

Scheme of Examination for M.P.Ed. Course

w.e.f. 2014-15

M.P.Ed. - 1st Semester

| Paper No | Name of the Paper | Type of Paper | Marks | Internal Assessment | Total Marks | Minimum Passing Marks |
|-----------------|-------------------------------------------------------------------|----------------------|--------------|----------------------------|--------------------|------------------------------|
| Paper- I | Historical and Philosophical Perspective of Physical Education | Theory | 80 | 20 | 100 | 35 |
| Paper-II | Kinesiology | Theory | 80 | 20 | 100 | 35 |
| Paper-III | Anatomy and Physiology | Theory | 80 | 20 | 100 | 35 |
| Paper-IV | Pedagogic Techniques in Physical Education | Theory | 80 | 20 | 100 | 35 |
| Paper-V | Techniques of Officiating and Coaching | Theory | 80 | 20 | 100 | 35 |
| Paper-VI | <u>Optional</u> (i) Health Education OR (ii) Yoga | Theory | 60 | 15 | 75 | 28 |
| Total | | | 460 | 115 | 575 | |

M.P.Ed. - 2nd Semester

From Session 2014-15

| Paper No. | Name of the Paper | Type of Paper | Marks | Internal Assessment | Total Marks | Minimum Passing Marks |
|------------------|------------------------------------------------------------------|----------------------|--------------|----------------------------|--------------------|------------------------------|
| Paper-I | Historical and Professional Perspective of Physical Education | Theory | 80 | 20 | 100 | 35 |
| Paper- II | Biomechanics in Physical Education | Theory | 80 | 20 | 100 | 35 |
| Paper- III | Anatomy & Physiology | Theory | 80 | 20 | 100 | 35 |
| Paper-IV | Sports Management | Theory | 80 | 20 | 100 | 35 |
| Paper-V | Techniques of Officiating and Coaching | Theory | 80 | 20 | 100 | 35 |
| Paper-VI | Optional (i) Health Education OR (ii)Yoga | Theory | 60 | 15 | 75 | 28 |
| Paper-VII | Optional (i) Health Education OR (ii)Yoga | Practical | 50 | NIL | 50 | 20 |
| Paper-VIII | Teaching & Coaching of Athletics | Practical | 100 | NIL | 100 | 40 |
| Paper-IX | Teaching & Coaching Of Games | Practical | 100 | NIL | 100 | 40 |
| Total | | | 710 | 115 | 825 | |

1st Semester **575**

2nd Semester **825**

Total Marks **1400**

M.P.Ed. - 3rd Semester

From Session 2015-16

| Paper No | Name of the Paper | Type of Paper | Marks | Internal Assessment | Total Marks | Minimum Passing Marks |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|--------------|----------------------------|--------------------|------------------------------|
| Paper- I | Sports Psychology | Theory | 80 | 20 | 100 | 35 |
| Paper-II | Statistical Techniques in Physical Education | Theory | 80 | 20 | 100 | 35 |
| Paper-III | Research Methodology in Physical Education | Theory | 80 | 20 | 100 | 35 |
| Paper-IV | Sports Medicine | Theory | 80 | 20 | 100 | 35 |
| Paper-V | Fundamental of Sports Training | Theory | 80 | 20 | 100 | 35 |
| Paper-VI | <u>Optional</u> (i) Supervision in Physical Education OR (ii) Sports Sociology OR (iii) Seminar Related to Dissertation (Treated as Practical Examination) | Theory | 80 | 20 | 100 | 35 |
| Total | | | 480 | 120 | 600 | |

Note: Students opting for Paper – VI Option – iii (Dissertation) must submit their Synopsis of dissertation by 15th November every year.

M.P.Ed. - 4th Semester

From Session 2015-16

| Paper No | Name of the Paper | Type of Paper | Marks | Internal Assessment | Total Marks | Minimum Passing Marks |
|--------------|---------------------------------------------------------------------------------------------------------------------|---------------|------------|---------------------|-------------|-----------------------|
| Paper-I | Sports Psychology | Theory | 80 | 20 | 100 | 35 |
| Paper-II | Measurement and Evaluation in Physical Education | Theory | 80 | 20 | 100 | 35 |
| Paper-III | Research Methodology in Physical Education | Theory | 80 | 20 | 100 | 35 |
| Paper-IV | Sports Medicine | Theory | 80 | 20 | 100 | 35 |
| Paper-V | Scientific Principles of Sports Training | Theory | 80 | 20 | 100 | 35 |
| Paper-VI | Optional (i) Supervision in Physical Education OR (ii) Sports Sociology OR (iii) Dissertation | Theory | 80 | 20 | 100 | 35 |
| Paper-VII | Classroom Theory Lesson | Practical | 100 | NIL | 100 | 40 |
| Paper-VIII | Teaching & Coaching of Games - 1 | Practical | 100 | NIL | 100 | 40 |
| Paper-IX | Teaching & Coaching Of Games - 2 | Practical | 100 | NIL | 100 | 40 |
| Total | | | 780 | 120 | 900 | |

| Semesters | Marks |
|--------------------------------|-------------|
| 1st Semester | 575 |
| 2nd Semester | 825 |
| 3rd Semester | 600 |
| 4th Semester | 900 |
| Grand Total | 2900 |

M.P.Ed - (1st Semester) w.e.f.2014-2015

Paper-I

(Historical and Philosophical Perspective 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 unit I, II, III and IV. Unit – Vth will 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

INTRODUCTION TO PHYSICAL EDUCATION

- a) Definition of Physical Education, Aim and Objectives of Physical Education.
- b) Contribution of Physical Education to General Education.
- c) Scope of Physical Education
- d) Need and importance of Physical Education.
- e) Definition and Meaning of Terminology used - Physical Culture, Physical Training, Physical fitness, Gymnastics, Drill & Marching, Games and Sports.

Unit: II

HISTORICAL PERSPECTIVES OF PHYSICAL EDUCATION

- a) History of Physical Education in Ancient India.
- b) History of Physical Education in India (Pre-Independence).
- c) History of Physical Education in India (Post Independence).
- d) History of Physical Education in Greece.
- e) History of Physical Education in Rome.

Unit: III

PHILOSOPHICAL PERSPECTIVES OF PHYSICAL EDUCATION

- a) Idealism and Physical Education
- b) Pragmatism and Physical Education
- c) Naturalism and Physical Education
- d) Humanism and Physical Education
- e) Realism and Physical Education

Unit: IV

INTERNATIONAL SPORTS EVENTS

- a) Ancient Olympic
- b) Modern Olympic
- c) Asian Games
- d) Commonwealth Games
- e) SAFE Games

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 (1st Semester) w.e.f.2014-2015

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 unit I, II, III and IV. Unit – Vth will 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 of axis and planes.
- (iii) Types of axis and planes.
- (iv) Medical Terminology of Body Position
- (v) Terminologies of different Body movements

Unit-II

- (i) Functional classification of Skelton Muscles
- (ii) Muscles of back and abdominal region
Latissimus Dorsi, Trapezius, Rhomboid Major, Rhomboid Minor and Rectus Abdominal
- (iii) Gluteus maximus, Gluteus medius and Gluteus minimus Muscles
- (iv) Sternocleidomastoid muscle

Unit-III

- (I) Upper Extremity
 - (i) Shoulder joint – Structure, Ligaments, Muscle reinforcement and Movement.
 - (ii) Elbow joint - Structure, Ligaments, Muscle reinforcement and Movement.
- (II) Muscles at upper extremity and stomach:
Deltoid, Biceps, Triceps and Pactoralis Major.

Unit-IV

(I) Lower extremity

- (i) Hip Joint - Structure, Ligaments, Muscle reinforcement and Movement.
- (ii) Knee joint – Structure, Ligaments, Muscle reinforcement and Movement

(II) Muscle at lower extremity:

- (i) Hamstrings group of Muscles
- (ii) Quadriceps group of Muscles
- (iii) Gastrocnemius Muscle

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 (1st Semester) w.e.f.2014-2015

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 unit I, II, III and IV. Unit – Vth will 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 Physiotherapy, Occupational,McDonald, R.J.S Therapy and Gymnastics, Edward ArnoldPvt.Ltd., 1969.
7. Kiober Grey Anatomy and Physiology.
8. Stackpoles Anatomy and Physiology (6th.ed.)

M.P.Ed - (1st Semester) w.e.f.2014-2015

Paper – IV

(Pedagogic Techniques in 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 unit I, II, III and IV. Unit – Vth will 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
- Meaning of pedagogy

Unit-II

- Meaning and importance of audio-visual aids in the field of Physical Education and Sports.
- Types of audio-visual Aids.
- Computer devices and technologies used in Physical Education and Sports- Computer Hardware, Software, Operating Systems, Input Devices, Out Put Devices, RAM, ROM, Mother Board, Internet and Steps of preparing Power Point Presentation.
- **Teaching of Motor Skills-**
 - i) Individual games,
 - ii) Team games,

Unit- III

- Meaning, importance and factors affecting of time-table.
- Meaning and importance if 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)

M.P.Ed (1st Semester) w.e.f.2014-2015
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 unit I, II, III and IV. Unit – Vth will 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 Track

- 400mts. 200mts. track marking.

Measurements of courts of different Team game:

Handball, Basket Ball, Softball, Kho-Kho & Kabbaddi,

Measurements of courts of different Individual game:

Judo, Weight Lifting, Lawn Tennis & Badminton

Unit- III

- Interpretation of rules and regulations of various games and sports
- Duties of 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)

M.P.Ed (1st Semester) w.e.f.2014-2015

Paper- VI

(Option - (i) Health Education)

Time: Three Hours

Total Marks: 75

Theory Marks: 60

Int. Assessment: 15

Note: Paper setter is required to set 2 questions from each unit I, II, III and IV. Unit – Vth will 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 Suttan: Health for Effective living, N.Y., Mcgraw Hill Books Co., Inc., 1958.M.P.Ed (Semester –I)

M.P.Ed - 1st Semester w.e.f.2014-2015

Paper - VI
(Option - (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 and IV. Unit – Vth will 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, Dhyan Yoga, Bhakti Yoga, Raj Yoga, Gyan Yoga, Tantra Yoga, Astang Yoga and Sanyas Yoga.

Unit-III

- Meaning and types of Asana
- Cultural Asana-Bhujanga Asana, Shalabha Asana, Dhanur Asana, Hala Asana, Matsa Asana, Ardhmatsyendra Asana, Paschimottana Asana, Ustra Asana,
- Meditative Asana: Padmasana, Sidhasana, Sukhasana
- Relexative Asana: Shavasana, Makarasana, Vajrasana

Unit-IV

- Meaning and types of Pranayama – Bhastrika, Shitkari, Bharamari, 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 Alam Danial
6. Yoga Personal Hygiene by Shri Yogendra
7. Yoga for Every Man by Desmonds Dubee
8. Massage and medical Gymanstics by Mary V.Lacc.

M.P.Ed - 2nd Semester w.e.f.2014-2015

Paper- I

(Historical and Professional Perspective 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 unit I, II, III and IV. Unit – Vth will 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

RECREATIONAL ASPECT OF PHYSICAL EDUCATION

- a) Meaning, aim and objective of Recreation.
- b) Importance of Recreation.
- c) Theories and Principles of Recreation.
- d) Recreational programme for various categories of people: Children, Adults and Old Age Persons.

Unit-II

HISTORICAL PERSPECTIVES OF PHYSICAL EDUCATION

- a) History of Physical Education in Germany.
- b) History of Physical Education in Sweden.
- c) History of Physical Education in Denmark.
- d) History of Physical Education in Russia.

Unit-III

PROFESSIONAL ASPECTS OF PHYSICAL EDUCATION

- a) Educational and Professional Qualification of Physical Education Teacher at different levels.
- b) Career opportunity in Physical Education.
- c) Professional Ethics of Physical Education Teachers.
- d) Summary of current Sports Policy of India.

Unit-IV

SPORTS TALENT IDENTIFICATION

- a) Meaning and steps for Sports Talent Identification.
- b) Factor effecting Talent Identification.
- c) Talent Identification Scheme of Haryana and SAI
- d) National Sports Awards & Trophies.

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. Bucher, G.A (1992) Foundations of Phy.Edu. and Sports.

M.P.Ed- 2nd Semester w.e.f.2014-2015
Paper-II
(Biomechanics in 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 unit I, II, III and IV.

Unit – Vth will 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 Scope of Biomechanics in Physical Education

Basic concepts of kinematics and kinetics

Definition of terms: Distance, Displacement, Speed, Velocity, Acceleration, Mass & Weight

Meaning of Motion and types of Motion

Unit- II

Newton's Laws of Motion and their application.

Lever: (a) Classification of Levers, Lever Arms.

(b) Concept of Mechanical advantage.

(c) Human body levers.

Force: (a) Definition and Effects of Forces.

(b) Properties of Force.

(c) Internal and External Forces.

(d) Centripetal and Centrifugal Forces.

(e) Friction: Definition, Coefficient of friction, factors effecting friction and types of friction

Unit – III

- Meaning of Center of Gravity and Line of Center of Gravity
- Meaning Equilibrium, types of equilibrium & principles of stability
- Meaning of Projectile, Characteristics of Projectile, Range of Projectile, Height of Projectile and Time of Projectile
- Buoyancy Force and Principle of Flotation

Unit – IV

- Meaning of Spin, Types of Spin, Effect of Spin on angle of rebound and Magnus Effect
- Meaning of Work, Power and Energy
- Mechanical Analysis of Gait Cycle Walking and Running
- Mechanical Analysis of Long Jump (Takeoff and landing)
- Mechanical Analysis Shot Put (Power Position and Delivery Phase)

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
9. Shaw, D. Mechanical Bases of Biomechanics, London- A & C, 2003

M.P.Ed- 2nd Semester w.e.f.2014-2015

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 unit I, II, III and IV. Unit – Vth will 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, Meaning of Blood Pressure, Systolic and Diastolic Blood Pressure, Factors affecting blood pressure, Method of measurement of blood pressure.

Unit- II

Anatomy of Heart, Systemic, Pulmonary and Coronary Circulations, Mechanism of Heart Contraction, Heart rate, Stroke volume, Cardiac output, Cardiac reserve capacity and 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 Physiotherapy, Occupational, McDonald, R.J.S Therapy and Gymnastics, Edward Arnold Pvt. Ltd., 1969.
7. Kiober Grcy Anatomy and Physiology.
8. Stackpoles Anatomy and Physiology (6th. ed.)

M.P.Ed- 2nd Semester w.e.f.2014-2015

Paper-IV
(Sports Management)

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. Unit – Vth will 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

- Layout 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 Prakas 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.

M.P.Ed- 2nd Semester w.e.f.2014-2015

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 unit I, II, III and IV. Unit – Vth will 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

- **Measurements of courts of different game**

Hockey, Football, Volleyball, Cricket . Base ball

Individual Games

Cycling, Wrestling& Table tennis

- Preparation of score seats of track and field events
- Principles and methods of selection of players/ team for various competitions

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- 2nd Semester w.e.f.2014-2015

Paper- VI
(Option - (i) Health Education)

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

Note: Paper setter is required to set 2 questions from each unit I, II, III and IV.

Unit – Vth will 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 (Health Education) Paper VI Option (i) - 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- 2nd Semester w.e.f.2014-2015

Paper- VI
(Option - (ii) Yoga)

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

Note: Paper setter is required to set 2 questions from each unit I, II, III and IV. Unit – Vth will 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 kiryas

- 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 Mentaland 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.

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

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 Gymanstics by Mary V.Lacc.

M.P.Ed- 2nd Semester
From Session (2014-2015)

Paper – VII
(Practical)

Option – I (Health Education)

Marks: 50

- | | | |
|-------------------------------------------------------|---|-----------|
| First Aid Box (Material of First aid Box and its use) | - | Marks: 10 |
| First Aids for different Types of incidents | - | Marks: 10 |
| Tying of different Types of bandages and slings | - | Marks: 10 |
| Practical Note Book | - | Marks: 10 |
| Viva-Voce | - | Marks: 10 |

Option – II (Yoga)

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-VoceMarks: 10

M.P.Ed- 2nd Semester
From Session (2014-2015)

Paper-VIII

(Practical)

(Teaching and Coaching of Athletics)

Marks: 100

- | | |
|-----------------------------------------------------|-----------|
| 1. Marking of Track: 200m and 400m | Marks: 20 |
| 2. Marking of sectors: Short Put, Discuss & Javelin | Marks: 20 |
| 3. Skills of Athletic Events (Teaching) | Marks: 30 |

(Note: Students have to select any one of the following events for the examination)

- a) Types of Starts (Standing and Sitting) b) Finishing the Race c) Short Put
d) Discuss Throw e) Javelin Throw f) Long Jump g) High Jump h) Baton Exchange

- | | |
|------------------------|-----------|
| 4. Practical Note Book | Marks: 10 |
| 5. Viva-Voce | Marks: 20 |

M.P.Ed- 2nd Semester
From Session (2014-2015)
Paper-IX

(Practical)

(Teaching and Coaching of Games)

Marks: 100

Compulsory Games: Kabaddi, Kho-Kho, Football, Boxing/Self Defence

Note: Students will select any one of the above games for practical examination.

- | | |
|----------------------------------------------|------------------|
| 1. Marking of Ground/Court | Marks: 10 |
| 2. Score Sheets | Marks: 10 |
| 3. General Rules | Marks: 10 |
| 4. Officiating | Marks: 10 |
| 5. Basic Fundamental Skill (Teaching) | Marks: 30 |
| 6. Tactics and Strategies | Marks: 10 |
| 7. Note Book | Marks: 10 |
| 8. Viva-Voce | Marks: 10 |

M.P.Ed- III Semester
(From the Session 2014-15)

Paper -1st
(Sport Psychology)

Time – 3 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. Unit- V will consists of two questions from each unit (I to IV) carrying 15 marks each and unit V 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 to IV) and unit V 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- Dr.Ravi Kant&Dr.Vibhuti Narain Mishra,
 - (ii)Self-concept Questionnaire- Dr.Raj Kumar Saraswat
 - (iii)Sports specific personality Test-_Dr. Agyajit Singh

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.
- ii) Theories of learning
 - Thorndike's (Trial and Error Theory) - Pavlov (Learning by Conditioning) - Gestalt (Learning by insight)
- iii) Social learning Theory.

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 RowPublishers.
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 Bungalow Road Jawahar Nagar Delhi.

M.P.Ed- III Semester
From Session (2015-2016)
Paper - II
(Statistical Techniques in Physical Education)

Time – 3 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. Unit- V will 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 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, Meaning 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.
Computation of Range, Quartile Deviation, Average Deviation and Standard Deviation.

Unit - III

Meaning of Normal Probability Curve, Properties of Normal Curve.
Meaning and types of Skewness and kurtosis.
Calculation of probability for various combinations 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. Types of Bar Diagrams, Method of preparing Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram.

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

REFERENCES

1. Clarke.HH.The Application of Measurement in Health and Physical Education,1992.
2. Clarke,David H.and Clake H.Hares N. Research Process in Health Education Physical Education and Recreation . Englewood Cliffs, New Jersey, Prentice Hall, Inc.1986.
3. Shaw. 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
(From the Session 2015-16)

Paper-III

(Research Methodology in Physical Education)

Time – 3 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. Unit- Vth will 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 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
(From the Session 2015-16)
Paper – IV
(Sports Medicine)

_Time – 3 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. Unit- Vth will 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 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. The rapeutic 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 model ties i.e cry therapy, 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, Philadelphia, W.B. Saunder CO., 1963
4. 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
(From the Session 2015-16)
Paper – V
(Fundamental of Sports Training)

Time – 3 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. Unit-Vth will 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 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, adaptation of Load, 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 , Macro Cycle, Meso Cycle , Micro Cycle / Training session plan)

REFERENCES

1. Allan W. Jakson & James R. Morrow (1999), "Physical Activity for Health and Fitness". Human Kinetics.
2. American College of Sports Medicine (1991), "Guidelines for Exercises Testing and Prescription" ed. (Philadelphia: Lea & Febiger).
3. Annette, Lang Morning Strength Workouts. Human Kinetics, Champaign, Ilc, USA, 2007.
4. B.Don, Frnak, Edward J. Howley (1995), "Fitness Leaders Handbook". (Human Kinetics)
5. Claude Bouchard, Roy J. Stephard, Thomas Stephens (1993), "Physical Activity, Fitness and Consensus Statement" (Human Kinetics Publishers).
6. Craig A. Wrisberg, Sports Skill Instruction for Coaches. Human Kinetics, Champaign, iic, USA
7. Cratty, B. Perceptual and Motor Development in Infants and Children. Pretice Hall, 1989.
8. Daniel, D. Arnheim & 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 (A psychological 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
(From the Session 2015-16)

Paper- VI

(Option - (i) Supervision in Physical Education)

Time – 3 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. Unit-Vth will 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 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 & 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-

M.P.Ed - IIIrd. Semester
(From the Session 2014-15)
Paper - VI.
(Option - (ii) Sport Sociology)

Time – 3 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. Unit -Vth will 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 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

M.P.Ed IIIrd. Semester
(From the Session 2015-16)
Paper- VI

(Option- (iii) Seminar Related to Dissertation)

Power point presentation related to synopsis

Dissertation: Marks = 80

Int. Assessment =20

(Treated Practical examination)

Total = 100

Note: Every candidate who offers Dissertation shall be required one copy of his/her synopsis related to dissertation. The last date for receipt of synopsis in the office of the Chairman, Dept. of Physical Education, shall be 15 November 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 synopsis evaluated at the spot by the external examiner.

M.P.Ed- IV Semester
(From the Session 2014-15)
Paper-Ist
(Sport Psychology)

Time – 3 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. Unit-Vth will 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 to IV) and unit Vth is compulsory for all.

Unit- I: Psychology as a Science

Testing Psychological variables:-

- Sport Aggression Inventory-Prof.Anand Kumar Srivastva,
- Athlete Motivation Inventory-L.N.Dubey

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 Dynamics of motivation in Sports
- 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) Psychological factors affecting Sports Performance –Stress, Anxiety, Tension and Aggression
- iii) Effective strategies such as relaxation techniques: Yoga 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 RowPublishers.
4. Jain, D., Introduction to Psychology, New Delhi: K.S.K, 2003.
5. Kamlesh, M.L.Education Sports Psychology, New Delhi, Friends Pub., 2006.
6. Kamlesh,M.L.,Key Ideas in Sport Psychology, New Delhi, Friends Pub.2007 Kutty, S.K Foundations of Sports & Exercise Psychology, New Delhi: Sports,2004.
7. Robert.S.Weinberg - Foundations of Sports and Exercise Psychology (Third Edition) Daniel Gould
8. Jack H.Liewellyn - Psychology of Coaching: Theory and Application (Surjeet Publisher New Judy A. Blucker Delhi)
9. Jashwant Kaur Virk - Psychology of Teaching and Learning (Twenty First Century Publication Pardeep Kumar Sahu Patiala.2008.
10. Dr. Arun Kumar Singh- Advanced General Psychology, Moti Lal Banarasi Das Bunglow Road Jawahar Nagar Delhi. M.P.Ed- IV Semester

M.P.Ed- IV Semester
(From the Session 2015-16)

Paper – II

(Measurement and Evaluation in Physical Education)

Time – 3hours

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. Unit-Vth will 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 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 (Validity, Reliability, Objectivity & Norms) b) Practical Standards. Administration of Test –a) Advance Preparations b) Duties During Testing c) Duties after testing.

Unit – 2

Measurement of B.M.I, Measurement of Body fat percentage with skinfold measurement, 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 c) Copper 12 Min run test

Unit – 3

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

Unit – 4

Method of Strength measurement with dynamometer, Scientific Method of Measuring the height of person, 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
(From the Session 2015-16)

Paper-III
(Research Methodology in Physical Education)

Time – 3 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. Unit-Vth will 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 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 of result conclusion, summary, bibliography and appendices.

References

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- IV Semester
(From the Session 2015-16)
Paper – IV
(Sports Medicine)

Time – 3 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. Unit-Vth will 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 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 hygrometry 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:

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

M.P.Ed- IV Semester
(From the Session 2015-16)

Paper – V

(Scientific Principles of Sports Training)

Time – 3 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. Unit -Vth will 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 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)

REFERENCES

1. Hoeger (2005), “Principles and Labs in Fitness & Wellness”.
2. Jenson, C.R. Fisher, A.G. Scientific Basic of Athletic Conditioning, Lea and Febiger, Philadelphia, 1992.
3. Jones, J. Jones, Wells, L. Jannet, Peters, Rachael E., Johnson, Dewayne J., Effective Coaching (Principles & Practice). Allyn & Bacon, Massachusetts, USA, 1982.
4. Katch, F.L. & Mc. Ardle, W.O. (1989), “Nutrition, Weight Control and Exercises” 3rd ed. (Philadelphia: Lea & Febiger).
5. Lee, E. Brown & Vance A. Ferrigna (editors): Training for speed, Agility and Quickness, Human Kinetis, Champaign. Llc. USA, 2005.
6. Marney, B. Simon & Steren R. Levisohn. The Athlete within A Personal Guide To total Fitness, Little Brown Company, Boston, 1987.

7. Matveyew, L.P. Fundamentals of Sports Training (translation from Russian) Mir. Publishers, Moscow. 1991.
8. Novich, Max M. & Taylorm, Buddy Training Conditioning of Athletes, Lea & Febiger, Phildelphia, 1983.
9. Roy. J. Shephard (1994), "Aerobic Fitness and Health" (Human Kinetics Publishers).
10. Singh, H., Science of Sports Training, Delhi: D.V.S. Publishers, 1991.
11. Thani, Yograj, Sports Training, Delhi: Sports, 2003.
12. Uppal, A.K. and Gautam, Principles of Sports Training, Delhi: Friends, 2001.
13. Vivian H. Heyward (1991), "Advanced Fitness Assessment and Exercise Prescription" 2nd ed. (Human Kinetics Publishers).
14. Willmore, J.H. Athletic Training and Physical Fitness. Allyand Bacon, Inc. Sydney, 1987.
15. Scott. K. Powers, Stephen L. Dodd. (1999) Total Fitness: Exercise, Nutrition and Wellness, Allyn & Bacon, United States of America.

M.P.Ed - IVth Semester
(From the Session 2015-16)

Paper- VI

(Option - (i) Supervision in Physical Education)

Time – 3 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. Unit – Vth will 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 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

M.P.Ed - IVth Semester
(From the Session 2014-15)
Paper-VI
(Option - (ii) - Sport Sociology)

Time – 3 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. Unit – Vth will 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 to IV) and unit Vth is compulsory for all.

Unit-I

Testing Sociological variables

- i) Sociometry Methods
- ii) Leadership behavior scale-Dr.Asha Hinaer
- iii) Attitude measurement for Physical Education scale.—Dr.G.P.Thakur and Manju Thakur
- iv) Co-operation and Competition Test-APRC'S Research Product series

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.

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, DaryaGanj 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.
10. Dr. Arun Kumar Singh- Advanced General Psychology, Moti Lal Banarasi Das Bunglow Road Jawahar Nagar Delhi.

M.P.Ed IVth Semester

(From the Session 2015-16)

Paper-VI

(Option - IIIrd)

Dissertation

Evaluation Marks =80

Int. Assessment = 20

Total =100

Note: Students opting for Paper – VI Option – iii (Dissertation) must submit their Dissertation in the office of the Department up to 31March every year.

Syllabus for M.P.Ed – 4th Semester (Practical Papers)
(From the Session 2015-16)

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.

M.P.Ed- 4th Semester
(From the Session 2015-16)
Paper-VIII

(Practical)

(Teaching and Coaching of Games - 1)

Marks: 100

Compulsory Games: Hockey, Basketball, Baseball/Softball, Wrestling, Badminton/Ball Badminton

(Note: Students will select any one of the above games for practical examination)

- | | |
|----------------------------------------------|------------------|
| 1. Marking of Ground/Court | Marks: 10 |
| 2. Score Sheets | Marks: 10 |
| 3. General Rules | Marks: 10 |
| 4. Officiating | Marks: 10 |
| 5. Basic Fundamental Skill (Teaching) | Marks: 30 |
| 6. Tactics and Strategies | Marks: 10 |
| 7. Note Book | Marks: 10 |
| 8. Viva-Voce | Marks: 10 |

M.P.Ed- 4th Semester
(From the Session 2015-16)
Paper-IX

(Practical)

(Teaching and Coaching of Games - 2)

Marks: 100

Compulsory Games: Cricket, Handball, Volleyball, Table-Tennis & Lawn – Tennis

(Note: Students have to select any one of the above games for the examination)

- | | |
|----------------------------------------------|------------------|
| 1. Marking of Ground/Court | Marks: 10 |
| 2. Score Sheets | Marks: 10 |
| 3. General Rules | Marks: 10 |
| 4. Officiating | Marks: 10 |
| 5. Basic Fundamental Skill (Teaching) | Marks: 30 |
| 6. Tactics and Strategies | Marks: 10 |
| 7. Note Book | Marks: 10 |
| 8. Viva-Voce | Marks: 10 |