

KUMAUN UNIVERSITY
NAINITAL
Choice Based Credit System (CBCS)
Ordinance and Syllabus
(Masters in Physical Education
and Sports) (Self-financing Mode)

Eligibility:

A candidate seeking admission to the M.P.E.S. programme must fulfill the following conditions.

(A) He/ She must be a B.P.E.S., B.P.E. B.Sc./B.A. (Physical Education), B.P.Ed. from any recognized University.

(B) He /She must have obtained at least 40% marks in B.P.E.S., B.P.E., B.Sc./B.A. (Physical Education), B.P. Ed.

(C) The reservation of seats and relaxation in the qualifying marks for students of reserved categories shall be as per the University rules.

(D) Admission shall be made on merit on the basis of marks obtained in the B.P.E.S., B.P.E. B.Sc./B.A. (Physical Education), B.P.Ed., and Physical fitness test organized the by University/Department.

GENERAL GUIDELINES

1. The in-service candidates are required to submit a No Objection Certificate from the employers.
2. The candidate seeking admission to the course should be medically and physically fit. In addition to furnishing a medical certificate, he/she shall have to undergo a medical and physical examination by the Medical Officer on the basis of which his/her admission shall be decided. A married woman will be required to furnish a certificate to the effect that she is not already pregnant and shall undertake not to go in for pregnancy during the course of her studies including examinations.
3. If his or her character and conduct are not to be found satisfactory during the course then he or she will not be appeared in examination.
4. The students of M.P.E.S are required to wear uniform for practical classes as prescribed by the concerned departmental authorities.

Seats: 20

Duration:

The P.G. M.P.E.S. Programme is for a period of two years. A candidate avails a maximum of 6 Semesters (3 Years), in a continuous stretch of 3 Years from the date of

admission to complete a Master's Degree.

Credits:

The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing the M.P.E.S. programme is 86 credits

(i) External Evaluation; Question Paper and Practical Exam Pattern:

Each question paper for external evaluation will be as follows:

Section	Description	Marks
A	Six Questions of 5 marks have to be attended out of Eight Questions (Short Answer Type Questions)	30
B	Three Questions of 15 marks have to be attended out of five Questions (Short Answer Type Questions)	45
Total		75

Practical Exam Pattern for external evaluation:

Skill/Skills of Examiner's choice	20%
Skill/Skills of Student's choice	20%
Performance	40%
Viva-voce	20%

Course Structure:

- I. The M.P.E.S. programme is a full-time two years Post Graduate Programme. The medium of instruction shall be English, Hindi. The students are allowed to write the answers in respective languages as offered in the examinations.
- II. The programme consists of Four Semesters - Semesters I and II in the First Year of the Programme and Semesters III and IV in the Second Year of the programme.
- III. The total programme consists of 86 credits.
- IV. There would be different elective areas of specialization as per the syllabus of respective subject.
- V. The programme consists of the following types of courses
 - (i) Core Courses:
 - (ii) Elective Course:
 - (iii) Practical Courses
 - (iv) Open Elective Course

Clearing and carrying forward the Semesters:

As per the University Guidelines.

Assessment and Evaluations:

TOTAL MARKING SYSTEM

SEMESTER	THRORETICAL	PRACTICAL	CREDITS
Semester – 1	400	200	21
Semester – 2	400	200	21
Semester – 3	400	200	22
Semester – 4	400	200	22
Total	1600	800	86

- I. Each course will be assessed on the basis of 100 marks. The marks would be divided between internal and external assessment.
- II. There shall be one end semester external examination for each course in every semester consisting of 75 marks weight in theory and 75 marks in practical courses.
- III. Each Theory course shall have internal assessment of 25 marks on the following
Internal written test - 10 marks)
Presentation 10 marks
Attendance - 5 marks)
Total 25 marks
- iv. Each Practical Course shall have internal assessment of 25 marks on the following
One Test 10 marks
Project 10 marks
Attendance 05 marks
Total 25 marks
- The University examination in Thesis for Semester IV shall consist of the examination of the thesis. One internal examiner shall evaluate the thesis out of maximum of 25 marks and one external examiner who shall evaluate the thesis out of maximum of 75 marks.
- Every student will be required to pass the external examination and internal assessment separately in each course.
- VI. The minimum passing standard will be 36% for the external and internal component of each theory course, i.e. 27 marks out of 75 (external - 36% of 75 marks) and 09 marks out of 25 (internal - 36% of 25 marks). In practical minimum passing standard will be 50% for the external exam and internal assessment for each practical course.
- VII. Attendance shall be taken as a component for continuous assessment, although the students should put in minimum of 75% attendance in each course. In addition to

the continuous evaluation component, the end semester examination, which will be written type examinations of at least 3 hours duration, would also form an integral component of the evaluation.

Conferment of the M.P.E.S. Degree:

(i) A candidate shall be eligible for the conferment of the Degree of M.P.E.S. only if he/she has earned the minimum required credits for the programme prescribed therefore (i.e. 86 Credits).

End Semester Examination:

(i) The University shall conduct the external Examination for Semester-I, II, III & IV. The internal examination shall be conducted by the concerned Colleges/ Departments.

Self -Financing Stream:

All the above rules shall be applicable also to the candidates undergoing the programs in the self-financing stream.

Semester-wise fees:

Sl. No.	Semester	Fee (Rs.)
1	I	19910/-
2	II	17470/-
3	III	18910/-
4	IV	17470/-

(The enrollment and examination fees will be extra)

(REFUND OF FEES)

On the commencement of a program, the University shall charge its fees for the first semester/year from all the students at the time of admission. If a student who is enrolled or whose enrolment is pending chooses to withdraw from the program of study shall follow the following guidelines for the refund of fees.

S. No.	Percentage of refund of fees already	Point of time when notice of withdrawal of admission is served to HEI
1.	100%	15 days or more before the formally notified last date of admission
2.	90%	Less than 15 days or more before the formally-notified last date of admission
3.	80%	15 days or less after the formally-notified last date of admission
4.	50%	30 days or less but more than 15 days, after formally-notified last date of admission
5.	00%	More than 30 days formally-notified last date of admission

**(Inclusive of course fees, non-tuition fees, caution money and security deposit)*

M.P.E.S
SEMESTER 1
PART-I THEORY
EXAMINATION EVALUATION

Paper No.	Core Course	Weekly Period	Hours	Credits
501	Philosophical Foundation and History of Physical Education and Sports	4	60	4
502	Health Education	4	60	4
503	Research Methods in Physical Education and Sports	4	60	4

Elective Course (Any One)

504 EA	Information Technology in Physical Education & Sports.	3	45	3
504 EB	Sports Sociology			

Part-II Practical Course (Instructional Activity)

505	Physical Fitness Test. 100m Run, 800m Run, Long Jump, Jump and Reach (Sargent Jump), Shot-put.	3	90	3
506	Select Any One Kabaddi, Volleyball, Cricket, Lawn Tennis, Sports Theory, skills, techniques and officiating	3	90	3
	Total	21	405	21

M.P.E.S
SEMESTER 2
PART-I THEORY
EXAMINATION EVALUATION

Paper No.	Core Course	Weekly Period	Hours	Credits
507	Statistics in Physical Education & Sports	4	60	4
508	Sports Psychology	4	60	4
509	Exercise Physiology	4	60	4

Elective Course (Any one)

510 EA	Sports Journalism	3	45	3
510 EB	Principles and Organization of Recreation & Leisure Time Activities			

Part-II Practical Course (Instructional Activity)

511	Any One Athletics, Gymnastics, Swimming Sports Theory, Skills, Techniques and Officiating	3	90	3
512	Any One Kho-kho, Football, Basketball, Hockey Sports Theory, Skills, Techniques and Officiating	3	90	3
	Total	21	405	21

M.P.E.S
SEMESTER 3
PART-I THEORY
EXAMINATION EVALUATION

Paper No.	Core Course	Weekly Period	Hours	Credits
601	Biomechanics	4	60	4
602	Test, Measurement and Evaluation in Physical Education & Sports	4	60	4

Elective Course (Any two)

604 EA	Physical Fitness and Wellness	2*3(Weekly Period)	90	6
604 EB	Gender, Disability & Inclusive Sport Education			
604 EC	Sports Management			

Part-II Practical Course (Instructional Activity)

605	Any One Athletics, Gymnastics, Swimming Sports Theory, Skills, Techniques and Officiating	3	45	3
606	Any One Table Tennis, Badminton, Handball, Yoga Sports Theory, Skills, Techniques and Officiating	3	45	3

Part -III Open Elective Course

607	Wellness through Games and Sports	2	30	2
	Total	22	330	22

M.P.E.S
SEMESTER 4
PART-I THEORY
EXAMINATION EVALUATION

Paper No.	Core Course	Weekly Period	Hours	Credits
608	Scientific Principles of Sports Training and Coaching	4	60	4
609	Dissertation	4	60	4

Foundation Course (Elective any two)

611 EA	Professional Preparation and Curriculum Design	2*3=6	90	6
611 EB	Sports Medicine			
611 EB	Yogic Science and Naturopathy			

Part-II Practical Course (Instructional Activity)

613	Coaching Lessons – 1 Group – 505, 511, 605	3	45	3
614	Coaching Lessons – 2 Group – 506, 512, 612	3	45	3

Note: Five internal lessons should be taken.

Part -III Open Elective Course

615	Physical Fitness and Conditioning	2	30	2
	Total	22	330	22

M.P.E.S
SEMESTER 1
PART-I THEORY
EXAMINATION EVALUATION

Paper No.	Core Course	Internal Marks	External Marks
501	Philosophical Foundation and History of Physical Education& Sports	25	75
502	Health Education	25	75
503	Research Methods in Physical Education& Sports	25	75

Elective Course (Any one)

504 EA	Information Technology in Physical Education & Sports	25	75
504 EB	Sports Sociology		
	Theory – Internal and External Marks	100	300
	Total Marks		400

Part-II Practical Course (Instructional Activity)

505	Physical Fitness Test. 100m Run, 800m Run, Long Jump, Jump and Reach (Sargent Jump), Shot-put.	25	75
506	Any One Kabaddi, Volleyball, Cricket, Lawn Tennis Sports Theory, Skills, Techniques and Officiating	25	75
	Practical Internal & External Marks	50	150
	Semester: 1	Theory	Practical Activity
	Marks	400	200
	Total Marks		600

M.P.E.S
SEMESTER 2
PART-I THEORY
EXAMINATION EVALUATION

Paper No.	Core Course	Internal Marks	External Marks
507	Statistics in Physical Education & Sports	25	75
508	Sports Psychology	25	75
509	Exercise Physiology	25	75

Elective Course (Any one)

510 EA	Sports Journalism	25	75
510 EB	Principles and Organization of Recreation & Leisure Time Activities		
	Theory – Internal and External Marks	100	200
	Total Marks		400

Part-II Practical Course (Instructional Activity)

Group 1	Any One Athletics, Gymnastics, Swimming Sports Theory, Skills, Techniques and Officiating	25	75
Group 2	Any One Kho-Kho, Football, Basketball, Hockey Sports Theory, Skills, Techniques and Officiating	25	75
	Practical Internal & External Marks	50	150
	Semester : 2	Theory	Practical Activity
	Marks	400	200
	Total Marks		600

M.P.E.S
SEMESTER 3
PART-I THEORY
EXAMINATION EVALUATION

Paper No.	Core Course	Internal Marks	External Marks
601	Biomechanics	25	75
602	Test, Measurement and Evaluation in Physical Education & Sports	25	75

Elective Course (Any Two)

603 EA	Physical Fitness and Wellness	25	75
604 EB	Gender, Disability & Inclusive Sport Education		
605 EB	Sports Management	25	75
	Theory – Internal and External Marks	100	300
	Total Marks		400

Part-II Practical Course (Instructional Activity)

606	Any One Athletics, Gymnastics, Swimming Sports Theory, Skills, Techniques and Officiating	25	75
607	Any One Table Tennis, Badminton, Handball and Yoga Sports Theory, Skills, Techniques and Officiating	25	75
	Practical Internal & External Marks	50	150
		Theory	Practical Activity
	Marks	400	200
	Total Marks		600

Part -III Open Elective Course

608	Wellness through Games and Sports	25	75
	Total (semester :3)	Practical-300	Theory 400
		Total	700

**SEMESTER 4
PART-I THEORY
EXAMINATION EVALUATION**

Paper No.	Core Course	Internal Marks	External Marks
609	Scientific Principles of Sports Training and Coaching	25	75
610	Dissertation	25	75

Elective Course (Any two)

611 EA	Professional Preparation and Curriculum Design	25	75
612 EB	Sports Medicine	25	75
613 EB	Yogic Science and Naturopathy	25	75
Theory – Internal and External Marks		100	300
Total-		400	

Part-II Practical Course (Instructional Activity)

614	Coaching Lessons (Internal-5)	25	75
615	Coaching Lessons (External-2)	25	75
	Practical Internal and External Marks	50	150
		Theory	Practical Activity
		400	200

Note: Five internal lessons should be taken.

Part -III Open Elective Course

616	Physical Fitness and Conditioning	25	75
	Total(semester:4)	400	300
	Total	700	

Semester - I

Paper - 1 Philosophical Foundation and History of Physical Education & Sports

Unit 1.

- Education
- Meaning, Definition, Aims and Objectives of Education.
- Meaning, Definition, Aim and Objectives of Physical Education and Relationship of Physical Education with General Education.
- Physical Education and Philosophy.

Unit 2.

- Psychological Basis of Physical Education
- Play and Theories of Play
- General Principles of Growth and Development
- Principles of Motor skill acquisition

Unit 3.

- Philosophies of Education as applied to Physical Education-Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism.

Unit 4.

- Sociological Basis of Physical Education
- Socialization Process
- Social Nature of Man and Physical Activities, Sports as cultural heritage of mankind.
- Customs, traditions and Sports.

Unit 5.

- Physical Education in Ancient Greece, Rome, Germany, Sweden, Denmark, and Russia.
- Physical Education in India.
- Olympic Movement – Historical Development of Ancient and Modern Olympics.

References:

1. Jay Coackley Sports in Society: Issue & controversies (2007) McGrawHill, New York
2. Shamshad Ahmed. Education in Physical Education. Books (2005). Isha. New Delhi.
3. Syal, Meenu. Physical Education Sports and Games. Sports Publication, (2005). New Delhi
4. Davis, M. B. Physical Training in School. Sports Publication, (2004). New Delhi.
5. Shekar, C. K. Foundation of Physical Education and Sports. Khel Sahitya Kendra, (2004). New Delhi.
6. Jain, Anoop. Physical Education Foundation. Sports Publication, (2003). New Delhi.

7. Wuest, Deborah A. Foundation of Physical Education, Exercise Science and sports. McGraw Hill, (2003). New York.
8. Jain, D. Physical Education for Secondary School Children. Khel Sahitya Kendra, (2003). New Delhi.

Semester - I

Health Education

Paper – 2

Unit 1.

- Health-Guiding Principles of Health and Health Education.
- Health-related fitness.
- Obesity and its Management.

Unit 2.

- Environmental and Professional Hazards and First Aid.
- Public Health and Epidemic Diseases-Symptoms, Treatment and Preventive Measures.
- Communicable Diseases-Symptoms, Treatment and Preventive Measures.

Unit 3.

- School Health Programme and Personal Hygiene.

Unit 4.

- Theories and Principles of Recreation
- Recreation programmes for various categories of people.

Unit 5.

- Population Education
- causes for population explosion and its preventive steps.
- National family welfare scheme.
- Nutrition and Dietary manipulation.

References:

1. Greene, W.H., Simon-Morton, B.G. (1984). Introduction to Health Education. NY: Macmillan Publishing Company
2. Anspaugh, D.J., Ezell, G. (1995). Teaching today's health (4th Ed). Boston: Allyn & Bacon
3. Park, K. (2007). Park's textbook of Preventive & social medicine (19th Ed). India: Banarasidas Bhanot Publishers.
3. Y.P. Bedi : Hand Book of Hygiene and Public Health.
4. MaCurdy and MaGrace : Muscular Exercise.
5. Peter V. Karpovich : Physiology of Muscular Activity.
6. Anatomy, Physiology, Kinesiology & Health Education : Dr. Ramesh Chand Kanwar

Semester - I

Paper – 3

Research Methods in Physical Education & Sports

Unit 1.

- Meaning, Definition, Nature, Importance and Scope of Research in Physical Education & Sports.

Unit 2.

- Meaning, Definition and Selection of Research Problem.
- Hypothesis and Review of Related literature, Library Techniques.

Unit 3.

- Sampling-Meaning, Definition, Types and importance.
- Sampling- Process and Techniques
- Research Tools-Questionnaire, Interview, Opinion etc.

Unit 4.

- Research Methods and Procedure.
- Historical Research-Meaning, Definition and Importance, Primary and Secondary Sources, External and Internal Criticism.
- Descriptive Research-Survey Studies (Meaning, Definition and Importance)
- Case Studies.
- Experimental Research- Meaning, Definition, Need and Experimental Designs and Laboratory Designs.

Unit 5.

- Research Proposal
- Research Report
- Preparation of a Research Report.

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.

Semester – I

Paper – 4.1 (Elective)

Information Technology in Physical Education.

Unit 1.

Local Area Network and Internet

A. Networking

- Area and Classification
- Features and characteristics of LAN, Need of Network and its importance.
- LAN Topology-Ring, Star, Bus, Ring, Two Ring
- LAN, Survey, Work Station, Connection, Cable.

B. Internet

- Meaning, History, Application and Address.
- Introduction of Modem, Web client, Web Server.
- Dial up, Access, Direct Access.
- Introduction of Web browser, Use of Web browser (For Sports and Games)
- Introduction of Search engine, Uses, Objectives and types.
- Meaning and Definition of Fire wall and Gateway.

C. Email

- Introduction, How to receive and send, how it works and Addressbook etc.

Unit 2.

Web Designing.

- Introduction.
- Web browser and Programming.
- Programme structure, Pair, Tag, Document, Head and Body Tag.
- Linking Documents, Internal and External Documents.
- Heading Line, Drawing Line.
- Paragraph break- Font Styles (Bold, Italic and Underline)
- Types of Lists-Order and Unordered.
- Graphics, Images, Sound and Video.
- Tools, Header, Div, Row, use of Caption Tag Width, Border, Working, Spacing, Background Colour Column and Row. Style Alignment(Column etc.)
- Form-Introduction, Design, Creation.
- Check box, Control Text box, Drop down, List box, Command and action button.

Unit 3.

- Multimedia and Presentation package.
- Fundamentals and application of multimedia.
- Tools of multimedia (Sports)
- Introduction of graphics, animation and morphing.
- Sound and Music

Unit 4.

Presentation package

Introduction, General Objectives, Tips on effective presentation, Opening, Creative presentation, Creative table, Making chart, Save and close, New slide, Slide change, Creation of black presentation, Changing font size, Working with graphic action button.

Unit 5.

- Organizing various sports activities using Microsoft projects.
 - Lab work

Introduction to sports software, Introduction to internet, Study of Email, Browsing sports activities on Internet, Preparing Slideshow on power-point, Preparing Slideshow on Multimedia, Teaching Multimedia package, Web Design.

References:

1. Irtegov, D. Operating System Fundamentals. Firewall Media. 2004.
2. Milke, M Absolute Beginner's Guide to Computer Basics, Pearson Education Asia 2007.
3. NIIT Basics of Networking Prentice – Hall of India Pvt. Ltd, 2004
4. Computers Today. Suresh K. Basandra, Galgotia publication, upgraded edition-2008
5. (2) Computers in Your Future, Marilyn Meyer & Roberta Baber, 2nd edition, Prentice Hall India
6. (3) Computer Fundamentals. Pradeep K. Sinha & Priti Sinha, 4th edition, BPB Publication

Semester -I

Paper – 4.2 (Elective)
Sports Sociology

Unit 1.

- A. Meaning, Scope, Methods and Use.
- B. Sociological Classification of Sports.
 - Sociological concept and classification.
 - Sports Research
 - Concept and understanding of Sports.

Unit 2

Sports group and Administration:

- A. Group Leadership, Constitution, Methodology.
- B. Administrative Leadership, Constitution, Methodology.

Unit 3.

Games and Social Institutions:

- Contribution of Family
- Educational Methods in Sports

- Contribution of socialization in sports.
- Socialization through sports

Unit 4.

Sports and Social Status

- Sports Socialization and Limitations
- Sports related problems and Trends in Society.
- Sports and Aggression.
- Violence in sports.
- Commercialization in sports.
- Women and Children in sports.

Unit 5.

Sports and Micro Social System

- Study of Sports Groups
- Group Interaction, Competition and Co-operation
- Sports and Culture

REFERENCE:

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

Semester - II

Paper – 5

Statistics in Physical Education & Sports

Unit-1

- Statistics: Meaning, Definition, Nature and Importance.
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables and Calculation.
- Graphical Presentation of Class Distribution, Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram.

- Measures of Central Tendency: Mean Median and Mode-Meaning, Definition, Importance, Advantages and Disadvantages.
- Calculation of Mean and Median, Grouped and Ungrouped data, Raw Mode and calculation of mode from class intervals.

Unit 2.

Measures of Variability

- Deviation, Percentiles and Quartiles-Meaning and Use.
- Calculation of Deviation Percentiles and Quartiles.
- Range, Quartile Deviation, Mean/Average Deviation, Standard Deviation-Meaning, Definition and use.
- Calculation of Quartile, Mean and Standard Deviation from Grouped and Ungrouped data.

Unit 3.

Correlation:

- Meaning and Types.
- Calculation of Karl Pearson (Product Moment Method) and Spearman-Rank Order Correlation Method.

Unit 4.

The Normal Curve:

- Meaning, Principles, Laws, Properties and Uses.
- Divergence from Normality-Skewness and Kurtosis.
- Scoring Scales- Sigma scale, Z Scale, T Scale.

Unit 5

Reliability:

- Meaning, Factors affecting Reliability.
- Randomization.
- Significance of difference between Means.
 - T-test and F-test- Uses, Meaning.
 - Calculation of T-test.
 - Type I and Type II Errors.
 - One Tailed and Two Tailed Tests.
 - Null Hypothesis.

REFERENCE:

1. Best, John W. Research in Education, New Delhi Prentice Hall of India (P)Ltd. 1963
2. Clarke David H. and Clarke H. Harrison, research Process in Physical Education, Recreation and Health, Englewood Cliffs, New Jersey Prentice Hall Inc. 1979.
3. Clarke H. Harrison, the Application of Measurement in Health and Physical Education New York, Prentice Hall Inc. 1979.

4. Good V. Caster and Scates Douglas E., Methods of research Application – Century, New York, 1954.
5. Mauly George J., The Science of Educational Research, New Delhi Eurasia Publishing Hours (P), 1963.
6. Robson M, Brar T.S. and Uppal A.K., Thesis format, Gwalior, LNCPE, 1979.
7. Bolnmera Paul and Lindquist, EF, Statistical Methods in Psychology and Education, Calcutta: Oxford Book Co.
8. Garret, Harry E and Good Worth R.S., Statistics Psychology and Education, Bombay Allied pacific Private Ltd. 19.
9. Sukhia S.P., Mehrotra P.V. and Mefrotra R.N., Elements of Educational Research (Hindi), Agra Vinod Bood Publisher, 1984.
10. Guilford J.P., fundamental of Statistics in Psychology Educational, New York: McGraw Hill Book Cp. Inc. 1956.

Semester - II

Paper – 6 Sports Psychology

Unit 1.

Sports Psychology: Meaning, Definition, Nature, Scope and Importance.

Unit 2.

Process of Learning: Meaning, Definition, Principles, Laws and their implementation.

- Individual Differences: Meaning, Definition, Types and Reasons.
- Body Types: Sports Activity according to body types, Effect of Individual differences on skill acquisition and sports performance.

Unit 3.

- Emotion: Meaning, Definition, Types and Characteristics. Factors effecting Sports Achievement such as Stress, Fear, Frustration and Aggression.
- Motivation: Meaning, Definition, Types and Importance of Motivation in Sports Achievement.

Unit 4.

- Personality: Meaning, Definition and Principles.
- Dimensions of Personality, Views of Personality.
- Personality development through Physical Activities and Games.

Unit 5.

- Psychological Dimension of Competition-Psycho-Regulative Method for Excitement and Mental Relaxation.
- Effect of Audience on the performance of the Athletes.
- Psychological Preparation for competition- Short term and Long Term Preparation.

REFERENCE:

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

Semester - II

Paper – 7 Exercise Physiology.

Unit 1.

Exercise Physiology: Meaning, Definition, Importance and Scope.

Unit 2.

Muscles, Types of Muscles and Types of muscular cells:

- Characteristics of Voluntary and Non voluntary Muscles.
- Design, Functions and Energy for Muscular Function
- Chemical Changes during muscular contraction.

Unit 3.

- Structure and functions of different systems of the body and effect of exercise on various systems. (Muscular System, Cardio-vascular System, Respiratory system,

Nervous System and Digestive System)

Unit 4.

- Second Wind and Oxygen Debt.
- Warm up, Conditioning, Fatigue and (Prasham).
- Work Capacity under different environmental conditions. (Hot, Humid, Cold, High and Low Altitude)

Unit 5

- Sports and Nutrition.
- Concept of Balanced Diet.
- Pre-Competition, During Competition and after competition diet of sportsman.

- Effect of smoking, Alcohol, Banned drugs on Sports Performance.

REFERENCE:

1. Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B.Saunders company, 1976).
 2. Morehouse, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C.V. Mosby Company,1976).
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Semester - II

Paper – 8.1 (Elective)Sports Journalism

Unit 1.

Development of Journalism in India:

- Publication of newspapers in India
- Press, Literature, Renaissance.
- Group Mediums, Newspapers, Magazines, Television, Radio,Internet-Symptoms, Advantages and disadvantages.
- Importance of Sports Journalism.
- Language skill writing and Editing.
- Selection of Headers and Footers, Pictures, Layout, Design, Cartoon, Graphics, Graphs.

Unit 2.

Qualities of Sports Journalist and Consolidation of news:

A. Qualities

- Knowledge of the game, Specialist in Sports.
- Research Attitude
- Individual Preparation and Cooperation.
- Specialization in Public Relations.
- Knowledge of the laws of the games.
- Urge for new knowledge.

B. Consolidation of News through,

- Individual sources,
- Commercial agencies,
- Newspaper listings,

- Meetings and seminars,
- Radio and television,
- Internet.

Unit 3.

Difference between compilation of newspapers and magazines:

- Difference between newspapers and magazines
- Difference between writing styles
- Difference between presentations.
- Difference between selections of newspapers.
- Special skills.
- Selection of Pictures.Intro writing
- Intro writing of contemporary event or incident.
- Offhand comment on special occasions.

Unit 4.

Sports administration and management:

- Level of Authorities: Different sports Associations, Universities, Colleges,schools etc.
- Level of Invitee/Non official: Association, Mandals, Clubs, Corporation,Social institutions, Society etc.

Unit 5.

Welfare schemes:

- Awards to sportsmen: Arjun, Padmashree, Khelratna, Eklavya etc.
- Priority in Government jobs.
- Prizes and consolations for excellent performance.
- Benefit matches.
- Priority for additional marks for college admissions.

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, AnnesLowa,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., NewYork, 1949.
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Semester - II

Paper – 8.2 (Elective)

Principles and Organization of Recreation.

Unit 1.

Concept of Recreation:

- Definition, Theory, Methodology and games.

- Concept of Recreation and Philosophy. Effect of Schools on different philosophies.
- Work, Relaxation and Recreation.
- Importance of recreation for Individual, Groups, Society, National and International brotherhood, Nature of Recreation activities.

Unit 2.

History of Recreation:

- History of different activities and living styles of various civilizations, Momentum to different recreational activities, History of Vedic age, Epic age, Buddha age, Maurya age, British period, India after independence.
- Activities of villages and sources of recreation.

Unit 3.

- Planned momentum for recreational activities in India. Professor, C.D. Sondhi, Effect of Recreation on educational and industrial institutions, Y.M.C.A, Balkanjibaati, Service and Ospel Club, Balabhavans, India Nation Association, National and International Associations.
- Comparative study of recreation-Agitation of Recreation in U.K, U.S.A, U.S.S.R, Japan, France and Germany and its effect on India.
- Recreational Schemes of State and National Government

Unit 4.

Factors effecting Recreation

- Factors effecting population explosion, age, tribes and social status.
- Types of communities, urban, semi urban, rural, slums and business.
- Tools giving momentum to recreation and recreational institutions. Facilities for training.
- Effect of religions, tribes, knowledge and rituals.

Unit 5.

Planning and Management.

- Survey of sources and needs.
- Preparing aims and objectives, Managing programmes, Managing funds.
- Place of training in recreational skills.
- Purchase, preservation and distribution of recreational tools.
- Establishment of evaluation methods.

References:

1. Dheer . S. & Radhika Kamal, Organization and Administration of Physical Education, Friends Publication, New Delhi – 1991.
2. Two Experienced Professors, Organization, Administration and Recreation in Physical Education, Parkash brothers, Educational Publishers, Ludhiana 1986.
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4. H.D. Meyer and C.K. Bright 'bill community Recreation', A guide to its organization. New Zercy, 1964.

5. "A Recreation". Professor Shri C.H. Dubey L.N.C.P.E. Gwalior.(M.P.)

Semester - III

Paper –9 Bio Bio-Mechanics

Unit

1.
 - Biomechanics and Kinesiology: Meaning, Nature and Importance.
 - Principles of plane and axis. Various types of movements.

Unit 2.

Kinetics and Kinematics

- Motion: Linear motion, Rotary motion, Angular Motion, Curvilinear motion, Motion of transition.
- Balance, Newton's Laws of Motion, Acceleration, Velocity and speed.
- Force, Work, Power and Energy, Weight and Projectile.
- Leverage-Principles and Types.

Unit 3.

- Friction-Resistance, Water and Air Resistance.
- Elasticity.
- Spin
- Centrifugal and centripetal force.

Unit 4.

Mechanical Analysis of Motor Movements-Walking, Jumping, Running, Throwing, Catching, Holding, Climbing, Lifting, Swinging, Gliding, Pulling.

Unit 5.

Mechanical Analysis of Sports Skills

- Athletics(Running, Jumping, Throwing)
- Swimming.
- Football.
- Basketball
- Volleyball.
- Cricket.

REFERENCE:

1. Bunn, Hohn W. *Scientific Principles of Coaching* (Englewood Cliffs, N.J.:Prentice Hall Inc., 1972).
2. Simonian Charles, *Fundamentals of Sport Biomechanics* (Englewood Cliffs,n.J.: Prentice Hall Inc., 1911).

3. Hay, James, G. *The Biomechanics of Sports Techniques*. (Englewood Cliffs, N.J.: Prentice Hall, Inc., 1970).
4. Broer, M. Roin R. and Zernicke, R. Ronald F. *Efficiency of Human Movement* (Philadelphia: W.E. Saunder Co., 1979).
5. Hay, James G. and Reid J. Gavind, *The Anatomical and Mechanical Basis of Human Motion* (Englewood Cliffs, N.J.: prentice Hall Inc., 1982).
6. Hay, James G. and Reid J. Gavind, Hay, *Anatomy, Mechanics and human Motion* (Englewood Cliffs, N.J.: prentice Hall Inc., 1988).

Semester - III

Paper – 10 Sports Management

Unit 1.

Sports Management-Meaning, Definition, Importance, Principles and functions.

Unit 2.

Administration-Meaning, Types.

- Administration of education department and its functions.
 - a. School Games Federation of India.
 - b. State Education Sports Wing-School Administration.
 - c. Association of Indian Universities.
 - d. University department of Physical Education.
 - e. College Physical Education Department, Administration of nonteaching department and its functions.
 - f. Youth and Sports department
 - g. SAI
 - h. Indian Olympic Association, Indian Sports Associations.
 - i. State Sports Department

Unit 3.

Administration of Sports Facilities, Equipment's, Funds and Employees.

- Facilities: Administration, Types, Need, Purchase of Equipment's, Preparation of fields and maintenance, Indoor Facilities (Gym, Swimmingpool).
- Equipment's: Importance, Types, Purchase, Maintenance, Stock maintenance and disposal.
- Funds: Objective of Budget, Principles of budget preparation, ideal budget, its uses.
- Employees Administration: Leadership, Principles, Need, Teacher's training improvement program.

Unit 4.

Planning and supervision in Physical Education.

- Principles of Lesson planning.
- Supervision-Definition, Nature, Scope, Principles, Duties of a supervisor, Qualities of a supervisor, Method and effective supervision.

Unit 5.

Public Relations

- Definition, Objectives and Need.
- Principles
- Planning and administration of program of public relations.
- Mediums and agencies.
- Steps for effective and qualitative public relations.

REFERENCES:

1. Earl F. Zeigh & Gary W. Bowie. Management Competency Development in Sports and Physical Education., (Philadelphia: W. Lea and Febiger, 1963).
2. Joseph Bucher and Earnest Kienigeburg, Scientific Inventory Management (New Delhi: Prentice Hall of India Pvt. Ltd., 1968).
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6. Fersy the C.E. and Duncan R.C. Administration of Physical Education (New York: Prentice Hall Inc. 1951).

Semester - III

Paper – 11

Test, Measurement and Evaluation in Physical Education&Sports

Unit 1.

- Test, Measurement and Evaluation-Meaning, Definition and Importance.Modern Trends in Measurement and Evaluation.
- Test Evaluation-Criteria of Test Selection, Objectivity, Reliability,Norms of Validity.
 - a. Classification of tests-Standardized tests, Teacher made tests,Subjective and objective tests.
 - b. Construction of knowledge and skill tests.
 - c. Steps in construction of knowledge and skill tests.

Unit 2.

- A. Physical Fitness and Motor Fitness Tests.
 - AAHPER Youth Fitness Test.
 - National Physical Fitness Test.
 - Indiana Motor Fitness Test.
 - Philip's JCR Test.
- B. Common Motor Strength Tests.
 - Baroni –Common Motor Strength test.
 - Newton Motor Strength test.

- Cozen's athletic ability test.
 - Mc.Cloy's General motor ability test.
- C. Cardio vascular and Respiratory Tests.
- Harvard Step Test.
 - Cooper's 12 min continuous run/walk test.
 - Kraus-weber strength test.
 - Roger strength test.

Unit 3.

Sports Skill tests: Need and Use.

- Badminton- Lockhart and Mcpherson Badminton skill test, Miller wallVolley test.
- Basketball-Johnson Basketball skill test, Lilich Basketball skill test.
- Hockey-Harbansingh Hockey Test.
- Tennis- Dyer Tennis skill test, Hewitt Tennis skill test.
- Volleyball-Russell Lange test, Brady Volleyball Skill Test.
- Football-Mcdonald Football skill test, SAI Football skill test.

Unit 4.

Socio and Psychological Tests.

- Mc.Cloys behavior rating scale.
- Cowell social behavior trend index.
- Peterson's Social capacity test.
- Swakhyal test.

Unit 5.

Anthropometric measurements.

- Equipments.
- Body Fat measurement, General body measurements.
- Body composition measurements.

References:

1. ACSM's Health / Fitness Facility Standards and Guidelines, New York: HumanKinetics, 1992.
2. Barrow, Harold M. and McGhee, "Rosemary, A Practical Approach to Management inPhysical Education" Pniladelphia: Lea and Febiger 1979.
3. Clake, H. Harrison.: Application of Measurement to Health and Physical Education,New Jersey: Prentice Hall Inc. 1976.
4. Edmund O. Acevedo and Michael A. Starks, Exercise Testing andPrescription labManual, USA: Human Kinetics Publishers, 2003.
5. Safrit, Margaret J.: Introduction to Measurement in Physical Education andExerciseScience, St. Louis: Mosby, 1995.

Semester - III

Paper – 12.1 (Elective) Physical Fitness and Wellness.

Unit 1.

Meaning & Definition of Physical Fitness, Importance & Advantage ofPhysical

Fitness.

- Concept of Fitness
- Health Related Fitness
- Skill Related Fitness

Unit 2.

- Principles of Exercises.
- Model Programme
- Importance of gymnasium and health-clubs.
- Exercise guidance programme for Children, youth and special agegroups.
- Construction of appropriate exercise program.

Unit 3.

Physical Fitness activities:

- Aerobics
- Water exercises.
- Neurological training.
- Agility and equilibrium training.
- Isometric training.
- Cycling.
- Ladder climbing.
- Treadmill.
- Walking
- Health advantages.

Unit 4

- Planning for lifelong fitness programme, Aims of fitness, Encouragement for health and prevention of diseases, Domestic exercise equipment's, Fitness programme for handicapped and mentally retarded children, Exercise for adults.
- Management in physical fitness and stress, Concept of stress, Effect of exercises in stress management, Time management.

Unit 5.

Meaning and Definition of Wellness

- Components of Wellness
- Contribution of Behavior in Wellness
- Advantage of Wellness

References:

1. Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.
2. Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
3. Bean, Anita, Food For Fitness, London : A & C Black, 1999.
4. Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
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- P.G. Medical Book, 1994.
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 9. Harrison, J.C., Hooked on Fitness, NY: Parker Pub. Com., 1993.
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 12. Maud, J.R. and Foster, C., Physiology Assessment of Human Fitness, New Delhi, 1995.
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 14. Muller, J. P., Health, Exercise and Fitness Delhi : Sports, 2000.
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 16. Saggar, S.K., Physical Fitness, New Delhi :Rupa Co., 1994.
 17. Sharkey, B.J., Physiology of Fitness, Human Kinetics Book, 1990.
 18. Thani, Lokesh, Rules of Games and Games and Fitness, Delhi: Sports, 2003.

Semester - III

Paper – 12.2 (Elective)

Gender, Disability & Inclusive Sport Education

Unit 1

- Defining Gender and features of gender inequality
- Gender inequality in Education in India
- Gender based violence as a development and rights challenge

Unit 2

- Historical roots of gender construction in India –patriarchy and its socio-cultural origins
- Impact of gender as a social construct.
- Gender roles and the female stereotype in India
- The Global Gender Equality Agenda

Unit 3

- Gender issues in access to education & physical education
- Quality of work and equal opportunity
- Gender in the physical education classroom and peer interactions
- Gender issues in participation in sports

Unit 4

- Constitutional provisions for education of women in India
- UEE and programmes for education of women in India
- Gender and policy perspective
- Class and Inequality

Unit 5

- Definition, concept and importance of inclusive education.
- Historical perspectives on education of children with diverse needs.
- Difference between special education, integrated education and

inclusive education.

- Advantages of inclusive sports education for all children.
- Educational approaches and measures for meeting the diverse needs
- Building inclusive learning friendly sports facilities, overcoming barriers for inclusion.
- Creating and sustaining inclusive practices.
- Role of teachers, parents and other community members for supporting inclusion of children with diverse needs for participation in sports.

References:

1. Chanana, Karuna (ed) Socialisation, Education and Women, Orient Longman, New Delhi, 1988
2. Mandell, Nancy (ed), Feminist Issues: Race, Class and Sexuality, Prentice Hall, Ontario, 1995
3. Nambissan, Geeta B, Gender and Education: The Social Context of schooling Girl Children in India, 1995.
4. Erik Olin Wright, "From Paradigm Battles to Pragmatist Realism: towards an integrated class analysis", New Left Review (forthcoming)
5. Daryl Glaser, "Class as a Normative Category: Egalitarian Reasons to Take It Seriously (With a South African Case Study)
6. Daryl Glaser, 'Should An Egalitarian Support Black Economic Empowerment?', Politikon, vol. 34, no. 2, 105-123, 2007.
7. John Roemer paper: "Should Marxist's care about exploitation" in Analytical Marxism and Philosophy & public affairs 1985
8. Michael Marmot, Richard Wilkinson, Social Determinants of Health: The Solid Facts
9. Mel Kohn, Class and Conformity, excerpts
10. Mel Kohn and Carmi Schooler, Work and Personality, excerpts
11. Gomberg, How to make opportunity equal (Blackwell, 2007)
12. Ainscow, M., Booth. T (2003): The Index for Inclusion: Developing Learning and Participation in Schools. Bristol: Center for Studies in Inclusive Education.
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14. Jangira N.K. and Mani, M.N.G. (1990): Integrated Education for Visually Handicapped, Gurgaon, Old Subjmandi, Academic Press.
15. Jha. M. (2002) Inclusive Education for All: Schools Without Walls, Heinemann Educational publishers, Multivista Global Ltd, Chennai, 600042, India.
16. Sharma, P.L. (1990) Teachers handbook on IED-Helping children with special needs N. C. E R T Publication.
17. Sharma P.L (2003) Planning Inclusive Education in Small Schools, R .I E. Mysore

Semester - IV

Paper – 13

Scientific Principles of Sports Training and Coaching.

Unit 1.

Sports Training:

- Definition and meaning of Sports Training and Coaching.
- Aims and objectives.
- Characteristics.

- Principles.

Unit 2.

Training Load:

- Factors.
- Principles.
- Overload-Meaning, Reasons, Characteristics, Remedies to overcome overload.
- Adaptation Procedure-Meaning, Stages of Adaptation process.

Unit 3.

Training of Motor Components:

- Strength-Meaning, Types, Characteristics, Principles of strength training, Methods of strength training, Strength training for women and children.
- Endurance-Meaning, Types, Characteristics, Methods of Endurance training.
- Speed- Meaning, Types, Characteristics, Methods of speed training.
- Flexibility- Meaning, Types, Characteristics, Methods of flexibility training.
- Coordination- Meaning, Characteristics, Classification, Importance, Training methods of coordinative abilities.

Unit 4.

Techniques- Meaning, Techniques of different games, Importance of training, Factors effecting training, Stages of Training and effects on training process, Correction of faults- Skill, Style and Technique.

- Tactics-Meaning, Aims, Training, Principles of preparation of tactics, Difference between tactics and strategy.

Unit 5.

Planning of Training and Competition:

- Planning of Training- Meaning, Importance, Principles and Types.
- Periodization-Meaning, High Performance and Periodization, Period and Types.
- Competition- Meaning, Importance, Scope, Methods, Frequency, Preparation of Competition.

REFERENCE:

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

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7. Bunn, J.W. : Scientific Principles of Coaching.
8. Morechouse and Rash : Scientific Basis of Athletic-Training.

Semester IV Paper – 14
Sports Medicine

Unit 1.

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.

Unit 2.

Sports Injuries and Remedies:

- Injuries:
 - a. General Injuries: Wound, Lesion, Contusion, Burn, Abrasion, Sprain, Strain, Fracture.
 - b. Special Injuries: Injuries on Back, Abdomen, Thigh, Knee, Ankle, Feet, Legs.
- Reasons for Injuries, Preventive measures for injuries, Treatment for Rehabilitation.

Unit 3.

Massage and various therapies:

- Hydrotherapy: Contrast Bath, Sauna bath, Water Massage, Whirlpool.
- Cryotherapy: Ice pack, Gel and chemical cold Pack, Ice Massage, melting ice cryotherapy.
- Electrotherapy: Shortwave diathermy, Ultrasound, Electric moist heating pad, stimulant, Infrared, Ultraviolet electric waves.
- Exercise Therapy: Isotonic, Isometric, Isokinetic Exercise training.
- Massage: Meaning, Importance, need and Types.

Unit 4.

Nutritional diet for athletes and drugs:

- Athlete Nutritional Diet – Factors effecting balance diet, Athlete's Diet for different sports and games, Malnutrition in athletes and its care.
- Doping – Meaning, History, Definition, Classification, Types, Use of drugs and their side effects, Role of Coach and Managers in solving the problem of doping.

Unit 5.

Women Athlete:

- Anatomical and Physiological differences.
- Health Problems: Menses, Pregnancy, Special problems.

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.
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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.

Semester - IV

Paper – 15

Yogic Science and Naturopathy.

Unit 1.

- Yoga-Meaning and Importance, Paths, Precautions, Difference between exercises and Yoga, Types of Asanas and Suryanamaskara.
- Ashtang Yoga- Different types of Pranayama and its importance, Kriyas, Bandhas and Mudra sciences-Nadis: Chandranadi, Surya nadi and Agninadi.

Unit 2.

- Place of Shodhankarma in Yoga, Nature of Mechanical Shodhankarma and Classification.
- Different glands in yoga, effect of yoga on different systems, plexis, Kundlini, Scientific observations of Yogasana.

Unit 3.

- Yoga Philosophy, Philosophy of Sankhya yoga, Yoga Psychology, Yogascience of Vibhuti, Prana science of Yoga.
- Panchprana-Upprana and factors deciding pranayama.
- Asanas and Pranayama for therapy of various diseases, Inculcating spiritual values through pranayam.

Unit 4.

- Naturopathy-Meaning, History, Importance and Agencies.
- Principles of Naturopathy

Unit 5.

- Difference therapies done through Naturopathy.

- Shivambu method, Acupressure and Acupuncture methods, Magnetotherapy.

References:

1. Swami Kuvalayananda and S.L. Vinekar - Yogic Therapy.
2. Asanas – Swami Kuvalayananda. Kaivalyadhama, Lonavla.
3. Swami Kuvalayananda, Kaivalyadhama, Lonavla - Pranayama.
4. K. Chandrasekar - Sound Health Through Yoga by PremKalyan Publications, Sedapatti, 1999.
5. Teaching Methods for – M.L. Gharote and Yogic Practice S.K. Ganguly, Kaivalyadhama, Lonavla.
6. M.L. Gharote - Applied Yoga – Kaivalyadhama, Lonavla.
7. Yogasanas: A Teacher's Guide – NCERT, New Delhi.
8. O.P. Tiwari - Asanas – Why? and How? –Kaivalyadhama, Lonavla.
9. R. Thirumalaisamy (1987) – Yoga for Good Health, Karaikudi Senthilkumar publishers.

Semester - IV

Paper – 16.1 (Elective)

Professional Preparation and Curriculum Design.

Unit 1.

Foundation of Professional Preparation:

- Ideals of Indian Democracy: Contribution of Physical Education.
- Forces and factors effecting educational policies- Social, Religious, Economical and political.
- Educational and professional preparation in physical education –Role of Central government.
- Professional Association.

Professional Preparation in Physical Education:

- Historical review of professional preparation of Physical Education in India.
- Curriculum-Old and new concepts, Mechanics of curriculum planning.
- Basic principles of curriculum construction.

Unit 2.

Under-graduate preparation of professional preparation.

- Areas of Health education, Physical education and Recreation.
- Curriculum design-Experience of Education, Field and Laboratory.
- Teaching practice.
- Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Unit 3.

Post-graduate preparation of professional preparation:

- Purpose of Post graduate studies.
- Area of specialization and concentration on core areas.
- Research requirements and methods of instructions.

Unit 4.

- Curriculum Design: Importance of curriculum design and effecting factors, Curriculum according to the needs of the students, national and professional policies.
- Role of teachers in curriculum design.
- Co-education and special programmes for women.

Unit 5.

- Selection of Teaching Method – Mass Education, Lecture, Project method and teaching aids.
- Time table for Physical Education and Sports activities in schools and classes.
- Supervision in Physical Education and Supervision methods.
- Recommendations for physical education curriculum by NCERT, CBSE, UGC, NCTE.

REFERENCE:

1. Brrow Harold M. Man and Movement: Principles of Physical Education, Philadelphia: Kea and febiger 1983.
2. Bucher, Charles A. Foundation of Physical Education St. Louis: The C.VaMosby & Company, 1986.
3. Cassidy, r. Curriculum Development in Physical Education, New York: Harper & Company, 1986.
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8. Pape. L.A. and Means, L.E.A. Professional Career in physical Education, Englewood, Cliffs, N.J. Prentice Hall, Inc. 1952.
9. Reports of Various committees in Education and Physical Education and Physical Education, Govt. of India
10. Underwood, Gorden, L. The Physical Education Curriculum in Secondary School: Planning and Implementation England: Taylor and Francis Ltd. 1983.
11. Willgoose, C.E. Curriculum in Physical Education 3rd Ed. Englewood Cliffs., N.J. Prentice Hall, Inc. 1979.

Open Elective Course (GEC)

Year	II	WELLNESS THROUGH GAMES AND SPORTS	Credits	2
Semester	III		Course Code	
Learning Outcomes		<p>At the end of the course, the students will be able to:</p> <ul style="list-style-type: none"> Explain the concept of Wellness, Recreation and develop understanding of various games organized at global platforms. Define the facilities of different games and design the make-up of track and field events. Classify warming-up and cooling down, distinguish aerobic and anaerobic exercises. Define ergogenic aids and summarize the effects of doping and its types. 		
Course Content				
Unit -1		<p>Introduction to Wellness and Olympic Games</p> <ul style="list-style-type: none"> Meaning, definition and dimension of Health and Wellness. (Online) Meaning, definition, Need and Importance of Physical Education and Recreation. (Online) Meaning of the Physical Culture, Physical Training, Drill, Gymnastics, Athletics, and Aquatics. Introduction of Olympic Games, Asian Games, Commonwealth games. 		
Unit -2		<p>Facilities and Measurement of Sports and Games</p> <ul style="list-style-type: none"> Introduction to track and field events. (Online) Facilities and measurement of Track and fields. Introduction to Sports and Games. (Online) Facilities and measurement of play field: hockey, football, Volleyball, Basketball and badminton. 		

<p style="text-align: center;">Unit -3</p>	<p style="text-align: center;">Concept of Aerobic and Anaerobic Training</p>
	<ul style="list-style-type: none"> • Meaning and methods of Warming-up and cooling down. • Aerobic and Anaerobic training. • Different methods of Aerobic and Anaerobic training. • Facilities required for Aerobic and Anaerobic training.
<p style="text-align: center;">Unit -4</p>	<p style="text-align: center;">Doping and Ergogenic aids</p>
	<ul style="list-style-type: none"> • Introduction of Ergogenic aids, Doping and its types. • Physiological and Psychological Effects of Doping. • Advantage and disadvantage of narcotics and drugs. (Online) • Role of doping agencies to control the use of drugs in sports. (Online)
<p style="text-align: center;">Teaching learning process/Transactional Strategies</p>	<p>Lecture cum discussion, PowerPoint presentations, assignments, school observation and report, case study, and problemsolving, brainstorming.</p>
<p style="text-align: center;">Suggested Readings:</p>	<ul style="list-style-type: none"> • Brymer, E. (2009). “The role of extreme sports in lifestyle enhancement and wellness”. <i>In Proceedings of the 26th Achper International Conference: Creating Active Futures</i> (pp. 285-299). Australia: School of Human Movement Studies, Queensland University of Technology, Brisbane, QLD 4059. • Campbell, B. (2013). <i>Sports Nutrition: Enhancing Athletic Performance</i>. CRC Press. • Katz, L., Parker, J., Tyreman, H., Kopp, G., Levy, R., & Chang, E. (2006). “Virtual Reality in Sport and Wellness: Promise and Reality”. <i>International Journal of Computer Science in Sport</i>, 4(1), 4-16. • Reaburn, P. R. (2014). <i>Nutrition and Performance in Masters Athletes</i>. CRC Press. • Sharma, O.P. (2010). <i>Handbook of Health Education & Sports</i>. Khel Sahitya Kendra.

Open Elective Course (GEC)

Year	II	PHYSICAL FITNESS AND CONDITIONING	Credits	2
Semester	IV		Course Code	
Learning Outcomes		<p>At the end of the course, the students will be able to:</p> <ul style="list-style-type: none"> Define the concept of warming up, cool down and calisthenics exercise. Give a demonstration of weight training, Swiss ball training, medicine ball, thera-band, and tubing exercises for various body parts. Classify anthropometric measurements for assessing body composition. Choose and suggest appropriate exercises for back pain and neck pain, and role of exercise during pregnancy. 		
Course Content				
Unit -1		Concept of Physical Fitness and Conditioning		
		<ol style="list-style-type: none"> 1. Introduction of Physical Fitness variables and Conditioning. (Online) 2. Assessment of Health Related Fitness 3. Warming up and cool down exercise for body. (Online) 4. Aerobic and anaerobic exercise and its differences. (Online) 		
Unit -2		Importance of Training		
		<ul style="list-style-type: none"> Variation of sets and repetitions and Intensity for weight training. (Online) Exercise with Swiss & medicine ball, thera-band and tubing. Different Types of Exercise for upper body and lower body. Various Methods, Principles and Types of training. 		
		Body types and Assessment		

<p style="text-align: center;">Unit -3</p>	<ul style="list-style-type: none"> • Anthropometric measurement for somatotyping body type. • Assessing body composition, BMI. • Introduction of Posture and its type. (Online) • Posture Deformities and its treatment.
<p style="text-align: center;">Unit -4</p>	<p style="text-align: center;">Importance of Exercise in day today life</p> <ul style="list-style-type: none"> • Flexibility development Exercises. • Exercise during pregnancy and Exercise for Back and Neck pain Management. • Method for determining 1-RM. (Online) • Concept of designing different fitness training programme for different age group. (Online)
<p>Teaching learning process/Transactional Strategies</p>	<p>Lecture cum discussion, PowerPoint presentations, assignments, school observation and report, case study, and problem solving, brainstorming</p>
<p>Suggested Readings</p>	<ul style="list-style-type: none"> • American Alliance for Health, Physical Education, Recreation and Dance (1999). <i>Physical Education for Lifelong Fitness, The Physical Best Teacher's Guide</i>. Human Kinetics, P.O. Box 5076, Champaign, IL 61825- 5076 • Emily R. Foster, Karyn Hartiger & Katherine A. Smith.(2002). <i>Fitness Fun</i>, Human Kinetics Publishers. • Fahey D. Thomas (2005). <i>Weight Training Basis, A Complete Guide for Men and Women</i>. Mcgraw- Hill Companies. Getchell, B. (1979). <i>Physical Fitness: A Way of Life</i>. • Lawrence, Debbie. (1999). <i>Exercise to Music</i>. A & C Black Publishers Ltd. 37, Sohe Square. • Miller, D. K., & Allen, T. E. (1990). <i>Fitness: A Lifetime Commitment</i>. Macmillan Publishing Company. • Robert Malt. (2001). <i>90-Day Fitness Plan</i>. D.K. publishing, Inc. 95, Madison Avenue. • The National Association for Sport and Physical Education (1900). <i>Concepts of Physical Education, What Every Student Needs to Know</i>. Association Drive

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*Note: -

1. In Part-B, Minimum strength required of the students selecting any of the game will be 10 Students.
2. The students opting for Research Proposal as Discipline Centric Elective Course will be encouraged to take Dissertation in Discipline Centric Elective Course (DCEC) in the fourth semester.
3. Research Proposal and Dissertation would be evaluated as per the University Ordinance No-XV.

