test, Measurement, Evaluation and sports selection for all sports and spiritual sciences Publication, New Delhi,2008.
3. Lacy, A.C.and Douglas N. Hastad, Measurement & Evaluation in Physical Education and Exercise Science,2003.
4. Tritschler, K.a, Barrow & McGee's, practical Measurement and assessment,2000.

M.P.Ed- Semester 4th

Paper-IX (Research Methodology in Physical Education)

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT: I

- Historical Research: Meaning, values, scope, characteristics, steps, primary and secondary sources.
- Internal and external criticism, pitfalls and reports. Normative/Survey Research and case study: Meaning, Kinds, scope, steps and criteria of good survey. Case Study: Meaning, steps, Precautions and recommendation.

UNIT: II

- Genetics Research: Meaning. Need, importance, steps in conducting Genetics research.
- General Principles and scope of genetic research in Physical Education.

UNIT-III

- Experimental Research, meaning uses characteristics,
- General principle, steps and experimental design (single, parallel, repeated and rotational)

UNIT: IV

- Philosophical Research: Meaning, Tools and steps for critical thinking.
- Research Proposal (Synopsis): Meaning and Significance .Steps of preparation of research proposal.

UNIT: V

- Research Report: Format: Preliminary Section Main Body (Introduction, statement, significance, hypothesis and technical terms) Review of related literature.
- Design of the study, Presentation of data, Interpretation of data, discussion, conclusion, summary, bibliography and appendices.

Reference

1. Best J.W. Research in Education, Prentice Hall Inc. : Delhi-1982
2. Clarke, H.David., Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.1985.
3. Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics Champaign, 1996.
4. Weimer, Jon, Research Techniques in Human Engineering. Prentice Hall: New Jersey.1994.
5. C.V.Good : Methods of Research , Appleton Century Crofts Inc., New York,1954.
6. W.R.Mouly : Educational Research Introduction, David Making CO. Inc. Yew York, 1975.
7. J.W.Best : Research in Education, Prentice Hall, 1980.

M.P.Ed- Semester 4th
Paper – X (EXERCISE PHYSIOLOGY)

Time – 3 hours

Max. Marks =100

External marks: 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

Unit-I.

- Meaning and scope of body composition,
- Methods of estimating body composition i.e skin fold and hydrometry method, body composition and exercise.
- Over weight, Obesity and weight control

Unit-II.

- Physiological responses to exercise in the heat, cold and altitude.
- Health risks during exercise in heat and cold.

Unit-III.

- Energy, energy production during muscular activity.
- Energy expenditure at rest and during exercise.
- Energy transfer in body
- Energy transfer in exercise.

Unit-IV.

- Exercise, successfully ageing, disease prevention
- Physical Activity, Health & Ageing

UNIT-V

- Ergogenic Aids: Definition, Nutritional Agent, Pharmacological Agent, Physiological Agent.

References :

1. Armstrong and Tuckler : Injuries in Sports, London, Staples Press, 1964
2. Bolan, J.P. : Treatment and Prevention of Athletic Injuries. The
Rasch, P.J. Inter-state Printers and Publishers, 1967.
3. Morehouse, L.E and : Sports Medicine for Trainers, Philadelphia, W.B. Saunder
CO.,1963
Rasch, P.J.
4. Ryans Allan : Medical Care of the Athlete, McGraw Hill.
5. Morchouse & Miller : Physiology of Exercise
6. Falls : Exercise Physiology
7. Karpovitch : Physiology of Muscular activity
8. Pande, P.K. “ Know How Sports Medicine?” AP Publications, Jalandhar

M.P.Ed- Semester 4th
Paper-XI Opt.(i) Sport Sociology

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

Unit-I : Introduction to Sport Sociology:

- i) Meaning and concept of sport sociology.
- ii) Sociology of sport as a separate discipline.
- iii) Current status of sport sociology in India and abroad.
- iv) Sport sociology as a science of social relationships.

Methods and Techniques of Sport Sociology:

- i) Socio-metry
- ii) Survey method
- iii) Interview method

Unit-II: Sport and Culture:

- i) The meaning of culture, difference between culture and civilization.
- ii) The structure of sport culture.
- iii) The functions of sport culture.
- iv) Sport as a cultural phenomenon.

Social Interaction:

- i) Meaning of Social Interaction.
- ii) Competition, cooperation and Conflict (Meaning, types and role of social interaction)

Unit-III: Social roots of sport society

- i) Definitions of society.
- ii) Society is a web of social relationship.
- iii) Place of sport and games in different societies.
- iv) Spectator, fans and violence
- v) Influence of spectators in dynamics of sport.

Sport and Socialization: Family, kinship , peer groups, voluntary association, sport and stratification (castes, genders, age).

Unit-IV : Sport and commercialization:

- i) Impact of media on sport and sponsorship
- ii) Role of media in making and breaking images in sport
- iii) Impact of commercialization and changes in sport

UNIT-V

Physical Education and Socialization:

- i) Socio-psychological implication and impact of organized youth sport. Influence of social factors on sport performance.

- ii) Concept of self-efficacy and self-concept.

REFERENCE

1. Bhusan, V. and Sachdeva, An introduction to Sociology, Delhi: Kitab,2003.
2. Jain, Rachna, Sport Sociology, New Delhi : KSK,2005.
3. Kanwal jeet, S., Sport Sociology , ND: Friends Pub.2000.
4. Yadvinder Singh, Sociology in Sport, Sports Publication, 7/26 Ansari road, Darya Ganj New Delhi 110 002.
5. Sharma, R.N, Urban Sociology, ND: Surjeet Pub., 1993.
6. Singh, Bhupinder, Sports Sociology, New Delhi : Friends, 2004.
7. IGNOU, The Study of Society – Understanding Sociology, Delhi-IGNOU,2007.
8. Turner, B., Cambridge Dictionary of Sociology, U.K., Cambridge, U.N.Press.,2006.



M.P.Ed- Semester 4th
Paper-XI Opt.(ii) Sport Psychology

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

Introduction of Sports Psychology

- Meaning and scope of sports psychology, importance of sports psychology to teachers, coaches and trainers.
- Psychological demands of Sports activity, Basis of psychological preparation of an athlete
- Meaning and mechanism of cognitive processes, Factor influencing, Cognitive processes in athlete, Improvement of cognitive abilities
- Meaning and significance of perception, reaction time, movement time, reflex and response time in sports.

UNIT-II

Psychology of motor learning

- Meaning and definition of learning, Theories of learning (a) trail and error theory (b) theory of insight, Laws of learning and their implications
- Nature and principle of motor learning, factor affecting of learning, Learning curves and plateau in learning, transfer of learning its implication of sports.

UNIT-III

Emotional process and motivation in Sports

- Meaning and definition of emotions influence of emotions in training and competition, role of Physical Education and sports in balance development of emotion.
- Meaning and definition of motivation, types of motivation, techniques of motivation and doses of motivation.
- Persistence in motivation and role of motivation in training & competition

UNIT-IV

Psychological factors effective sports performance and personality

- The role of stress, Anxiety, tension and aggression in sports performance
- Meaning definition in types of personality, Personality and their relationship of sports, the concept of athlete personality and factor affecting the development of personality.
- Role of physical education in sports in the development of personality (subjective, test of personality) (Rorsha, Cattell, Eysenck) and objective techniques, Psycho-socio conflict of personality

UNIT-V

- Minimum and definition of stress, causes and symptoms of stress, effect of stress on sports performance
- Fear, strain, depression and anxiety, management of stress in training & competition
- Psycho-regulation procedure, Psycho-therapy, Pep-talk, discussion and diversion therapy.
- Relaxation techniques (a) progressive relaxation (b) Autogenic (c) Bio-feedback (d) Hypnosis & Yoga.

REFERENCE

1. Bhatia, Hans Raj, Test Book of Education Psychology, Delhi: Macmillan,2003.
2. Rouben.B.Frost : Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co.London.
3. Dridge & Hung : Psychological foundations of Education. Harper and Row Publishers.
4. Jain, D.,Introduction to Psychology, New Delhi: K.S.K,2003.
5. Kamlesh, M.L.Education Sports Psychology, New Delhi, Friends Pub.,2006.
6. Kamlesh,M.L.,Key Ideas in Sport Psychology, New Delhi, Friends Pub.2007
Kutty, S.K Foundations of Sports & Exercise Psychology, New Delhi: Sports,2004.
7. Robert.S.Weinberg - Foundations of Sports and Exercise Psychology (Third Edition)
Daniel Gould
8. Jack H.Liewellyn - Psychology of Coaching : Theory and Application (Surjeet Publisher
New
Judy A. Blucker Delhi)
9. Jashwant Kaur Virk - Psychology of Teaching and Learning (Twenty First Century
Publication
Pardeep Kumar Sahu Patiala.2008)

M.P.Ed- Semester 4th
Paper-XI Opt.(iii) Introduction of Computer

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note: The paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

Introduction of Computer History of Computers

- Computer generations, Digital Computer and its working, classification of Digital Computers.
- Input/Output Devices:- Key-board, Mouse, Joysticks, Touch Screen, Voice System, scanners, Terminals, Printers and their various types, Soft-copy Devices, number Systems.
- Memory and Mass Storage Devices: Characteristics of memory systems, memory hierarchy, types of memory, introduction of RAM, Rom , Magnetic Disks, Optional Disks, Magnetic Tapes, Virtual Memory and Cache Memory.

UNIT-II

Software and Programming Language Concepts

- Types, System Software and Application Software, Compiler Vs Interpreter, Operating System (Characteristics, Functions, Classification), Operating System (Characteristics, Functions, Classification), Graphical User Interface, Programming Language and their classification, Overview of DOS and Windows 98/2k Operating Systems.

UNIT-III

Computer Network & Internet

- Introduction to Computer Network, its types communication mediums, Networks
- Internet:History of Internet, Its benefits, its Hardware and Software requirements. Application of Internet.

UNIT-IV

- Computer Applications in Sports (Ticketing & Reservations, Score Boards, Biomechanics, Cycling, Baseball, Football etc.) Education, Design & Research Work, Desktop Publishing arts, Entertainment & Amusement, Medicine of Health Care.
- Social concerns & computers: Computers crimes and their types, positive and negative impacts of Computers, Computer Virus and their types, precautions (DOS and DON'TS, Anti Virus Software).

UNIT-V

Word Processing

- Introduction to MS-word, creating and Editing a Document. Formatting a document, Printing a document, other important operations in a document, Spell and Grammar Checking, Mail Merge Facility

REFERENCES

1. Essentials of Computer and Network Technology by Dr. N.S. Gill (Khanna Book Pub. Co., New Delhi.
2. Fundamental of Computers by V. Rajaramars (Prentice Hall India)
3. Computer Fundamentals by B.Ram
4. P.C.Software (M.S. Excel, etc.) by R.K. Taxali (Tata Mcgraw Hill).
5. Any other Book/Manual covering MS word and/or other.

