ANDHRA UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS FOR M.P.Ed., COURSE
SUBMITTED BY THE CONSTITUTED COMMITTEE
FOR THE PURPOSE TO START M.P.Ed., COURSE IN ANDHRA UNIVERSITY
FOR THE ACADEMIC YEAR 2007 – 2008
Physical Education is an inter-disciplinary course involving the fields of education, human behaviour, sports and social sciences. Physical Education is an integral part of the educational structure and its programs provide suitable physical activities based on the need, age, ability and aptitude of the participants.

ELIGIBILITY

Candidates seeking admission to the Two Year (Four Semester) Master of Physical Education (M.P.Ed.) Degree course should have passed the B.P.Ed. of this University or B.P.Ed. or B.P.E. of any other University recognized as equivalent there to, subject to the following conditions.

I. ADMISSION:

A candidate for admission to M.P.Ed. Course in the Faculty of Physical Education / Education has to qualify at the relevant postgraduate entrance examination conducted by the Andhra University for that academic year. The candidates will be admitted strictly in accordance with the merit secured at the entrance examination, keeping in view the Rules in force in respect of the statutory reservation of seats under various categories of candidates, except physically handicapped category.
II. DURATION AND COURSE OF STUDY:

(i) The duration of the Course is two academic years. Each academic year is divided into two semesters. The two semesters in the first academic year are referred to as Semester I and Semester II and the two semesters in the second academic year are referred to as Semester III and Semester IV. Each semester shall comprise 15 weeks of instruction.

(ii) The almanac preferably be as given below:

**SEMMESTERS-I/III**

<table>
<thead>
<tr>
<th>Duration of Instruction</th>
<th>15 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preparation holidays</td>
<td>1 Weeks</td>
</tr>
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</table>

**SEMMESTERS- II/IV Instruction**

<table>
<thead>
<tr>
<th>Instruction</th>
<th>15 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preparation holidays</td>
<td>2 Weeks</td>
</tr>
<tr>
<td>Duration of examinations</td>
<td>4 Weeks</td>
</tr>
<tr>
<td>(along with backlog exams)</td>
<td></td>
</tr>
</tbody>
</table>

(iii) No admissions/readmissions/promotions are to be made after the expiry of four weeks from the date of commencement of instruction. In case there are any court cases consequent on which the Convener of admissions is compelled to admit any candidate after the last date of admissions, the admission (seat) of such a student be reserved for the subsequent year as per the A.U. College of Arts and commerce admissions rules.

(iv) No supplementary or any other examinations (except internal tests) shall be conducted during the instruction period of the semester.

(v) A candidate admitted to the M.P.Ed. Course will forfeit his/her seat and admission stands cancelled if:
He/She does not put in at least 40% of attendance in Semester-I.

OR

He/She does not secure promotion to Semester-III within a maximum period of three academic years starting from the year of admission.

OR

He/She fails to fulfill all the requirements for the award of the degree as specified, within four academic years from the time of admission in two year M.P.Ed. course.

III. AWARD OF DEGREE

1. The M.P.Ed. Degree in the Faculty of Physical Education will be conferred on a candidate who has pursued a Regular Course of study for two academic years as prescribed in the scheme of instruction and has passed all the examinations as prescribed in the scheme of examinations.

2. i) A regular Course Study for eligibility to appear at the M.P.Ed. Examination of a semester shall mean putting in attendance of not less than 75% aggregate in lectures, field work, practicals, project, seminars, extension etc., in subjects listed in the Scheme of Instruction. Provided that, in special cases and for sufficient cause shown, the Vice-Chancellor, on the recommendation of the Principal, may condone the deficiency not exceeding 10% in attendance on medical grounds when the application submitted at the time of the actual illness is supported by a certificate from an Authorised Medical Officer, and approved by the Principal. In case condonation in attendance on medical grounds is sought, the applicant shall pay the prescribed fee.
ii) Attendance at N.C.C. Camps or Inter-Collegiate or Inter University or Inter-State or National or International Matches or Debates, Youth Festivals or Educational Excursions if, they form part of the curriculum, or such other Inter-University, Inter-College activities, as approved by the University will not be counted as absence. However, the aggregate of all such absences should not exceed four weeks in a semester.

iii) In any semester of the course, if a candidate fails to secure the minimum percentage of attendance, he/she shall not be eligible to appear in the examination of that semester, and he/she shall have to enroll himself/herself to undergo afresh a Regular Course of Study of the corresponding semester in a subsequent academic session, in order to become eligible to appear for the examination.

iv) Attendance shall be reckoned from the date of commencement of instruction as per the almanac communicated by the College/University.

However, in the case of late-admitted candidates (but within the stipulated time), the attendance will be reckoned from the date of admission.

v) To enable students to know their attendance, at the end of each month the Principal shall display cumulative attendance for information.

IV. SCHEME OF INSTRUCTION AND EXAMINATION.

1. Instruction in various subjects shall be provided by the College as per the Scheme of Instruction and syllabi prescribed.

2. The Programme of instruction, examinations, vacations shall be notified by the Principal of the College/University.
3. At the end of each semester, University Examinations shall be held as prescribed in the Scheme of Examination.

4. Backlog examinations shall be conducted only at the end of semester II/IV.

5. A candidate shall be deemed to have passed the Semester Examination; if he/she secures not less than the minimum marks as prescribed below.

   Each Theory subject       .. 36% of University Exam
   Each Practical            .. 50% of University Exam
   Aggregate                 .. 40% of University Exam.
V. RULES OF PROMOTION: Rules of Promotion are as under:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Semester</th>
<th>Conditions to be fulfilled for Promotion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>From Semester-I to Semester-II</td>
<td>Undergone a Regular Course of Study of Semester-I and registered* for the Semester-I examination</td>
</tr>
<tr>
<td>2.</td>
<td>From Semester-II to Semester-III</td>
<td>a. Undergone a Regular Course of Study of Semester-I and II and&lt;br&gt;b. The number of backlogs if any, of Semester-I and II taken together, shall not exceed 50% of the total number of papers/subjects prescribed for Semester-I and II.</td>
</tr>
<tr>
<td>3.</td>
<td>From Semester-III to Semester-IV</td>
<td>Undergone a Regular Course of Study of Semester-III and registered* for Semester-III examination.</td>
</tr>
</tbody>
</table>

* Registration means obtaining a Hall Ticket for the said examination.

VI. AWARD OF DIVISION:

Candidates who have passed all the examinations of the M.P.Ed. Degree Course shall be awarded Divisions in accordance with the total aggregate marks secured by them in all Semester Examinations taken together.

i) First Class with Distinction … 70% and above
ii) First Class … 60% and above but less than 70%
iii) Second Class … 50% and above but less than 60%
iv) Pass … 40% and above but less than 50%

Candidates who have not passed the examination in the first attempt along with the batch in which they were admitted are not eligible for getting Rank Certificates/Gold Medals/Prizes.
VII. IMPROVEMENT OF DIVISION

I. Paper-wise Improvement:

a) When a candidate has passed in one or more papers/subjects in the first attempt in the regular* examination(s) conducted by the College/University for his/her batch, paper-wise improvement is permissible only in those papers.

b) A candidate is permitted to appear for paper-wise improvement only once for a semester examination.

c) A candidate who wishes to improve his/her performance may be permitted to do so if he/she appears in the immediate next regular examination conducted by the College/university. Paper-wise improvement is not permissible for any back log** completed paper.

d) A candidate appearing for paper-wise improvement is permitted to have the better of the two awards for the purpose of award of division.

Note: * Regular examination means an examination conducted at the end of semester for which the candidates were admitted and had undergone instruction

** Backlog means: (i) the papers/subjects in which the candidate registered for examination but either absented or failed or (ii) papers/subjects for which the candidate has not registered for the examination along with his/her batch of students.
2. **Improvement of Aggregate**

Improvement in aggregate is permitted only after the candidate exhausts the chances of paper wise improvement as per the following conditions

a) Aggregate improvement is permissible only when a candidate appears in all papers/subjects (including practicals if any as per scheme) but not piece-meal of a semester. Further the candidate has to appear for improvement examination as per the scheme of examination and syllabus in vogue at the time of taking his/her examination.

b) The candidate is allowed for improvement in aggregate by appearing not more than two times for any semester. Further, aggregate improvement is limited to a period of two (2) years after passing the final semester examination for two year course.

Note: Candidates who appear for improvement of performances under the above two categories are not eligible for the award of Distinction/Prizes/medals/Merit Certificates etc.

**VIII. GENERAL RULES OF EXAMINATIONS**

1. Application for permission to appear at every examination shall be made by the candidate on the prescribed form, accompanied by three passport size full face photographs (not profile) along with the necessary certificates, and the prescribed fee. The applications should be submitted to the Head of the Department on or before the date fixed for this purpose. The Head of the Department after verifying the eligibility of the candidate forwards the application to the Principal who in turn sends it to the examination branch. The application should be submitted to the Principal on or before the date fixed for this purpose who in turn sends it to the examination branch.
2. When a candidate’s application is found in order, the Controller of Examinations, shall send the attested Hall Ticket with photograph of the candidate affixed to it to the Principal of the College who in turn sends it to the Head of the Department. The Head of the Department will issue the Hall Ticket to the candidate only if he is satisfied with all the conditions to be complied with by the candidate regarding eligibility criteria. The Hall Ticket thus issued to the candidate shall have to be produced by the candidate before he/she can be admitted to the premises where the Examination is held.

3. A candidate after having been declared successful in all semester examinations of the course, shall be given a certificate setting forth the year of examination, the subjects in which he/she was examined and the Division secured.

4. No candidate shall be allowed to pursue more than one degree simultaneously.

IX. TRANSITORY REGULATIONS

Whenever a course or scheme of instruction is changed in a particular year, two more examinations immediately following thereafter shall be conducted according to the old Syllabus/ Regulations. Candidates not appearing at the examinations or failing in them shall take the examination subsequently according to the changed Syllabus/ Regulations.
# SCHEME OF INSTRUCTION AND EXAMINATION

**M.P.Ed. two years Course**  
**W.E.F. 2007-08**

## SEMESTER - I

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<tr>
<td>1.</td>
<td>PE-101</td>
<td>Bio-Mechanics of Sports</td>
<td>5</td>
<td>75</td>
<td>25</td>
<td>100</td>
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<tr>
<td>2.</td>
<td>PE-2</td>
<td>Sports Management</td>
<td>5</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>3 Hrs.</td>
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<tr>
<td>3.</td>
<td>PE-103</td>
<td>Exercise Physiology</td>
<td>6</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>3 Hrs.</td>
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<tr>
<td>4.</td>
<td>PE-121</td>
<td>Seminar</td>
<td>2</td>
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<tr>
<td>5.</td>
<td>PE-122</td>
<td>Practicals – Track&amp;Field</td>
<td>6</td>
<td>50</td>
<td>25</td>
<td>75</td>
<td>3 Hrs.</td>
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<tr>
<td>6.</td>
<td>PE-123</td>
<td>Computer Lab</td>
<td>6</td>
<td>50</td>
<td>25</td>
<td>75</td>
<td>3 Hrs.</td>
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<td><strong>325</strong></td>
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## SEMESTER : II

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<td>8.</td>
<td>PE-201</td>
<td>Sports Psychology</td>
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<tr>
<td>9.</td>
<td>PE-202</td>
<td>Scientific Methods of Sports Training and Coaching</td>
<td>5</td>
<td>75</td>
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<td>100</td>
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<tr>
<td>10.</td>
<td>PE-203</td>
<td>Yoga &amp; Meditation</td>
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<td>11.</td>
<td>PE-221</td>
<td>Seminar</td>
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<td>12.</td>
<td>PE-222</td>
<td>Practicals - Specialization</td>
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<td>13.</td>
<td>PE-223</td>
<td>Sports Psychology Lab</td>
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<tr>
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<td>PE-301</td>
<td>Research Methodology &amp; Elementary Statistics in Physical Education</td>
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<td>75</td>
<td>25</td>
<td>100</td>
<td>3 Hrs.</td>
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<td>2.</td>
<td>PE-302</td>
<td>Teats, Measurements &amp; Evaluation in Physical Education</td>
<td>5</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>3 Hrs.</td>
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<tr>
<td>3.</td>
<td>PE-303</td>
<td>Sports Medicine</td>
<td>5</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>3 Hrs.</td>
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<td>PE-322</td>
<td>Practicals Specialization</td>
<td>6</td>
<td>50</td>
<td>25</td>
<td>75</td>
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<tr>
<td>6.</td>
<td>PE-323</td>
<td>Tests &amp; Measurement Lab</td>
<td>6</td>
<td>50</td>
<td>25</td>
<td>75</td>
<td>3 Hrs.</td>
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**SEMESTER : IV**

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<td>8.</td>
<td>PE-401</td>
<td>Fitness, Sports Nutrition and health wellness and physiotherapy</td>
<td>5</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>3 Hrs.</td>
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<tr>
<td>9.</td>
<td>PE-402</td>
<td>Supervision and Curriculum Design in Physical Education</td>
<td>6</td>
<td>75</td>
<td>25</td>
<td>100</td>
<td>3 Hrs.</td>
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<td>10.</td>
<td>PE-403</td>
<td>Thesis</td>
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<td>Seminar</td>
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<tr>
<td>12.</td>
<td>PE-421</td>
<td>Physiothérapy Lab.</td>
<td>6</td>
<td>50</td>
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<td>75</td>
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<td>13.</td>
<td>PE-422</td>
<td>Praticals - Specialization</td>
<td>6</td>
<td>50</td>
<td>25</td>
<td>75</td>
<td>3 Hrs.</td>
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**INTERNAL ASSESSMENT:**

Two Internal Assessment Tests will be conducted for Internal Assessment for each theory paper and one internal assessment test will be conducted for each practical.

**SEMINAR:**

Each candidate has to present a seminar on a topic to be selected from the subject concerned during that particular semester. The time allocated for choosing the topic for seminar is two weeks for the commencement of instructions. The schedule will be prepared for presentation of the seminar by the concerned staff member during subsequent weeks of instruction for that semester.
BIOMECHANICS OF SPORTS

UNIT-I :- Biomechanics - Meaning, Scope, Equilibrium and Stability.
Introduction to bio-mechanics, meaning and definition - The need and scope of mechanical analysis and movement in athletics and sports - Meaning of equilibrium, motion and force, limitations upon the application of mechanical principles to fundamentals of sports. Stability - Degree of stability - Relationship of centre of gravity to equilibrium - Significance of equilibrium.

UNIT-II :- Motion - Meaning, Types, Aerodynamics and Projectiles
Motion: Concept of motion, meaning, definition of motion, types of motion - Definition and meaning of rotary motion - Characteristics of rotary motion - Relationship between rotary motion and linear motion, formulas to describe linear and rotary motion and total motion. Problems of motion - Aerodynamics - Laws of gravitation and significance of laws of freely falling bodies to sports, projectiles, path of projectiles, special application of principles of projectiles to shot-put and long jump.

Force: Definition and meaning of the term force - Factors affecting force (magnitude, direction and application) - Parallelogram of force application to sports - Source of force in human body - Problems of force, centrifugal and centripetal forces and their application to sports - Air resistance, spin and gyration, problems on human limitation.

UNIT-IV:- Levers - Types Application to Sports, Friction, Impact and Elasticity.
Levers: Definition of a lever - Types of levers - Characteristics of different types of levers - Application of levers to sports - Problems on levers. Friction: Definition of friction - Factors determining friction and its magnitude of application of principles of friction to sports - Impact and elasticity - Definition
and related formulae, factors controlling the results of impact. Application of the principles of impact and elasticity to sports.

**UNIT - V : Work, Power and Energy - Analysis of Techniques in different Sports styles.**

Work, Power and Energy - Work done and energy expanded - Kinetic energy-Potential energy - Meaning, definition - Problems on work and energy, kinematics - Kinematic analysis of activities - Mechanical and scientific analysis of techniques of different sports styles - Walking, running, jumping and throwing.

**REFERENCE BOOKS:**

SPORTS MANAGEMENT

UNIT: I

Definition, Scope and concept of Sports Management

Administration, Importance of Administration, why study administration?, Sports Management and Administration, Importance of Sports management, Role of a Manager.

UNIT: II

Organization in sports:

Principles of organization, Division of Labour, delegation of power, athletics teams as organizations, types of organisations, line pattern, line and staff organizational structure, functional pattern, line staff functional pattern.

UNIT: III

Leadership in sports

Definition, Meaning of leadership, personal traits, attitude criterion approach, the behavioral approach, Leader behavior in coaching, leadership and management.

UNIT: IV

Public Relations in Sports:

Direct Public Relations, Indirect Public relations, importance of public relations.

UNIT: V

Finance and Budget for Sports

Infrastructure - equipment - salaries & wages - rewards - raising of funds. Budget – (advantages, essentials, functional budgets, labour budget, capital budget, works expenses budget, finance budget, flexible budget, zero budget, performance budgeting)
REFERENCE BOOKS:

1) U.K. Singh 7 I.M Dewann : Sports Management
2) B.D Bhatt & S.R. Sharma: Educational Administration
3) Kiran Sandhu: Sports Dynamics
4) Shivers: Introduction to recreational and service administration
5) Mason Raul: Modern Sports Administration
6) Raymond Nakamura: The Power of positive coaching.
7) Sudhanshu Shekhar Roy : Sports Management
EXERCISE PHYSIOLOGY

UNIT-I- Skeletal Muscle Structure and Function:

Introduction, Meaning, Need and scope of Exercise Physiology. Structure of skeletal muscle - microscopic structure of the myofibril and contractile mechanism – chemical composition - molecular basis of contraction of skeletal muscle - fuel for muscular work energy for muscular contraction - blood supply for skeletal muscle and muscular activity.

UNIT-II:- Cardiorespiratory endurance and Aerobic power.

Adaptations in cardiorespiratory endurance and aerobic power with physical training Heart rate - Stroke volume - Cardiac output and Heart volume - Blood Flow - Blood Pressure and Peripheral vascular training procedures for the development of cardiorespiratory endurance and aerobic power - Relationship of cardiorespiratory endurance to athletic performance.

UNIT -III:- Neuro - Muscular Junction and Co-ordination of Muscular Activity :

Neuron and Motor unit - Transmission of nerve impulse - bio - electric potentials neuromuscular junction and transmission of nerve impulse across it- Pyramidal and Extra Pyramidal system.

UNIT -IV:-Physiological aspect of Exercise and Sports:


UNIT - V:-Altitude & Temperature Regulation.

High Altitude - Low Altitude - Hot & Gold Climate - Physical adaptations - heat gained, regulation of Body temperature - Temperature measurement, Age, Sex - di-urinal changes - Heat acclimatization
REFERENCE BOOKS:


TRACK AND FIELD (Practicals)

UNIT – I : Relays - Various patterns of Baton exchange and understanding to relay zones.

UNIT-II : High Jump (Straddle technique and phosphuny flop) - Approach run, take-off clearance over the bar and landing.

UNIT-III : Pole vault - Hand grip and pole earring

UNIT-IV : Javelin Throw - Grip, stance, preliminary swing, Turns release and balancing


UNIT-VI : Middle and Long distance running

TRACK AND FIELD - THEORY

UNIT-I : Track Marking - Relay races 4 x 100 mts, 4x400 mts. Curve start.


UNIT-VI Rules regarding - Relay races 4x 1 00 mts and 4x400 mts - Tie breaking. Measurements, officials and their duties - competition rules.


UNIT-VIII Combined events - Decathlon, heptathlon and pentathlon - Rules - Tie breaking - Measurements, officials and their duties - rules
COMPUTER LAB

UNIT – I

- Basic terminology - Floppy and CD drives
- Memory hierarchy details
- Basic organization of data bits
- Use of printer

UNIT - II

- Working with windows and Accessing Net Creating directories
- Creating text documents
- Deleting files
- Saving and modification in the files Cut, copy and paste

UNIT - III:

- M.S. Office:
  - Word: Creating documents in desired manner
  - Excel: Storing data in tabular form and calculating various values by giving formulae for columns
  - Power Point: as a presentation technique
  - Word Art and preparation of slides

UNIT - IV:

- Use of Computers for compilation & storing data
- Use of computers for statistical analysis of data
- Scope for use of multimedia as audio visual aid
SPORTS PSYCHOLOGY

UNIT-I :- Sports Psychology - Meaning - Scope - Need and Development.
Introduction of psychology - Meaning of sports psychology - Nature, need and scope of sports psychology - Relationship of sports psychology with other sports sciences, importance of sports Psychology for physical education - Development of sports psychology - The beginning of sports psychology in India and abroad.

UNIT-II :- Personality and Motivation.

UNIT-III :- Emotional states and Aggression

UNIT-IV :- Anxiety and Stress.

UNIT-V :- Emotional Status - Arousal and Activation
Emotional status - Arousal - Activation - Performance - Arousal and activation - Sports performance - Assessment of activation - Arousal in sports - Role of activation in competitions - Drive theory - Recurrent emotions and activation - Emotional and cognitive accompaniment to activation - Methods to gear-up activation levels in sports.

**REFERENCE BOOKS:**

UNIT – I :-Sports Training and Talent Identification.

Sports Training - Definition - Objectives and principles of Sports Training. Talent Identification development of abilities and skills among children.

UNIT -II:- Planning and Organizing of Training.

Planning and Organization of Training. Principles of planning and Types of Training plans - Periodization and its types. Training load and adaptation and overload.

UNIT- III:- Strength and Endurance Development.


UNIT-IV:- Flexibility and Training in Sports.

Flexibility - characteristics - Types, importance in Sports performance. Technical training and Tactical training in sports.

UNIT-V:- Competition

Competition - Importance of competition- competition System - competition Frequency- Preparation for competition-Competition in Basic and Advanced Training stages.
YOGA AND MEDITATION

UNIT-I:- Yoga - Introduction, Meaning and Objectives.

Yoga-Meaning, Definition, Concepts, aim, objectives, Misconceptions

UNIT-II:- Development of Yoga and Comparison with Physical Education.

Historical development of Yoga and Yogic texts - Compare and contrast yogic Education with Physical Education.

UNIT-III:- Meditation and concentration.

Meaning of Meditation concentration and their experiences

UNIT-IV:- Effectives of Yogic Practices on different systems.

The effects of various yogic practices on different systems namely skeletal system, Endocrine system, Nervous system, Digestive system and excretory system, Illustrations from the lives of yogis in India.

UNIT-V:- Yoga Asanas, Pranayama, Mudras and Kriyas.


REFERENCES BOOKS:

10. Yogic practices by M.venkata Reddy, Director, Vemana Yoga Research Institute, 1992, Hyderabad.
SPECILISATION GAMES (PRACTICAL)

UNIT-I : Fundamental skills, Teaching and coaching lead up Games.

UNIT-II : Practical application of different forms of practice and strategies team Tactics - Offensive and Defensive formations, Individual attacks, Group attacks, Individual Defense, Group Defense New trends and Formation application to game.

UNIT-III: Coaching - Philosophy of coaching
- Coaching Schedule.

UNIT-IV: General and Specific warming - up routines. Specially preparing basic Skills, latest changes in rules, interpretation officiating techniques.

UNIT-V: Training means for development of different components of Physical and Motor fitness - Strength, Speed, Endurance, Flexibility co-coordinative.

SPECILISATION GAMES (THEORY)

UNIT-I: History and Development of the Game
- World History and Development
- Asian History and Development
- Indian History and Development.

UNIT-II : Play fields measurements - Layout and maintenance of the play fields
- Standard Equipment and their specifications.

UNIT-III : Rules Regulations of the Games and interpretations of the Games
- Duties officiating system to officiating and official signals, scoring Score sheets.

UNIT-IV: Selection of players - Technical training - Training schedule, components of Physical and motor fitness.

UNIT-V: Competition planning: Long Term and Short Term training plans preparation for a decisie competition.
SPORTS PSYCHOLOGY LAB

UNIT-I :- Personality and Motivation Tests.

UNIT-II :- Emotional states and Aggression tests

UNIT-III :- Anxiety and Stress Tests

UNIT-IV :- Emotional Status - Arousal and Activation Tests
RESEARCH METHODOLOGY & ELEMENTARY STATISTICS
IN PHYSICAL EDUCATION

UNIT -I :- Research - Meaning, definition, classification.

Introduction to research methods - Definition of research - Sports research Meaning, need, nature and scope of research in physical education - Classification of research basic and applied research - Action research

UNIT-II :- Research Problem - survey of Literature

Formation and development of research problem - Location of research problem - Criteria for selection of a problem - Hypothesis and formulation of hypothesis - Research proposal - Qualities of a good researcher. Literature search in research - Reasons for surveying related literature - Major literature sources literature - Library sources - Research reviews, the card catalogue - Indices - Abstracts - Bibliographies - Educational resources information centre - Computerised information retrieval systems - Selected periodicals Library reading.

UNIT-III :- Methods of Research

Methods of research in physical education - Descriptive research method, survey, its importance and tools of survey, such as questionnaire, interview, etc. - Core studies, definition, importance, characteristics; data collection, philosophical research - Methods of research chapterization - Historical method of research - Definition of historical research - Steps in historical research - Sources of historical research - Primary data – Secondary data - Historical criticism - Internal criticism External criticism.

UNIT-IV :Experimental Research - Research Design.

Experimental Research - Nature and meaning of experimental research, planning for experimental research - Laboratory experimentation V s. Field experimentation - Laboratory experimental design - Single group design - Reverse group design Repeated
measure design - Static group design - Comparison design - Equated group design -
Factorial design - Establishing research laboratory.

UNIT-V: Meaning and Basic concepts of Statistics
- Statistics - Meaning, Definition, Need, importance, Uses and Types of Statistics.
- Meaning of the terms - Population, Sample, data, Kinds of data, Variable, discrete
  and continuous, parametric and Non parametric statistics.
- Frequency Table, Meaning, definition, uses and construction of Frequency table
- Meaning of Raw data, ungrouped and grouped data, Frequency distribution
  converting the scores into frequency table.

UNIT-VI: Measures of Central Tendency and Measures of Variability
- Mean, Median, Mode and its uses and problems
- Measurers of Variability
- Range, Mean Deviation, Quartile Deviation, Standard Deviation, Probable Error
- Problems on Standard Deviation and Quartile Deviation.

UNIT-VII: Normal Curve
- Principles of Normal Curve - Properties of Normal Curve - Divergence from
  Normality, Skewness and Kurtosis
  Elementary Graphical Methods - Introduction, Frequency Polygon - smoothed
  frequency Polygon, Histogram, Ogive.

UNIT-VIII: Correlation
Meaning of Correlation - Co-efficient of correlation - Calculation of Co-efficient of
correlation by the product moment method and Rank

REFERENCE BOOKS: (Research methodology)

   New Jersey.
   Englewood Cliffs, Prentice Hall, Inc.
REFERENCE BOOKS: (Statistics)

5. Cambell, B.C. Form and Style in thesis Writing.
TESTS, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION

UNIT-I:- Measurement and Evaluation Meaning:, Need, Objective.

- Need ,scope and Nature of Evaluation in the field of Physical Education.
- Objective and Subjective Tests.
- Standardized teacher made tests.

UNIT-II:- Selection and construction of tests.

- Criteria of Test Selection.
- Tools and Techniques of evaluation.
- Administration of Testing Program its procedure and follow up.

UNIT –III :- Measurement of Strength Physical Fitness and Organic functions.

Tuttle pulse rate test - Harvard step test cooper's 12 minutes Run/Walk Test.
Oregon Motor fitness test - AAHPER youth fitness Test, JCR Test.

UNIT-IV:- Motor Ability and Motor Educability & Posture..

- Barrow Motor Ability Test.
- Johnsons Motor Educability.
- Methey Johnsons modified test.
- Kraus Weber Test.
- New York Posture test.
- Anthropometric Measurements.

UNIT-V:- Skill Tests.

1. Lockhart Mapeason Test
   Miller Wall Volley Test (Badminton)
2. Johnson Basketball Ability Test and Leilich Test..
3. French Field Hockey Test and Friedal Hockey Test.,
4. Mcdonald Soccer Test and
   Johnson Soccer Test.
5. Dyer Tennis Test.
6. Russal- Launge Volley Ball Test and
   Brady Volley Ball Test.
REFERENCES BOOKS:

2. Gureton, Thomas, K. Physical fitness Appraisal and Guidance, St.Louis, The Mosby Company,
SPORTS MEDICINE

UNIT-I:- Muscles and Injuries in Sports.

Introduction: Review of Muscles, skeletal, anatomy, types of injuries in Sports, skin injury Abrasion, Laceration incisions, puncture sounds, blisters, sunburns, bone injuries, fractures, dislocations, Soft tissue injuries, contusions, Strains, Sprains, Overuse injuries.

UNIT -II:-General Principles of Management.

First Aid in Sports,
Cardiopulmonary emergencies, Head and neck injuries, Shock, internal injuries, Superficial bleeding, Fractures, Dislocations,
General Principles of Management of Muscle & Tendon injuries, Ligament InJuries.
Prevention of Sports injuries.

UNIT-III:-Exercise and Aging.

- Physical activity and aging.
- Aging process involving health habits.
- Exercise and training in elderly.
- Individual exercise prescription for the elderly with disease like coronary, hypertension, diabetes and cancer.
- Harmful effect of too much exercise.

UNIT-IV:-Massage.


UNIT-V:- Drug Abuse in Sports.

Doping - Definition, Classification, Hazards- Erogogenic Aids.
REFERENCES BOOKS:

2. Han J. Ryen-Medical care of the Athlete.
   Toronto, Santa Clara, Times Mirror/Mosby CoHeše Publishing.
5. N.M. Tidy Massage and Remedical Exercise.
9. Roy Steven & Richer Irvin (1983) : Sports Medicine, Prentice Hall,
SPECILISATION GAMES (PRACTICAL)

UNIT-I: Fundamental skills, Teaching and coaching lead up Games.

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TESTS & MEASUREMENTS LAB

UNIT –I :- Measurement of Strength Physical Fitness and Organic functions.
Tuttle pulse rate test - Harvard step test coopers 12 minutes Run/Walk Test.
Oregon Motor fitness test - AAHPER youth fitness Test, JCR Test.

UNIT-II:- Motor Ability and Motor Educability & Posture..
- Barrow Motor Ability Test.
- Maccloys General Motor Ability and Capacity Test., Ability test.
- Johnsons Motor Educability.
- Methey Johnsons modified test.
- Kraus Weber Test.
- New York Posture test.
- Anthropometric Measurements.
UNIT-III:- Skill Tests.

1. Lockhart Mapeason Test
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   Brady Volley Ball Test.
FITNESS-SPORTS NUTRITION-HEALTH WELLNESS & PHYSIOTHERAPY

UNIT-I: Health, Fitness and Exercise

- Meaning and Introduction to Health and Physical Fitness
- Brief historical review of exercise and fitness.
- Recent trends in Health related fitness in India and Abroad. Need for Health personnel and facilities.

UNIT-II: Physical Activity and Fitness.

- Definition of Physical Activity, Exercise and Physical Fitness.
- Theories of fitness.
- Cardio Vascular efficiency, Musculo skeletal fitness.

UNIT-III: Athletes Diet and Nutritional Aids.

- Elements of good Nutrition.
- Dietary Practice of Athletes. Importance of Carbohydrate during heavy training.
- Need for protein and fat for superior performance.
- Food Pyramid, fluid replacement before during and after exercise for temperature regulation.
- Carbohydrates loading and pre-event meal.

UNIT-IV: Practical Inactivity and Associated Risks.

- Risk factors for coronary heart diseases and treatment with exercise.
- Cigarette smoking and exercise.
- Diabetes milieus and exercise.
- Stress effects, management, principles and exercise.
- Depression, anxiety, mood elevation and sleep disruption.
- Hypertension and exercise wellness.

UNIT-V: Physiotherapy

Physiotherapy, guiding principles of physiotherapy. Modalities, their application and effects.
Hydrotherapy: cold compress - ice, cold water, hot water bottle, hot water bag, Immersion in Hot Water Bag, contrast bath, vapour bath, whirl pool bath. Electrotherapy, infrared, Diathermy and Ultrasonic.
REFERENCES BOOKS:

1. Ganguly: Health and Nutrition in India
2. Gilmore C.P. Exercising for fitness
4. Houghton: Teaching Health Education
SUPERVISION AND CURRICULUM DESIGN IN PHYSICAL EDUCATION

UNIT-I SUPERVISION - Meaning, facilities and Professional growth

B - Supervision in Physical Education - Scope and function - Principles of Supervision.
C - Coordinated efforts to improve instruction - Evaluation and Improvement

  Cooperative relationship and inter relationship and inter relationship in organization - Redirection of objectives.

  1. Facilities - equipment & Supplies - Pupil Experience
  2. Professional growth of teachers
  3. Joint Participation by teachers & Supervisor in total process of Planning and improvements - Flexibility in teaching Methods.

UNIT-II - Techniques of Supervision and qualities of Supervisor

  1. Visitation - Conferences - Workshops - Bulletins, Demonstrations, Meetings, Surveys, Evaluation, Course of Study;
  2. Qualities & qualification of Supervisor;
  3. Organisation at State Level and University Level;
  4. Evaluation Services of Supervision.

UNIT-In - Curriculum and Planning:

  1. Meaning, importance and need of curriculum and planning;
  2. Concepts of curriculum and planning;


  2. Basic Principles for curriculum development in Physical Education
  3. Croteroa for Curriculum Content.

UNIT - V - Curriculum Research & Appraisal.

  1. Curriculum Research
  2. Curriculum Appraisal
  3. Follow up work.
Reference Books

3. Charles C, Cowell & Helan, Curriculum Designs in Physical Education.
4. Evans, Ruter & Gons - Supervision in Physical Education; Me Grew Hill Co.,
THESIS

The proposal of Research Project together with the name, designation and qualification of the Supervisor / Guide shall be submitted within two weeks from the commencement of the classes of the third semester. After the submission of the research proposal, the student has to present within four weeks his/her topic in a seminar for the approval of Faculty which finalizes the topics of Research.

The last date for the submission of Thesis will be 15 days after the last day of theory examination paper of Fourth Semester. The Thesis must be submitted in an approved format with the signature of the Guide.

Three Typewritten copies of the Thesis together with three copies of the abstract (two to the exam branch and one for the College Library shall be submitted through the College.

Thesis shall be valued by one Internal and one External Examiner. The Internal Examiner shall be the Guide of the candidate.
PHYSIOTHERAPY LAB

Hydrotherapy: cold compress - ice, cold water, hot water bottle, hot water bag, Immersion in Hot Water Bag, contrast bath, vapour bath, whirl pool bath. Electrotherapy, infrared, Diathermy and Ultrasonic.

SPECIALIZATION

The students should select a game of specialization in II Year. The following games are offered as specialization.

a) Basket Ball
b) Cricket
c) Foot Ball
d) Volley Ball
e) Kabaddi/Kho Kho
f) Tennis
g) Badminton
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