



# DEVI AHILYA VISHWAVIDYALAYA, INDORE

## School of Physical Education

### 1.1.1

### Syllabus of all programs



DEVI AHILYA VISHWAVIDYALAYA, INDORE  
SCHOOL OF PHYSICAL EDUCATION

Ordinance  
Syllabus and Scheme  
of  
B.P.E.S.

(Bachelor of Physical Education and Sports)

# DEVI AHILYA VISHWAVIDYALAYA, INDORE

## Ordinance

1. **Degree Title** : Bachelor of Physical Education and Sports (B.P.E.S.)

2. **Name of the Faculty** : Faculty of Physical Education

3. **Duration** : 3 Years (Six Semesters)

4. **Eligibility:**

The candidate must have completed his/her Higher Secondary (10+2 scheme examination or Intermediate examination or the pre-university (10+2) or any other equivalent examination recognized by the M.P. Board of Secondary Education, Bhopal or any other Board recognized for this purpose by Devi Ahilya Vishwavidyalaya, Indore as equivalent. Reservation and age rules as per State Govt.

5. **Admission Procedure:**

As decided by Devi Ahilya Vishwavidyalaya from time to time.

6. **Total Seats:**

As per U.G.C./N.C.T.E./other Statutory Councils from time to time.

7. **Fee Structure:**

As decided by Devi Ahilya Vishwavidyalaya or State Govt., from time to time.

8. **Examination, Curriculum and Related Regulation:**

As per ordinance 31 of Devi Ahilya Vishwavidyalaya.

9. **Eligibility for the award of the degree:**

A candidate shall be eligible for the degree of Bachelor of Physical Education when he/she has completed the requirement of examination successfully as per ordinance No-31.

10. **Attendance:**

Attendance in theory and practical subjects shall be compulsory. A minimum of 75% attendance is required separately for each theory and practical's subjects.

11. **General Instruction:**

For matters not covered in this ordinance, general rules of Devi Ahilya Vishwavidyalaya, as applicable in semester examination shall apply in other matters. Executive council of Devi Ahilya Vishwavidyalaya shall be competent to take decision.

# SCHOOL OF PHYSICAL EDUCATION

## DEVI AHILYA VISHWAVIDYALAYA, INDORE

### BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S.)

#### General Rules and Scheme of Examination

1. The Examination for the degree of Bachelor of Physical Education and Sports will be of six semester (three years) duration:
  - (i) B.P.E.S. Semester I and Semester II
  - (ii) B.P.E.S. Semester III and Semester IV
  - (iii) B.P.E.S. Semester V and Semester VI
  
2. A candidate, who –
  - (a) Completed his/her Higher Secondary (10 + 2scheme) examination or Intermediate examination or the pre-university (10+2) or any other equivalent examination recognized by the M.P. Board of Secondary Education, Bhopal or any other Board recognized for this purpose by Devi Ahilya Vishwavidyalaya, Indore as equivalent thereto or
  - (b) Admission subject to : being selected on the basis of admission tests prevailing in the year when admission is sought in the department.
  - (c) After obtaining Indian or foreign qualifications recognized as equivalent to those mentioned in 2 (a) above by the Devi Ahilya University and on the basis of admission tests, shall be admitted to Semester – I for the degree of Bachelor of Physical Education.
  
3. The provisions of ordinance 31 will be applicable for this course.

#### **Examination**

1. For UTD the examination will be conducted according to ordinance 31. and for affiliated colleges according to ordinance 5.
2. The medium of instruction shall be Hindi / English and a candidate can take examination either in Hindi or English.

**ACADEMIC PROGRAMME**  
(With No. of Lectures and Credits Per Week)

**B.P.E.S. Ist Semester**

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practicals /Project Work		
T-01	Basic and Systemic Anatomy - I	03	-	-	03	
T-02	Principles of Physical Education	03	-	-	03	
T-03	English - I	03	-	-	03	
<b>Part – B (Practicals)</b>						
P-01	Athletics	03	-	-	03	
P-02	Gymnastics	03	-	-	03	
P-03	Yoga	03	-	-	03	
P-04	Conditioning & Match Practice	05	-	05	08	
<b>Part – C (Viva-voce)</b>						
C-01	Comprehensive Viva-voce				04	

**Total Credits - 30**

**B.P.E.S. IInd Semester**

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practicals/ Project Work		
T-04	Basic and Systemic Anatomy - II	03			03	
T-05	History of Physical Education	03			03	
T-06	English - II	03			03	
<b>Part – B (Practicals)</b>						
P-05	Athletics - II	03			03	
P-06	Gymnastics - II	03			03	
P-07	Yoga - II	03			03	
P-08	Conditioning & Match Practice	05		05	08	
<b>Part –C (Viva-voce)</b>						
C-02	Comprehensive Viva-voce				04	

**Total Credits – 30**

### B.P.E.S. IIIrd Semester

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practicals /Project Work		
T-7	Physiology and Physiology of Exercise	03			03	
T-8	Educational Psychology	03			03	
T-9	Methods in Physical Education	03			03	
<b>Part – B (Practicals)</b>						
P-09	Volleyball	03			03	
P-10	Weight Lifting and Training	03			03	
P-11	Teaching Practice	03			03	
P-12	Conditioning & Match Practice	05		05	08	
<b>Part – C (Viva-voce)</b>						
C-03	Comprehensive Viva-voce				04	

**Total Credits - 30**

### B.P.E.S. IVth Semester

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Faculty Name
		Lectures	Tutorials	Practicals /Project Work		
T-10	Kinesiology	03			03	
T-11	Basics of Sports Training	03			03	
T-12	Health Education	03			03	
<b>Part – B (Practicals)</b>						
P-13	Badminton/ Hockey	03			03	
P-14	Football/ Cricket	03			03	
P-15	Teaching Practice	03			03	
P-16	Conditioning & Match Practice	05		05	08	
<b>Part –C (Viva-voce)</b>						
C-04	Comprehensive Viva-voce	-	-	-	04	

**Total Credits- 30**

**B.P.E.S. Vth Semester**

<b>Part –A (Theory Papers)</b>		<b>No. of Classes per week</b>			<b>No. of Credits</b>	<b>Faculty Name</b>
<b>Paper Code</b>	<b>Nomenclature</b>	<b>Lectures</b>	<b>Tutorials</b>	<b>Practicals /Project Work</b>		
T-13	Management of Physical Education	03			03	
T-14	Gym Management and Fitness Training	03			03	
T-15	Sports Specialization	03			03	
<b>Part – B (Practicals)</b>						
P-17	Table Tennis	03			03	
P-18	Kabbadi	03			03	
P-19	Sports Specialization (Practical Skill)	03			03	
P-20	Conditioning & Match Practice	05		05	08	
<b>Part –C (Viva-Voce)</b>						
C-05	Comprehensive Viva-voce				04	

**Total Credits - 30**

**B.P.E.S. VIth Semester**

<b>Part –A (Theory Papers)</b>		<b>No. of Classes per week</b>			<b>No. of Credits</b>	<b>Faculty Name</b>
<b>Paper Code</b>	<b>Nomenclature</b>	<b>Lectures</b>				
T-16	Test and Measurement in Physical Education	03			03	
T-17	Correctives and Rehabilitation in Physical Education	03			03	
T-18	Sports Specialization	03			03	
<b>Part – B (Practicals)</b>						
P-21	Kho-Kho	03			03	
P-22	Tennis	03			03	
P-23	Sp. Specialization (Coaching Lesson)	03			03	
P-24	Conditioning & Match Practice	05		05	08	
<b>Part –C (Viva-voce)</b>						
C-06	Comprehensive Viva-voce				04	

**Total Credits - 30**

**SCHEME OF EXAMINATION**  
(As per Ordinance 31)

**B.P.E.S. SEMESTER – I**

<b>Part – A (Theory Papers)</b>		Maximum Marks	
		External	Internal
T-1	Basic and Systemic Anatomy - I	60	40
T-2	Principles of Physical Education	60	40
T-3	English - I	60	40
<b>Part – B (Practicals)</b>			
P-1	Athletics - I	60	40
P-2	Gymnastics - I	60	40
P-3	Yoga - I	60	40
P-4	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
<b>Part –C (Viva-voce)</b>			
C-01	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>340</b>

**Grand Total**

**800**

**B.P.E.S. SEMESTER – II**

<b>Part – A (Theory Papers)</b>		Maximum Marks	
		External	Internal
T-4	Basic and Systemic Anatomy - II	60	40
T-5	History of Physical Education	60	40
T-6	English - II	60	40
<b>Part – B (Practicals)</b>			
P-5	Athletics - II	60	40
P-6	Gymnastics - II	60	40
P-7	Yoga - II	60	40
P-8	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
<b>Part –C (Viva-voce)</b>			
C-02	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>340</b>

**Grand Total**

**800**



### **B.P.E.S. SEMESTER – III**

<b>Part – A (Theory Papers)</b>		Maximum Marks	
		External	Internal
T-7	Physiology and Physiology of Exercise	60	40
T-8	Educational Psychology	60	40
T-9	Methods in Physical Education	60	40
<b>Part – B (Practicals)</b>			
P-09	Volleyball	60	40
P-10	Weight Lifting and Training	60	40
P-11	Teaching Practice	60	40
P-12	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
<b>Part – C (Viva-voce)</b>			
C-03	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>340</b>

**Grand Total**

**800**

### **B.P.E.S. SEMESTER – IV**

<b>Part – A (Theory Papers)</b>		Maximum Marks	
		External	Internal
T-10	Kinesiology	60	40
T-11	Basics of Sports Training	60	40
T-12	Health Education	60	40
<b>Part – B (Practicals)</b>			
P-13	Badminton/ Hockey	60	40
P-14	Football/ Cricket	60	40
P-15	Teaching Practice	60	40
P-16	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
<b>Part – C (Viva-voce)</b>			
C-04	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>340</b>

**Grand Total**

**800**

### **B.P.E.S. SEMESTER – V**

<b>Part – A (Theory Papers)</b>		Maximum Marks	
		External	Internal
T-13	Management of Physical Education	60	40
T-14	Gym Management and Fitness Training	60	40
T-15	Sports Specialization	60	40
<b>Part – B (Practicals &amp; Sports Specialization)</b>			
P-17	Table Tennis	60	40
P-18	Kabbadi	60	40
P-19	Sports Specialization (Practical Skill)	60	40
P-20	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
<b>Part –C (Viva-voce)</b>			
C-05	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>340</b>

**Grand Total**

**800**

### **B.P.E.S. SEMESTER – VI**

<b>Part – A (Theory Papers)</b>		Maximum Marks	
		External	Internal
T-16	Test and Measurement in Physical Education	60	40
T-17	Correctives and Rehabilitation in Physical Education	60	40
T-18	Sports Specialization	60	40
<b>Part – B (Practicals &amp; Sports Specialization)</b>			
P-21	Kho-Kho	60	40
P-22	Basketball	60	40
P-23	Sp. Specialization (Coaching Lesson)	60	40
P-24	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
<b>Part –C (Viva-voce)</b>			
C-06	Comprehensive Viva-voce	100	
	<b>SUB TOTAL</b>	<b>460</b>	<b>340</b>

**Grand Total**

**800**

<b>Semesters</b>	<b>Maximum Marks</b>
Semester – I	800
Semester – II	800
Semester – III	800
Semester – IV	800
Semester – V	800
Semester – VI	800
<b>GRAND TOTAL</b>	<b>4800</b>

# **BPES SEMESTER - I**

## **BASIC AND SYSTEMIC ANATOMY- I**

### **Unit - I Introduction**

- (i) Meaning and Concept of Anatomy
  - a. Definition of Anatomy
  - b. Types of Anatomy
- (ii) Need and Importance of anatomy for the students of Physical Education.
- (iii) Minute structure and functions of cells.
  - a. Structure of cell
  - b. Properties of cell
  - c. Constituents of cell and their functions
- (iv) Minute structure and functions of tissues
  - a. definition of tissue
  - b. Classification of tissues
  - c. Structure and functions of various types of tissues

### **Unit - II Skeletal System**

- (i) **Brief introduction about the skeletal system**
  - a. composition of bone
  - b. Microscopic structure of bone
  - c. Classification of bones
  - d. Functions of bones
  - e. General features of major bones of human body
  - f. Brief introduction about skull bone
- (ii) **Joints**
  - a. Definition of joints
  - b. Classification of Joints
  - c. Anatomical structure of synovial joints
  - d. Characteristics of synovial joints
  - e. Terminology of movements around a joint

### **Unit - III Muscles**

- a. Structural classification of muscles
- b. Functional classification of muscles
- c. Microscopic structure of muscles (skeletal, cardiac and smooth)
- d. Functions of muscles (skeletal, cardiac and smooth)
- e. Properties of skeletal muscles (elasticity, contractibility, stretchibility, irritability and muscle tone)
- f. Location (origin and insertion) and action of important muscles of human body (shoulder girdle, shoulder joint, elbow joint, hip joint, knee joint, ankle joint)

### **Unit - IV Cardio – vascular system**

- a. Introduction about heart and cardiovascular system
- b. Structure of heart
- c. Structure of artery, veins and capillaries
- d. Blood flow through the heart
- e. Types of blood circulation
- f. Pumping action of heart and its regulation
- g. Introduction about mechanism of the contraction of heart
- h. Introduction about regulation of heart beat

## **Unit - V Respiratory system**

- a. Introduction about respiratory system
- b. Organs of respiratory system
- c. Structure of organs
- d. Types of respiration
- e. Muscles of respiration
- f. Mechanism of respiration

### **Books Recommended :**

- a. MC Clerg, Anderon T., Human Kinetics and Analyzing Body Movements, London : William Hein Mann Medical Book Ltd.
- b. Davis, D.V. Gray's Anatomy : London : Longmans Green and Co. Ltd.
- c. Pcatce, Evelyn B., Anatomy and Physiology for Nurse : London faber and faber Ltd.
- d. Pearce, J.W. Anatomy for students and teachers of Physical Education, London : Edward Arnold and Co.
- e. Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements, London : Wiliiam Heinman Medical Books Led. 1961.

# **BPES SEMESTER – I**

## **PRINCIPLES OF PHYSICAL EDUCATION**

### **Unit – I**

- a. Meaning and Definition of Physical Education.
- b. Aims and objective of Physical Education.
- c. Scope of Physical Education.
- d. Need and Importance of Physical Education.
- e. Physical Education as an Art as Science

### **Unit - II**

- a. Meaning of Sports Psychology
- b. Development of sports Psychology
- c. Psychological factors effecting physical Performance.
- d. Notion about mind and body Psychological unity of man

### **Unit - III**

- a. Meaning of Camp
- b. Aims and objective of the Camps
- c. Uses of Camping /outdoor education.
- d. Types of Camp and Agencies promoting Camping.
- e. Organization of Camps and factors effecting its organization.
- f. Meaning and Definition of Recreation.
- g. Aims and objectives. of Recreation.
- h. Types of Recreation & need and Importance of recreation in modern society

### **Unit - IV**

- a. Definition of physical fitness.
- b. Component of Physical fitness.
- c. Benefit of Physical fitness.
- d. Effect of Exercises on muscular ,circulatory ,digestive ,Respiratory system.
- e. Warming up and cooling down and their Importance.
- f. Biological Basis of life and biological weakness.
- g. Chronological ,Anatomical ,Physiological and Mental ages of individual – their implications in developing and implementing programme of physical education.

### **Unit - V**

- a. Games and sports as mans cultural heritage
- b. Sports and socialization
- c. Physical Education and sports as a need of the society
- d. Social Institution and their influence on the society.

### **References:**

- 1) Bucher, Charles,A. Foundation of physical Education St. Louis: The C.V.Mosby Co. 1986 dollar 9.50.
- 2) Nixon Engene D. and Couson W. An introduction to physical Education , Philadelphia,London: W.B.Saunders Co. 1969,
- 3) Oderteuter ,Delbert : Physical Education , New York ,Harper and Brothers publishers 1970.
- 4) Sharma ,Jakson ,R. Introduction to physical education , New York: A.S Barnes and Co. 1964.
- 5) Willaims Jeses Feiring : The Principle of Education , Philadelphia : W.B.Saunders Co. 1964

# **BPES SEMESTER – I**

## **ENGLISH- I**

### **Unit - I**

- a Tenses : Present, Past and Future Tenses.
- b Vocubulary : Synonyms, Antonyms, One word, Substitution, Punctuation.
- c Preposition.
- d Co-ordinate Conjunction and Subordinate Conjunction
- e Gender & their uses.

### **Unit - II**

- a Article : A, An, and The
- b Syntax & their uses & applications.
- c Active & Passive Voice
- d Idioms & Proverbs : Meaning and uses.

### **Unit - III**

- a Sentences Structure – Simple and Complex Sentences.
- b Transformation (with and without changing the sense)
- c Interrogative Sentences
- d Imperative Sentences
- e Exculematory Sentences

### **Unit - IV** Paragraph and Essay Writing

- a Writing paragraphs and essays on topics concerning sports and general awareness.

### **Unit - V** Comprehension

- a Precise writing
- b Answering questions after reading passages.
- c Comments on reading material.

### **References:**

1. 'High School English Grammar and Composition by P.C. Wren and M.Martin, Published by S.Chand and Com. Ltd. Ram Nagar, New Delhi 110055.
2. An intensive Course in English – Aremedial work book C.d. Sidhu. Published by Pnya Adarkar, Orient Longman Ltd. Kamani Marg, Ballard Estate Bombay 400048.
3. Living English Literature Practice Book for Foreign students W. Standard Alton, Orient Longman Ltd. 1/24, Asaf Ali Road, New Delhi 110002.

# **BPES SEMESTER – I**

## **GAMES (PRACTAL)**

### **ATHLETICS, GYMNASTICS AND YOGA**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

# **BPEs SEMESTER – II**

## **BASIC AND SYSTEMIC ANATOMY**

### **Unit I : Digestive System**

**(i) Introduction about digestive system**

- Organs of digestive system
- Structure of various parts of digestive system
- Brief introduction about the accessory organs of digestive system (liver, pancreas, gall bladder)

**(ii) Secretion and function of the digestive juices**

- The name of digestive juices
- Their site of secretion, nature and function

**(iii) Function of Liver**

- Functions of liver as an accessory organ of digestion
- Brief knowledge of general function of liver

### **Unit II : Nervous System**

**(i) Introduction about the nervous system**

- Introduction about the nervous system
- Classification and organs of nervous system
- Introduction about various parts of brain
- Structure of various parts of brain
- Structure of spinal cord

**(ii) Functions of the important parts of the nervous system**

- Functions of cerebrum  
(Basal ganglia, Thalamus & Hypothalamus)
- Functions of cerebellum
- Functions of mid brain
- Functions of pons
- Functions of medulla oblongata
- Functions of spinal cord
- 

### **Unit III : Urino – Genital and Excretory System**

**(i) Brief account of urino-genital system**

- Introduction about urinal system
- Structure of kidney
- Structure of ureter, bladder, urethra
- Introduction about genital system

**(ii) Introduction about excretory system**

- Brief concept of excretion of water from the body through skin (sweating), lungs, kidney and urinal track
- Structure of kidney and urinal track
- Formation of urine in kidney  
(Simple filtration, selective reabsorbs ion and secretion)



## **Unit IV : Endocrine System**

- Introduction about endocrine system
- Name of endocrine glands and their sites
- Structure of glands (Pituitary, Thyroid, Pancrease and Adrenal)
- Secretion of glands (Pituitary, Thyroid, Pancrease and Adrenal)
- Role of their secretion in growth, development and body functions
- Basic knowledge of transmission of hereditary characteristics

## **Unit V : Sensory System**

- Structure of organs of vision
- Functions of various parts of eye
- Structure of organs of hearing
- Functions of various parts of ear
- Brief introduction of sense of touch (skin), smell and taste

### **Books Recommended:**

1. MC Clerg, Anderon T., Human Kinetics and Analyyzing Body Movements, London: William Hein Mann Medical Book Ltd.
2. Davis, D.V. Gray's Anatomy: London: Longmans Green and Co. Ltd.
3. Pcarce, Evelyn B., Anatomy and Physiology for Nurse: London faber and faber Ltd.
4. Pearce, J.W. Anatomy for students and teachers of Physical Education, London: Edward Arnold and Co.
5. Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements, London: William Heinman Medical Books Led. 1961.

# **B PES SEMESTER – II**

## **HISTORY OF PHYSICAL EDUCATION**

### **Unit I**

- Definition of Physical Education – Its meaning and importance , misconception above Physical Education
- Aims and objectives of Physical Education .

### **Unit II**

- Physical Education in ancient India – Vedic period – Epic Period and Buddhist period.
- Physical Education in the city states of Greece.

### **Unit III**

- Survey of Modern Physical Education in India – pre and post independence period .
  - a. Physical Education and sports training institutions in India.
  - b. Indian Olympic Association.
  - c. Sports authority of India
- Youth welfare programmes NCC, NSS, NSC, Scouts and guides .

### **Unit IV**

Modern Olympic games: Start of Olympics, Objectives of Olympic, Olympics Motto and Flag. Olympic charter opening and closing ceremonies, Olympic commissions and their functions.

### **Unit V**

Contribution to the growth of Physical Education by leaders and movement in the following countries:-

- (i) Germany Johan Basedow, Guts Muths Fredrick Ludwing John , Sweden ( Per Henric ling)
- (ii) Denmark ( frak Nachtegal )
- (iii) Great Britain Y.M.C.A. and it contribution,
- (iv) India : Pl. Jawaharlal Nehru , Dr. P.M. Joseph Dr. J.P. Thomas , Shri H.C. Buck.

### **References:**

1. Leonard, Fred Engene and Afflect George B. Guide to the History of Physical Education, Philadelphia : Leo and Febiger, 1962.
2. Moyumd, D.C. Encyclopedia of Indian Physical Culture, Garoda : Goods Oscupaues, 1952.
3. Rice Emmett, A. Hutchinson, John, L. and Loc Marbal A Brief History of Physical Education, New York, the Ronals Press Company, 1960.
4. Rajgopalan K. A Brief History of Physical Education in India, Delhi Army Publishers – 1962.
5. Wakharkar, D.G. Manual of Physical Education, Bombay Port Publishers Pvt. Ltd.

# **BPES SEMESTER – II**

## **ENGLISH - II**

### **Unit - I** Correspondence and report writing :

- a. Personal Letters
- b. Business Letters
- c. Application
- d. Circular Letter
- e. Invitations refusal and acceptance, formal, informal and vote of thanks, welcome speech

### **Unit - II**

- a. Reports writing (on functions and sports events).
- b. Drafting notice and minutes of meeting.

### **Unit - III** Linguistic Contents :

- a. Direct and indirect speech.
- b. Verbal structure, approritive structures.
- c. Optative sentences.
- d. Sentences structure – Simple, compound and complex sentences.

### **Unit – IV**

- a. Expansion of ideas (about 200 words).
- b. Adjectives, adverbs & their uses
- c. Modals
- d. Punctuation
- e. Participles
- f. Determinants

### **Unit – V**

- a. Paragraph and Essay writing -  
Writing paragraphs and essays on topics concerning sports and general awareness.
- b. Comprehension -
  1. Precise Writing
  2. Answering questions after leading passages.
  3. Comments on reading material.

### **References:**

1. 'High School English Grammar and Composition by P.C. Wren and M.Martin, Published by S.Chand and Com. Ltd. Ram Nagar, New Delhi 110055.
2. An intensive Course in English – Aremedial work book C.d. Sidhu. Published by Pyla Adarkar, Orient Longman Ltd. Kamani Marg, Ballard Estate Bombay 400048.
3. Living English Literature Practice Book for Foreign students W. Standard Alton, Orient Longman Ltd. 1/24, Asaf Ali Road, New Delhi 110002.

# **BPES SEMESTER – II**

## **GAMES (PRACTAL)**

### **ATHLETICS, GYMNASTICS AND YOGA**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

# **BPES SEMESTER – III**

## **PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE**

### **Unit I Introduction**

- (a) Meaning and concept of physiology.
- (b) Need and importance of physiology for the students of physical education.
- (c) Meaning and concept of exercise physiology.
- (d) Need and importance of exercise physiology in physical education and sports.

### **Unit II Cardio Pulmonary System**

1. The Cardio- vascular system and Blood.
  - (a) Cardiac – cycle.
    - Definition of cardiac cycle
    - Concept of cardiac cycle with the help of diagram.
  - (b) Blood pressure, its maintenance and regulation
    - Definition of blood pressure.
    - Types of blood pressure.
    - Measurement of blood pressure.
    - Regulation of blood pressure.
  - (c) The cardiac output and its regulation
    - Concept of cardiac output.
2. The respiratory System
  1. Mechanism of Respiration.
  2. Pulmonary ventilation and its regulation.
  3. Second – wind, Oxygen debt.

### **Unit III Digestive, nervous and sensory system**

- (a) Digestive System
  1. Absorption of Food
  2. General metabolism, metabolism of carbohydrates fats and proteins.
  3. Temperature – Regulation
- (b) Nervous System
  1. Functions of the important parts of the nervous system, cerebrum, medulla oblongata, thalamus, cerebellum and spinal cord.
  2. Functions of autonomic nervous system.
- (c) Sensory System
  1. General sensations (cutaneous and kinesthetic)
  2. Brief knowledge about various forms of senses with special reference to vision and hearing.

### **Unit IV Excretory, Endocrine and Reproductive Systems**

- (a) The excretory System -  
Excretion of water from the body through skin (sweating), lungs, kidney and GI Tract.
- (b) The Endocrine System -
  1. Secretion of endocrine glands (Pituitary, Thyroid, Adrenal and Pancreas)
  2. Role of their secretion in growth. Development and body functions.
- (c) Reproductive System -
  1. Physiology of human reproduction.
  2. Basic knowledge of transmission of hereditary characteristics.

## **Unit V Physiology of Exercise**

1. Effect of exercise on respiratory, circulatory and muscular system.
2. Changes during muscular contraction.
3. Nerve control of muscular activity.
4. Warming-up, conditioning and training.
5. Stitch and cramps.

### References:

1. Anthony, C. Parher and Kolthoff N. Jane, Text Book of Anatomy and Physiology, St. Louis : The C.V.: Mosby Company.
2. Chatterjee, C.C. Human Physiology, Calcutta, Medical Allied Agency.
3. Clarke, David, H. Exercise Physiology, New Jersey : Prentice Hall Inc., Englewood Cliffs.
4. Translated by Myshne, David, A. Text Book for Nurses Training Schools, Moscow, NIR Publishers.
5. Pearce, Evelyn, C. Anatomy and Physiology for Nurses. Calcutta, Oxford University Press.

# **B PES SEMESTER – III**

## **EDUCATIONAL PSYCHOLOGY**

### **Unit I :**

- Meaning and Nature of Psychology
- Sources of psychology
- Definition of Psychology
- Psychology is a Sciences
- Branches of Psychology
- Importance of Psychology in Education with special reference to Physical Education.

### **Unit II:**

- Growth and Development
- Meaning of growth and Maturation
- Development by maturation
- Development by exercise and learning
- Behavioral development with special reference to perceptual ,Language intellectual social, emotional and physical
- Individual differences: meaning of the terms individual differences.
- Heredity and environment as cause of individual differences
- Interaction of heredity and environment.

### **Unit III :**

- Learning Meaning and nature of learning
- Principles of learning
- Types of learning
- Theories of learning (Trial and error ,conditioned reflex ,insight theory, learning by imitation ).
- Meaning of transfer of training. Conditions of transfer of training. learning curve.
- How to overcome plateau

### **Unit IV:**

- **Motivation**  
Meaning of motivation. concept of need, drive, motive, incentive and achievement  
Types of Motivation  
Role of motivation on teaching physical activities
- **Emotion**  
Meaning and nature of emotion.  
Types of emotion.  
Emotional experiences (anxiety and fear ) and their effect on learning of physical activities.

### **Unit V;**

- **Personality**  
Meaning and nature of personality.  
Physiological and social factors in personality.  
Development of personality

- **Memory**  
Definition of memory, Types of Memory.  
Mechanism of the process of remembering ,memory training.  
Meaning of forgetting ,Reasons of forgetting, curves of forgetting,  
Importance of memory in learning physical activities.
  
- **Practical**  
Practical will be conducted to acquaint with practical aspects of the subject.  
There will be practical internal examination for 10 marks .The marks of this examination will be added to the theory sectionals.

**References :**

- Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service,1957
- Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd.
- Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley & Sons Inc. 1963.
- Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros.
- Snum, Richar M. Psychology in Sports ,Surjeet Publication ,1982
- Silva ,J.M. and Weinberg R.S Psychology of foundations of Sports , Illinois , Human Kinetics Publishers Inc.



# **BPES SEMESTER – III**

## **METHODS IN PHYSICAL EDUCATION**

### **Unit I**

#### **(A) Meaning**

Meaning of the term "teaching method" its scope and importance  
The factors to be considered in determining the method of teaching.

#### **(B) Types of method**

Part-whole method, whole part method, command method, discussion method, project method, demonstration method.

#### **(C) Principles of teaching**

### **Unit II**

#### **Presentation Techniques**

- (a) Personal preparation.
- (b) Technical preparation.
- (c) Steps of presentation.
- (d) Command and their techniques.
- (e) Situation which require different words of command.
- (f) Types of class management.

#### **Lesson planning**

##### **Types of lessons and their values**

- (a) Objectives of different lesson plans and part of the lesson introductory and development.
- (b) Skill practice/group work.
- (c) Class activity/recreation part (reassembly revision and dismissal).

### **Unit III**

#### **Organization and conduct of competitions**

- (a) Tracks and field
- (b) Gymnastics.
- (c) Weight lifting, body building and best physique contest.
- (d) Wrestling and combatives.
- (e) Swimming, diving -aquatics.
- (f) Games and sports tournaments.

#### **Tournaments - organization, meaning and their types**

- (a) Knock -out types of elimination double elimination tournaments..
- (b) League-(single-double )or round robin type.
- (c) Combination type of tournament.
- (d) Challenge of perennial type (ladder-pyramaid type).
- (e) Miscellaneous type of small area games.

## **Unit IV**

### **Audio-visual aids and teaching gadgets**

- (a) Values and uses of audio visual aids.
- (b) Criteria for selecting the aids.
- (c) Steps to be followed in using teaching aids.

Publicity - meaning and method of preparation:

- (a) Demonstration.
- (b) Play days.
- (c) Exhibitions.
- (d) Sports for all days.

## **Unit V**

### **Marking of track and play fields:**

- (a) Track and field - track 400 m standard and 200m.
- (b) Play field - football, volleyball, basketball, hockey, badminton, kabaddi, kho-kho, softball as per international regulation.

### **Improvisation - ways and means of improvisation:**

- (a) Area
- (b) Apparatus
- (c) Equipment
- (d) Leadership
- (3) Evolution
  - (a) Need
  - (b) Importance
  - (c) Basic methods of evaluation:
    - Observation
    - Interview
    - Tests and measurements
    - Corporative evaluation by pupil and teacher

### **References:**

- Tirunaryanan, c. and hariharan, s. methods in physical education, karai kudi south india press, 1962.
- Kozman, b. cassidy, rosalind and jakson, c.d., methods in physical education, london: w.b. saunders company, 1960.
- Knapp, clyde and hagman, e.p. teaching methods for physical education, new york: mc graw hill book co., 1948.

# **B PES SEMESTER – III**

## **GAMES (PRACTAL)**

### **VOLLEYBALL AND WEIGHT LIFTING & TRAINING**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

# **BPES SEMESTER – IV**

## **KINESIOLOGY**

### **Unit I: Introduction**

- (A) Definition, Brief history and important contributions of Aristotle, Leonardo da Vinci, Alfonso Borelli, Weger Brothers, Benjamin Duchene.
- (B) Aims and objective of Kinesiology.
- (C) Role of Kinesiology in Physical Education and Physical Medicine.
- (D) Fundamental concepts:  
Definition and brief explanation of the following terms and their application to the human body.  
Axes and Planes, Centre of Gravity, Line of Gravity Base, Starting Positions.

### **Unit II: Anatomical Concepts**

- (A) Review of classification of joints and muscles, Terminology of fundamental movements.
- (A) Types of Muscle-Contraction (Isometric and Isotonic – concentric, Eccentric), All or None Law, Reciprocal innervations and inhibition group action of muscles and Muscular Co-ordination.
- (B) Major characteristics location and action of major joints of shoulder, hip, knee, elbow, forearm and wrist joints. Location and actions of major muscles at these joints.

### **Unit III: Mechanical Concepts**

- (A) Concept of mechanical basic of Kinesiology and its application it physical education and Sports.
- (B) Definition and brief explanation of following basic terms :  
Mass, weight, force, motion, equilibrium, friction, speed, velocity, and momentum.

### **Unit IV:**

- (A) **Kinesiological fundamental of Mechanisms**
  - (1) Simple Mechanics found in the Muscular skeletal system (Leverage and its application to human body)
  - (2) Laws of motion and their application to sports activities.
  - (3) Forces :
    - a. Moving one's own body.
    - b. Giving impetus to external objectives,
    - c. Receiving impetus.
  - (4) Equilibrium: Role of equilibrium in sports and games.

### **Unit V: Application**

- (A) Application of basic mechanical principles to walking, running and jumping.
- (B) Motor skills of daily living.
- (C) Application of mechanics prevention of injury.

**Reference:**

- Brower, Marion, R. Efficiency of Human Movement. Philadelphia : W. B. Saunders Co. 1966-Dollar.
- Cooper, John, M. and R.B. Glassgow . Kinesiology . St Louis : C.V. Mosby Company , 1963.
- Scott M. Gladys. Analysis of Human Motion, New York .
- Wells, Katherine P. Kinesiology , Philadelphia. W.B. Saunders Co., 1966.
- James, G. Hay, J. Gavin Reid. The Anatomical and mechanical Bases of Human Motion. Prentice Hall Inc. New Jersey.
- Rasch Philip J. and P.K. Burke. Kinesiology and Applied Anatomy. Philadelphia. : LEA and Febiger, 1967.
- Duan, John W. Scientific Principles of Coaching . Englewood cliffs, N.J. Prentice Hall Inc. 1966.
- Duvall Elien Neal. Kinesiology . Englewood Cliffs , N.J. Prentice Hall Inc. 1956.

# **BPES SEMESTER – IV**

## **BASICS OF SPORTS TRAINING**

### **Unit - I Sports Training**

- a. Definition of terms - Conditioning, Teaching, Coaching and Sports Training.
- b. Importance of sports training
- c. Aim, Tasks and Characteristics of Sports Training.
- d. Principles of Sports Training.

### **Unit - II Biomotor abilities and training means -**

- a. Concept of biomotor abilities & definition of important motor abilities – cardio – respiratory endurance, muscular endurance, strength, speed, power, agility, flexibility, co-ordination, balance.
- b. Training means and methods for developing various fitness components.

### **Unit - III Warming up and cooling down**

- a. Introduction
- b. Types of warming up
- c. Significance of warming up
- d. General guidelines that govern the warming up programme
- e. Methods of warming up
- f. Duration of warming up
- g. Components of warming up
- h. Physiological basis of warming up
- i. Cooling down

### **Unit - IV Environmental factors and sports performance**

- a. Introduction
- b. Variation in temperature
- c. Humidity
- d. Altitude
- e. Physical programme at altitude
- f. Physiological function at altitude

### **Unit - V (A) Preiodisation**

- a. Concept of periodisation and its importance.
- b. Different periods of training and their duration.
- c. Types of periodization.
- d. Aim and content of different training periods.

#### **(B) Cycles of Training**

- a. Macro Cycle
- b. Meso Cycle
- c. Micro Cycle

### **References:**

1. Essentials of Physical Education, Dr. Ajmer Singh, Dr. Jagtar Singh Gill, Dr. Jagdish Bains, Dr. Rachpal Singh Brar, Kalyani Publishers, Ludhiana, New Delhi, Noida (UP)
2. Science of Sports Training, Dr. A.K. Uppal, Friends Publications, New Delhi (India)

3. Science of Sports Training, Hardayal Singh
4. Bratty, s perceptual and motor development in infants and children. Prentice hall,1979
5. Harre, d. principles of training.

# **BPES SEMESTER – IV**

## **HEALTH EDUCATION**

### **Unit I**

#### **(A) Health**

- a. Dimensions of Health
- b. Positive Health
- c. Concept Of Health
- d. Ecology of Health
- e. Spectrum of Health
- f. Determinants of Health.

#### **(B) Health Education**

- a.. Concept ,objective and scope
- b. Principles of Health Education.
- c. Communication in Health Education.
- d. Public Health Education in attainment of Health Goals.

### **Unit II**

#### **(A) Health Problems**

- a. Communicable diseases
- b. Nutrition
- c. Environmental sanitation
- d. Medical Care
- e. Population

#### **(B) Organization and Administrative set-up of Health System in India**

- a. Central level
- b. State Level
- c. District Level.

#### **(C) Planning of Health Education programme**

- a. Practice of Health Education Programme.
- b. Steps to be followed in Planning and Health Education Programme.

#### **(D) Brief Description of Maternal Child Health**

### **Unit III**

#### **(A) Hygiene**

The Concept, Care of Skin, Mouth, nails, clothing, bathing etc.  
Importance of rest, sleep and exercise.

#### **(B) Community Health**

Brief account of Housing water supply ,sewage and refuse disposal .

#### **(C) School Health Service**

- a. History and Health Problems
- b. Objectives of School Health Service



### **(D) Aspects of School Health Service**

- a. Health Appraisal
- b. Remedial measures and follow –up
- c. Prevention of communicable diseases
- d. Healthful school environment
- e. Nutritional services
- f. First –aid and Emergency care
- g. Mental health
- h. Dental health
- i. Eye health service.
- j. Health Education
- k. Education of handicapped children.
- l. School Health record.

## **Unit IV**

### **(A) Food and Nutrition**

Classification of foods ,Proximate Principles, and Role of various nutrient.

### **(B) Balanced diet**

Definition ,Principles of preparing and balance diet. Balanced diet for Indian Players /School children .Malnutrition and Adulteration of food.

## **Unit V**

### **(A) National Family Welfare Programme**

Concept, need, importance, and role of Health Education in family welfare programme.

### **(B) Sex Education**

Concept, need and organization of sex education at school level.

### **(C) National Health Programmers in Indian**

- (a) NMEP (National Malaria Eradication Programme.)
- (b) DDCP (Diarrhoeal Diseases Control Programme.)
- (c) NFCP (National Filaria Control Programme.)
- (d) National TB Control Programme.
- (e) STD Control Programme.

### **(D) International Health Agencies**

- (a) WHO      (b) UNICEF   (c) UNDP
- (d) FAO      (e) ILO

### **(E) Evaluation**

- (a.) Evaluation of Health Education Programme.
- (b.) Importance of Evaluation of Health Education Programme.

**Reference:**

1. Anderson ,C.L. and Chewell , William H. School Health Practice, St. Louis: The C. V. Mosby Company ,1986.
2. Bedi, Yashpal Social and Preventive Medicine ,New Delhi ,Atmaram and Sons ,1985.
3. Goah ,B.N. Hygine and Public Health ,Calcutta :Scientific Publishing Co.1989.
4. Hanllon, John ,I. Principal of Public Health Administration Saint Louis :The C.V. Mosby Company 1969.
5. Katz, Alfred ,H ,and Felton , Jean Spences Health and the community .London :Coltion Mc Millan Limited 1965.
6. Park ,J.E. and Park ,K. Preventive and Social medicine Jabalpur : M/s.Banarsidas Bhanot Publishers,1983.

# **B PES SEMESTER – IV**

## **GAMES (PRACTAL)**

### **BADMINTON/HOCKEY AND FOOTBALL/CRICKET**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

# **B PES SEMESTER V**

## **Management of Physical Education**

### **Unit I**

#### **Introduction**

- (a) Meaning and definition of planning ,organizing, administration and management and their nature and scope.
- (b) Importance of planning and management in educational institutions .
- (c) Principles of planning and management , organisation structure :
  - (i). Working out an effective scheme of organaisation.
  - (ii). Scheme of organisation in school ,college and university.
  - (iii).Scheme of organisation in the district and state education.

### **Unit II.**

#### **Facilities and equipments**

- (a) Layout of the school building and other facilities.
- (b) Types of buildings,laboratories ,other built-up facilities.
- (c) Layout of physical education facilities common and special .
- (d) Need and importance o equipment for physical education and recreation
- (e) An ideal of equipment or physical education and recreational activities.
- (f) Realistic approach in purchases , procedures.
- (g) Development of improvised equipments
- (h) Storing,store keeping.
  - (i) Care , maintenance, repairs and disposal equipments.

### **Unit III**

#### **Staff and Leadership**

- (a) Head of the Institute , his role in imbining the spirit of discipline in sports and education.
- (b) Importance of qualified teachers of physical education and recreational leaders
- (c) Qualities of good teachers /teachers of physical education
- (d) Development of voluntary services of other teachers .
- (e) Student leadership it's importance and limitations
- (f) Staff cooperation
- (g) Selection of training of students leaders
- (h) Recognition of staff and student leaders.

### **Unit IV**

#### **Intramurals and extramural, Public Relations**

##### **(A) Intramural**

- (a) it's importance and planning.
- (b).Events of Competition, Time and facility factors.
- (c). Point system, award recognition

##### **(B) Extramural**

- (a) Outcomes of participation (educational)
- (b) Limitations in participation.
- (c) Selection and training of teams.
- (d) Participation ,finances and other aspects .

### **(C). Public Relations**

- (a). Definition and need.
- (b). Principles of public relations in physical educations.
- (c). Techniques , sue of media
- (d). Relations with parents , public and other bodies.
- (e). Demonstration , displays on special occasions

### **Unit V**

#### **Office management and budget**

- (a). Maintenance of records
- (b). Office Correspondence , filing and reports .
- (c). Physical education budget and it's preparation
- (d). Income & expenditure (sources)
- (e). Maintenance of accounts.
- (f). Petty cash.

### **References:**

1. Joseph ,P.M.Organisation of physical education , The old students association ,TIPE Kandivali (bombay).1963.
2. Voltmer ,E.F.et al The organisation and administration of physical education , prentice hall inc., New Jersey , 1979.
3. Bucher ,C.A.Administration of Physical Education and atheletic programmes , The C.V.Mosby Co. London 1983.
4. Zeigler ,E.R. and Bowie G.W Management Competency Development in Sports and Physical Education , Lea and Febiger, Philadelphia ,!983.
5. Maheshwari ,B.L.Managaement by Objective , Tata Mc.Graw -Hill. Publishing Co. Ltd. New Delhi 1982.
6. ALen L.A.Management and Organisation , McGraw -Hill Book Co. Inc. London 1958.
7. Newman W.H. Administrative Action, Prentice Hall Inc. New Jersey ,1963.
8. Huges , W.L.etal Administration and physical Education. The Ronald Press Co. New York,1962.

# **BPES SEMESTER V**

## **GYM MANAGEMENT AND FITNESS TRAINING**

### **Unit – I : Introduction**

- a. Concept of a Gym /Health Club (Basic Facilities)
- b. Equipments for modern gym (Strength Section, Cardio Section, Floor Exercise Section)
- c. Sauna and Steam Therapy
- d. Concept of SPA

### **Unit –II : Gym Management**

- a. Staffing Pattern of a Gym
- b. Budget Preparation
- c. Various Programs
- d. Pre and Post Training Testing
  - a. Cardio-Respiratory Endurance
  - b. Muscular Endurance
  - c. Muscular Strength
  - d. Musculoskeletal Flexibility

### **Unit – III : Nutrition**

- a. Nutrition and Nutritional Supplements
- b. Calculating caloric of intake and output
- c. Preparing a diet chart
- d. Role of various nutritional products

### **Unit – IV : Strength Training**

- a. Exercise for developing
  - i. Chest Muscles
  - ii. Back Muscles
  - iii. Shoulder Muscles
  - iv. Arm Exercise
  - v. Abdominal Muscles
  - vi. Thigh Muscles
  - vii. Calf Muscles

### **Unit – V : Obesity and Weight Control**

- a. Overweight and obesity
- b. Methods of assessing body fat
- c. Principles of fat reduction program
- d. Exercise for controlling fat

## References:

1. Arnold, Schwarzenegger; The New Encyclopedia of Modern Body Building. Fireside Rockefeller, 1230 Avenue of the Americas , 2002
2. Thomas, R Baechle; Fitness Weight Training, Human Kinetics, 2001
3. Blau, F.C. Hand Book of Food and Nutrition; Bikaner Agro Botanical Publishers, 4 E – 106 J.N.Vyas Nagar , 1999
4. Gupta, K ; Food and Nutrition. New Delhi: Jaypee Brothers, 1984
5. Foster, E.R and Hartinger, Karyn; Fitness Fun. Champaign: Human Kinetics, 1992
6. Miller, David K. and Allen , T Earl; Fitness A lifetime Commitment. Delhi: Surjeet Publication, 1982
7. Uppal A.K. ; Physical Fitness How to Develop. Delhi : Friends Publications, 1992
8. Williams, Melvin; Lifetime Fitness and Wellness. Boulevard Dubuque : Wm .C. Brown , 2001

# **B PES SEMESTER V**

## **CRICKET SPECIALIZATION**

1. Introduction of the game and historical development with special reference to India.
2. Important tournament held at national and International levels and distinguished personalities related to the game.
3. National and International bodies ,controlling the sports/game and their function
4. Fundamental Skills.
  - a. Batting
    - (i) Forward defensive stroke
    - (ii) Backward defensive stroke.
  - b. Bowling
    - (i) Simple bowling
  - c. Fielding
    - (i) Defensive fielding –Orthodox, Unorthodox.
    - (ii) Offensive Fielding .
  - d. Catching
    - (i) High Catching.
    - (ii) Slip Catching.
  - e. Stopping and throwing techniques.
  - f. Wicket keeping technique.
5. Advanced Skill
  - a. Batting
    - (i) Forward defensive stroke
    - (ii) Backward defensive stroke
    - (iii) Forward off drive
    - (iv) Forward on drive.
  - b. Bowling.
    - (i) Simple bowling techniques.
    - (ii) Difference between pace.
    - (iii) Bowling and spin bowling : Off and leg spin bowling.
  - c. Fielding : Different techniques of fielding and its importance.
  - d. Catching : Different types of catching ,its techniques and importance.
  - e. Stopping and throwing : Different techniques and its importance.
  - f. Wicket Keeping : Different techniques and their implications.
6. Rules and their interpretations and duties of officials.

### **References:**

- Micharda ,Barry ,Barry Richard Cricket.London Pelhon Books, 1979.
- Mankar , Vinno, How to play Cricket. Rupa and Company, 1976.
- Greig ,Tony , Greug in Cricket .Bombay, S. Publication, 1975.
- John Snow ,Cricket Fondon : William Dushmanby Publisher Ltd. 1973.



# **BPES SEMESTER V**

## **BADMINTON SPECIALIZATION**

### **Unit I - History of Badminton**

- (a) In India
- (b) In Asia
- (c) In World

### **Unit II – Laws of Badminton**

- (a) Laws of Badminton with interpretations.
- (b) Recommendations to technical officials and their duties.
- (c) Terminologies in badminton

### **Unit III – Fixture/Draw in Badminton**

- (a) Fixture for inter collegiate Badminton Competitions.
- (b) University – Zonal and All India University Tournaments

### **Unit IV – Fundamental Skills**

- (a) Racket and Shuttle Grips
- (b) Serricsand Rehires
- (c) Forehand and backhand stokes – smash over and clear drops under arms clear drive and net shot.
- (d) Basic footwork

### **Unit IV - Basic Tactics Strategy**

- (a) Singles – Systems of Play
- (b) Doubles – Systems of Play
  - Front and Back
  - Side by Side
  - Rotation

### **Unit V - warming up**

- (b) Specific Exercises of warm up and conditioning.
- (a) General and Specific warm up.
- (c) Fundamental Training drills in Badminton.

### **References:**

Jake Downey, Badminton for Schools.

# **B PES SEMESTER V**

## **ATHLETICS SPECIALIZATION**

### **Unit – I History**

- a. Historical review of various athletic events (up to 2000)
- b. Historical review of various sports awards to athletes (up to 2000)

### **Unit –II Federation and Tournaments**

- a. IAAF Council and committees
- b. International Competitions

### **Unit – III Training Methods**

- a. Warming –up
- b. Training Loads

### **Unit – IV Skills and Techniques**

- a. Crouch Start
- b. Triple Jump
- c. Fosbury Flop technique of High Jump
- d. Hitch kick technique of Long Jump
- e. Scientific basis of above techniques

### **Unit – V : Officiating Playfields and Equipments**

- a. Basic rules of sprints, Long Jump, High Jump, and Triple Jump.
- b. Mechanics of Officiating All track Events, Walking and Road races (Marathon and Half Marathon)
- c. Equipment and specifications of all track related equipments
- d. Layouts and maintenances of all track events.

# **B PES SEMESTER V**

## **GYMNASTICS SPECIALIZATION**

### **Unit-I History of Gymnastics in world:- Earliest History & Middle age.**

A Brief History of Greek, Sweden, Denmark Germany ,France.

### **Unit - II**

A Organization of : F.I.G.

B Value of gymnastics, how gymnastics can be popularise in India.

### **Unit - III Training Methods**

A Warming up (General and specific)

B Training load.

### **Unit - IV Techniques:**

Teaching of Advance skills and techniques (at least three on each apparatus)

A Specification of apparatus used for men and women.

B Lay out and maintenance of gymnasium.

### **Unit - V**

A Purpose and goal of code of points

B Evaluation of the Exercise.

# **BPES SEMESTER V**

## **HOCKEY SPECIALIZATION**

**Unit I - Origin of Hockey – Ancient hockey, modern hockey, hockey in India.**

**Unit II - History of Major International and National Hockey Championships**

- a. World Cup Hockey, Olympic Games, Championship trophy and Asia Cup.
- b. Rangaswami Cup, Benghton Cup.

**Unit III - Basic and Advance Skills of Hockey -**

- (a) Rolling, Pushing, Hitting, Stopping.
- (b) Dribbling, Receiving, Flick, Scoop, Dodging and Tackling.

**Unit IV - Meaning of Sports Training. Definition of Sports Training. Aims of Sports Training. Objectives of Sports Training. Characteristics of Sports Training. Principles of Sports Training.**

**Unit V-**

- (a) Drills and Test in Hockey.
- (b) Construction, layout and maintenance of playfields & equipments.

# **BPES SEMESTER V**

## **FOOTBALL SPECIALIZATION**

**Unit - I History of football** (National and International)

**Unit - II Organization of federation and association**  
(District, State, National and International)

**Unit –III Techniques**

- a. Advance skill and techniques
- b. General mechanical principals applied to skill techniques

**Unit –IV Rules and their interpretations**

**Unit –V Layout and maintenance of playfields and equipments**

# **B PES SEMESTER V**

## **GAMES (PRACTAL)**

### **TABLE TENNIS AND KABADDI**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

# **B PES SEMESTER VI**

## **TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

### **Unit I :Introduction**

- (1) Meaning of Test ,Measurement and Evaluation .Need and Impotence of Test and Measurement and Evaluation in Physical Education.
- (2) Meaning of Statistics ,Need and Importance of Statistics.
- (3) Meaning of Data .Kinds of Data.
- (4) Frequency Table – Meaning construction and uses .Population and sample. Sampling techniques – importance and principles.

### **Unit II: Fundamentals of Statistics**

- (1) Measures of Central Tendency –Meaning uses and calculations from frequency tables .
- (2) Measures of variability –meaning uses and calculations.
- (3) Graphical representation of Data.
- (4) Percentile Meaning, uses and calculations.
- (5) Correlations –Meaning ,uses and calculations.

### **Unit III: Test and Evaluation and Construction**

- (1) Knowledge Test . Importance and Types
- (2) Items to be included in objective and subjective knowledge tests
- (3) Criteria of test selection

### **Unit IV: Measurement of Health Status**

- (1) Measurement of nutritional status (subjective and objective.)
- (2) Somatotyping- A brief account of kretchmer`s and Sheldon`s body types.

### **Unit V: Measurement of Social Efficiency, Physical Fitness and Skill Performance**

- (1) Sports Skill Tests:
  - (a) Lockhart and McPherson Badminton Test.
  - (b) Johnson Basketball Ability Test.
  - (c) McDonald Soccer Test.
  - (d) Brady Volleyball Test.
  - (e) Dribble and Goal Shooting Test in Hockey.
- (2) Fitness Tests –Roger`s PFI, AAHPERD Youth Fitness Test, Indiana Motor Fitness Test, JCR Test and Kraus –Weber Test.

### **Reference:**

1. Clarke ,H.H. Application of Measurement to Health and Physical Education, Englewood Cliffs, N .J. : Prentice Hall Inc.
2. Larson ,L. A. and Yacom ,R.D. Measurement and Evaluation in Physical ,Health and Recreation Education .St. Louis :C.V. Mosby Company 1957 .
3. Mathews. Donald K. Measurement in Physical Education ,London : W .B. Saunders Company , 1973.
4. Neilson ,N.P. : An Elementary course in Statistics ,Test and Measurement in Physical Education , National Tests Polo Alth, 1960.

# **B PES SEMESTER VI**

## **CORRECTIVES AND REHABILITATION IN PHYSICAL EDUCATION**

### **Unit I:**

- (a) Meaning and scope of “Correctives” in Physical Education.
- (b) Posture and its deviation :
  - (1) Definition. Standards of standing posture values of good posture, causes and drawbacks of bad posture.
  - (2) Common postural deviations, their causes and remedial exercises :
    - (a) Kyphosis                      (b) Scoliosis              (c) Lordosis
    - (d) Knock Knees              (e) Bowlegs              (f) Flat – feet.
  - (3) Organization of a corrective-Gymnastic Class (Group theory) and its advantages.

### **Unit II:**

- (a) (1) Scope of Sports injuries in Physical Education.  
(2) Hazards of Incomplete treatment.
- (b) Prevention of injuries:
  - (1) Factors predisposing the sports injuries.
  - (2) General principles regarding the prevention of injuries.
- (c) Common sports injuries and their immediate treatment:
  - (1) Contusion                      (2) Abrasion                      (3) Laceration
  - (4) Sprain                              (5) Strain                              (6) Haematoma
  - (7) Fracture                              (8) Dislocation.

### **Unit III: Rehabilitation**

- (1) Definition aims and objectives and scope and rehabilitation.
- (2) Goals of rehabilitation.
- (3) An introduction of effects and uses of Therapeutic Modalities in rehabilitation.
  - (a) Cold Therapy                      (b) Infra Red Radiation
  - (c) Contrast Bath                      (d) Wax Bath Therapy
  - (e) Hydrotherapy (Exercises under water).

### **Unit IV:**

- (A) Therapeutic Exercises
  - (1) Definition and scope of Therapeutic Exercises in Athletic injuries.
  - (2) Classification, Physiological effects and uses of the following:
    - (a) Active Exercise (Free, Assisted and Resisted, Movements).
    - (b) Passive Exercises (Relaxed and forced movements).
  - (3) An introduction to progressive resistance exercises method.
- (B) Techniques of Therapeutic Exercises:
  - (a) Muscles Strengthening Exercises.
  - (b) General Principles of Muscle Strengthening.
  - (c) Manual-Muscle testing: A Method of assessing Muscle-strength.
    - 1. Stretching and Mobilizing Exercises : Factors causing Limitation of joint Range, General mobilizing methods, and practical demonstration of exercises to mobilizing the shoulder, elbow, wrist, hip knee, ankle and foot.
    - 2. Testing of common soft tissue tightness or contractures and suitable exercises to stretch them.



## **Unit V: Therapeutic and Sports Massage**

- (1) Definition and brief history of massage and remedial exercises.
- (2) General approach to a Massage Manipulation.
- (3) Common Physiological effects of Massage.
- (4) Common Massage Manipulations used in sports and Athletics and their therapeutic uses.
- (5) Contra – indications of massages in general.
- (6) Techniques of Massage for the limbs, back and neck.

### **Books Recommended:**

1. First Aids to the Injured, New Delhi , St. John Ambulance Association.
2. Johnson, W.R. and Buskirk, E.R. “Science and Medicine of Exercise and Sports” , New York, Harper and Row , 1974.
3. O’Dongho D. “Treatment of Injuries to Athletes”, Philadelphia : W.B. Saunders and Company
4. Pande, P.K. Gupta, L.C. : ‘ outline of sports Medicine’, New Delhi Jaypee Brothe, 1987.
5. Reilly Thomas : ‘Sport Fitness and sports Injured’, London, Faber and Faber Ltd. , 1981.
6. Strauss, R.H. : ‘ Sports Medicine’, Philadelphia, W.B. Saunders Co. , 1984 .
7. Steven Roy, Irvin Richard, ‘ Sports Medicine, Engle wood cliffn N.J. : Prentice Hall, 1983.
8. Colson John, Proressive Exercise Therapy, Bristol John Wright and sons Ltd. 1969.
9. Danies and worthingham . Muscle Testing : Techniques of Manual Examination, Philadelphia, W.B. Saunders Co.
10. Forster, Palastangas : ‘Clayton’s Electrotherapy’ Delhi CBS Publishers and Distributors.
11. Gardiner M. Dena : ‘The Principles of Exercise Theraph’ : London : Bell and Hyman, 1981.
12. Kessler Henry H. : The Principles and Practices of Rehabilitatin, Philadelphia, lea and Febiger, 1950.
13. Rathbone J.L. , ‘Corrective Physical Education’ , London, W.B. Saunders Co.
14. Wood and Backer, Board, Massage : Philadelphia : W.B. Saunders Co.
15. Yliery J. and Cash, M. Sports Massage : London : stanty Paul and co. 1988.

**BPES SEMESTER VI**  
**CRICKET SPECIALIZATION**

**Unit - I**

Rules and then interpretations.

**Unit - II**

- (A) Standard one day and Twenty- Twenty and Test Match Playing Conditions.
- (B) All advance skills.

**Unit - III**

**Officiating** – Duties of Umpires, Referees and Scorers -

- (A) Before the Match.
- (B) During the Match.
- (C) During the intervals.
- (D) Joint Desiccation.
- (E) After the Match.

**Unit - IV**

Lay out, construction and maintenance of cricket field and markings.

**Unit - V**

Awards and Personalities

- (A) Sunil Gawaskar
- (B) M.S. Dhoni
- (C) Sandhya Agarwal
- (D) Ajit Wadekar
- (E) B. Bedi

**References:**

1. Frank Tyson, Manual for cricket coaching.
2. Tom Smith umpiring and scoring
3. E.B. Elbloria Cricket Coaching.

# **BPES SEMESTER VI**

## **BADMINTON SPECIALIZATION**

### **Unit I- Awards and Personalities**

- (a) Awards- Rajiv Gandhi Khal Ratna, Padma Shri, Arjuna Award, Dronacharya Award.
- (b) Prakash Padukone, Gopichand, Dinesh Khanna, Nanda Natekar Syed Modi, Ani Ghia, Meena Shah, Mohmmad Arif.

### **Unit II- Management**

- (a) Construction of Badminton Hall.
- (b) Court marking and its maintenance
- (c) Flooring, height, lighting system, space around courts surroundings and umpire's chair.

### **Unit III- Officiating in Badminton**

- (a) Fixtures for District/State/National/International Open Tournaments.
- (b) Instructions for filling up the score sheet for singles, doubles and mixed doubles.

### **Unit IV- Advanced skills**

- (a) Round the Head strokes- clear, smarth and drop.
- (b) Jump Smarsh, Half and sliced Net dribble.
- (c) Advanced Footwork.

### **Unit V- Tactics and Strategy**

- (a) Mixed Doubles
- (b) Lead up Games, Recreation Games in Badminton.

### **References:-**

1. Jake Downey, Better Badminton for All.

# **BPES SEMESTER VI**

## **ATHLETICS SPECIALIZATION**

### **Unit – I : History**

- a. Historical review of various athletic events (after 2000)
  - a. Historical review of various sports awards to athletes (after 2000)

### **Unit –II : Federation and Tournaments**

- a. Anti – Doping Rules
- b. Prohibited Agents
- c. Procedure of Testing

### **Unit – III: Training Methods**

- a. Training of Speed
- b. Training of Endurance
- c. Training of Strength

### **Unit – IV: Skills and Techniques**

- a. Techniques of shotput
- b. Technique of Discus throw
- c. Technique of Javelin Throw
- d. Techniques of Baton exchange
- e. Theoretical concept of Techniques of Hammer Throw and of Pole Vault
  - b. Scientific basis of above techniques

### **Unit – V : Officiating Playfields and Equipments**

- a. Basic rules of Relay Race, Shotput, Discus throw, Javelin Throw, Hammer throw and Pole Vault.
- b. Mechanics of Officiating All throws, Pole Vault and Relay Races.
- c. Equipment and specifications of all throws, pole vault and relay races related equipments.
- d. Layouts and maintenances of all Field events.

# **BPES SEMESTER VI**

## **GYMNASTICS SPECIALIZATION**

### **Unit - I**

- A History of gymnastics in India.
- B Brief History of France, U.S.S.R., England, U. S.A.

### **Unit - II**

- A Organization of : G.F.I.
- B Safety and spotting techniques.

### **Unit - III Training Methods**

- A Training of strength.
- B Training of speed.
- C Training of Endurance.
- D Training of Feasibility.
- E Training of Co-ordinative abilities.

### **Unit - IV General mechanical principles applied to skills/techniques.**

### **Unit -V**

- A Competition I, II & III.
- B Table of general faults & penalties.
- C Regulations for judge's structure, composition and function of juries.

# **BPES SEMESTER VI**

## **HOCKEY SPECIALIZATION**

### **Unit I- Organizations**

- (a) F.I.H. structure and functions.
- (b) H.I.F. structure and functions.

### **Unit II**

- (a) Fitness and Coaching in Hockey.
- (b) Skill acquisition.
- (c) System of Play.

**Unit III-** Mechanical and muscular analysis of skills

**Unit IV-** Mechanics of officiating.

**Unit V-** Rules and their interpretation.

# **BPES SEMESTER VI**

## **FOOTBALL SPECIALIZATION**

### **Unit - I Organization**

- a. FIFA structure and function
- b. AIFF structure and functions

### **Unit – II Training Method**

- a. Warming up (General and Specific)
- b. Training load
- c. Training as motor qualities (General)

### **Unit – III Tactics**

- a. Advance skill and tactics

### **Unit- IV Basic and advance skill of football**

- a. Various types of receiving
- b. Various types of kicking
- c. Throwing in
- d. Dribbling

### **Unit-V**

- a. Fitness and coaching in football
- b. System of play

# **BPES SEMESTER VI**

## **GAMES (PRACTAL)**

### **KHO-KHO AND TENNIS**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields



# SCHOOL OF PHYSICAL EDUCATION

## DEVI AHILYA VISHWAVIDYALAYA, INDORE

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

#### General Rules and Scheme of Examination

1. The Examination for the degree of Master of Physical Education will be of four semester (two years) duration:
  - a. M.P.Ed. Semester I and Semester II
  - b. M.P.Ed. Semester III and Semester IV
2. A candidate, who –
  - (a) After taking a Bachelor Degree in Physical Education of the University or B.Sc. in Physical Education, Health Education and Sports introduced by U.G.C. or after graduation one year degree in Physical Education (B.P.Ed.) of an Indian University recognized for the purpose by Devi Ahilya University as equivalent thereto or
  - (b) After obtaining a Post Graduate Diploma in Physical Education of at least one year duration awarded by an Indian University or a Board appointed by the Education Department of State or
  - (c) After obtaining Indian or foreign qualifications recognized as equivalent to those mentioned in (a) or (b) above by the Devi Ahilya University shall be admitted to previous year ( Semester – I ) for the degree of Master of Physical Education.
3. The provisions of University ordinance 31 will be applicable for this course.

#### **Examination**

1. For UTD the examination will be conducted according to ordinance 31. And for affiliated colleges according to ordinance 5.
2. The medium of instruction shall be Hindi / English and a candidate can take examination either in Hindi or English.
3. A candidate shall have the option to offer dissertation in lieu of one paper for M.P.Ed. fourth semester. A candidate offering dissertation must indicate at the time of registration for third semester provided he/she has obtained at least 6.00 CGPA in the previous two semesters. A candidate selecting this option must submit his/her dissertation not less than two weeks before the beginning of the final examination of fourth semester and present himself / herself for viva-voce examination as and when required by the department.

**ACADEMIC PROGRAMME**  
**(With no. of lectures and credits per week)**

**M.P.Ed. SEMESTER – I**

Part – A (Theory Papers)		No. of classes per week			No. of Credits
		Lectures	Tutorials	Practical / Project Work	
MPEd 101	Research Process in Physical Education and Sports Sciences	04	-	-	04
MPEd 102	Physiology of Exercise	04	-	-	04
MPEd 103	Test, Measurement and Evaluation in Physical Education	04	-	-	04
MPEd 104	Sports Journalism and Mass Media	04	-	-	04
MPPC 101	Marking of Playfields	-	05	-	05
MPPC 102	Conditioning and Match Practice	-	-	10	05
MPCV10 1	Comprehensive Viva-voce	-	-	-	04

**Total Credits** **30**

**M.P.Ed. SEMESTER – II**

Part – A (Theory Papers)		No. of classes per week			No. of Credits
		Lectures	Tutorials	Practical / Project Work	
MPEd 201	Applied Statistics in Physical Education and Sports	04	-	-	04
MPEd 202	Sports Biomechanics and Kinesiology	04	-	-	04
MPEd 203	Athletic Care and Rehabilitation	04	-	-	04
MPEd 204	Sports Technology	04	-	-	04
MPPC 201	Officiating and Coaching	-	05	-	05
MPPC 202	Conditioning & Match Practice	-	-	10	05
MPCV20 1	Comprehensive Viva-voce	-	-	-	04

**Total Credits** **30**

**M.P.Ed. SEMESTER – III**

Part – A (Theory Papers)		No. of classes per week			No. of Credits
		Lectures	Tutorials	Practical / Project Work	
MPEd 301	Scientific Principles of Sports Training	04	-	-	04
MPEd 302	Sports Medicine	04	-	-	04
MPEd 303	Physical Fitness and Wellness	04	-	-	04
MPEd 304	Sports Specialization	03	-	-	03
MPPC 301	Internship and Project	-	-	06	03
MPPC 302	Sports Specialization (Practical Skills)	-	-	05	03
MPPC 303	Conditioning & Match Practice	-	-	10	05
MPCV301	Comprehensive Viva-voce	-	-	-	04

**Total Credits      30**

**M.P.Ed. SEMESTER – IV**

Part – A (Theory Papers)		No. of classes per week			No. of Credits
		Lectures	Tutorials	Practical / Project Work	
MPEd 401	Sports Psychology	04	-	-	04
MPEd 402	Health Education and Sports Nutrition	04	-	-	04
MPEd 403	Sports Management OR Dissertation	04	-	-	04
MPEd 404	Sports Specialization	03	-	-	03
MPPC 401	Theory Teaching Lessons	-	-	05	03
MPPC 402	Sports Specialization (Coaching Lessons)	-	-	05	03
MPPC 403	Conditioning & Match Practice	-	-	10	05
MPCV401	Comprehensive Viva-voce	-	-	-	04

**Total Credits      30**

**SCHOOL OF PHYSICAL EDUCATION**  
**SCHEME OF EXAMINATION**  
(As per Ordinance 31)\*

**M.P.Ed. SEMESTER – I**

<b>Part – A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
MPEd 101	Research Process in Physical Education and Sports Sciences	60	40
MPEd 102	Physiology of Exercise	60	40
MPEd 103	Test, Measurement and Evaluation in Physical Education	60	40
MPEd 104	Sports Journalism and Mass Media	60	40
	<b>TOTAL</b>	<b>240</b>	<b>160</b>
<b>Part – B (Practical)</b>			
MPPC 101	Marking of Playfields	100	-
MPPC 102	Conditioning and Match Practice Conditioning 60 marks Match Practice 40 marks	-	100
<b>Part – C (Viva-voce)</b>			
MPCV 101	Comprehensive Viva-voce	100	
	<b>SUB TOTAL</b>	<b>440</b>	<b>260</b>
<b>Grand Total</b>		<b><u>700</u></b>	

**M.P.Ed. SEMESTER – II**

<b>Part – A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
MPEd 201	Applied Statistics in Physical Education and Sports	60	40
MPEd 202	Sports Biomechanics and Kinesiology	60	40
MPEd 203	Athletic Care and Rehabilitation	60	40
MPEd 204	Sports Technology	60	40
	<b>TOTAL</b>	<b>240</b>	<b>160</b>
<b>Part – B (Practical)</b>			
MPPC 201	Officiating and Coaching	100	-
MPPC 202	Conditioning & Match Practice Conditioning 60 marks Match Practice 40 marks	-	100
<b>Part – C (Viva-voce)</b>			
MPCV 201	Comprehensive Viva-voce	100	
	<b>SUB TOTAL</b>	<b>440</b>	<b>260</b>
<b>Grand Total</b>		<b><u>700</u></b>	

### M.P.Ed. SEMESTER – III

Part – A (Theory Papers)		Maximum Marks	
		External	Internal
MPEd 301	Scientific Principles of Sports Training	60	40
MPEd 302	Sports Medicine	60	40
MPEd 303	Physical Fitness and Wellness	60	40
MPEd 304	Sports Specialization	60	40
	<b>TOTAL</b>	<b>240</b>	<b>160</b>
Part – B (Practical)			
MPPC 301	Internship and Project	-	100
MPPC 302	Sports Specialization (Practical Skills)	60	40
MPPC 303	Conditioning & Match Practice Conditioning 60 marks Match Practice 40 marks	-	100
Part – C (Viva-voce)			
MPCV 301	Comprehensive Viva-voce	100	
	<b>SUB TOTAL</b>	<b>400</b>	<b>400</b>

**Grand Total**

**800**

### M.P.Ed. SEMESTER – IV

Part – A (Theory Papers)		Maximum Marks	
		External	Internal
MPEd 401	Sports Psychology	60	40
MPEd 402	Health Education and Sports Nutrition	60	40
MPEd 403	Sports Management OR Dissertation	60	40
MPEd 404	Sports Specialization	60	40
	<b>TOTAL</b>	<b>240</b>	<b>160</b>
Part – B (Practical)			
MPPC 401	Theory Teaching Lessons	60	40
MPPC 402	Sports Specialization (Coaching Lessons)	60	40
MPPC 403	Conditioning & Match Practice Conditioning 60 marks Match Practice 40 marks	-	100
Part – C (Viva-voce)			
MPCV 401	Comprehensive Viva-voce	100	
	<b>SUB TOTAL</b>	<b>460</b>	<b>340</b>

**Grand Total**

**800**

\*The students who have opted for Dissertation have to face a viva-voce of 60 marks.

<b>Semesters</b>	<b>Maximum Marks</b>
Semester – I	700
Semester – II	700
Semester - III	800
Semester - IV	800
<b>GRAND TOTAL</b>	<b>3000</b>

**Devi Ahilya Vishwavidyalaya, Indore**

**Physical Education Faculty**

**M.P.Ed. Two Year (Four Semester)**

**Syllabus**

**Registrar**

**Devi Ahilya Vishwavidyalaya , Indore  
Indore – 452001 (M.P.)**

# **Devi Ahilya Vishwavidyalaya, Indore**

***M.P.Ed. Two Year (Four Semester)***

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# **Devi Ahilya Vishwavidyalaya, Indore**

**M.P.Ed. Two Year (Four Semester)**

**Syllabus**

**First Semester**

**M.P.Ed (Semester-I)**  
**PAPER-I**

**MPEd-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES**

**UNIT I - Introduction**

Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

**UNIT II - Methods of Research**

Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

**UNIT III - Experimental Research**

Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

**UNIT IV - Sampling**

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

**UNIT V - Research Proposal and Report**

Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.

## REFERENCE :

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics; Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

**M.P.Ed (Semester-I)**  
**PAPER-II**

**MPEd-102 PHYSIOLOGY OF EXERCISE**

**UNIT I - Skeletal Muscles and Exercise**

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction - Heat Production in the Muscle, Effect of exercises and training on the muscular system.

**UNIT II - Cardiovascular System and Exercise**

Heart Valves and Direction of the Blood Flow - Conduction System of the Heart - Blood Supply to the Heart - Cardiac Cycle - Stroke Volume - Cardiac Output - Heart Rate - Factors Affecting Heart Rate - Cardiac Hypertrophy - Effect of exercises and training on the Cardio vascular system.

**UNIT III - Respiratory System and Exercise**

Mechanics of Breathing - Respiratory Muscles, Minute Ventilation - Ventilation at Rest and During Exercise. Diffusion of Gases - Exchange of Gases in the Lungs - Exchange of Gases in the Tissues - Control of Ventilation - Ventilation and the Anaerobic Threshold. Oxygen Debt - Lung Volumes and Capacities - Effect of exercises and training on the respiratory system.

**UNIT IV - Metabolism and Energy Transfer**

Metabolism - ATP - PC or Phosphagen System - Anaerobic Metabolism - Aerobic Metabolism - Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises - High Intensity Exercise Lasting Several Minutes - Long Duration Exercises.

**UNIT V - Climatic conditions and sports performance and ergogenic aids** Variation in Temperature and Humidity - Thermoregulation - Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

*Note: Laboratory Practicals in Physiology be designed and arranged internally.*

## REFERENCES:

Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.

Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.

Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.

Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics.

Philadelphia: Sanders College Publishing. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers. Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance.

Philadelphia: Lippincott Williams and Wilkins Company.

**M.P.Ed (Semester-I)**  
**PAPER -III**

**MPed-103 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

**UNIT I - Introduction**

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection - Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms - Administrative Considerations.

**UNIT II - Motor Fitness Tests**

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test - Newton Motor Ability Test - Muscular Fitness - Kraus Weber Minimum Muscular Fitness Test.

**UNIT III - Physical Fitness Tests**

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's physical fitness Index. Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test)

**UNIT IV - Anthropometric and Aerobic-Anaerobic Tests**

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

**UNIT V - Skill Tests**

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

*Note: Practicals of indoors and out-door tests be designed and arranged internally.*

## REFERENCES :

Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications

Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and

Measurement (2nd edition) Lanham: Scarecrow Press Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics,

New York, Macmillan Publising Co. Inc Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS

Publications

Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition,

Dallas TX: The Cooper Institute for Aerobics Research Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition. Champaign IL:

Human Kinetics

Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publicat

## M.P.Ed (Semester-I )

### PAPER-IV

#### MPEd-104 SPORTS JOURNALISM AND MASS MEDIA

##### **UNIT I Introduction**

Meaning and Definition of Journalism, Ethics of Journalism - Canons of journalism- Sports Ethics and Sportsmanship - Reporting Sports Events. National and International Sports News Agencies.

##### **UNIT II Sports Bulletin**

Concept of Sports Bulletin: Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Types of bulletin - Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism -General news reporting and sports reporting.

##### **UNIT III Mass Media**

Mass Media in Journalism: Radio and T.V. Commentary - Running commentary on the radio -Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment-Editing - Publishing.

##### **UNIT IV Report Writing on Sports**

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

##### **UNIT -V Journalism**

Sports organization and Sports Journalism - General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach.

*Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news.*



## REFERENCE:

Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications

Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication

Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication

Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press. Kannan K

(2009) Soft Skills, Madurai: Madurai: Yadava College Publication Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.

Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication

Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited. Varma A.K. (1993)

Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.

Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

## **Practical**

### **MPPC -101 MARKING OF PLAYFIELDS**

The students of M.P.Ed - I Semester need to be develop proficiency in marking of playfields of selected games. In view of this, the students shall be provided practical knowledge of playfield's marking.

# **Devi Ahilya Vishwavidyalaya, Indore**

**M.P.Ed. Two Year (Four Semester)**

**Syllabus**

**Second Semester**

**Registrar**

**Devi Ahilya Vishwavidyalaya , Indore  
Indore – 452001 (M.P.)**

## **M.P.Ed (Semester-II)**

### **PAPER -I**

#### **MPed-201 APPLIED STATISTIC IN PHYSICAL EDUCATION & SPORTS**

##### **UNIT I - Introduction**

Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics.

**UNIT II - Data Classification, Tabulation and Measures of Central Tendency**  
Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency - Mean, median and mode.

##### **UNIT III - Measures of Dispersions and Scales**

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

##### **UNIT IV - Probability Distributions and Graphs**

Normal Curve. Meaning of probability- Principles of normal curve - Properties of normal curve. Divergence form normality - Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

##### **UNIT V - Inferential and Comparative Statistics**

Tests of significance; Independent "t" test, Dependent "t" test - chi - square test, level of confidence and interpretation of data. Meaning of correlation - co-efficient of correlation - calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

## REFERENCE

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc

Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;

Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi

Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc

Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication

Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.

## **M.P.Ed (Semester-II)**

### **PAPER-II**

#### **MPed-202 SPORTS BIOMECHANICS AND KINSESIOLGY**

##### **UNIT I - Introduction**

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

##### **UNIT II - Muscle Action**

Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

##### **UNIT III - Motion and Force**

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principals related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components .Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

##### **UNIT IV - Projectile and Lever**

Freely falling bodies -Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage -classes of lever - practical application. Water resistance - Air resistance -Aerodynamics. Note: Laboratory practicals should be designed and arranged for students internally.

##### **UNIT V - Movement Analysis**

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis - Qualitative, Quantitative, Predictive.

*Note: Laboratory Practicals be designed and arranged internally.*

**REFERENCE:**

Deshpande S.H.(2002). Manav Kriya Vigyan - Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal. Hoffman S.J. Introduction to Kinesiology. Human Kinesiology publication In.2005. Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersery: Prentice hall. Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP (2004) Kinesiology. Delhi, Friends Publication . Uppal, A K. (2004), Kinesiology in Physical Education and Exercise Science, Delhi, Friends publications. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

## **M.P.Ed (Semester-II)**

### **PAPER -III**

#### **MPed-203 ATHLETIC CARE AND REHABILITATION**

##### **UNIT I - Corrective Physical Education**

Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good posture, Drawbacks and causes of bad posture. Posture test - Examination of the spine.

##### **UNIT II - Posture**

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

##### **UNIT III - Rehabilitation Exercises**

Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.

##### **UNIT IV - Massage**

Brief history of massage - Massage as an aid for relaxation - Points to be considered in giving massage - Physiological , Chemical, Psychological effects of massage - Indication / Contra indication of Massage - Classification of the manipulation used in massage and their specific uses in the human body - Stroking manipulation: Effleurage - Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling - Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

##### **UNIT V - Sports Injuries Care, Treatment and Support**

Principles pertaining to the prevention of Sports injuries - care and treatment of exposed and unexposed injuries in sports - Principles of apply cold and heat, infrared rays - Ultrasonic, Therapy - Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.

*Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure.(To be assessed internally)*



**REFERENCES:**

Doherty. J. Meno.Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd. Mc Ooyand Young (1954) Tests and Measurement, New York: Appleton Century. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York

**M.P.Ed (Semester-II)**  
**PAPER-IV**

**MPEd-204 SPORTS TECHNOLOGY**

**UNIT I - Sports Technology**

Meaning, definition, purpose, advantages and applications, General Principles and purpose of instrumentation in sports, Workflow of instrumentation and business aspects, Technological impacts on sports.

**UNIT II - Science of Sports Materials**

Adhesives- Nano glue, nano moulding technology, Nano turf. Foot wear production, Factors and application in sports, constraints. Foams- Polyurethane, Polystyrene, Styrofoam, closedcell and open-cell foams, Neoprene, Foam. Smart Materials - Shape Memory Alloy (SMA), Thermo chromic film, High-density modelling foam.

**UNIT III - Surfaces of Playfields**

Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials - synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern play equipments. Use of computer and software in Match Analysis and Coaching.

**UNIT IV - Modern equipment**

Playing Equipments: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipments: Throwing and Jumping Events. Protective equipments: Types, Materials and Advantages. Sports equipment with nano technology, Advantages.

**UNIT V - Training Gadgets**

Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages, Tennis: Serving Machine, Mechanism and Advantages, Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events.

*Note: Students should be encouraged to design and manufacture improvised sports testing equipment in the laboratory/workshop and visit sports technology factory/sports goods manufacturers.*

## REFERENCE:

Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann. Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.

John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group.  
Kochar, S.K. (1982) Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.)

Kozman, Cassidy and Jackson. (1952) Methods in Physical Education (W.B. Saunders Company, Philadelphia and London) Walia, J.S. (1999) Principles and Methods of Education (Paul Publishers, Jullandhar)

## **Practical**

### **MPPC - 201 OFFICIATING AND COACHING**

To develop proficiency in officiating and coaching of selected games. In view of this, the students shall be provided with advance mechanism of officiating and coaching in selected games, rules and their interpretation, mechanics of officiating, means and methods of training, equipments and their specification and maintenance and layout and maintenance of playfields.

**Devi Ahilya Vishwavidyalaya,  
Indore**

**M.P.Ed. Two Year (Four Semester)**

**Syllabus**

**Third Semester**

**Registrar  
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Indore – 452001 (M.P.)**

## **M.P.Ed (Semester-III)**

### **PAPER -I**

#### **MPEd-301 SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

##### **UNIT I - Introduction**

Sports training: Definition - Aim, Characteristics, Principles of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures - Super Compensation - Altitude Training - Cross Training

##### **UNIT II - Components of Physical Fitness**

Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training, Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints, Endurance, Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training

##### **UNIT III - Flexibility**

Flexibility: Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training. Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises.

##### **UNIT IV - Training Plan**

Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.

## **UNIT V - Doping**

Definition of Doping - Side effects of drugs - Dietary supplements - IOC list of doping classes and methods. Blood Doping - The use of erythropoietin in blood boosting - Blood doping control

- The testing programmes - Problems in drug detection - Blood testing in doping control - Problems with the supply of medicines Subject to IOC regulations: over the-counter drugs (OTC)

- prescription only medicines (POMs) - Controlled drugs (CDs). Reporting test results - Education

### **REFERENCES :**

Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India. Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc. Cart, E. Klafs & Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book David R. Mottram (1996) Drugs in Sport, School of Pharmacy, Liverpool: John Moore University Gary, T. Moran (1997) - Cross Training for Sports, Canada : Human Kinetics Hardayal Singh (1991) Science of Sports Training, New Delhi, DVS Publications Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia Ronald, P. Pfeiffer (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications Yograj Thani (2003), Sports Training, Delhi : Sports Publications

## **M.P.Ed (Semester-III)**

### **PAPER -II**

#### **MPed-302 SPORTS MEDICINE**

##### **UNIT I - Introduction**

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

##### **UNIT II - Basic Rehabilitation**

Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications. Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching. Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

##### **UNIT III - Spine Injuries and Exercise**

Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries. Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

##### **UNIT IV - Upper Extremity Injuries and Exercise**

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture. Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.



## **UNIT V - Lower Extremity Injuries and Exercise**

Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, Strain, Strain, Strapping. Ankle: Sprain, Strain, Strapping. Abdomen: Abdominal wall, Contusion, Abdominal muscle strain. Free exercises - Stretching and strengthening exercise for Hip, knee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injures.

*Practicals: Lab. Practicals and visit to Physiotherapy Centre to observe treatment procedure of sports injuries; data collection of sports injury incidences etc. should be planned internally.*

### **REFERENCES:**

Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists.

East Kilbride: Thomson Litho Ltd. James, A. Gould & George J. Davies. (1985) Physical Therapy. Toronto: C.V. Mosby Company. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication. Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra

The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications. Practical: Anthropometric Measurements,

## **M.P.Ed (Semester-III)**

### **PAPER-III**

#### **MPed-303 PHYSICAL FITNESS AND WELLNESS**

##### **UNIT I - Introduction**

Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness.

##### **UNIT II - Nutrition**

Nutrients; Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs

##### **UNIT III - Aerobic Exercise**

Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.

#### **UNIT IV - Anaerobic Exercise**

Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls) Advanced techniques of weight training

#### **UNIT V - Flexibility Exercise**

Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.

#### **REFERENCE:**

David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989. Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedfordrow, London 1998 Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986. Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002. Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999 Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001 Warner W.K. Oeger & Sharon A.Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.

## M.P.Ed (Semester-III)

### PAPER-IV

#### MPed-304 SPORTS SPECIALIZATION

#### CRICKET SPECIALIZATION

##### UNIT I

###### **Foundation:**

- a. National and International bodies, controlling the sports/game and their function.
- b. Qualities and Qualification of coaches /officials and their duties and responsibilities
- c. Role of Cricket for the overall welfare of the human society

##### UNIT II

###### **Tactical Training**

- a. Meaning and aims of tactics.
- b. Offensive and defensive tactical patterns

##### UNIT III

###### **Evaluation of Training**

- a. Requirements for evaluation of techniques.
- b. Types of evaluation in training.
- c. Working documents for evaluation in training.

###### **Talent Identification and Development**

- a. Principles of Talent Identification.
- b. Organization of training for children.

##### UNIT IV

Lay out, construction and maintenance of cricket field.

##### UNIT V

Laws (Rules) and their impact on the game.

##### **References:**

1. Frank Tyson, Manual for cricket coaching.
2. Tom Smith umpiring and scoring
3. E.B. Elbloria Cricket Coaching.

**M.P.Ed. SEMESTER - III**

**HOCKEY SPECIALIZATION**

**Unit I: Origin of Hockey**

Ancient hockey, modern hockey, hockey in India.

**Unit II: History of Major International and National Hockey Championship**

- (a) World cup Hockey, Olympic Games, Championship trophy and Asia Cup.
- (b) Rangaswami Cup, Benghton Cup.

**Unit III: Basic and advance skills of Hockey**

Rolling , pushing , Hitting , stopping, Dribbling , Receiving , flick , scoop , Dodging and tacking.

**Unit IV**

Meaning of sports training Definition of sports training aims of sports training objectives of sports training characteristics of sports training principle of sport training.

**Unit V**

- (a) Drills and Test in Hockey
- (b) Construction, layout and maintenance of playfields & equipments.

**M.P.Ed. SEMESTER - III**

**ATHLETICS SPECIALIZATION**

**Unit I: Coaching**

- (A) Philosophy of Coaching
- (B) Basic principles of coaching
- (C) Qualities of coaches

**Unit II: Organization**

- (A) Organization of Coaching Camps
- (B) Preparing Schedules
- (C) Organization of a Competition

**Unit III: Sports Training**

- (A) Aims of Sports Training
- (B) Characteristics of Sports Training
- (C) Principles of Sports Training

**Unit IV: Various Means and Methods of Training**

- (A) Interval Training
- (B) Repetition Training
- (C) Fartlek
- (D) Competition Method
- (E) In and Out
- (F) Hill Running
- (G) Drag Running
- (H) Aqua Training
- (I) Weight Training
- (J) Polymeric Exercises
- (K) Circuit Training

**Unit V: Mechanics of Athletics**

- (A) Analysis of scientific principles applied to sprinting and jumping.
- (B) Analysis of scientific principles applied to throwing.

## M.P.Ed. SEMESTER - III

### BADMINTON SPECIALIZATION

#### **Unit I: National Championships**

- (a) Junior and National Team Championships
- (b) Open National Championships - Midget , Sub junior , junior senior and veterans

#### **Unit II: Competition Regulations**

- (a) Thomas and under Cup
- (b) Competition Regulations for Seeding and League System
- (c) Indian Ranking System

#### **Unit III: Advance Tactics and strategy**

- (a) Singles
- (b) Doubles
- (c) Mixed Doubles

#### **Unit IV: Training in Badminton**

- (a) Sports Training Principles in Badminton.
- (b) Training load and adaptation
- (c) Requirement of the game – physical fitness components i.e. strength speed Endurance flexibility and coordinative Abilities.

#### **Unit V: Tests in Badminton**

- (a) Tests of skills and knowledge , physical fitness and strategy – Lockhart and Mc pherson , Miller , French poole, Sebolt, Hicks, S.A.I Chang and other available Badminton tests.
- (b) Selection of a Badminton Team
- (c) (I) At school / college/ university Level.  
(II) At District/ State/National Level.

#### **References :-**

1. Ballou , Rulph B. Teaching Badminton Delhi : Surjeet publications , 1982
2. Downey . Jack Badminton for schools New delhi s chand and co ltd 1981
3. downey jack winning badminton singles London adam and charles black .
4. downey , jack winning badminton dubles London adam and charles black .
5. downey jack how to coach badminton London William Collins sons and co. ltd 1990

6. hushman , judy and jones c.m. beginning badminton new york arco publishing company inc 1977
7. roper peter Badminton : The Skills of the game , Wiltshire the crowood press , 1987
8. Davis , pat Badminton – A Complete practical Guide Revised Edition (North pomfret David and charles publishers 1988)
9. davis pat the encyclopaedia of Badminton London Robert Hale limited 1987
10. Talbut , Derek Top Coach Badminton , Lomdon McDonald and co. publisher ltd. 1989
11. blossom Margaret varner and hales R. Stanion Badminton 5 th Ed iowa Wm c Brown publishes 1987
12. downey jack c. and brodie david get fit for badminton London Pelham books ltd 1980
13. downey jack c and brodie david get for badminton London Pelham books ltd 1980
14. eaton Richard sports action badminton London ocopus books 1982
15. rogers wynn advanced badminton iowa wm/ c Brow publishers 1970
16. [www.badminionindia.org](http://www.badminionindia.org)
17. [www.internationalbadminton.org](http://www.internationalbadminton.org)



**M.P.Ed. SEMESTER - III**

**GYMNASTICS SPECIALIZATION**

**Unit I: Advance skills (at least one exercise on each apparatus)**

**Unit II: Officiating**

**Unit III:**

- (A) Lay out and maintenance of gymnasium and apparatus
- (B) Structure & function of F.I.G. & G.F.I
- (C) Organization & conduct of competition

**Unit IV: Analysis of scientific principles applied to different skills**

**Unit V: Training methods for improving the performance**

## M.P.ED SEMESTER - III

### KHO-KHO SPECIALIZATION

#### **Unit-I**

Modern trends and devolvement in kho-kho, international or national organization, executive committees, structure of federations and function of federation.

#### **Unit-II**

Aims and importance of officiating, officiating mechanism, officiating performance analysis, methods of collecting data , analysis of performance of opponent team.

#### **Unit-III**

Rules and their interpretation, duties of officials and signals of various officials.

#### **Unit-IV**

Coaching , philosophy of coach, personal training pre-game , during game, post game , planning of team, selection of player , selection of caption.

#### **Unit-V**

Protection of maintenance of ground , methods of marking the ground , flood light , advantages and disadvantages , warm up and general and specific exercises before the game , fixtures of tournaments.

## M.P.Ed. SEMESTER - III

### FOOTBALL SPECIALIZATION

#### **Unit - I**

Origin of football ancient football, modern football, in India

#### **Unit - II**

History of major international and national football championship

(A) World Cup, confederation cup (B) Santosh trophy, National football league, Subroto Mukherjee trophy, B.L. Roy Trophy

#### **Unit - III**

Basic and advance skills of football -

- (A) Various types of receiving.
- (B) Various types of kicking.
- (C) Running with, and without the ball.
- (D) Heading
- (E) Throwing - in
- (F) Dribbling

#### **Unit - IV**

Meaning of sports training, definition of sports training, aims of sports training objectives of sports training characteristics of sports training principles of sports training per iodization.

#### **Unit - V**

- (a) Drill and test in football
- (b) Construction, layout and maintenance of play fields and equipments.

## M.P.Ed (Semester-III)

### Practical

#### MPPC-301 INTERNSHIP& PROJECT

**INTERNSHIP:** Every student has to serve honorary in the institution/  
School/fitness centers.

Evaluated on the basis of Daily Diary preparation, regularity, teaching quality, sincerity, class control and job execution.

**Criteria for evaluating Internship Programme:**

- A Student will be required to join any school/ organization in any one of the following areas:
  - o Gym and Health Club management.
  - o Aerobics/Mass Demonstration.
  - o Training of Life guard for water sports.
  - o Sports Management/Journalism.
  - o Teaching Physical Education in Schools/Institutions/Centers.

A student is required to bring a certificate on letter head of the Institute from the Head of the Organization., specifying that he/she has imparted instruction/training/teaching in that organization w.e.f ..... to ..... and his/her work has been excellent/very good/good/satisfactory/poor (The administrator may tick any one of the five alternatives).

**PROJECT:** Informative model (working or simple, preparation of informative chart or flex board) related to Physical Education, sport, health, wellness, yoga & fitness to be prepared individually or in group.

## **M.P.Ed (Semester-III)**

### **Practical**

#### **MPPC-302 SPORTS SPECIALIZATION (Practical Skills)**

#### **PRACTICAL SKILLS OF GAME SPECIALIZATIONS**

Develop proficiency in practical skills of selected game specialization. Students shall be provided knowledge of basic and advance skills of their selected game specialization.

# **Devi Ahilya Vishwavidyalaya, Indore**

**M.P.Ed. Two Year (Four Semester)**

**Syllabus**

**Fourth Semester**

**Registrar**

**Devi Ahilya Vishwavidyalaya , Indore  
Indore – 452001 (M.P.)**

**M.P.Ed (Semester-IV)**  
**PAPER -I**

**MPEd-401 SPORTS PSYCHOLOGY**

**UNIT I - Introduction**

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning - Motor Perception : Factors Affecting Perception - Perceptual Mechanism. Personality: Meaning, Definition, Structure - Measuring Personality Traits. Effects of Personality on Sports Performance.

**UNIT II - Motivation & Mental State**

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement.

**UNIT III - Goal Setting**

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test - Tachistoscope-Reaction timer - Finger dexterity board - Depth perception box - Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

**UNIT IV - Psychological aspects of Competition:**

Defining competition, determinants of competitive behavior, psychological characteristics of pre-competition, during competition and post competition. Selected psycho regulative techniques technique for relaxation and activation. Psychological aspects of long term and short term preparation for competition, Psychological care of injuries, sports person, responses to injuries, prevention and coping techniques.

## **UNIT V - Psycho-Social Facilitation:**

Presence of others, co action effect and audience effect in sports. Factors mediating social facilitations. **Volitional regulation actions in sports:** Meaning, Characteristics and Factors affecting volitional regulated behavior. Development of volitional qualities.

*Practicals: Atleast five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)*

## **REFERENCES:**

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.

Jay Coakley. (2001) Sports in Society - Issues and Controversies in International Education, Mc-Craw Seventh Ed.

John D Lauther (2000) Psychology of Coaching. Ner Jersy: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc. Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.

Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co. Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic. Whiting, K, Karman. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.



**M.P.Ed (Semester-IV)**  
**PAPER -II**

**MPEd-401 HEALTH EDUCATION AND SPORTS NURTITION**

**UNIT I- Health Education**

Concept, Dimensions, Spectrum and Determinants of Health Definition of Health, Health Education, Health Instruction, Health Supervision Aim, objective and Principles of Health Education Health Service and guidance instruction in personal hygiene

**UNIT II- Health Problems in India**

Communicable and Non Communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools Objective of school health service, Role of health education in schools Health Services -Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc

**UNIT III - Hygiene and Health**

Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress

**UNIT IV- Sports Nutrition**

Nutrition Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise.

**UNIT V- Weight Control Management**

Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

## REFERENCES:

Boyd-Eaton S. et al (1989) *The Stone Age Health Programme: Diet and Exercise as Nature Intended*. Angus and Robertson.

Bucher, Charles A. "Administration of Health and Physical Education Programme".

Delbert, Oberteuffer, et. al." *The School Health Education*".

Ghosh, B.N. "Treaties of Hygiene and Public Health".

Hanlon, John J. "Principles of Public Health Administration" 2003.

Moss and et. At. "Health Education" (National Education Association of U.T.A.)

Nemir A. "The School Health Education" (Harber and Brothers, New York).

Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.

Terras S. (1994) *Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids*, Thorons.

Turner, C.E. "The School Health and Health Education".

## **M.P.Ed (Semester-IV)**

### **PAPER-III**

#### **MPEd-403 SPORTS MANAGEMENT**

##### **UNIT I- Management:**

Meaning and Functions, The skills of management, the universal nature of the management process, Management and Administration, Principles and Theories of Management.

##### **UNIT II- Organisation:**

Classical Principles, Bureaucracy; Bureaucracy in Democracy and in sports organizations. Open systems perspectives. The constitution of a national sports organization, office holders of an organization and their functional meetings.

##### **UNIT III- Human resource management:**

Definition & Aspect of HRM, Job analysis and its process. Human resource planning, Recruitments, Manpower Planning, Personal Management and its principles, Appraisals & Public Relation in physical education.

##### **UNIT IV- Management of performance:**

Evaluation and its techniques in physical education. Sports competition and its system, Training structure & performance. Injury management, Ethics of sports.

##### **UNIT V- Management of finance, Facilities and material:**

Financial administration in sports and physical education, Sources of funds in sports. Budgeting in sports and games, purpose and principles of budgeting.

Material Management: Improvisation and Standardization of Sports equipments and materials.

Scientific purchasing. Storekeeping, inventory control and value analysis.

Facility (outdoor and indoor) Planning, Construction and maintenance of sports facilities.

## REFERENCE:

Bucher Carles, A. (1987) Administration of Physical Education and Athletic programs. London, The C.V. Mosby Co.

Chelladurai P. (1985) Sports Management Macro perspective. Canada Sports Dynamics

Earle F. Zeigler & Gary W. Bowie(1993): Management competency Development in sports and physical education Philadelphia: W. Leo and Febiger. Heph Bucher and Earnest Koerigeberg(1968): Scientific Inventory Management . New Delhi:

Prentice Hall of India Pvt. Ltd., Morson James G and Jimpaul (1988) Modern Sports Administration. Englewood Cliffs, New Jersey: Prentice Hall, Inc.

Scholar Rondoll S and Nicholas. J(1983) Personal Management. New York, West Publishing company.

Vanderwag Harold. J(1984) Sports Management (New York: Mac Millon publishing company.

## **M.P.Ed (Semester-IV)**

### **PAPER-III**

#### **MPed-403 DISSERTATION**

1.A candidate shall have dissertation for M.P.Ed.-IV Semester and must submit his/her Synopsis and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).

2.A candidate selecting dissertation must submit his/her dissertation not less than one week before the beginning of the IVth Semester Examination.

3.The candidate has to face the Viva-Voce conducted by DRC.

**M.P.Ed (Semester-IV)**

**PAPER -IV**

**MPed 404 SPORTS SPECIALIZATION**

**CRICKET SPECIALIZATION**

**UNIT - I**

**ADVANCE SKILLS.**

- (a) Batting**
  - a. Vertical Bat Shots
  - b. Horizontal Bat Shots
- (b) Bowling**
  - (a).Medium Pace.
    - a. Out swing
    - b. In swing.
    - c. Leg cutters
    - d. off cutters
  - (b) Spin-
    - a. Leg Spin with variation
    - b. Off spin with variation
- (c) Fielding**
  - 1. Methods
  - 2. Techniques
  - 3. Wickets. Keeping
  - 4. Running between the wickets.

**UNIT -II**

- a. Major Components associated with Cricket, their development and inter -relationship.
- b. Training load and adaptation.
- c. Judgment of training load -objectives and Subjective means.

**UNIT-III**

**Training Means and Methods**

- 1. Principles means of training.
- 2. Additional means of training.
- 3. Psychological means of training.
- 4. Bio-mechanical means of training.

**UNIT-IV**

- a. Rules and their interpretation
- b. Duties of umpire before, after and during the match.

**UNIT-V**

Major National and International Competitions.

**References:**

1. Frank Tyson, Manual for cricket coaching.
2. Tom Smith umpiring and scoring
3. E.B. Elbloria Cricket Coaching.

**M.P.Ed. SEMESTER - IV**

**FOOTBALL SPECIALIZATION**

**Unit - I Organizations -**

- (A) FIFA structure and functions.
- (B) AIFF structure and functions.

**Unit - II (A) Fitness and coaching in football**

- (B) Skill acquisition
- (C) System of play

**Unit - III Mechanical and muscular analysis of skills.**

- Mechanics of officiating.
- Rule and their interpretation

**Unit - IV Training Method**

- a. Warming up (General and Specific)
- b. Training as motor qualities (General)

**Unit - V Techniques and Tactics**

- a. Advance skill and techniques
- b. General mechanical principals applied to skill techniques



**M.P.Ed. SEMESTER - IV**

**GYMNASTICS SPECIALIZATION**

**Unit - I**

- a. Advance skills (at least one Exercise of "D" value on each apparatus.)

**Unit - II**

- a. Scoring :- Methods of Determining scores sheet.

**Unit - III**

- a. National and International camp.
- b. Organization of coaching camps.

**Unit - IV**

- a. Basic Principles for the competition programme.
- b. Sequence of performance on apparatus.
- c. Right of participation and size of delegations.

**Unit - V**

- a. Code of Ethics F.I.G.
- b. Awards:- The design of medals and Diplomas, Timing of Award ceremonials.

**M.P.Ed. SEMESTER - IV**

**ATHLETICS SPECIALIZATION**

**Unit - I**

- a. Technical Rules - Officials
- b. Technical Rules - General Competition Rules

**Unit - II**

- a. Technical Rules - Track Events

**Unit - III**

- a. Technical Rules - Field Events

**Unit - IV**

- a. Technical Rules - Combined Events

**Unit - V**

- a. Technical Rules - Race Walking
- b. Technical Rules - Road Races
- c. Technical Rules - Cross Country

**M.P.Ed. SEMESTER - IV**

**HOCKEY SPECIALIZATION**

**Unit I - Organizations**

- a. F.I.H Structure and functions
- b. H.I.F. Structure and functions.

**Unit II-**

- a. Fitness and Coaching in Hockey
- b. Skill Acquisition.
- c. System of play

**Unit III**

- a. Mechanical and muscular analysis of skills.

**Unit IV**

- a. Mechanics of officiating.

**Unit V**

- a. Rules and Their interpretation.

## M.P.Ed. SEMESTER - IV

### BADMINTON SPECIALIZATION

#### Unit I - Organizations

- (a) B.A.I. structure and functions
- (b) B.W.F. structure and functions

#### Unit II - Organization of Competitions

- (a) School/College/District
- (b) State/National/University level
- (c) International level

#### Unit III - Competition Planning

- (a) Sudirman Cup & World Championship
- (b) Grand Prix and super service Tournaments
- (c) World ranking system

#### Unit IV - Competition Planning

- (a) Training plan for competition
- (ii) Build up competitions
- (i) Periodization, Micro, Meso Macro and Macro Cycle plan
- (b) Psychological Preparation for Badminton Competition

#### Unit V - Miscellaneous

- (a) Evaluation of Badminton players during competition
- (b) Most common injuries in Badminton and their immediate treatment
- (c) Mechanical analysis of Fundamental skills

#### **References:**

1. Balluo Ralph B. Teaching Badminton Delhi: Surjeet Publications, 1982.
2. Downey, Jack Badminton for School New Delhi: S. Chand and Co. Ltd. 1981.
3. Downey, Jack Winning Badminton Singles London: Adam and Charles Black.
4. Downey, Jack Winning Badminton Doubles London Adam and Charles Black.
5. Downey, Jack How to Coach Badminton London William Collins Sons and Co.Ltd., 1990
6. Hashman, Judy and Jones, C.M. Beginning Badminton, New York: Arco Publishing Company, Inc. 1977.
7. Roper, Peter Badminton: The Skills of the Game. Wiltshire: The Crowood Press, 1987
8. Davis, Pat Badminton : A complete practical guide revised edition (North Pomfret: David and Charles Publishers, 1988.
9. Davis, Pat The Encyclopaedia of Badminton Lodon: Robert Hale Limited, 1987.
10. Talbot, Derek Top Coach Badminton, London: McDonald and Co. Publisher Ltd. ,1989.
11. Blass, Margaret Varner and Hales, R. Stanton Badminton 5th Ed. Iowa: Wm. C. Brown publishes, 1987.
12. Downey, Jack C. Batter Badminton for all 3rd Ed. London: Pelham Books Ltd. 1982.
13. 14. Eaton, Richard Sports action badminton London: Octopus Books, 1982.
15. Rogers, Wynn Advanced Badminton IOWA: Wm. C. Brown Publishers, 1970.
16. IBF Event Organization Manual
17. [www.badmintonindia.org](http://www.badmintonindia.org)
18. [www.internationalbadminton.org](http://www.internationalbadminton.org)

## M.P.Ed. SEMESTER - IV

### KHO KHO SPECILIZATION

#### **UNIT I**

- Skill & training
- Basic skill& Technique Attacking & Defensive Skill
- Drills for Skill development
- Lead up games for beginners in Kho-Kho
- General &specific warm-up related in Kho-Kho
- Development of motor component related with specific reference in Kho-Kho

#### **UNIT II**

- Rules & their interpretation
- Rule about match coach managers & players
- Official their duties & signs

#### **UNIT III**

- Biomechanical principle
- Biomechanical principle analysis of various attacker, defender skill

#### **UNIT IV**

- Competition planning /coaching ,physiological/psychological quality of player
- Diet and nutrition
- Preparation for competition
- Principle of practice & coaching preparation pre match.
- Coaching lesson plan

#### **UNIT V**

- Rehabilitation
- Injury related with Kho-Kho
- Major injuries in kho-kho
- Prevention & safety measurement
- Rehabilitation of injury

## **Practical**

### **MPPC- 401 CLASS ROOM TEACHING (LESSONS ON THEORY SUBJECTS)**

#### **THEORY TEACHING LESSONS**

The students of M.P.Ed-IV Semester need to develop proficiency in taking teaching lessons as per selected subjects/Topics. In view of this, the students shall be provided with selected or specialized subject teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. (05 Internal/1External)

## **Practical**

### **MPPC-402 SPORTS SPECIALIZATION (COACHING LESSONS)**

#### **COACHING LESSONS OF GAME SPECIALIZATIONS**

The students of M.P.Ed - IV Semester need to be develop proficiency in taking coaching lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of coaching in selected game specialization. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, all the parts of the lesson covered progressively.

**MPEd- ADVENTURE or LEADERSHIP CAMP/TOUR/TRAINING & SEMINAR**

**ADVENTURE ACTIVITIES:** Trekking, Wall climbing, River crossing, Mountaineering, etc **SEMINAR:** Presentation on topics of sports, yoga, wellness, health & fitness their research findings, survey of literature, development, historical or current issues.

10 days leadership camp is compulsory for every student before appearing IV semester Examination



DEVI AHILYA VISHWAVIDYALAYA, INDORE  
SCHOOL OF PHYSICAL EDUCATION

**Scheme of Examination & Syllabus  
of Course Work**

**for**

**Ph.D. in Physical Education**

(As per University ordinance no. 18 and 31)

(Jan 2018 Onwards)

# **DEVI AHILYA VISHWAVIDYALAYA, INDORE**

## **RULES GOVERNING THE COURSE WORK FOR AWARD OF Ph.D. DEGREE IN PHYSICAL EDUCATION**

### **1. OBJECTIVE OF THE COURSE WORK**

- (a) To provide knowledge to researchers.
- (b) To develop research ability of researchers.

### **2. DURATION OF THE COURSE WORK**

One Semester (As per University Ph.D. Ordinance 18)

### **3. COURSE WORK (As per Ph.D. Ordinance 18)**

- (a) The candidates already completed the course work with at least 55% of marks in M.Phil. and admitted to the Ph.D. programme shall be exempted from the Ph.D. course work and its fee. All other candidates admitted to the Ph.D. programme and submitted the Ph.D. registration form shall be required to complete the course work of 16 credits as prescribed by the University/ Research Centre during initial one or two semesters. The course work shall be treated as prerequisite for Ph.D. preparation. All courses prescribed for Ph.D. course work shall be in conformity with the credit hour instructional requirement and shall specify content, instructional and assessment methods. The examination and evaluation scheme for Ph.D. course work shall be as per the examination and evaluation scheme of the University applicable to the other programmes of the UTDs.

The Ph.D. course work shall contain the following courses:

- |       |  |           |
|-------|--|-----------|
| (i)   | Research Methodology                               | 4 credits |
| (ii)  | Review of Published Research in the relevant field | 3 credits |
| (iii) | Computer Applications                              | 3 credits |
| (iv)  | Advance course in the relevant subject             | 3 credits |
| (v)   | Comprehensive Viva-Voce                            | 3 credits |

The course on Research Methodology should cover areas such as statistical research methods, research ethics, research report writing, etc. The course on Review of Published Research in the relevant field will be undertaken under the supervisor or the regular teacher of the centre of course work and the candidate has to consult the library or other resources to carry out the literature review. At the end of the semester the candidate has to submit a brief report on the literature review for evaluation, which will be done by the two examiners. The course on computer applications will include the computer applications helpful in the relevant subject. The advanced course in the relevant field shall comprise the topics related to the subject of research. The syllabus of the courses on research methodology, computer applications, and advanced course shall be decided by the concerned Board of Studies.

The final grades shall be submitted to the University. The University shall issue the certificate of the Ph.D. course work in the prescribed format.

- (b) The course work shall be conducted in the University Teaching Departments/ Research centers as approved by the Vice chancellor.
- (c) A combined course work for M.Phil. and Ph.D. students may be conducted for a single / group of subjects wherever possible.
- (d) If found necessary, course work may be carried out in sister UTD/ Institute within the University for which due credit will be given.
- (e) If a student obtains F or Ab Grade in a course/ subject, he /she will be treated to have failed in that course. He / she have to reappear in the examinations of the course as and when conducted or arranged by the UTD in the next semester. Marks obtained earlier in continuous assessment may be carried forward and added to the marks obtained in repeat end-semester examination to decide the grade in the repeat course. The student has to pay the prescribed fee for repeating the course. If he/she further fails in the course, he/she shall not be given another chance and he/ she shall be out of the Ph.D. programme. No student shall be allowed to repeat the course to improve the grade if he/ she pass the course.
- (f) The candidate has to obtain a minimum of 55% of marks or its equivalent grade points in aggregate in the course work in order to be eligible to continue in the Ph.D. programme.

#### **4. ATTENDENCE**

As per University Examination Ordinance 31.

## 5. ACADEMIC PROGRAM (Course Work)

Part – A (Theory Papers)		No. of classes per week		No. of Credits
		Lectures	Practical / Project/Library Work	
T-01	Research Methodology	03	01	04
T-02	Review of Published Research in the relevant field	02	01	03
T-03	Computer Applications	02	01	03
T-04	Advance course in Physical Education	02	01	03
<b>Part – B (Viva -voce)</b>				
C-01	Comprehensive Viva -Voce			03
Total Credits				<u>16</u>

## 6. EXAMINATION

- (a) All the candidates who register for Course work of Ph.D. in Physical Education shall appear in the examinations according to the following scheme:

### SCHEME OF COURSE WORK EXAMINATION

Part – A (Theory Papers)		Maximum Marks	
		External	Internal
T-01	Research Methodology	60	40
T-02	Review of Published Research in the relevant field	60	40
T-03	Computer Applications	60	40
T-04	Advance course in Physical Education	60	40
<b>Part – B (Viva Voce)</b>			
C-01	Comprehensive Viva -Voce	100	-
<b>Total</b>		340	160

**Grand Total**

**500**

## 7. EVALUATION

- (a) The grading shall be done as per university Ph.D. ordinance 18 and Examinations ordinance 31.
- (b) If a candidate fails, repetition of course work shall be as per university Ph.D. ordinance 18 and Examinations ordinance 31.

## **8. REGISTRATION OF THE STUDENT (As per Ph.D Ordinance 18)**

After successful completion of the Ph.D. course work the students shall submit the copy of the certificate of the course work and synopsis of the proposed research work in the prescribed Proforma to the University within two months from the date of declaration of result of the Ph.D. course work.

The University shall conduct the meeting of the **Research Degree Committee (RDC)** consisting of the following members:

- (i) Vice Chancellor or his nominee - Chairman
- (ii) Dean of the Faculty.
- (iii) Head of the University Teaching Department/School of Studies in the subject.
- (iv) Chairman, Board of Studies in the Subject.
- (v) One external subject expert of the rank of University Professor to be appointed by the Vice Chancellor, ordinarily out of a panel of 5 experts given by the Chairman of the Board of Studies concerned. The term of panel shall be coterminous with the Chairman Board of Studies.

External expert and two other members shall form the quorum.

The candidate shall make an oral presentation of his/ her proposed research work before RDC.

**Note:** - On the request of the supervisor, Vice Chancellor may permit him / her to be present as an observer during the oral presentation of his/ her candidate.

The RDC shall recommend the topic of research and the date of registration of the candidate for the Ph.D. degree. On approval by the RDC, the candidate shall be registered and enrolled as a Ph.D. student from the date on which candidate deposited the registration fee or as decided by RDC whichever is later. Candidate will also be required to pay regular tuition, library, IT centre and laboratory fees (six monthly) during his research tenure.

Provided that, if the RDC approves the topic and suggests a minor change, then the candidate shall be allowed to submit a revised synopsis through the Chairperson, BOS and Dean of the faculty.

If the RDC does not approve/recommend a candidate for registration to Ph.D. Candidate shall be allowed to make an oral presentation again in the next RDC. In such cases, date of registration shall be as per the recommendation of RDC.

Provided that, if candidate fails to be present or satisfy the RDC for the second time, his / her case will be rejected / cancelled. In such case, the caution money deposited by the candidate shall be refunded.

A candidate shall pursue his/her research at the allotted research centre.

In case of any dispute in the RDC regarding allied subjects of interdisciplinary nature, the case should be referred to the Academic council. The Vice Chancellor may constitute a committee in this regard and the report of the committee should be placed before the Academic council/standing committee for decision.

The meeting of the Research Degree Committee shall be held in the University Office twice a year preferably in a gap of six months. The committee shall recommend the eligibility of the person for the appointment as Supervisor/ Co-supervisor and prepare a list accordingly. This list shall be available with the Registrar.

Provided that, a candidate permitted to work in a research establishment recognized by the university shall be required to take one Supervisor/ Co-Supervisor from the institution/ research establishment where the candidate is actually working.

Also provided that, a candidate may be permitted to carry out his practical work in a Research Institution/Research Laboratory/Laboratory of a University for the purpose, under the supervision of a Scientist/ Teacher of the Institution who may or may not be the Co-supervisor of the candidate.

## **9. OTHER GENERAL RULES (As per Ph.D Ordinance 18)**

**SCHOOL OF PHYSICAL EDUCATION**  
**DEVI AHILYA UNIVERSITY, INDORE**

**Ph.D. Course Work**

Paper No – (T- 01)

**Research Methodology (04 Credits)**

**Unit – I- Introduction to Research**

- a. Location of Research Problem
- b. Criteria for Selecting a Problem
- c. Scientific and Unscientific methods of problem solving
- d. The parts of a Research Proposal and Research Report
- e. Writing the Proposal and Report

**Unit – II –Types of Research in Physical Education and Exercise Science**

- a. Analytical Research (Historical, Philosophical, Reviews and Research Synthesis)
- b. Descriptive Research (Surveys and Case Studies)
- c. Experimental Research (Internal and External Validity threats and control for internal and external validity)

**Unit – III – Ethical Issues in Research**

- a. Seven Areas of Scientific Dishonesty
- b. Mistakes Vs Misconduct
- c. Copyright Issues
- d. Protecting Human Subjects
- e. Protecting Animal Subjects

**Unit – IV - Statistical Techniques Used in:**

- a. Descriptive Statistics
  - i. Use of Measures of Central Tendency and Variability
  - ii. Use and Calculation of Standard Scores
- b. Comparative Statistics
  - i. Two Way ANOVA
  - ii. ANCOVA – (Analysis of Co- Variance)
  - iii. Post Hoc Test of Significance ( Scheffe's, LSD, Tukey HSD)
- c. Relationship Statistics
  - i. Concept of Partial and Multiple Correlation
  - ii. Concept Two Way Regression Analysis
- d. Non Parametric Statistics
  - i. Chi Square and Contingency Table
  - ii. Rank Order Correlation

## Unit – V – Practical Approach to Statistical Computation Using the Software

- a. Creating a Data File
- b. Defining variables and its Properties
- c. Computation of Descriptive Statistics (Mean, Standard Deviation, Skewness, Kurtosis, Z Scores etc.)
- d. Computation of Independent and Paired Sample “ t” Test
- e. Computation of One Way and Two Way ANOVA
- f. Computation of ANCOVA
- g. Computation of Correlation and Correlation Matrix
- h. Computation of Chi Square

### References: (Research)

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### References: (Statistics)

1. Clarke, H.H. and Clarke, D.H. **Advanced Statistics with application to Physical Education**, London : Prentice Hall, Inc.
2. Garret, H. E. and Woodworth R. S. **Statistics in Psychology and Education**, Bombay: Allied Pacific Co. Ltd., 1958.
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4. SPSS Manual.



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**Ph.D. Course Work**  
Paper No – (T- 02)

**Review of Published Research in the relevant field (03 Credits)**

Review of related literature shall be done on the basis of critical analysis of 01 thesis and 02 research papers separately for internal and external assessment. Analysis shall be done as per the specified format issued by the department.

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**Ph.D. Course Work**

Paper No – (T- 03)

**Computer Applications (03 Credits)**

**Unit – I – Spreadsheet Tools (Using Microsoft Excel)**

- a. Introduction to Spreadsheet Application
- b. Using Features, Formula and Functions
- c. Data Storage and Features of Statistical Data Analysis
- d. Generating Chart and Graphs
- e. Preparing Small Statistical Programs

**Unit – II – Presentation Tools (Using Microsoft PowerPoint)**

- a. Introduction to Presentation Tools
- b. Using Features and Functions
- c. Creating Presentation , Adding Effects, Customizing Presentation, Editing Presentation, Inserting Pictures/Graphs/Video, Creating Note Page and Showing Presentation

**Unit – III – Web Search and Using Electronic Journals**

- a. Introduction to internet
- b. Using Various Search Engin Like Googles, Google Scholar, Yahoo etc
- c. Collecting the Domain name of Various Websites Related with Physical Education Sports and Research.
- d. Using Electronic Journals Related to the Subjects and Area
- e. Using Shodh Ganga, and Infflibinet (Infonet Digital Library, Indcat and e Education)

**References:**

1. Computer Fundamentals: Dr. V Rajaraman.
2. Fundamentals of Information Technology : Chetan Shrivastava, kalyani Publisers
3. MS –Office: Ron Mansfield , BPB Publication.
4. MS-Word 2000: Thumb Rules and: Dr.Snigdha Banerjee, New Age International Publication.
5. SPSS Manual.

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**Ph.D. Course Work**  
**Paper No – (T- 04)**

**Advance course in Physical Education (03 Credits)**

**Unit – I – Sports Psychology**

- a. Latest Trends in Sports Psychology.
- b. Different tools used for research.
- c. Psychological Profiling of Sportsmen/Athletes, etc.
- d. Course Related Practical Work, Field Work.

**Unit – II – Sports Biomechanics**

- a. Latest Trends in Sports Biomechanics.
- b. Different tools used for research in the field of Biomechanics.
- c. Different tools of Biomechanical Analysis.
- d. Course Related Practical Work, Field Work.

**Unit – III – Measurement and Evaluation**

- a. Latest trends in Evaluation in Physical Education
- b. Different tools of evaluation in Physical Education.
- c. Course Related Practical Work, Field Work.

**Unit – IV – Exercise Physiology**

- a. Latest Trends in the field of Exercise Physiology.
- b. Different tools used for research in the field of Exercise Physiology.
- c. Course Related Practical Work, Field Work.

**References:**

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