

## Syllabus for Common Entrance Test (2018): M.P.Ed./M.P.E.S.

### Subject Related 100 Questions all over the Syllabus:

#### Unit: 1 - HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Meaning, Aims and Objective of Physical Education  
Historical Development of Physical Education in India  
Principles of Physical Education  
Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism, Indian Philosophy and Culture.

#### Unit – 2 – ANATOMY, PHYSIOLOGY & EXERCISE PHYSIOLOGY

Anatomy and Physiology of Skeleton System, Circulatory system, Respiratory System, Digestive system, Excretory system, Endocrine glands and Nervous systems  
Effect of Exercise on Skeleton System, Circulatory system, Respiratory System, Digestive system, Excretory system, Endocrine glands and Nervous systems.

#### Unit – 3 - HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Dimensions, Objective and Principles of Health Education  
Communicable and Non Communicable Diseases  
Nutrients: Functions of Carbohydrates, Protein, Fat, Vitamins and Minerals  
Basic concept of balanced diet  
Pollution: Its type and management.

#### Unit – 4 - OLYMPIC MOVEMENT

Ancient and Modern Olympic Games  
Olympic: Moto, Ceremonies and Symbols.  
Different types of Olympic Games  
International Olympic Committee - Structure and Functions  
National Olympic committees and their role in Olympic movement

#### Unit – 5 - OFFICIATING AND COACHING

Concept and principles of officiating and coaching  
Duties of coach and officials in general, pre, during and post game.  
Ethics of officiating and Coaching  
Qualities and qualification of coach and official  
General rules of games and sports

#### Unit – 6 –YOGA EDUCATION

Meaning, Aims and Objectives of Yoga  
The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi  
Effect of Asanas and Pranayama on various system of the body  
Types of Bandhas, mudras and kriyas

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**Unit – 7 - EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION**

Teaching Methods - Meaning and types  
Teaching Aids – Meaning and types  
Lesson Planning – Meaning, Type and principles of lesson plan.  
Application of Computers in Physical Education  
Components of computer and Software used in Physical Education and sports

**Unit – 8 - ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION**

Program planning: Meaning and Principles of program planning in physical education.  
Maintenance of Various types Records and Registers  
Budget: Criteria of a good Budget and Principles for Preparation of Budget.  
Time Table Management: Meaning, Need and Factor affecting time table.  
Types of Tournaments and its organization structure  
Organization structure of Athletic Meet, Intramurals & Extramural Tournament

**Unit – 9 - SPORTS TRAINING & SPORTS MEDICINE**

Aim, Objective and Principles of Sports Training  
Mean and Methods of Development: Strength, Speed, Endurance, Coordination and Flexibility.  
Training Load- Principles and types of Training Load  
Periodization – Meaning and types of Periodization  
Sports injuries: Types and their rehabilitation

**Unit – 10 - SPORTS PSYCHOLOGY AND SOCIOLOGY**

Scope Sports Psychology and sociology  
General characteristics of Various Stages of growth and development  
Types and nature of individual differences  
Laws of learning and Dimension of personality  
Socialization through Physical Education.