

Scheme of Examination for M.P.Ed (4-Semester Course) Kurukshetra University, Kurukshetra – w.e.f session 2013-14

M.P.Ed (Ist. Semester)

Theory : 3 hours

	Theory	Int.Assment	Total	Minimum pass marks
Paper-I History and Principles of Physical Education	80	20	100	35
Paper –II Kinesiology	80	20	100	35
Paper- III Anatomy and Physiology	80	20	100	35
Paper – IV. Education Technology and Pedagogy Techniques	80	20	100	35
Paper- V Techniques of Officiating and Coaching	80	20	100	35
Paper- VI. Opt. (i) Health Education (Theory)	60	15	75	28
Opt. (ii) Yoga (Theory)				
			Total	575

M.P.Ed (IInd. Semester)

Paper-I History and Principles of Physical Education	80	20	100	35
Paper-II Biomechanics in Physical Education	80	20	100	35
Paper-III Anatomy and Physiology	80	20	100	35
Paper-IV Sports Management	80	20	100	35
Paper-V Techniques of Officiating and Coaching	80	20	100	35
Paper- VI. Opt. (i) Health Education (Theory)	60	15	75	25
(Practical)		50	20	
Or				
Opt. (ii) Yoga (Theory)				
Paper-VII Teaching and Coaching of Athletics (Practical)			100	40
Paper VIII Teaching and Coaching of Games (Practical)			100	40
			Total	825

Grant Total of both Semesters (Ist. Semester & IInd. Semester)

575+ 825 = 1400

M.P.Ed –(Ist Semester)

Paper-I History and Principles of Physical Education

Time: Three Hours

Total Marks : 100

Theory Marks: 80

Int. Assessment :20

Note : Paper setter is required to set 2 questions from each unite I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

Unit: I

Definition of Physical Education, Health Education and Recreation. Physical Education as a profession, Relationship of physical education with health education and recreation, need in the society. Meaning of the terms-Physical Culture, Physical Training , Games and Sports. Aims and objectives, Role of Physical Education in general, Physical Education as an art, Physical Education as a science.

Unit: II

Biological Perspectives.

Biological Principles of Physical Education. Growth and Development.

Heredity and environment, Classification of Physique, Load- Normal load, Crest load and over load, Age and Sex differences, Individuals differences. Principles of use and disuse.

Unit : III

Physiological Perspectives.

Benefits of exercise to the Heart and circulatory system., Benefits of exercise to the respiratory system., benefits of exercise to the muscular system, General Physiological benefits of exercise. Organic development and Neuro-muscular development.

Unit: IV

Psychological Prespective.

Psycho-Physical Unity of Human organism, and its application in Physical activities, Psychomotor Learning, Principles, Types and factors affecting transfer of training. Psychological benefits of Physical activities.

REFERENCES

1. Khan, E.A, History of Phy. Edu; Patna Scientific Corporation (1964).
2. Kamlesh, M.L. Physical Education Facts and Foundations; Faridabad P.S publication (pvt) Ltd. (1988).
3. Kamlesh, M.L Principles & History of Phy.Edu. , Prakash Bros., Patiala, 1991.
4. Hoffman, G.J.& Harris J.C Introduction to Knesiology studying Phy.Activity,2000.
5. Revenas, R.S. (1978) Foundations of Physical Education.
6. Barrow, R.M.(1983) Man and Movement.
7. Bucher, G.A (1992) Foundations of Phy.Edu. and Sports.

M.P.Ed (Semester –I)
Paper –II Kinesiology
Time: Three Hours

Total Marks : 100
Theory Marks: 80
Int. Assessment :20

Note : Paper setter is required to set 2 questions from each unite I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

Unit-I (i) Meaning, importance and scope of Kinesiology in Physical Education.
(ii) Meaning and types of axis and planes.
(iii) Body movements in different axis
(iv) Body movements in different planes.

Unit-II (I) (i) Functional classification of muscles
(ii) Method of studying the actions of muscles.
(II) Neuro- muscular basis of human movement.
(i) Motor unit, Receptors, Proprioceptors.
(ii) Reflex movement, extensor thrust reflex, flexor reflex, crossed extensor reflex, proprioceptive reflex, stretch reflex.
(iii) Reciprocal innervation and inhibition.

Unit-III (I) Upper Extremity
(i) Shoulder joint - Structure and muscle reinforcement, movement.
(ii) Elbow joint - Structure, muscle reinforcement, movement.
(II) Muscles at upper extremity.
Deltoid, latissimus dorsi, pectoralis major and minor.

Unit-IV (I) Lower extremity
(i) Hip Joint - Structure, muscle reinforcement, movement.
(ii) Knee joint – structure, muscle reinforcement, movement
(II) Muscle at lower extremity :
(i) Hamstrings group
(ii) Quadriceps group.

REFERENCES

1. Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement (3rd. ed.) Baltimore : Williams and Wilkins.
2. Groves, R and Camaine, D. (1983) . Concepts in Kinesiology .(2nd.ed) Philadelphia: Saunders College Publishing.
3. Hay, J.& Reid, J (1982). The Anatomical and Mechanical Basis of Human Motion. Englewood Cliffs: Prentice – Hall
4. Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology- Scientific Basis of Human Motion. 8th. Ed., Brown & Bench mark.
5. Rasch, P.(1989) Kinesiology and Applied Anatomy. Philadelphia: Lea & Febiger.
6. Thompson, C. (1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis: Times Mirror/ Mosby College Publishing.

M.P.Ed (Semester –I)
Paper- III Anatomy and Physiology
Time : Three Hours

Total Marks : 100
Theory Marks: 80

Int. Assessment :20

Note : Paper setter is required to set 2 questions from each unite I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

Unit- I

Meaning of Anatomy and Physiology and its role in Physical Education, Cell structure and its functions. Anatomy of bone and cartilage, kinds and functions of bones, Names and location of bones of human body, Types of joints, Description of diarthrodial joints, Differences in male and female skeleton with special reference to functional ability in sports.

Unit- II

Gross and microscopic structure of skeletal muscles, Mechanism of muscular contraction and relaxation, Nature of neuro – muscular activity, Muscle tone, law of reciprocal innervation, Muscle work and fatigue.

Unit- III

Structure of respiratory organs, Mechanism of respiration, Tissue and pulmonary respiration, Anatomy of Kidney and its functions, Lungs and skin as organs of excretion.

Unit – IV

Brief description of alimentary canal, digestive juices, Mechanism of digestion and absorption of food, Vitamins, Metabolism.

REFERENCES

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

M.P.Ed (Semester –I)

Paper – IV. Methods, Organization and Administration of Physical Education & Sports

Time : Three Hours

Total Marks : 100

Theory Marks: 80

Int. Assessment: 20

Note : Paper setter is required to set 2 questions from each unit I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

Unit. I

- Meaning, types and importance of teaching methods.
- Factors affecting teaching methods
- Presentation technique: Personal and Technical preparation
- Meaning, importance, Steps and Principles of lesson plan
- Lesson plan for Gymnastics

Unit. II

- Meaning and importance of audio-visual aids in the field of Physical Education and Sports.
- Types of audio-visual Aids.

- Teaching of Motor Skills-

- i) Individual games,
- ii) Team games,
- iii) Swimming
- iv) Gymnastics.

Unit- III

- Meaning, importance and factors affecting of time-table.
- Meaning and importance of class management in Physical Education and Sports
- Factors affecting class management
- Steps of good class management
- Meaning and types of command

Unit- IV

- Meaning and purpose of budget
- Types of budget
- Steps in preparing budget
- Criteria of making good budget
- Purchasing policy for sports materials and equipments and its principles.
- Auditing of budget.

REFERENCES

1. Kannp Clydo & E: Teaching Methods for Physical Education. Mc Graw Hill Book Co.Inc.
2. Tirunurayana, C & S Hariharan: Method in Physical Education (South India Press, Karalkudi India)
3. Kamlesh M.L & Sangra. M.S: Methods in Physical Education Prakash Brothers, Jullundur . 1982.
4. Two experienced Professor: Organisation and Administration and Recreation in Physical Education. Prakash Brother. Jullundur. 1982.
5. Wakharkar. D.C. : Manual of Physical Education. Pearl Publications, Bombay. 1967.
6. Chakraborty, S. Sports Management Delhi, Sports Publications, 1998
7. Kamlesh, M.L. Management Concept in Physical Education and Sport, New Delhi Metropolitan Book Co.Pvt. Ltd. 2000.

5. Wakharkar. D.C. : Manual of Physical Education. Pearl Publications, Bombay. 1967.
6. Chakraborty, S. Sports Management Delhi, Sports Publications, 1998
7. Kamlesh, M.L. Management Concept in Physical Education and Sport, New Delhi Metropolitan Book Co.Pvt. Ltd. 2000.

M.P.Ed (Semester –I)
Paper- V Techniques of Officiating and Coaching
Time : Three Hours

Total Marks : 100
Theory Marks: 80

Int. Assessment :20

Note : Paper setter is required to set 2 questions from each unite I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

Unit-I

- Meaning, Importance of Officiating
- Principles of good Officiating
- Qualities and duties of a good official
- Responsibilities of a good official
- Qualification and qualities of a good Official

Unit- II

- Measurements of courts of different game
- 400mts., 200mts., track marking and field events marking
- Preparation of score seats of track and field events
- Principles and methods of selection of players/ team for various competitions

Unit- III

- Interpretation of rules and regulations of various games and sports
- Duties of a official – Pre-game, during game and post – game duties.
- Measures for improving the standard of officiating.

Unit- IV

- Meaning and importance of coaching
- Basic principles of coaching
- Qualifications and qualities of a good coach
- Theory and Philosophy of Coaching
- Measures for improving standard of good coaching
- Need of coaching

REFERENCES

1. John, V.Bunn : The Arts of Officiating Sports, Prentice Hall, Inc., Englewood Cliffs, N.J.
2. John, W. Dunn : Scientific Principles of Coaching, Prentice Hall, Englewood Cliffs, N.J
3. H.C.Buch : Rules of Games and Sports
4. Be Clar : Science of Coaching, A.S. Barhas and Co. , New York.
5. R.L.Anand : Playing Field Manual, NIS Publication

M.P.Ed (Semester –I)
Paper- VI. Opt. (i) Health Education
Time : Three Hours

Total Marks : 75
Theory : 60
Int. Assessment : 15

Note : Paper setter is required to set 2 questions form each unite I,II,III,IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 10 marks and the Vth.unit is compulsory for all consisting 2 marks of each short questions.

Unit :I

- Meaning and concept of health and wellness.
- Dimensions of Health and Wellness
- Importance of health
- Factor affecting health and wellness

Unit-II

- Meaning and concept of Health Education
- Aims and objectives of Health Education
- Need and importance of Health Education
- Principles of Health Education-
- (i) Alcohol and its effects on Health, Family, Society and Country
- (ii) Smoking and Tobacco Chewing and its effect on Health

Unit-III

- Personal care and Hygiene- care of skin, mouth, nails, clothing, bathing
- Importance or rest, sleep and exercise
- School Health Programmes- Objectives, Health appraisal, Healthful School environment and Health records, First Aid and safety measure
- Role of Physical Education Teacher in maintaining the good health of children

Unit-IV

- Meaning and importance of Methods of Education in Health
- Various methods in importing health instructions
- Health Organizations –World Health Organization (WHO) Red Cross Society.

REFERENCES

1. Physical Education & Health. (Dr. A.K.Uppal, Dr. G.P.Gautam)
2. Physical and Health Education (Mr. V.D.Sharma & Granh Singh)
3. Yoga & Health Education (Dr. R.K.S.Dagarm Dr. Shiv Kumar Chauhan and S.S Mann)
4. Turner and Mouison: Personnel and Community Health.
5. Dehl : Healthful Living, McGraw Hill
6. Daiymple: Foundations of Health
7. Obertauffer : School Health Education
8. Jobs Sutzen : Health for Effective living, N.Y., Mcgraw Hill Books Co., Inc.,1958.

M.P.Ed (Semester –I)
Paper- VI. Opt. (ii Yoga)
Time : Three Hours

Total Marks : 75
Theory : 60
Int. Assessment : 15

Note : Paper setter is required to set 2 questions from each unit I,II,III,IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 10 marks and the Vth. unit is compulsory for all consisting 2 of each short questions.

Unit-I

- Meaning and Philosophy of Yoga
- Aims and objectives of Yoga
- Role of Yoga in Physical Education and Sports
- Contribution of Yoga for the modern society

Unit-II

- Types of Yoga- Hath Yoga, Karma Yoga, Laya Yoga, Dhyana Yoga, Bhakti Yoga, Raj Yoga, Gyan Yoga, Tantra Yoga, Astanga Yoga and Sanyas Yoga.

Unit-III

- Meaning and types of Asana
- Cultural Asana-Bhujanga Asana, Shalabha Asana, Dhanur Asana, Hala Asana, Matsya Asana, Ardhamatsyendra Asana, Paschimottana Asana, Ustra Asana,
- Meditative Asana : Padmasana, Sidhasana, Sukhasana
- Relaxative Asana : Shavasana, Makarasana, Vajrasana

Unit-IV.

- Meaning and types of Pranayama – Bhastrika, Shitkari, Bhramari, Shitali
- Techniques and Benefits of Pranayama
- Scientific approach of Pranayama

REFERENCE

1. Introduction of Yoga (Dr. Pitamber Jha)
2. Yogasharam Pranayam (Swami Kavalayanad)
3. Asanas and Pranayama by Swami Kuvalyanand
4. Yoga for Health, happiness and peace by Yoga Acharya Prakash Dev.
5. Yoga Method of Reintegration by Alan Danial
6. Yoga Personal Hygiene by Shri Yogendra
7. Yoga for Every Man by Desmonds Dubee
8. Massage and medical Gymnastics by Mary V.Lacc.

M.P.Ed II nd. Semester

Paper- I History and Principles of Physical Education

Time : Three Hours

Marks : 100

Total

Marks: 80

Int. Assessment :20

Theory

Note : Note : Paper setter is required to set 2 questions from each unit I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

Unit- I

Sociological Perspectives.

Influence of Culture and Traditions on participation in Physical activities.

Physical Education as a socializing agency and social recognition, Social facilitation and its implications in sports, Sports and social change., Group dynamics. Influence of the group on individual competition and co-operation. Sports for international brotherhood and world peace.

Unit-II

Philosophical Perspectives.

Idealism and Physical Education., Pragmatism and Physical Education., Naturalism and Physical Education ., Existentialism and physical education Theories of play. Physical Education and Sports as a need of the modern society. Future prospective in Physical Education and Sports (Teaching, Coaching, Sportsmen, Sports journalist, Physiotherapist).

Unit-III

Historical Perspectives. History of ancient and modern India, Physical Education in ancient Greece., Physical Education in Sparta., Physical Education in Athens., Contribution of ancient Greece to modern Physical Education. Great Britain, Germany, Japan., U.S.A and Russia.

Unit-IV

Modern Olympic Games and ancient Olympic Games. Agencies and International Competitions Promoting Physical Education and Sports. S.A.I, N.S.N.I.S., Sports Federation. National Sports Awards, Asian games, S.A.F.E Games, Common Wealth Games. Recent trends in Physical Education. National sports policy.

REFERENCES

1. Khan, E. A, History of Phy.Edu; Patna Scientific Corporation (1964).
2. Kamlesh, M.L .Physical Education Facts and Foundation; Faridabad P.S. publication (pvt) Ltd. (1988)
3. Kamlesh, M.L. Principles & History of Phy.Edu., Prakash Bros., Patiala, 1991.

4. Hoffman, G.J.& Harris J.C Introduction to Knesiology studying Phy.Activity,2000
5. Revenas, R.S. (1978) Foundation of Physical Education
6. Barrow, R.M.(1983) Man and Movement.
7. Bucher, G.A.(1992) Foundations of Phy.Edu. and Sports.

Paper-II Biomechanics in Physical Education (Semester –II)

Time: Three Hours

Total Marks: 100

Theory Marks: 80

Int. Assessment: 20

Note : Paper setter is required to set 2 questions from each unit I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

Unit- I Meaning, importance and scope of Biomechanics in Phy. Education.

- Introduction of Biomechanics Instrumentations.
- Overview of instrumentation and its uses.
- Videography and computer assisted analysis.
- Electromyography
- Electrogonimetry

Unit- II Basic Mechanical principles.

- Distance, displacement, velocity, acceleration.
- Motion and its types.
- Newton's laws of Motion
- Force and its various types i.e centripetal, centrifugal, friction, reaction forces and fluid forces.
- Mass and weight.
- Gravity, center of gravity, line of gravity.

Unit-III Body balance and equilibrium

- Lever, types and their advantages.
- Flotation and buoyance
- Projectile
- Spin

Unit- IV - Mechanical analysis of walking, running, jumping and throwing.

- Work, power and energy.

REFERENCES

1. Gowitzke, B.A and Milner, M (1988). Scientific Basis of Human Movement. (3rd. ed.) Baltimore : Williams and Wilkins.
2. Groves, R and Camaine, D.(1983) . Concepts in Kinesiology.(2nd.ed.) Philadelphia : Saunders College Publishing.
3. Hay, J & Reid, J (1982) . The Anatomical and Mechanical Bases of Human Motion. Englewood Cliffs : Prentice – Hall
4. Luttegens, Kathryn, Deutsch, Helga, Hamilton, Nancy. Kinesiology – Scientific Basis of Human Motion. 8th.Ed., Brown & Bench mark.
5. Rasch, P.(1989). Kinesiology and Applied Anatomy. Philadelphia : Lea & Febiger.
6. Thompson, C.(1985). Manual of Structural Kinesiology. (10th. ed.) St. Louis : Times Mirror/ Mosby College Publishing.
7. Grabiner. M.D. Current Issue is Biomechanics, New Delhi, 1993.
8. Mood, S.D., Beyond Biomechanics, New York : Taylor, 1996.

9. Shaw, D. Mechanical Bases of Biomechanics, Delhi : Sport Pub. 2000
10. Shaw, D. Mechanical Bases of Biomechanics, London- A & C, 2003

Paper – III Anatomy and Physiology (Semester – II)

Time: Three Hours

Total Marks: 100

Theory Marks: 80

Int. Assessment: 20

Note : Paper setter is required to set 2 questions from each unit I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

- Unit- I** Composition of blood and its functions, Blood pressure systolic and Disystolic Blood pressure, Factors affecting blood pressure, Measurement of blood pressure.
- Unit- II** Anatomy of heart, Systemic, Pulmonary and coronary circulations, Mechanism of circulation, Heart rate, stroke volume, cardiac output, cardiac reserve capacity, Cardiac cycle.
- Unit. III** The Neuron and the motor Unit, Motor and sensory impulses, Locations, Anatomy and functions of different parts of brain, Spinal cord and its functions, Reflex action and Reflex arc, Concept of Receptors.
- Unit. IV** Meaning of endocrine glands, Locations and functions of the following endocrine Glands i.e Pituitary gland, Thyroid glands, Parathyroid glands, Adrenal glands.

REFERENCES

1. Pearee Evelyn, C Anatomy and Physiology for Nurses, London, Faber and Feber Ltd., 1962.
2. Pavat.J Anatomy for Students and Teachers of Physical Education, London,Edward Arnold and Co.,1959.
3. Willion . J.F. Anatomy and Physiology, London, W.B.Saunders.
4. Senson Wright Applied Physiology
5. Best and Taylor The Living Body, New Delhi, Asia Club House,1960.
6. Smount, C.F.V and McDonald, R.J.S Physiotherapy, Occupational, Therapy and Gymnastics, Edward Arnold Pvt. Ltd., 1969.
7. Kiober Grey Anatomy and Physiology.
8. Stackpoles Anatomy and Physiology (6th. ed.)

Paper—IV. Sports Management (Semester-II)

Time: Three Hours

Total Marks: 100

Theory Marks: 80

Int. Assessment: 20

Note : Paper setter is required to set 2 questions from each unite I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

Unit- I

- Meaning and importance of Sports Management.
- Aims and Objectives of Sports Management.
- Guiding principles of Sports Management.
- Historical prospective of Sports Management in India.
- Nature and scope of Sports Management.

Unit-II

- Planning - meaning importance of planning.
- Principles of planning .
- Steps involved in planning process.
- Jobs specifications of Manager, Physical Education professional.
- Types of records and registers.
- Scheme of organization at University level.

Unit-III

- Lay out of Physical Education Facilities, common and special.
- Need and importance of facilities and equipments.
- Meaning, types and importance of tournaments.
- Merits and demerits of knock – out and league tournaments.
- Preparation of fixture on simple knock – out and league bases.

Unit-IV

- Meaning importance and factors affecting Physical Education curriculum.
- Principles of curriculum construction and criteria for curriculum contents.
- Meaning, importance and types of evaluation.
- Principles of evaluation of Physical Education programme.

REFERENCES

1. Kannp Clydo & E : Teaching Methods for Physical Education. Mc Graw Hill Book Co.Inc.
2. Tirunurayana, C.& S Hariharan : Method in Physical Education (South India Press, Karalkudi India)
3. Kamlesh M.L. & Sangra.M.S. : Methods in Physical Education Prakash Brothers, Jullundur. 1982.
4. Two experienced Professors : Organisation and Administration and Recreation in Physical Education. Prakash Brothers. Jullundur.1982.

5. Wakharkar. D.C : Manual of Physical Education. Pearl Publications, Bombay.1967.
6. Chakraborty, S. Sports Management Delhi, Sports Publications, 1998.
7. Kamlesh, M.L.Management Concept in Physical Education and Sport, New Delhi Metropolitan Book Co. Pvt. Ltd.2000.

Paper-V. Techniques of Officiating and Coaching. (Semester-II)

Time : Three Hours

Total Marks : 100

Theory Marks: 80

Int. Assessment :20

Note : Paper setter is required to set 2 questions from each unit I,II,III and IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 2 marks of each.

Unit- I

- Meaning and types of warming up and cooling down
- Need and importance of warming up and cooling down
- Physiological effects of warming up and cooling down on the body

Unit- II

- Meaning and importance of conditioning
- Various methods of conditioning (Interval training, Plyometric training, repetition training, fart lake training and circuit training).
- Psychological training of develop skill ability and execution ability.

Unit-III

- Ergogenic aids- Meaning types and its importance
- Doping and its effects on performance
- Doping and health
- Why drugs are prohibited in games and sports

Unit-IV

- Officiating and coaching of activities
- Activities for men and women – Games – football, Basket ball, Badminton, Kabaddi, Volleyball, Handball, Hockey, Kho-Kho, Wrestling, Tennis.
- Track and field – Relay races, 4 X 100 mts, 4 X 400 mts, Discus, Javelin and Hammer Throws, jumps – High and long jumps, Triple jump. Preparation of TA/DA bills and knowledge of eligibility rules.

REFERENCES

1. John, V,Bunn : The Arts of officiating Sports, Prentice – Hall, Inc., Englewood Cliffs, N.J.
2. John, W.Dunn : scientific Principles of Coaching , Prentice Hall, Englewood Cliffs, N.J.
3. H.C.Buck : Rules of Games and Sports.
4. Be Clar : Science of Coaching, A.S. Barhas and Co., New York.
5. R.L. Anand : Playing Field Manual , NIS Publication.

M.P.Ed (Semester –II)
Paper- VI. Opt. (i) Health Education

Time: Three Hours
Total Marks : 75
Theory : 60
Int. Assessment : 15

Note : Paper setter is required to set 2 questions from each unit I,II,III,IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 10 marks and the Vth. unit is compulsory for all consisting 2 marks of each short question.

Unit-I

- Meaning and types of Health Problems
- Organizational and Administrative setup of Health System India- Center State and District Levels.
- Role of Social organizations in achieving Health Objectives
- Health Hazards and their Precaution

Unit-II

- Meaning and definition of balanced diet
- Caloric Values of food for competitive sports
- First Aid and Emergency Care

Unit-III

- Posture- Meaning and Importance of good posture in Sport
- Postural Deformities and their Remedial Measures- Kyphosis, Lordosis, Scoliosis, Flat foot, knock knees and bow legs.

Unit-IV

- Communicable disease, Modes of transmission control and prevention of the following diseases:-
Cholera, Malaria, Small-pox, Typhoid, Influenza and Dysentery.
- Aids – Meaning and its Causes
- Control and Prevention of Aids.

Practical

Marks : 50

First Aid : Sling bandages, Artificial respiration, Transportation of the injured persons, settings and bites of animals, fractures, Heat stroke, control of bleeding, cuts and wounds.

REFERENCES

1. Physical Education & Health. (Dr. A.K.Uppal, Dr. G.P.Gautam)
2. Physical and Health Education (Mr. V.D.Sharma & Granh Singh)
3. Yoga & Health Education (Dr. R.K.S.Dagarm Dr. Shiv Kumar Chauhan and S.S Mann)
4. Turner and Mouison: Personnel and Community Health.
5. Dehl : Healthful Living, McGraw Hill
6. Daiymple: Foundations of Health
7. Obertauffer : School Health Education
8. Jobs Suttan : Health for Effective living, N.Y., Mcgraw Hill Books Co., Inc.,1958.

M.P.Ed (Semester –II)
Paper- VI. Opt. (ii) Yoga

Time : Three Hours
Total Marks : 75
Theory : 60
Int. Assessment : 15

Note : Paper setter is required to set 2 questions from each unit I,II,III,IV and Vth. Unit consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each unit having 10 marks and the Vth. unit is compulsory for all consisting 2 marks of each short question.

Unit-I Meaning importance and types of kiriyas

- Meaning, Types and Mechanism of Dhotti
- Meaning, Types and Mechanism of Basti
- Meaning, Types and Mechanism of Neti

Unit-II Bandhas, Mudras- Meaning, techniques and their benefits.

- Bandhas : Mul Bandha, Jalandhar Bandha and Uddiyana Bandha
- Mudras : Ashwani Mudras, Viprit Karni and Yoga Mudra

Unit-III Yoga Therapy- Role of Yogabhyas in keeping Mental and Physical Care

- Diagnosis of the following diseases through Yoga – Asthama, Zondis, Low and High B..Artharitis, Nabhi talana, Back and Knee Pain, Diabetes

Unit-IV Relationship between Physical Education Sports and Yoga

- Effects of various Asana and different systems of the body, Role of Yoga Asana in increasing performance in sports.

Practical

Marks :50

I. Note Book

Marks : 05

II. Any ten Asanas out of the following :

Marks : 15

(i) Yogmydra (ii) Paschimottasana (iii) Dhanurasana. (iv) Ardha-Matsyendrasana (v) Padmasana (vi) Sarvangasana (vii) Shavasana (viii) Bhujangasana (ix) Chajrasana (x) Suryanamaskara (xi) Halasana (xii) Super-Vajrasana (xiii) Hanuman Asana (xiv) Salab Asana (xv) Tirkon Asana (xvi) Sirish Asana

III. Any two techniques of Pranayama-

Marks : 10

(i) Bastrika (ii) Ujjai (iii) Shitali (iv) Bharmari

IV. Any two kriya of the following

Marks : 10

(i) Neti (ii) Dhotti (iii) Nauli (iv) Basti (v) Taratak (vi) Uddiyana Bandha

V. Viva-Voce

Marks :10

REFERENCES

1. Introduction of Yoga (Dr. Pitamber Jha)
2. Yogasharam Pranayam (Swami Kavalayanad)
3. Asanas and Pranayama by Swami Kuvalyanand
4. Yoga for Health, happiness and peace by Yoga Acharya Prakash Dev.

5. Yoga Method of Reintegration by Alam Danial
6. Yoga Personal Hygiene by Shri Yogendra
7. Yoga for Every Man by Desmonds Dubee
8. Massage and medical Gymnastics by Mary V.Lacc.

Syllabus for Practical papers –(Semester-II)

Paper-VII. Teaching and Coaching of Athletics Marks: 100

1. General and specific warming up
2. Teaching of Athletic events (Track and field events)
3. marking of Track and Field events
4. Knowledge and duties of various officials
5. Preparation of five Supervisory Athletic Lesson Plan in the Note-Book
6. Project work on Track and Field- History, various events records , conduct of

Athletic meet (Project-Note Book) Marks: 25

Paper VIII. Teaching and Coaching of Games Marks: 100

1. General and specific warming up
2. Teaching of fundamental skills
3. Teaching of lead-up Games
4. Marking of concerned Play fields/events
5. Preparation of five supervisory game lesson plan in the Note-Book
6. Knowledge and duties of the officials of the concern games
7. Project work on concerned game- History, various techniques, records,

and conduct of the game (Project-Note Book) Marks : 25

Scheme of Examination for M.P.Ed (4-Semester Course) Kurukshetra University, Kurukshetra – w.e.f the session 2013-14

M.P.Ed (3rd. SEMESTER)

		Theory	Int.Assment	Total	Theory : 3 hours Minimum pass marks
Paper- I	Sports Psychology	80	20	100	35
Paper-II	Statistical Techniques in Physical Education	80	20	100	35
Paper-III	Research Methodology in Physical Education	80	20	100	35
Paper-IV	Sports Medicine	80	20	100	35
Paper-V	Fundamental of Sports Training	80	20	100	35
Paper- VI	Options	80	20	100	35
Opt. (i)	Supervision in Physical Education Or				
Opt. (ii)	Sports Sociology Or				
Opt. (iii)	Project report and Seminar along with power point presentation related to dissertation (Treated practical examination)				

Total = 600

M.P.Ed (4th. SEMESTER)

		Theory : 3 hours		Total	Minimum pass marks
		Theory	Int.Assment		
Paper-I	Sports Psychology	80	20	100	35
Paper-II	Measurement and Evaluation in Physical Education	80	20	100	35
Paper-III	Research Methodology in Physical Education	80	20	100	35
Paper-IV	Sports Medicine	80	20	100	35
Paper-V	Scientific Principle of Sports Training	80	20	100	35
Paper-VI	Options :	80	20	100	35
Opt. (i) Supervision in Physical Education					
Or					
Opt. (ii) Sports Sociology					
Or					
Opt. (iii) Dissertation					
Paper-VII	Class Room Theory Lesson (Practical)			100	
Paper-VIII	Teaching and Coaching Athletic (Practical)			100	
Paper- IX	Teaching and Coaching of Games (Practical)			100	
				<hr/>	
				Total = 900	

Grant Total (Semester 3rd. & 4th.) = 600 + 900 = 1500 Marks

M.P.Ed- III Semester
Session 2013-14
Paper -Ist. (Sport Psychology)

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

Note: The question paper consists of five units i.e. unit Ist, IInd. ,IIIRD., IVth. and Vth.

The Unit Ist.,IInd., IIIRD. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2marks each. The candidates are required to attempt one question from each unit (I toIV) and unit Vth is compulsory for all.

Unit-I Introduction to Sport Psychology:

- i) Meaning & Scope of sport Psychology.
- ii) Importance of Sport Psychology to Physical Education
Teachers, Coaches and Players.
- iii) **Testing Psychological variables:** (i) Sports Competition anxiety Inventory, self-concept Questionnaire, Psycho-physical unity Test, Sports specific personality Test

Unit- II Heredity and Environment:

- Meaning of Heredity.
- Mechanism and Laws of Heredity.
- Meaning and types of environment.
- Heredity, Environment and Athletic Performance.

Unit-III Learning:

- i) Meaning of learning, Laws of learning, Learning curve and Transfer of training.
- ii) **Theories of learning**
 - Thorndike's (Trial and Error Theory)
 - Pavlov (Learning by Conditioning)
 - Gestalt (Learning by insight)
- iii) Principles and Conditions of motor skill learning.

Unit-IV Personality:

- i) Concept and definition of personality.
- ii) Theories of personality
 - Type theory
 - Trait theory
 - Theory of Psycho-analysis
- iii) Concept of counseling

- Counseling Process
- Exercise and sport as a promoter of good mental health

REFERENCE

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

M.P.Ed- III Semester

Paper - II (Statistical Techniques in Physical Education))

Time – 3 hours

Total Marks: 100

Theory Marks: 80

Int. Assessment: 20

Note: The question paper consists of five units i.e. unit Ist. , IInd. ,IIIrd., IVth. and Vth.. The Unit Ist , IInd., IIIrd. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

Unit. –I

Meaning of statistics. Need and importance of statistics in Physical Education, Meaning of “Data” , Methods of organizing Data through Frequency Distribution.

Meaning of the Measures of Central Tendency, Computation of Measures of Central Tendency i.e. Mean, Median and Mode.

Unit-II

Meaning of Variability, Computation of Measures of variability: Range, Quartile - Deviation,

Average Deviation and Standard Deviation.

Meaning of term Percentile, Computation of Percentile & Quartiles.

Meaning of Percentile Rank, Computation of Percentile Rank.

Unit - III

Meaning of Normal Probability Curve, characteristics and properties of Normal Curve.

Application of N.P.C, Meaning of Skewness and kurtosis.

Calculation of various combination of Heads and Tails.

Meaning and Types of Linear Correlation.

Computation of Correlation Coefficient with Product Movement Method and Rank Difference Method.

Unit – IV

Meaning and advantage of Graphical Representation of Data .

Principle of Graphical Representation of Data.

Pie Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Diagram.

Meaning of two –tailed and one tailed test of significance, computing significance of difference between two means with t – Test (independent samples).

REFERENCES

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

M.P.Ed- III Semester

Paper-III (Research Methodology in Physical Education)

Time – 3 hours

Total Marks : 100
Theory Marks: 80
Int. Assessment :20

Note: The question paper consists of five units i.e unit Ist, IInd. ,IIIRD., IVth. and Vth. The Unit Ist., IInd., IIIRD. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

UNIT: I

Meaning and Definition of research , Characteristics of good research, Need of Research in Physical Education and Sports, Fundamental Versus Applied Research, Nature of Research in Physical Education and Sports, Scope Research in Physical Education and Sports, Qualities of a good research worker. The Problem: Definition, selection of Problem, Personal Criteria, Social Criteria, Research Criteria, Locating Problem, Problem areas in Physical Education and Sports.

UNIT: II

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

UNIT: III

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

UNIT: IV

What is Sampling, Selection of sample, the concept of Randomness, Type of Samples, Size

of the Sample, and Theory of sampling. Hypothesis: Meaning, importance, Sources, types
(Declarative, Probable and questions) form, Characteristics of good hypothesis.

Reference

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

M.P.Ed- III Semester
Paper – IV (Sports Medicine)

Time – 3 hours

Total Marks : 100
Theory Marks: 80
Int. Assessment :20

Note: The question paper consists of five units i.e unit Ist, IInd. ,IIIRD., IVth. and Vth. The Unit Ist., IInd., IIIRD. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

Unit-I Meaning and concept of sports medicine, scope of sports medicine in physical education and sports. History of Sports Medicine in India. Prevention of sports injuries. Role of Physical Educators and Coaches in the prevention of sports injuries. Pre-conditioning injury prevention exercises and drives Static Stretching exercises. Therapeutic exercise and their classification.

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

Unit-III Rehabilitation procedures of sports injuries, Principles of rehabilitation of injuries, Therapeutic modalities i.e cryotherapy , hydrotherapy, electrotherapy and lesser therapy. Massage and its techniques.

Unit- IV. Physiology of exercise, short and long term effects of exercise on muscular tissues, Physiological principles of development of strength, endurance, speed and flexibility. Heart role and exercise. Threshold for training effects on heart, Cardiac reserve capacity, blood pressure and exercise. Lungs ventilation during rest and exercise, change in lungs diffusions during muscular activities.

References :

1. Armstrong and Tuckler : Injuries in Sports, London, Staples Press, 1964
2. Bolan, J.P. : Treatment and Prevention of Athletic Injuries. The Rasch, P.J Inter-state Printers and Publishers, 1967.
3. Morehouse, L.E and : Sports Medicine for Trainers, Philadephia, W.B. Saunder CO.,1963
Rasch, P.J.

4. Ryans Allan : Medical Care of the Athlete, McGraw Hill.
5. Morchouse & Miller : Physiology of Exercise
6. Falls : Exercise Physiology
7. Karpovitch : Physiology of Muscular activity
8. Pande, P.K. “ Know How Sports Medicine?” AP Publications, Jalandhar

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

Time – 3 hours

Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

Note: The question paper consists of five units i.e unit Ist, IInd. ,IIIRD., IVth. and Vth. The Unit Ist., IInd., IIIRD. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

UNIT - I SPORTS TRAINING

- Meaning and importance of Training
- Aim and objectives of sports Training
- Characteristics of sports Training
- Principles of sports Training
- Functions of Science of Training
- General Training means and methods.

UNIT – II TRAINING LOAD, ADAPTATION AND RECOVERY

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

UNIT – III VARIOUS TRAINING METHODS

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

UNIT – IV Planning of Sports Training

Planning

- Meaning and importance of Planning
- Principles of Planning
- Types of Plan :
-Training conception

- Macro Cycle
- Meso Cycle
- Micro Cycle / Training session plan)

REFERENCES

SPORTS TRAINING

1. Allan W. Jakson & James R. Morrow (1999), “Physical Activity for Health and Fitness”.
Human Kinetics.
2. American College of Sports Medicine (1991), “Guidelines for Exercises Testing and Prescription” ed. (Philadelphia: Lea & Febiger).
3. Annette, Lang Morning Strength Workouts. Human Kinetics, Champaign, llc, USA, 2007.
4. B.Don, Frnak, Edward J. Howley (1995), “Fitness Leaders Handbook”. (Human Kinetics)
5. Claude Bouchard, Roy J. Stephard, Thomas Stephens (1993), “Physical Activity, Fitness
and Consensus Statement” (Human Kinetics Publishers).
6. Craig A. Wrisberg, Sports Skill Instruction for Coaches. Human Kinetics, Champaign,
iic,
USA
7. Cratty, B. Perceptual and Motor Development in Infants and Children. Pretice Hall, 1989.
8. Daniel, D. Arnhjeim & William E. Prentice “Principles of Sports Training” Morby -
Year
Book I Louis, 1993.
9. David C. Nieman (2000), “Fitness and Sports Medicine: A Health Related Approach”
3rd
Ed. (M. Publicity Company).

10. David N. Camaione (1993), "Fitness Management". (Wels Brown & Benlr Mark).
11. David R. Lamb (1984), "Physiology of Exercise, Responses and Adaptation" 2nd ed. (Mac
Publicity Company).
12. David, Sandler, Sports Power, human Kinetics, Champaign, iic., USA, 2005.
13. Donald, Chu. Jumping into Plyo metrics. Human Kinetics, Champaign, ILL., 1998.
14. Fuoss Donald E., & Troppmann, Robert J. Effective Coaching (Apsychological
Approach),
Mac. Publishing Company & Collier Macmillan Publishers, 1985.
15. Hardayal Singh, Science of Sports Training, ND; D.a.V. Pub., 1993.
16. Herre, D., Principals of Sports Training, London: Grafion Book, 1982.

M.P.Ed IIIrd. Semester
Paper- VI Opt.(i) Supervision in Physical Education

Time – 3 hours

Total Marks : 100

Theory Marks: 80

Int. Assessment :20

Note: The question paper consists of five units i.e Ist., IInd. IIIrd., IVth. and Vth. The unit Ist., IInd. IIIrd., IVth consists of two questions from each unit (I to IV) carrying 15 marks each and unit Vth. consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit (I to IV) and unit Vth. is compulsory for all.

Unit-I

- (i) Meaning of Supervision
- (ii) Scope and Importance of Supervision in Physical Education and Sports.
- (iii) Factors influencing the supervision
- (iv) Guiding principles of supervision

Planning and operating the Supervisory Programme

- (i) Need and Importance of planning and operating the Supervisory Programme in Physical Education and Sports.
- (ii) Principles of Planning and Operating

Unit-II Supervision and Leadership

- (i) Duties pertaining to administration and supervision
- (ii) Duties pertaining to facilities, equipment, supply, special service and professional growth.
- (iii) Meaning and functions of leadership
- (iv) Guidelines for effective leadership in Physical Education and sports.

Unit-III Method in Supervision

- (i) Visitation – purpose, types , planning the visitation programme, visitation procedure and follow up.
- (ii) Conference- Individual and group conference, situation requiring conferences, planning of Conference, Conduct of conference. Record of meetings.

Curriculum :

- (i) Meaning and factors influencing the Physical Education Curriculum

- (ii) Principles of curriculum development
- (iii) Supervisor's role in co-operative curriculum development and its revision

Unit-IV

- (i) Demonstration – Meaning and purpose of Demonstration, advantages and disadvantages. Types and preparation for demonstration. Conducting the demonstration, follow up.
- (ii) Bulletins- Meaning and purpose, advantages and limitations, kinds and sources of material of a bulletin, characteristics and evaluation of bulletin.

Evaluation :

- (i) Meaning and purpose of Evaluation
- (ii) Types of Evaluation
- (iii) Principles of Evaluation of Physical Education Programme

REFERENCE

1. George, D. Butler : Introduction to community Recreation
2. J.B. Nash : Philosophy of Recreation and Leisure
3. H.Dan Corbin : Recreation Leadership
4. John, L. Hutchinson : Principles of Recreation
5. Meyer, H.D and Brightbill, C.K. : Community Recreation'
6. Carl. E. Wilgoose : The curriculum in Physical Education Boston University, Prentice Hall, Inc., Englewood Cliffs, N. Jersey.

Paper-VI. Opt.(ii) Sport Sociology

Time – 3 hours

Total Marks: 100

Theory Marks: 80

Int. Assessment: 20

Note:- The question paper consists of five units i.e. unit Ist., IInd., IIIrd., IVth. and Vth.

The unit Ist. IInd., IIIrd. and IVth consists of two questions from each unit (I to IV) Carrying 15 marks each an unit Vth consists of ten short answer questions covering the

Whole syllabus carrying 2 marks each. The candidates are required to attempt one

Question from each unit (I to IV) and unit Vth is compulsory for all.

Unit-I: Introduction to Sport Sociology.

- i) Meaning and concept of sport sociology.
- ii) Sociology of sport as a separate discipline.
- iii) Psycho-Social implications and impact of organized youth sport.

Unit- II: Sport and Culture

- i) Meaning of culture, difference between culture and civilization.
- ii) Structure of sport culture.
- iii) Functions of sport culture.
- iv) Sport as a cultural phenomenon.

Unit- III: Social roots of sport society.

- i) Definitions of society.
- ii) Society is a web of social relationship.
- iii) Place of sport and games in different societies.
- iv) Role of Physical Education in the context of social problems.

Unit-IV: Sport and Socialization

- i) Relationship of sports with social institutions.
- ii) Family, Kinship, School, Education system, Peer groups, Voluntary Association.
- iii) Women and Sport
- Organized sports programmes for children.

REFERENCE

1. Bhusan, V. and Sachdeva, An introduction to Sociology, Delhi: Kitab, 2003.
2. Jain, Rachna, Sport Sociology, New Delhi : KSK, 2005.
3. Kanwal jeet, S., Sport Sociology, ND: Friends Pub. 2000.
4. Yadvinder Singh, Sociology in Sport, Sports Publication, 7/26 Ansari road, Darya

Ganj New Delhi -110 002.

5. Sharma, R. N. Urban Sociology, ND: Surjeet Pub., 1993.
6. Singh, Bhupinder, Sports Sociology, New Delhi: Friends, 2004.
7. IGNOU, the Study of Society – Understanding Sociology, Delhi-IGNOU, 2007.
8. Turner, B., Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press., 2006.
9. Prof. A Yobu, Sociology of Sports, Friends Publications (India) 101,4787/23, Ansri road, Darya Ganj, New Delhi – 110 002
10. Dr. Arun Kumar Singh- Advanced General Psychology, Moti Lal Banarasi Das

1. Bunglow Road Jawahar Nagar Delhi.

2.

Paper- VIth.

Option- (iii) Project report and Seminar alongwith

Marks = 80

power point presentation related to dissertation

Int.

Assessment =20

(Treated practical examination).

Total = 100

Note : Every candidate who offers Dissertation shall be required one copy of his/her project report related to dissertation. The last date for receipt of project report in the office of the Chairman, Dept. of Physical Education, shall be **15 December** of the IIIrd. Semester. However, after expiry of above date the extension in the date shall be permissible will penalty as laid down in the General Rules of the Examination. The project report evaluated at the spot by the external examiner.

M.P.Ed- IV Semester
Session 2013-14
Paper-Ist. (Sport Psychology)

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

Note: The question paper consists of five units i.e. unit Ist, IInd. IIIrd. IVth. and Vth.

The Unit Ist.IInd., IIIrd. And IVth consists of two questions from each unit (I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the

Whole syllabus carrying 2 marks each. The candidates are required to Attempt one question from each unit (I to IV) and unit Vth is compulsory for all.

Unit- I Psychology as a Science

Testing Psychological variables:- (i) Sport Aggression Inventory , Athlete Motivation Inventory, Co-operation & Competition Test.

Psychological skills in sport

- Meaning and concept of psychological skills.

- Attention
- Concentration
- Imagery

Unit-II Definition, Concept of Growth and Development

- Principles of growth and development

- Stages of growth and development (Infancy, Childhood, Adolescence)

Physical, mental, social and emotional characteristics of growth and development.

Unit-III Motivation:

i) Meaning, concept and types of motivation

ii) Theories of motivation (drive, need, instinct, competence theories).

iii) Achievement motivation.

iv) Goal-setting in sport.

Unit-IV Emotion, Anxiety and Stress

i) Nature, Characteristics and Classification of Emotions.

ii) Definition and types of anxiety.

iii) Effect of anxiety on sports performance.

iv) Meaning, sources of stress and how stress affects performance.

v) Effective stress management strategies such as relaxation techniques: Yoga, Breathing, imagery and meditation.

REFERENCE

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

M.P.Ed- IV Semester

Paper – II (Measurement and Evaluation in Physical Education))

Time – 3hours

Total Marks : 100
Theory Marks: 80
Int. Assessment :20

Note: The question paper consists of five units i.e unit Ist., IInd. ,IIIRD., IVth. and Vth. The Unit Ist.,

IInd., IIIRD. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit (I to IV) and unit Vth is compulsory for all.

Unit -1

Meaning of Test, Evaluation and Measurement. Importance of test in Physical education and sports. Criteria for test selection - a) Technical Standards b) Practical Standards.

Administration of Test –a) Advance Preparations b) Duties During Testing c) Duties after testing.

Unit – 2

Meaning of Motor Ability, Test of Motor Ability – a) Barrow Motor Ability test b)

Scott Motor Ability Test. Test of Fitness and Endurance – a) AAHPER Youth

Fitness Test b) Harvard Step Test.

Unit – 3

Test of specific sports skill -

Badminton - French Short Serve and Clear Test.

Basket Ball – Johnson Basketball Test.

Hockey – Schmithals-French Test in Field Hockey.

Soccer - Warner Test for Soccer skills.

Unit – 4

Meaning of Psychomotor Test.

Meredith Physical Growth Records and Iowa Posture Test.

Broer – Miller Forehand and Backhand Drive test for Tennis skills.
Petry Volleyball Serve Test.

REFERENCES

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

M.P.Ed- IV Semester

Paper-III (Research Methodology in Physical Education)

Time – 3 hours

Total Marks : 100

Theory Marks: 80

Int. Assessment :20

Note: The question paper consists of five units i.e unit Ist., IInd. ,IIIRD., IVth. and Vth.
The Unit Ist.,

IInd., IIIRD. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

UNIT: I

Historical Research: Meaning, values, scope, characteristics, steps, primary and secondary sources,

Internal and external criticism, pitfalls and reports. Normative/Survey Research and case study

:

Meaning, Kinds, scope, steps and criteria of good survey. Case Study: Meaning, steps, precautions and recommendation.

UNIT: II

Genetics Research: Meaning. Need, importance, steps in conducting Genetics research. Experimental

Research: Meaning, uses, characteristics, field versus laboratory, General Principles, steps and experimental design (single, parallel, repeated and rotational)

UNIT: III

Philosophical Research : Meaning ,Tools and steps for critical thinking. Research Proposal (Synopsis): Meaning and Significance .Steps of preparation of research proposal .Fundamentals of Computers (Input device, Output device, various uses in physical education) Location of research material with help of internet.

UNIT: IV

Research Report:

Format: Preliminary Section

Main Body (Introduction, statement, significance, hypothesis and technical terms) Review of related

literature, Design of the study, Presentation of data, Interpretation of data, discussion, conclusion, summary,

bibliography and appendices.

Reference

1. Best J.W. Research in Education, Prentice Hall Inc. : Delhi-1982
2. Clarke, H.David., Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.1985.
3. Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics Champaign, 1996.
4. Weimer, Jon, Research Techniques in Human Engineering. Prentice Hall: New Jersey.1994.
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7. J.W.Best : Research in Education, Prentice Hall, 1980.
8. D.H. Clarke : Research Processes in Physical Education, Recreation and Health , Prentice Hall, 1970.

M.P.Ed- IV Semester
Paper – IV (Sports Medicine)

Time – 3 hours
Total Marks : 100
Theory Marks: 80
Int. Assessment :20

Note: The question paper consists of five units i.e unit Ist., IInd., IIIrd., IVth. and Vth. The Unit Ist.,

IInd., IIIrd. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

Unit-I. Socio Psychological Factors to improve performance in sports, Stress and sports competitions, Socio -Psychological Stress and human performance in sports, The Seley's theory of stress and its implications, the Psychology and Physiology of Stress, Measurement of Stress, Over training stress syndrome. Psycho- physiological training for stress and psycho-somatic fitness.

Unit-II. Physiological responses to exercise in the heat, cold and altitude. Health risks during exercise in heat and cold, Athlete's diet, Ergogenic aids and doping.

Unit-III. Meaning and scope of body composition, methods of estimating body composition i.e skin fold and hydrometry method, body composition and exercise, Aerobic capacity and exercise.

Unit-IV. Energy, energy production during muscular activity, energy expenditure at rest and during exercise, Yoga therapy for psycho-physiological ailments, yoga and psycho-physiological training of games and sports.

References :

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Rasch, P.J.
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8. Pande, P.K. “ Know How Sports Medicine?” AP Publications, Jalandhar

M.P.Ed- IV Semester

Paper – V (Scientific Principle of Sports

Training)

Time – 3 hours

Total Marks : 100

Theory Marks: 80

Int. Assessment :20

Note: The question paper consists of five units i.e unit Ist., IInd. ,IIIrd., IVth. and Vth. The Unit Ist.,

IInd., IIIrd. and IVth consists of two questions from each unit(I to IV) carrying 15 marks each and unit Vth consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit(I to IV) and unit Vth is compulsory for all.

UNIT – I BIO-MOTOR ABILITIES AND THEIR DEVELOPMENT

1.1 Strength

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

1.2 Speed

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

UNIT – II ENDURANCE, FLEXIBILITY AND COORDINATIVE ABILITIES

2.1 Endurance

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

2.2 Flexibility

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

2.3 Coordinative abilities

- Definition

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

UNIT – III TECHNICAL AND TACTICAL PREPARATION

3.1 Technique Training

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

3.2 Tactics

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

UNIT – IV COMPETITION TRAINING AND PERIODISATION

4.1 Periodisation

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

4.2 Competition

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

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M.P.Ed IVth. Semester
Paper- VI Opt.(i) Supervision in Physical Education

Time – 3 hours

Total Marks : 100
Theory Marks: 80
Int. Assessment :20

Note: The question paper consists of five units i.e Ist., IInd. IIIrd., IVth. and Vth. The unit Ist., IInd. IIIrd., IVth consists of two questions from each unit (I to IV) carrying 15 marks each and unit Vth. consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit (I to IV) and unit Vth. Is compulsory for all.

Unit-I

Supervision in Physical Education

- (i) Modern concept of supervision and how does it differs from inspection.
- (ii) Significance of Supervision to success the Physical Education and Sports programme in the modern trend.
- (iii) Qualities and qualification of good supervisor.
- (iv) Relationship of leader and supervisor in Physical Education and Sports programme.

Unit-II

Methods in Supervision

- (i) General methods in supervision for improvement of instructions and professional growth – workshop, in – service training courses, clinics, advance study, professional literature, orientation and research.

Evaluation :

- (i) Modern concept of evaluation
- (ii) Meaning and objectives of evaluation
- (iii) Factor effecting the evaluation

Unit-III

Planning and operating the supervision Programme.

- (i) The need for planning the supervisory programme

- (ii) Objectives of planning the supervisory programme
- (iii) Principles of planning the supervisory programme
- (iv) Relationship with the teaching staff
- (v) Group power and group work
- (vi) Teacher development

Unit-IV

Purpose and Principles of Organization

- (i) Rules and regulation of organization
- (ii) Procedure and attributes of an organization
- (iii) Destination and characteristics in organization
- (iv) Advantages and types of organization
- (v) Functions and developmental aspect of organization
- (vi) Public Relation and its importance in organization
- (vii) Community involvement and public relations.

REFERENCE

1. George. D. Butler : Introduction to community Recreation
2. J.B. Nash : Philosophy of Recreation and leisure
3. H.Dan Corbin : Recreation Leadership
4. John, L. Huthchinson : Principles of Recreation
5. Meyer, H.D and Nrightbill, C.K. : Community Recreation
6. Carl. E. Wilgoose : The curriculum in Physical Education Boston University, Prentice Hall, Inc., Englewood Cliffs, N. Jersey.

M.P.Ed- IV Semester
Paper-VI. Opt.(ii) Sport Sociology

Time – 3 hours
Total Marks: 100
Theory Marks: 80
Int. Assessment: 20

Note:- The question paper consists of five units i.e. unit Ist., IInd., IIIrd., IVth. and Vth.

The unit Ist. IInd., IIIrd. and IVth consists of two questions from each unit (I to IV) carrying 15 marks each an unit Vth consists of ten short answer questions covering the whole syllabus carrying 2 marks each. The candidates are required to attempt one question from each unit (I to IV) and unit Vth is compulsory for all.

Unit-I : Testing Sociological variables

- i) Sociometry Test.
- ii) Leadership behavior scale
- iii) Attitude measurement for Physical Education scale.

Unit- II : Sport and Leadership.

- i) Leadership of sport with other elements of culture, responsibilities of sports leader.
- ii) Spectators, fans and violence influence in dynamics of sports.
- iii) Sports problem at school and college (academic performance, use, mis-use And abuse of sports)
- iv) Post retirement social and Psychological problems of athletes.

Unit- III: Sport and Economic and Political Institution.

- i) Sport and business.
- ii) Role of Physical Education in National integration.
- iii) Politics in sport.
- iv) The meaning, type and role of social interaction (conflict Accommodation and Assimilation)

Unit-IV: Sport Commercialization and Public Relation process

- i) Impact of media on sport and sponsorship.
- ii) Role of media in making and breaking images in sport.
- iii) Impact of commercialization and privatization changes in sport.
- iv) Sports: A Pandora of jobs and incentives.

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5. Sharma, R. N. Urban Sociology, ND: Surjeet Pub., 1993.
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9. Prof. A Yobu, Sociology of Sports, Friends Publications (India) 101,4787/23, Ansri road, Darya Ganj, New Delhi – 110.
10. Dr. Arun Kumar Singh- Advanced General Psychology, Moti Lal Banarasi Das Bungalow Road Jawahar Nagar Delhi.

Paper-VI. Opt. – IIIrd. Dissertation = Evaluation Marks =80
Int. Assessment = 20
Total =100

Syllabus for Practical Papers (Semester-IV)

Paper-VII Class Room Theory Lesson (Practical)
Marks 100

- (i) Preparation of five Supervision lessons of class Room theory in the notebook.
- (ii) Assessment will be made by the external and internal examiners on the basis on performance, confidence level, body language in teaching and use of audio visual aids related to subject matter.

Paper-VIII Teaching and Coaching Athletic(Practical)
Marks 100

1. General and specific warming up
 2. Teaching of Athletic events (Track and field events)
 3. Marking of Track and Field events
 4. Knowledge and duties of various officials
 5. Preparation of five Supervisory Athletic Lesson Plan in the Note-Book
 6. Project work on Track and Field – History, various events records, conduct of Athletic meet
(Project- Note-Book)
- Marks : 25

Paper-IX Teaching and Coaching of Games (Practical) **Marks :100**

1. General and specific warming up
2. Teaching of fundamental skills
3. Teaching of lead-up Games
4. Marking of concerned Playfields/ events
5. Preparation of five supervisory game lesson plan in the Note-Book
6. Knowledge and duties of the officials of the concern games.
7. Project work on concerned game – History, Various, techniques, records, and
Conduct of the game (Project Note-Book)

Marks : 25