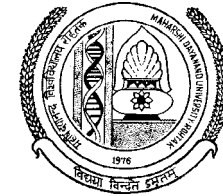


Maharshi Dayanand University Rohtak



Syllabus and Courses of Reading for M.P.Ed. (Part-I) Examination

Session - 2009-2010

Available from :

Incharge (Publication)

*Maharshi Dayanand University
Rohtak -124001 (Haryana)*

Price :

At the Counter : Rs. 50/-

By Regd. Parcel : Rs. 90/-

By Ordinary Post : Rs. 70/-

M.P. Ed. Part - I (Semester Ist)**PAPER - I (Professional Preparation and Curriculum Design in Physical Education and Sports Sciences)****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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

- Foundations of Professional preparation, features of Indian democracy with regard to contribution of Physical Education & Sports
- Understanding of Foundation of Physical Education and Sports.
- Meaning of professional preparation, curriculum and Design, what is the meaning and definition of Physical Education.
- Basis of Professional Preparation in Physical Education and Sports Sciences.

UNIT - II

- Forces and Factors affecting educational policies and programmes
- Function of the state Government in implementation of the educational and Professional Preparation of Physical Education and Sports Programme

UNIT - III

- Contribution, Aims and purposes of general Education in the Professional Preparation of Physical Education and Sports.
- Aims and Objectives of Physical Education.
- Historical review of Physical Education in USA (Russia)

UNIT - IV

- Historical review of Professional preparation in Greece & Rome.
- Professional Educational Qualification, desirable for Physical Education teachers for library, laboratory and Research

UNIT - V

- Historical review of Great Britain or England (United Kingdom) and Germany.
- Historical review of Sweden & Denmark.

References

1. Gupta Rakesh, Akhlish, Santosh, Professional Preparation and Curriculum Design in Physical Education.
2. Bhatia, K.K. and Narang, Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publisher, 1991.
3. Bhatia, K.K. Kadian, K.S. Chandra, PC and Sharma's Contemporary problem of Indian Education, Jalandhar Prakash Brother Educational Publishers, 1990.
4. Graily, J. Byrant career potentials in Physical Activity New Jersey, Prentice Hall in England USA 1990.

M.P. Ed. Part - I (Semester Ist)**PAPER - II Kinesiology****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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

- Definition, scope and role of kinesiology in Physical Education and Sports
- Anatomical body position
- Fundamental body position
- Meaning and Factors affecting the Range of motion

UNIT - II

- Fundamental movements of joint and their terminology
- Meaning of planes, aims and their types.
- Axis and Planes involved in Joints movements
- Structural classification of Skelton muscles and types of contractions.
- Techniques of muscular analysis

UNIT - III

- Classification of Joints - (movable)-(Immoveable) (Partial Moveable)
- The attachment and action of the muscles of following joints :
 - a) Shoulder Girdle and Shoulder :- Trapezius, Lavetor Scapulae, Rhomboid, serratus anterior, Pactortis minor and pactorlis major, Deltoid, Supra Spinatus, Teres Major and minor, infra spinatus and Biceps.
 - b) Elbow Joint : Biceps brachii, Pronator teres, Supinator, Trieps, Brachilles, quadiratus,

c) Ankle and Foot :- Gastrocenenius, Soleus, Tibialls anterior and Posterior, Digitorum longus and brevis, Extensor hallucis longus, peronus brevis.

UNIT - IV

- The attachment and action of the muscles of the following joints :
- HIP JOINT : Illiopsias Minor and Major, Pactinues, rectusfemoris, sartorius, Tensor, Fascielatea, Biceps and internus, Abductor Magnus, Longus and Brevis.
- KNEE JOINT : Quadriceps - Rectus Femoris, Vastus Lateralis, Vastus Ingtermedius, Hamstring group - Biceps Femoris, Semibranosus, Sartorius, Gastrenemius, Popliteus.

UNIT - V

- Characteristic of skillful performance
- Tendon action of two muscles
- Body deformities and their remindes - (a) Kyphosis (b) Lordosis(c) Scolosis (d) Knock- kness(e) Elat-foot

References

- Zatsiorsky V.M. Kinmatic of human motion - 1998
 Kelly DL Kinesiology, Fundamantal of Motion 1971
 Lattiganus K. Others Kinesiology, Scientific basis of human motion Jenson, C.R. & Schutt, G.W.,
 Applied Kinesiology : The Scientific study of human performnace (2nd edition) New York MC Grahs 1977
 Hawley, G. The Kinesiology of corrective exercise, Phildelphia Lea ano Febiger, 1937

M.P. Ed. Part - I (Semester Ist)**PAPER - III Anatomy and Physiology****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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 Anatomy & Physiology**

- Meaning of Anatomy and Physiology
- Cell Structure (Animal)
- Properties of living matter
- The role of Anatomy and Physiology in Physical Education & Sports

UNIT - II**Muscular System**

- Gross and microscopic structure of skeletal muscles
- Mechanism of muscular contraction and relaxation
- Nature of neuromuscular activity
- Muscle tone, Law of reciprocal innervations
- Muscle work and fatigue
- Effect of exercise on Skeletal muscles

UNIT - III**Circulatory System**

- Anatomy of heart
- Systemic and Pulmonary Circulation, coronary circulation
- Mechanism of circulation
- Heart rate, stroke volume, cardiac output, reserve capacity.

- Cardiac cycle
- Effect of exercise on circulatory system

UNIT - IV**Blood & Blood Pressure**

- Composition of Blood and its functions, Types of blood
- Blood Pressure - systolic and diastolic pressure
- Measurement of blood pressure
- Effect of exercise on blood pressure

UNIT - V**Respiratory System**

- Structure of respiratory organs
- Mechanism of respiration
- Tissue and Pulmonary respiration
- Respiratory capacities
- Effect of exercise on respiratory system

References

1. Pearee Evelyn, C. Anatomy and Physiology for Nurses London, Faber and Faber Ltd. 1962.
2. Pavat, J. Anatomy for students and teachers of Physical Education, London Edward Arnold and Co. 1959.
3. Senson Wright : Applied Physiology
4. Willion J.F. : Anatomy and Physiology, London W.B. Saunders
5. Best and Taylor The living Body, New Delhi, Asian Club House 1960
6. Smount, C.F.V and McDonald, R.J.S. : Physiotherapy, Occupational therapy and Gymnastics, Edward Arnold Pvt. Ltd. 1969.
7. Kiober Grey Anatomy and Physiology
8. Stakpoles Anatomy and Physiology (6th Edition)

M.P. Ed. Part - I (Semester Ist)**PAPER - IV Education technology and Pedagogic techniques in Physical Education)****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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 principles of class management
- Specific principles (strength of class, pace and time of class, uniform class formation, safety measures and discipline
- Steps of class management
- Explanation of different teaching methods for presenting material

UNIT - II

- Introduction, General and specific lesson plan
- Principles of Lesson plan
- Importance of lesson plan in Physical education and sports.
- Meaning, Importance of Audio- visual aids.
Steps of auio- visual aids, technology devices in Physical Eucation and Sports (Adobe Premier, underwater camera, various measuring tools, wind gauges, foul indicators, electronic gadgets adobe photoshop, Microsoft animation, laser beam technology, LCD display) Power Point Presentation.

UNIT - III

- Introduction, Principles for planning facilities
- Types of facilities

- Meaning and types of command
- Meaning, need and importance of Public relation in Physical education.

UNIT - IV

- Meaning, Objectives and types of Budget
- Principles of preparation of budget
- Meaning, need and importance of intamural and extramurals
- Types of tournaments.

UNIT - V

- The need for office for Physical Education teacher, its location and set up.
- handling and communication- office writing, circulars, notification and invitation
- Writing reports and display, monitory

References

1. Kannup Clydo & E : teaching methos for Physical Education MC Graw Hill Book Co. Inc.
2. Tirunurayana, C & s Hariharan: Method in Physcal Education (South India Press Karalkudi India).
3. Kamlesh M.L. & Sangra, M.S. : Methods in Physical Education Prakash Brothers, Jullunder, 1982.
4. Two experienced Professors : Organization and Adminsitration and recreation in Physical Education, Prakash Brothers, Jullundur, 1982.
5. Wakharkar D.C. Manual of Physical Education, Pearl Publications, Bombay 1967
6. Dhakraborty S. Sports Management Delhi Sports Publications, 1998.
7. Kamlesh M.L. Management concept in Physical education and Sport, New Delhi, Metropolitan Book Co. Ltd. 2000.

M.P. Ed. Part - I (Semester Ist)**PAPER - V (Techniques of Officiating & Coaching)****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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 Importance of Officiating
- Principles of Officiating
- Qualities and duties of a good official
- Responsibilities of a good official
- Qualifications and qualities of a good official.

UNIT - II

- Measurements, Marketing, Equipments, basic fundamentals and rules and regulation of following games
 - a) Football (b) Basketball (c) Kabaddi
 - d) Badminton (e) Table tennis
- Glossary of football, Basketball, Kabaddi, badminton and Table tennis
- Outstanding achievers, trophies and award related with Football.
- basketball, Kabaddi, Badminton and table tennis
- Preparation of Score-sheet of Football, Kabaddi, Badminton and table tennis.

UNIT - II

- Measurements, Marketing, Equipments, basic techniques and rules and regulation of following
- Track and field events of athletics

- Preparation of Score sheet of track & field events
- Lay out of standard track
- Glossary of track and field events
- Achievers (outstanding) and trophies and award related with track and field events

UNIT - IV

- Principles and methods of Selection of Players/ teams for various competitions.
- Fundamentals of conditioning
- Methods of conditioning & training (progressive Resistance)
- Exercise, circuit training, fartlek, interval, eight training

UNIT - V

- Warming up & Cooling down
- general principles of training Schedule
- Preparation of training schedule
- Competition Strategy for different games.

References

Rules of games and Sports, YMCA, Publishing House Madras.

John Bunn - the art of Officiating

Clalls - Athletic Training

M.P. Ed. Part - I (Semester Ist)**PAPER - VI (Health Education) (Theory)****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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 Importance and need of health Educational
- Health Education its relation with general Education
- Method and medium of Health Education
- Health during Camp & traveling

UNIT - II

- Meaning definition and different dimensions of health
- factors affecting health and Wellness
- Characteristics of healthy individual

UNIT - III

- School Health programme and health environment
- Academic programme and health School health examination
- Health Insurance

UNIT - IV

- First aid and safety measures
- Prevention of communicable disease
- Nutrition macro and micro nutrients
- Weight Management/obesity control

UNIT - V

- Substance abuse(smoking, tobacco, Chewing etc.)
- Health organization and adminstraion structure
- Health organizations : World health Organization (WHO) redcross
Society National aids Control Organization ((NACO) ental and emotional health Sex education.

References

1. Daimple : Foundations of health
2. Dehl : Healthful living, Mc Graw Hill
3. Physical education and Health (Dr. A.K. Uppal, Dr. Gautam)
4. Physical and Health Education (Mr. V.D. Sharma & Granth Singh)

M.P. Ed. Part - I (Semester Ist)**PAPER - VI (Optional) (Yoga-b) (Theory)****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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

- Definition, meaning and types of Yoga
- History and development of Yoga in India
- Concept of Yoga in Modern World

UNIT - II

Rules & Principles of Yoga

- Principles of Yoga
- Personal & Social rules of Yoga (Yam & Niyam)
- Yogic Diet :

UNIT - III

Astang Yog, Types of Astang Yog/ steps of Yoga, eight paths of Yoga, External and Internal system of Yoga and their effect.

- i) Yamii) Niyamiii) Ashan iv) Pranayam v) Partihar
vi) Dhayan vii) Dharma viii) Samadhi.

UNIT - IV

Internal & External purification Yogic methods.

sat karmas/ Yogic Methods of personal Hygiene/ six methods of purification or cleaning process and their effect.

- i) YamNeti : Sutra neti, Jal Neti, Dugad Neti, Ghee neti, Rubber Neti
- ii) Dhoti: Jal Dhoti, Vastra Dhoti, Dand Dhoti, Kunnjal and gajkarni

- iii) Basti : Susak Basti, Jal Basti
- iv) Nauli : Dakshin Nauli, Paschim Nauli, Madhya nauli
- v) Kapal Bhati
- vi) Taratak

UNIT - V

Effect of Yogic exercise, asana's Kiryas and Pranayam on following disease Asthma, Joundice, Blood Pressure, diabetes, low back pain, arthritis and stress.

References

1. Asana and Pranayam by Swami Kuvlayanand
2. Yoga for health Happiness and peace by Yoga Achrya Prakash Dev.
3. Yoga Method of Re-integration by Alain Dawal
4. Yoga personal hygiene by Shri Yogendra
5. Yoga for everymand by demands Dubee.
6. Message and Medical Gymnastics by Marg vilace.
7. Water cure by Kellage.
8. Message and remedials Gymnastics by trely.
9. Yog Shiksha/ Yog Education by Dr. S.K. Mangal, Dr. Uma Mangal and S.K. Mana.

M.P. Ed. Part - I (Semester Ist)**PAPER - VII (Professional Preparation and Curriculum Design in Physical Education and Sports sciences)****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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

- Graduate level Professional Preparation, Purposes admission area, curriculum, field experience, teaching practice, facilities and special resources for library, laboratory and Research.
- Post- graduate Professional Preparation, purposes, Admission, Professional avenues, Area of specialization and Research requirement.
- The specialization professional qualification of teaching staff at Post graduate level.

UNIT - II

- In service professional preparation programmes in Physical Education
- Professional courses, advancement schemes of UGC and Professional programmes, Definitions, Importance Process and its Applications.
- Role of Government and Institutes for Professional preparation of in service training programmes in Physical education & Sports Coaching.

UNIT - III

- In Service Education of professional personnels Nature & Scope of Responsibility for in service Training Programme.

- Evaluation in Professional preparation programmes definition, importance, process and its applications.

UNIT - IV

- Meaning of curriculum Design and Basic principles of curriculum Design and Development
- Factors influences the Physical Education Curriculum Design.

UNIT - V

- Conceptual understanding of physical Education curriculum & Design.
- Historical review of professional preparation in India, Japan & China
- Concept of curriculum contents in Physical Education.
- Professional Preparation curriculum programme.

References

1. Gupta Rakesh. Akhlish, santosh, professional Preparation and Curriculum Design in Physical Education
2. Bhatia, K.K. and Narang Principles of education (Methods and techniques) Ludhiana Prakash Brothers Educational Publisher, 1991.
3. Bhatia, K.K. Kadian, K.S. Chandra PC and Sharma;'s Contemporary problem of Indian Education Jalandhar Prakash Brother Educational Publishers, 1990.
4. Graily, J. Byrant Career potentials in Physicals Activity new Jery, Prentice hall in Englewood cliffs USA 1990

M.P. Ed. Part - I (Semester II)**PAPER - VIII (Biomechanics in Physical Education & Sports)****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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 Bio-Mechanics**

- Meaning and concept of Biomechanics
- Importance of Biomechanics in Phy. Education & Sports.
- Approaches for studying movement

UNIT - II**Mechanicals Concepts**

- Motion and type of motion
- Distance and Displacement, Speed Velocity and Uniform acceleration
- Force and Momentum, Pressure, Mass and weight, Gravity and Centre of Gravity, Work, Power, Energy.

UNIT - III**Body Balance and Stability Control**

- Balance Equilibrium and stability
- Controlling balance in static positions.
- Controlling balance during movements.
- Structural of motor action and Bio-mechanical principle : (a) Structure of cyclic and acyclic motor action and movement combination (b) Qualities of Motor Movements : Movement Rhythm, Movement Precision Movement Flow, Movement Amplitude (c) Principles of

initial forces, Principle of optimum path of acceleration, Principles of conservation of momentum. Principle of action and reaction.

UNIT - IV**Newton's Law of Motion**

- Law of inertia (Linear motion)
- Law of moment of inertia (Angular motion)
- Law of momentum (Linear motion)
- Law of Angular Momentum (Angular Motion)
- Law of Action and Reaction (Linear Motion)
- Law of Action and Reaction (Angular Motion)
- Fluid drag force
- Fluid Lift force
- Buoyancy and Floating
- Resistive forces in Swimming Skills
- Propulsive forces in swimming skills.

UNIT - V**Forces and Movements**

- Forces action on a system
- Reaction forces
- Friction Forces
- Centripetal and Centrifugal forces
- Elastic force
- Internal & External forces
- Lever, types of lever and their mechanical advantages and disadvantage with special reference to Physical Education and sports.
- Projectile of Motion : Projecting for horizontal and vertical distance
- Projecting for Accuracy

References

- Gowitzke, B.A. and Milner M. 1998
 Scientific basis of human movements (3rd Edition)
 Hay. J (1978) The Biomechanics of sports techniques 2nd
 Edition Englewood Cliffs : Prentice Hall
 Kreighbaum & Bartheles, Biomechanics, NY Macmillan
 1985
 Mood S.D. Beyond Biomechanics, Ny ; Taylor (1996)
 Hall, S.J. Basic Biomechanics, London. Mosy 1991
 Hay, J & Reid (1982) the anatomial and mechanical basis
 of human motion

M.P. Ed. Part - I (Semester II)**PAPER - IX (Anatomy & Physiology)****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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**Skeletal System**

- Anatomy of bone and cartilage
- Kind and functions of bones
- Name and location of the bone of human body
- Types of joints
- Description of diarthrodial joints.
- Difference in male and female skeleton with special reference to functional ability in sports.

UNIT - II**Digestive System**

- Brief description and location and functions of the mouth, teeth tongue, salivary glands, stomach intestine.
- Structure & functions of elementary canal
- mechanism of digestion and absorption of food.
- Role of vitamins & mineral for sportsman.

UNIT - III**Excretory System**

- Anatomy of Kidney
- Structure of organs of excretory system
- Functions of Kidneys, skin, lungs as organs of excretion
- Role of exercise on excretory system.

UNIT - IV**Nervous System**

- The neuron and the motor unit
- The motor and Sensory impulses
- Neuro-transmission and movement mechanism
- Locations, anatomy and functions of the brain.
- Spinal Cord and its functions
- Concepts of receptors
- Reflex action
- Role of exercise on nervous system

UNIT - V**Endocrine glands**

- Meaning of endocrine glands
- The location and functions of the following endocrine glands
- Pituitary glands, Thyroid and parathyroid glands,
- Adrenal glands
- Effect of exercise on endocrine glands

References

1. Pearee Evelyn, C. Anatomy and Physiology for Nurses London, Faber and Faber Ltd. 1962.
2. Pavat J. Anatomy for students and teachers of Physical Education, London Edward Arnold and Co. 1959.
3. Senson Weight : Applied Physiology
4. Willion J.F. Anatomy and Physiology, London W.B. Saunders
5. Best and Taylor The living Body New Delhi, Asian Club House 1960
6. Smount, C.F.V and Medonald, R.J.S. : Physiotherapy, Occupational therapy
7. Kiober Grey Anatomy and Physiology
8. Stakpoles Anatomy and Physiology (6th Edition)

M.P. Ed. Part - I (Semester II)**PAPER - X (Sports Management)****Maximum Marks : 80+20****Time : 3 hrs.**

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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 sports management
- Nature and scope of sports management
- Aims and objectives of sports management
- Guiding principles of sports management
- Steps of Sports Management

UNIT - II

- Role of Manager in Physical Education and Sports
- Explain the skills of management(Technical skill, human skills, conceptual skills, personal skill)
- Qualities and qualifications of manager in Physical Education & Sports.
- Layout of Play field and out door sports area, care and maintenance of play field.

UNIT - III

- Meaning and need for supervision
- Guiding principles of supervision
- Qualities of a good supervision
- Essential features of Supervision
- Types of facilities and their maintenance

UNIT - IV

- Definition and meaning of planning

- Need and importance of planning
- Principle of Planning
- Steps involved in Planning process
- Role of Planning for betterment in Physical Education & Sports

UNIT - IV

- Meaning, types and importance of records and registers.
- Maintenance of records and registers
- Role of Physical Education teacher maintenance records and register
- Need, Importance, types of Sports equipment
- Disposal of sports equipment

References

1. Kannup Clydo & E : Teaching Methods for Physical Education MC Graw Hill Book Co. Inc.
2. Tirunurayana, C & s Hariharan : Method n Physcal Education (South India Press Karalkudi India).
3. Kamlesh M.L. & Sangra, M. S. : Methods in Physical Education prakash Borthers, Jullundur, 1982.
4. Two experienced Professors : Organization and Administration and Recreation in Physical Education,Prakash Brothers, Jullundur, 1982.
5. Wakharkar D.C. Manual of Physical Education, Pearl Publications, Bombay 1967.
6. Dhakraborty S. Sports Management Delhi Sports Publications, 1998
7. Kamlesh M.L. Management concept in Physical Education and Sports, New Delhi, Metropolation Book Co. Ltd. 2000.

M.P. Ed. Part - I (Semester II)

PAPER - XI (Techniques of Officiating Coaching)

Maximum Marks : 80+20

Time : 3 hrs.

Note :- Paper Setter is required to set 10 questions from 5 Units atleast 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 & concept of coaching
- Basic Coaching Principles in games & Sports
- Qualities of good coach
- Responsibility of a Coach

UNIT - II

- Measurement, Marketing, Equipments, basic fundamentals, Glossary, rules & regulations of following games.
- (i) Hockey (ii) Handball (iii) Volleyball (iv) Kho-Kho(v) Wrestling preparation of score sheet for Hockey, Handball, Volleyball, Kho-Kho and Wrestling
- Outstanding achievers, trophies and award related with Hockey, Handball, Volleyball, Kho-Kho and Wrestling.

UNIT - III

- Marketing, Measurement, techniques, Equipments, Glossary, Outstanding achievers and rules & regulations of following athletic events :
(i) Combined Events (ii) Road Races
- General principles for marketing the route for Road races
- Preparation of Score- sheet for combined events & road races.

UNIT - IV

- Nutrition for Sports person