

M.A. IN PHYSICAL EDUCATION

ORDINANCE AND SYLLABUS

TWO YEAR FULL-TIME PROGRAMME

(Under Self-Finance Scheme)



(Choice Based Credit System)

Department of Physical Education

FACULTY OF EDUCATION

**DEEN DAYAL UPADHYAYA GORAKHPUR UNIVERSITY, GORAKHPUR –
273009**

ORDINANCES AND SYLLABUS FOR
M.A. IN PHYSICAL EDUCATION
TWO YEAR FULL-TIME PROGRAMME
(Under Self Finance Scheme)

Ordinance for Admission to M.A. in Physical Education

About the University:

Deen Dayal Upadhyaya Gorakhpur University, established in 1957 by the Uttar Pradesh State Universities Act, in its long eventful journey has constantly striven to live up to its motto, "आ नो भद्राः क्रतवो यन्तु विश्वतः" (Let noble thoughts come to me from all directions) by assimilating diverse ideas, people and beliefs into its academic life.

The geographical location of the University is 26.7480 degrees North (latitude), 83.3812 degrees East (longitude). The University, the first to be established in Uttar Pradesh after Independence and named after the great political thinker, Pandit Deen Dayal Upadhyaya is located in the holy city of Gorakhpur and inherits the spiritual and philosophical legacy of Buddha, Kabir and Guru Gorakshnath.

The University has neat and attractive campus spread over an area of 191.21 acres with well-planned teaching and residential campuses. In the beginning the University was housed in two buildings the Pant Block (inaugurated by late Pt. G.B. Pant) and the Majithia Block (named after Sir Surendra Singh Majithia, who made a significant donation to the building through his family trust). Several other buildings came up during the following decades: they include the Central Library, the Arts Block, the Administrative Block, the Law Faculty, a Student's Union Building, a Gymnasium hall, a Health Centre, a Computer Centre and Research Buildings for Chemistry, Zoology and Botany. Besides, there are separate Buildings for Biotechnology, Defence and Strategic Studies, Electronics, Commerce, Business Management, Education, Home Science, Geography, Psychology, Sociology, Hindi, Ancient History, Fine Arts and Music, Political Science and Adult Education. At present the University houses 06 faculties comprising of 29 departments that have been playing a significant role in imparting holistic education to the people of the Eastern region since its inception.

In the residential zone, the University have more than 125 quarters for teachers and officials of the University and about the same number of the non-teaching staff. There are several hostels- four boys' hostel, two girls' hostel and one International Students Hostel- which have facilities of mess, reading-cum-TV room, games, etc. The students living in the city are attached to the Delegacy which looks after their academic interests and provides facilities in extra-curricular activities.

As a residential-cum-affiliating State University it can boast of a rich academic legacy, illustrious alumni, experienced, qualified and dedicated faculty members, transparent, effective and responsive administrative set up, state-of-the art library, Wi-Fi campus, ample career growth opportunities for its students, advanced research facilities and a vibrant and safe campus.

With its cherished goal of nourishing creative talent and scientific temper among its students and sensitizing them to larger socio-economic and political realities, the University aspires to contribute meaningfully to regional and national development.

Ordinance:

1. General Introduction

In pursuance of the decision of the University to start Master Programme in Physical Education from the academic session 2021-2022, the following is the general introduction of the course:

- I. The course shall be a full-time course.
- II. The course shall be divided into four semesters and there shall be examination in each semester as per CBCS rules.
- III. This program shall run on self-financing mode.

2. Name of the Course :

(i) M.A. in Physical Education (**Total Credits: 64**)

3. Faculty : Faculty of Education

4. Intake: : minimum 15(fifteen) and maximum 30 (Thirty)

5. Objectives:

- I. I. The two year Master Programme in Physical Education intends to introduce the students to the various advanced aspects of physical education and sports.
- II. II. It also aims to engage the students in physical education and sports activities for health, fitness and wellness through quality teaching, learning and research.
- III.

6. Duration of Course:

The duration of the course shall be of 2 Years (4 Semesters).

7. Eligibility/Admission Qualification:

Minimum qualification for admission in this programme will be as follows:

a. A Bachelor's degree of Arts with at least 40% marks and Physical Education as an elective subject upto final year from a University / institution recognized by U.G.C.

OR

b. A Bachelor's degree in Physical Education with at least 40% marks from a University / institution recognized by U.G.C.

8. Admission Procedure:

The Candidates will be admitted to the programme, strictly on the basis of merit of Entrance Test conducted by the University and reservation policy as per the state government.

9. Programme Fees:

The Tuition Fee for the program shall be Rs.8,000/- (per semester). Examination fee for this programme will be as decided by the University. University reserves the rights to revise the fee structure and other rules of the programme, if necessary. Besides this the other expenses like practical training kits, tour, project work etc. shall be borne by the students.

10. Degree to be Awarded:

After successful completion of the programme the degree of Master of Arts in Physical Education will be awarded to the students.

11. Attendance Required:

As per the University Rules and Regulations.

12. Course Structure:

All semesters i.e. I, II, III and IV would consist of theory courses (Part-A) and sports practicum courses (Part-B). Each semester shall have four theory courses (i.e. three Core courses and one Elective course) of 3 credits each and one sports practical course of 4 credits. In semester III one Open Elective course of 3 credits would also be offered to the students of other departments besides four theory Core courses and one sports practical course.

DETAILS OF CREDIT SCORES IN M.A. IN PHYSICAL EDUCATION

Course No.	Course Title	Type (Core / Elective)	Credit
Semester I			
PHED-501	Research Process in Physical Education and Sports Sciences	Core	3+0
PHED -502	Applied Statistics in Physical Education and Sports Sciences	Core	3+0
PHED -503	Test, Measurement and Evaluation in Physical Education & Sports	Core	3+0
PHED -504 PHED -505	Any one of the following: (a) Sport Journalism and Mass Communication (b) Sports Engineering	Elective	3+0
PHED-506	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport / Team Game/ Racket Game.		0+4
Total			16
Semester II			
PHED -507	Sports and Exercise Physiology	Core	3+0

PHED -508	Scientific Principles of Sports Training	Core	3+0
PHED -509	Yogic Sciences	Core	3+0
PHED -510 PHED -511	Any one of the following: (a) Sport Technology (b) Sports Management	Elective	3+0
PHED -512	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport / Team Game/ Racket Game.		0+4
Total			16
Course No.	Course Title	Type (Core / Elective)	Credit
Semester III			
PHED -513	Health Education and Sports Nutrition	Core	3+0
PHED -514	Sports Psychology	Core	3+0
PHED -515	ICT & Education Technology in Physical Education	Core	3+0
PHED -516 PHED -517	Any one of the following: (a) Sport Medicine (b) Physical Fitness and Wellness	Elective	3+0
PHED -518	Introductory Physical Education, Sports & Yoga	Open Elective for other than Physical Education students	3+0
PHED -519	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport/ Team Game / Racket Game.		0+4
Total			16
Semester IV			
PHED -520	Kinesiology and Sports Biomechanics	Core	3+0
PHED -521	Gender, Disability & Inclusive Sports Education	Core	3+0
PHED -522	Athletic Care & Rehabilitation	Core	3+0
PHED -523 PHED -524	Any one of the following: (a) Dissertation (b) Curriculum Design in Physical Education	Elective	3+0
PHED -525	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport/ Team Game / Racket Game.		0+4
Total			16
GRAND TOTAL OF CREDIT SCORES			64

13. Examinations rules:

The system of examination, evaluation and declaration of results, passing marks and marks required for first, second and third division shall be in accordance with the Post Graduate examination of the University. For the award of degree the student has to pass in theory and practical examinations separately. Candidate will have the option of writing the answer of the questions either in Hindi or English medium.

14. Credit System:

The Credit System as adopted in different Indian Universities as per UGC guidelines/International Universities will be adopted. It may be as follows:

- (a) The credits shall be based on the number of credit hours per week. Normally 1 credit equals to 1 hour of teaching in theory and 1 credit (Practical) equals to 2 hours of practical/project work in a week.
- (b) Credits shall be in whole numbers.
- (c) Credit load through semester system in CBCS form will be implemented in following ways:

Course A: 3 (3+0) Credits means

Theory: Three lectures of one hour each in a week

Three theory lectures will be conducted throughout the semester. The total marks will be 100 and divided into following ways for theory exams.

3+0 also explains $100 \times \frac{3}{3} = 100$ theory marks

Theory Examination: 100 marks will be divided into 40% Mid-term and 60% Final exam as follow

Mid-Term= 40% of 100= 40 (Mid of semester)

End-Term= 60% of 100= 60 (End of semester)

Course B: 4 (0+4) Credit means

Practical: Four lectures of two hour each in a week

Four practical will be conducted throughout the semester

0+4 credits also mean

Practical: $100 \times \frac{4}{4} = 100$ marks of practical

100 marks will be divided as:

Mid-Term= 40% of 100 = 40 marks

End Term= 60% of 100 = 60 marks

15. **Grading System:** The grading system, as detailed hereunder in shall be applicable:
Award of Grades Based on Absolute Marks

Marks-Range (Out of 100)	Grade	Grade Point
90-100	O	10
80-89	A	9
70-79	B	8
60-69	C	7
50-59	D	6
40-49	E	5
Passed with Grace	P	4
00-39	F	0
Absent examination (Incomplete)	I	-

Explanation:

Letter grades **O,A,B,C,D,E and P** in a course mean that the candidate has passed that course.

The “F” grade denotes poor performance, i.e., failing in the course. A student has to appear at subsequent examination(s), if provided under the ordinances in all courses in which he/she obtains “F” grade, until a passing grade is obtained.

The “I” Grade: The “I” Grade is awarded, when a student does not appear in the examination of course/courses. This shall be treated as “F” Grade.

- **The Performance of a candidate in a semester or up to a semester shall be measured by SGPA and CGPA, details of which are given below:**

SGPA: Semester Grade Point Average.

CGPA: Cumulative Grade Point Average.

- **Computation of SGPA and CGPA**

The UGC recommends the following procedure to compute the Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA):

1. The SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses taken by a student and the sum of the number of credits of all the courses undergone by a student, i.e.

$$\text{SGPA (Si)} = \frac{\sum (\text{Ci} \times \text{Gi})}{\sum \text{Ci}}$$

Where Ci is the number of credits of the ith course and Gi is the grade point scored by the student in the ith course.

2. The CGPA is also calculated in the same manner taking into account all the courses undergone by a student over all the semesters of a programme, i.e.

$$\text{CGPA} = \frac{\sum (\text{Ci} \times \text{Si})}{\sum \text{Ci}}$$

Where Si is the SGPA of the ith semester and Ci is the total number of credits in that semester.

3. The SGPA and CGPA shall be rounded off to 2 decimal points and reported in the transcripts.

Programme Specific Outcomes of M.A. in Physical Education:

- PSO1. To understand the basic Research framework and nature of Physical Education and Sports.
- PSO2. Student shall know how to organise, manage and present statistical data.
- PSO3. Students shall able to analyze the physical ability and performance of an individual in various sports.
- PSO4. To learn the basic and specific techniques, rules and concepts of various games/sports and their training.
- PSO5. Understand the physiological basis of physical fitness, physical training, health and wellness.
- PSO6. Understand the relationship between Yoga, Health and Wellness.
- PSO7. Understand the management of modern physical education programs and sports activities.
- PSO8. Correlate the psychological concepts of behaviour with the sports and athlete specific situations.
- PSO9. Correlate the concept of ICT & Education in physical education and sports.
- PSO10. Understand the basic and specific mechanical concepts and their interpretation & importance in sports situations.
- PSO11. Enable the students for NET and pursue research work.

Syllabus of M.A. in Physical Education

Semester I

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 501	Research Process in Physical Education and Sports Sciences	3+0

UNIT - I INTRODUCTION

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

UNIT - II. METHODS OF RESEARCH

- Descriptive Methods of Research: Survey Study, Case study.
- Historical Research: Steps in Historical Research, Sources of Historical Research.
- Primary Data and Secondary Data, Internal Criticism and External Criticism.
- Experimental Research — Meaning, Nature and Importance.
- Meaning and type of Variables, Meaning and type of Experimental Design.

UNIT- III: SAMPLING

- Meaning and Definition of Sample and Population.
- Types of Sampling; Probability Methods, Systematic Sampling, Cluster sampling, Stratified Sampling.
- Sampling Techniques: Area Sampling, Multistage Sampling.

UNIT — IV: RESEARCH PROPOSAL AND RESEARCH REPORT

- Defining Research Project.
- Writing a Research Proposal and Research Report, Footnotes & Bibliography. E-Referencing.
- Ethical Issues in Research: Areas of Scientific Dishonesty, Ethical issues regarding copyright. Plagiarism.

TEXT & REFERENCES:

- Best & Kahn (2003) Research in Education, 10th Ed. New Jersey; Prentice Hall, Inc.
- Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.
- Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London, Routledge Press
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities: Illinois: Human Kinetics;

- Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar, Pathippagam
- Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Clills: Prentice Hall, Inc.
- Subramanian, R, Thirumalai Kumar S & Arumugam C (20 10) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication
- Moorthy A. M. Research Processes in Physical Education (20 10); Friends Publication, New Delhi

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Semester I

PART – A: THEORY COURSES

Course Code	Course Title	Credits
PHED 502	Applied Statistics in Physical Education and Sports Sciences	3+0

UNIT I

- Meaning and Definition of Statistics.
- Need and importance of Statistics in Physical Education and Sports.
- Meaning of the terms: Population, Sample, Data, Variables.

UNIT II

- Meaning, uses and construction of frequency table
- Measures of Central Tendency —Mean, median and mode. Range
Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error.
Normal Curve and its properties.

UNIT III

- Sample Distribution of Means, Standard Error of Mean.
- Testing of Hypothesis, Rejection of Null and Alternative Hypothesis.
- Level of Significance.
- Type I and Type II Errors.
- Degrees of Freedom.

UNIT- IV

- Tests of significance: Independent “t” test, Dependent “t’ test, Chi - square test.
- Level of confidence and interpretation of data.
- Meaning of correlation, Co-efficient of correlation.
- Calculation of co-efficient of correlation by the product moment method and rank difference Method.
- Concept of ANOVA and ANCOVA.

TEST & REFERENCES:

- « Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc.
- Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;
- Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
- Rothstein A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.
- Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
- Thirumalaisamy (1998)
- Statistics in Physical Education, Karaikudi, Senthil Kumar Publications

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Semester I PART - A: THEORY COURSES

PE-503

Course Title: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION & SPORTS

Course Code	Course Title	Credits
PHED 503	Test, Measurement and Evaluation in Physical Education & Sports	3+0

UNIT I: Introduction

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

UNIT II: Selection & Construction of Tests

- Factors Affecting Scientific Authenticity
- Procedure to establish Scientific Authenticity
- Construction of Test — Knowledge Test & Skill Tests.
- Administration of Testing programme, its procedure and follow up

UNIT III: Motor & Physical Fitness Tests

- Meaning and Definition of Motor Fitness and Physical Fitness.
- Tests for Motor Fitness:
- Barrow Motor Ability Test.
- Kraus Weber Minimum Muscular Fitness Test.
- AAHPERD Health Related Fitness Battery (revised in 1984),
- ACSM Health Related Physical Fitness Test.
- Roger's Physical Fitness Index.
- Harvard step test. 1 2 minutes Run / Walk Test, Beep test

UNIT IV: Anthropometric and Aerobic-Anaerobic Tests

- Physiological Testing:
- Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test.
- Anaerobic Capacity: Margaria- Kalamen test, Wingate Anaerobic Test.
- Anthropometric Measurements:
Method of Measuring Height: Standing Height, Sitting Height.
Method of measuring Circumference: Arm, Waist, hip, thigh.
Method of Measuring Skin folds: Triceps, Sub scapular, Suprailliac.

TEXT & REFERENCES:

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd. Denmark: Ho+Storm.
- Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education, Philadelphia: Lea and Febiger.

- Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
- Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B.Sounders Compnay.
- Pheasant, S.(1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.
- Phillips, D. A., &Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons.
- Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.

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Semester I

PART - A: THEORY COURSES

Course Code	Course Title	Credits
PHED 504	(a) Sport Journalism and Mass Communication	3+0

UNIT — I: Introduction to Sports Journalism & Mass Communication

- Meaning, Definition & Evolution of Sports Journalism. Ethics of Journalism.
- Sports Ethics and Sportsmanship, Reporting Sports Events, National and International Sports News Agencies, Definition, meaning, scope and importance of Sports journalism.

UNIT — II: Mass Communication and Media

- Introduction to mass communication - The concept of mass media - Mass media in India.
- Mass media institutions in India — Government media units - Press registrar of India, Press council of India - Indian news agencies media educational institutions.
- The function of press - Press freedom and responsibility, Current trends in journalism.
- Sports Photography: Equipment- Editing — Publishing. Mass Media in Journalism: Radio and T.V. Commentary

UNIT - III: Report & Advertising

- News Reporting. Functions, responsibilities and qualities of reporter. - Functional differences of reporters — Special correspondents, foreign correspondents, columnists, free lancers.
- Structure of Advertising - Functions of advertising, Psychology of advertising, Types of advertising.
- Modern trends in Reporting and Advertising sports events.

UNIT — IV (Practical)

1. Preparation of General news reporting and sports reporting.
2. Methods of editing a Sports report.
3. Evaluation of Reported News.
4. Interview with and elite Player and Coach.
5. Visit to News Paper office and TV Centre to know various departments and their working.
6. Preparation of Portfolio of newspaper cuttings of sports news (national & international).

TEST & REFERENCE:

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed 3. Delhi : Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Perspective. New Delhi: Kanishka Publication.
- Billings, A., Butterworth, M., & Turman, P. (20 12). Communication and sport. Thousand Oaks, Calif.: SAGE. ISBN-13: 978-141 2972932 ISBN- 10: 1412972930
- Billings, A. (20 14) Routledge handbook of sport and new media. Routledge ISBN-13: 978-0415532761 ISBN- 10: 0415532760

- Billings, A., Butterworth, M., & Turman, P. (2014) Communication and sport. ISBN- 13: 978-1452279138 ISBN- 10: 1452279136
- Sandvoss, C., Real, M., & Bernstein, A. (2012). Bodies of discourse. New York, NY: Peter Lang. ISBN- 13: 978-1433111730 ISBN-10: 1433 11 173 X
- Deninger, D. (2012). Sports on television New York: Routledge. ISBN-10: 0415896762 ISBN- 13: 978-0415896764

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Semester I

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 505	Sports Engineering	3+0

UNIT I: Introduction to sports engineering

- Meaning of Sports engineering.
- Designing and making of Protective sports Equipment.
- Role and importance of Surface Materials used in different sports.
- Role and importance of different types of foot wears in sports.

UNIT II: Sports Dynamics

- Concepts of internal force, external force, axial force, shear force, bending movements.
- Biomechanics of daily and common activities—Gait, Posture and Body levers. Ergonomics.
- Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

UNIT III: Building and Maintenance

- Sports Infrastructure: Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic, Administrative & Research Block, Library, Sports Hostels etc.
- Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Echo free Sound System, Emergency provisions of lighting, fire and exits, Eco-friendly surrounding. Maintenance staff.

UNIT IV

- Understanding the process of construction & requirements of Building process:- design phase (including brief documentation), construction phase, functional (occupational) life. re-evaluation, refurbish, demolish.

Text & Reference:

- Subic, A., & Haake, S. (2000). The engineering of sport research, development and innovation. Malden, Mass.: Blackwell Science. ISBN- 10: 0632055634 ISBN- I3: 978-0632055630
- Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
- Franz K. F. etc. at., Editor The Impact of Technology on Sports 11 (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)
- Colin White, Projectile Dynamics in Sport: Principles and Applications
- Eric C. et at., Editor Sports Facility Operations Management (Routledge, 2010).

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Semester I

PART —B

SPORTS PRACTICUM COURSE

Course Code	Course Title	Credits
PHED 506	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport / Team Game/ Racket Game.	0+4

(A) TRACK AND FIELD (B) GYMNASTICS (C) SWIMMING (D) COMBATIVE SPORT: BOXING/JUDO/TAEKWONDO/WRESTLING (E) INDIGENOUS SPORT:KABADDI/ KHO-KHO (F) TEAM GAME: BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL / HOCKEY/ VOLLEYBALL (G): RACKET GAME: BADMINTON/ TABLE TENNIS/ TENNIS

ESSENCE OF THE COURSE

It is designed to provide an opportunity to students to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

COURSE CONTENTS:

(General guidelines for development of required course contents in part ocular game/sport are given below)

UNIT — I: Introduction

- Historical development of the game/sport at national and international levels
- National Bodies controlling game/sport and their affiliated units.
- International Bodies controlling game/sport and their affiliated units.
- Major National and International competitions in Game/Sport
- Layout and marking of play filed/ground/courts and measurement of equipments used in Game/Sport.

UNIT - II: Techniques/Skills development

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic. Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports.

UNIT —III: Officiating:

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post game)
- Rules & their interpretations.

UNIT — IV: Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept or preparation of training schedules.
- Tactical training in game/sport.
- Psychological preparation required during competition in game/sport.
- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport.

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and coaching manuals will be utilized.

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Semester II

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 507	Sports and Exercise Physiology	3+0

UNIT I: Introduction to Sports & Exercise Physiology and Muscular system

- Meaning, Definition & Historical Development of Sports & Exercise Physiology
- Macro & Micro Structure of the Skeletal Muscles, Chemical Composition, Sliding Filament theory of Muscular Contraction. Types of Muscle fiber, Muscle Tone, Chemistry of Muscular Contraction
- Heat Production in the Muscle, Effect of exercises and training on the muscular system

UNIT II: Cardio Respiratory System and Exercise

- Blood Supply to the Heart, Cardiac Cycle, Stroke Volume, Cardiac Output, Heart Rate, Factors Affecting Heart Rate, Cardiac Hypertrophy
- Effect of exercises and training on the Cardio-vascular system.
- Mechanics of Breathing. Minute Ventilation — Ventilation at Rest and During Exercise
- Diffusion of Gases, Exchange of Gases in the Lungs (external respiration)
- Exchange of Gases in the Tissues (internal respiration).
- Second Wind, Oxygen Debt, Lung Volumes and Capacities

UNIT III: Metabolism and Energy Transfer

- Metabolism — ATP — PC or Phosphagen System
- Anaerobic Metabolism and Aerobic Metabolism
- Aerobic and Anaerobic Systems during Rest and Exercise.
- Effects of Short Duration, Long Duration and High Intensity Exercises

UNIT IV: Environment, Sports & Exercise

- Sports/Exercise in Hot and Cold Conditions
- Thermoregulatory Mechanism
- Physiological response, Health Risk associated with Exposure to heat and cold.
- Acclimatization: Sports & Exercise - Training in High Altitude.

PRACTICUM: (PHYSIOLOGICAL ASSESSMENT)

- Measurement of resting heart rate - before, after and during activity.
- Measurement of Blood Pressure by Sphygmomanometer
- Measurement of Vital Capacity and Peak Flow Rate,
- Assessment of Respiratory Rate.
- Measurement of Body Fat.
- BMI method
- Assessment of Body Composition by Skinfold caliper method
- Assessment of Cardio Respiratory Fitness. through various field methods

TEXT & REFERENCES:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke. D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology Of Sports and Exercise. Human Kinetics.
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- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
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- McArdle, W., Katch, F., & Katch, V. (2010). Exercise physiology. Baltimore, MD: Lippincott Williams & Willkins. ISBN 978- i 451191 554
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Syllabus of M.A. in Physical Education
Semester II
PART - A: THEORY COURSES

Course Code	Course Title	Credits
PHED 508	Scientific Principles of Sports Training	3+0

UNIT I: Introduction to Sports training

- Definition, Aim, Characteristics, Principles of Sports Training.
- Training Load: Types of Training Load, Factors of Training Load, Load and Adaptation
- Over Load: Definition. Causes of Over Load, Symptoms or Overload
- Phases and Means of Recovery

UNIT II: Physical Fitness Components & their Development (Strength, Speed & Endurance)

- Strength: Meaning. Definition & Methods to improve Strength: Weight Training. Isometric, Isotonic and Circuit Training
- Speed: Meaning, Definition & Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints.
- Endurance: Meaning, Definition & Methods to develop Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training.

UNIT III: Physical Fitness Components & their Development (Flexibility & Coordinative abilities) and Techniques & Tactics

- Flexibility: Meaning. Definition & Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method. Plyometric Training.
- Coordinative abilities: Types and Methods to improve Coordinative abilities.
- Meaning & Definition of Technique.
- Meaning & Definition of Strategy & Tactics.

UNIT IV: Training Plan & Introduction to Doping

- * Training Plan: Meaning & Importance, Micro-Cycle, Macro-Cycle, Meso-Cycle
- Short Term Plan and Long Terms Plans – Periodization.
- Preparatory Period, Competition Period and Transition Period.
- Definition of Doping, Drug abuse in sports and their effects on performance and body.

TEXT & REFERENCES:

- Beotra Alka. (2000), Drug Education Handbook on Drug Abuse in Sports. **Delhi:** Sports Authority of India.
- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs. Prentice Hall Inc.
- Can, E. Klafs & Daniel. D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosby Company
- Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
- Wuest, D., & Fissette, J. (2014) Foundations of physical education. exercise science, and sport. McGraw-Hill Higher Education; ISUN- 10: 0073522775 ISBN -13. 978-0073522777
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- Haff, G., & Triplett, N. Essentials of strength training and conditioning. Champaign, IL.: Human Kinetics.
- Bompa, T., & Carrera, M. (2005). Periodization training for sports. Champaign. IL.: Human Kinetics.
- Zatsiorsky, V., & Kraemer, W. (2006). Science and practice of strength training. Champaign, IL: Human Kinetics.

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Semester II

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 509	Yogic Sciences	3+0

UNIT I: Introduction to Yoga

Meaning and Definition of Yoga, Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samathi.

Concept of Yogic Practices: Principles - Breathing -Awareness- Relaxation.

Pre-requirements conditions and contraindication of Yoga practice.

UNIT II:

Prelim and minor exercises: Techniques and benefits.

Asanas: Types, Techniques and Benefits.

Surya Namaskar: Methods and benefits.

Pranayama: Types, Methods and benefits.

Chakras and Shudhi kriyan.

UNIT III:

Yoga and Sports: Supplementary, Compensatory & Regenerative Yogic Exercises

Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression, Concentration, Self-Actualization.

Effects of Yoga practice on different Systems of body.

International Yoga Day, Common Yoga Protocol suggested by AYUSH

UNIT IV: PRACTICUM

1. Yogasana (In Sitting, Standing, Bending & Twisting poses)
2. Pranayama (5 types)
3. Mudras: Meaning, Techniques & Benefits
4. Shat Kriyas- Meaning, Techniques and Benefits
5. Bandas: Meaning, Techniques & Benefits
6. Meditation: Meaning, Techniques & Benefits
7. Relaxation (Shavasana & Makrasana)

TEXT & REFERENCES:

- Authors Guide (2015), International Day of Yoga, Common Yoga Protocol, New Delhi: Ministry of AYUSH, Government of India.
- George Feuerstein. (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.,
- Gore. (1990). Anatomy and Physiology of Yogic Practices. Lonavala: Kanchan Prakashan.
- Helen Purperhart (2004) The Yoga Adventure for Children. Netherlands: A Hunter House Book.
- Iyengar, B. K. S. (2000). Light on Yoga. New Delhi: Harper Collins Publishers.
- Kuvalyananda Swami & S.L. Vinekar. (1963). Yogic Therapy — Basic Principles and Methods. New Delhi: Govt of India, Central Health Education and Bureau.

- Kenghe. C.T. (1976). Yoga as Depth- Psychology and para-Psychology (Vol-1): Historical Background. Varanasi: Bharata Manishai.
- Moorthy .A.M & Alagesan.S. (2004). Yoga Therapy, Coimbatore Teachers Publication House.
- Swami Satyananda Saraswathi (1984). Kundalini and Tantra. Bihar: Yoga Publications.
- Swami Kuvalyananda. (1998). Asanas. Lonavla: Kaivalyadhama.
- Swami Satyananda Sarasvati (1989). Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
- Swami Sivananda. (1971). The Science of Pranayama. Chennai: A Divine Life Society Publication.
- Tiwari. O.P. (1998). Asanas-Why and How. Lonavla: Kaivalyadhama.
- Thirumalai Kumar. Sand Indira .S (2011) Yoga in Your Life, Chennai: The Parkar Publication.
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- Lysebeth, A. (1979). Pranayama, the yoga of breathing. London: Unwin Paperbacks. ISBN- 10: 0041490509. ISBN -13: 978-0041490503
- Pandä, N. (2003). Meditation. New Delhi: D.K. Printworld. ISBN-10: 81246021 15 ISBN-13: 978- 81 24602119
- Ramacharaka,. (2009), The science of breath. Waiheke Island: Floating Press. ISBN- 10: 1508983704. ISBN- 13: 978- 1508983 705
- Desikachar, T. (1999). The heart of yoga. Rochester, Vt.; Inner traditions International. ISBN- 13: 978-0892817641. ISBN- 10: 08928 1 764X
- Iyengar, B. (1979). Light on yoga. New York: Schocken Books. ISBN- 10: 0805210318. ISBN- 13: 978-08052 103 16
- Kaminoff, L., & Matthews, A. (2012). Yoga anatomy. Champaign, IL: Human Kinetics. ISBN- 10: 1450400248. ISBN- 13: 978- 1450400244

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Semester II

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 510	Sport Technology	3+0

UNIT I: Introduction to sports technology

- Meaning of Sports Technology.
- Scope and importance of technology in sports.
- Limitations and potential of technology in the field of physical education and sports.

UNIT II: Technology and Sports Performance

- Relationship of development in technology and human performance.
- Use and abuse of technological advancement in sports.
- Role of Technology in Historical development of sports and sportspersons.
- Modern technological trends in sports.

UNIT III: Use of Technology in Sports Equipment & Surface:

- Technology in sports footwear.
- Technology in Balls and hitting equipment.
- Technology in different sports surface.
- Technology in Protective equipment and gears.

UNIT IV: Measurement and Evaluation through Technological equipment:

- Human motion detection, recording and performance assessment.
- Technological equipment used in different sports.
- Softwares used in measurement, evaluation, research and prediction of Human performance.

TEXT & REFERENCE:

- Franz K. F. etc. Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
- Franz K. F. et. al., Editor The Impact of Technology on Sports 11 (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)
- Colin White, Projectile Dynamics in Sport: Principles and Applications
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010).
- Brasch, N. (2010). Sports and sporting equipment. South Yarra, Vic.: Macmillan Education Australia.
- Bruce, L., Hilvert, J., & Hilvert-Bruce. A. (2005). Sports technology. South Yarra, Vic.: Macmillan Library.

- Magdalinski, T. (2009). *Sport, technology and the body*. London: Routledge.
- Edmundson, C. *Sports technology*.
- Thompson, G. (2001). *Sports technology*. Southbank, Vic.: Nelson Thomson Learning.

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Semester II

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 511	Sports Management	3+0

Unit I:

- Management: Concept and Principles of Management.
- Sports Management: Definition, Importance.
- Basic Function and Procedures of Sports Management.
- Personal Management: Objectives of Personal Management, Personal Policies

Unit II:

- Management of infrastructure, equipment, finance and personnel.
- Organization and Functions of Sports bodies.
- Management of Competitive Sports Programmes.
- Factors affecting/influencing sports Programme Management.
- Management of Community Based Physical Education and Sports programme.

Unit III:

- Purchase and Care of Equipment.
- Guidelines for selection of equipment and Supplies.
- Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment.
- Planning and Principles of Public Relations in Sports.

Unit — IV: (Practical)

- SWOT Analysis
- Organising sports meet:
 - Institutional sport event
 - Community sport event
 - Fitness Events for children
- Officiating in the institutional tournaments
- Planning & Organising sport event
- Report preparation of sport event
- Audit Management of sport event

TEXT & REFERENCES:

- Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication.
- Charles, A, Buclaer & March, L. Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
- Chelladurai. P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
- John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
- Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.
- Yadvnider Singh. Sports Management. New Delhi: Lakshay Publication
- Bill, K. (2009). Sport management. Exeter [England]: Learning Matters. ISBN- 13 978-1844452637. ISBN- 10: 1844452638
- Smith, A., & Stewart, B. (1999). Sports management. St. Leonards, N.S.W.: A Hen & Unwin. ISBN- 13: 978-1864487510. ISBN- 10: 1864487518
- Hoye, R. (2012). Sport management. Milton Park, Abingdon, Oxon: Routledge. ISBN-13: 978-1856178198, ISBN-10: 1856178196
- Bowers, M. (2015). Sport management. Champaign: Sagamore Publishing. ISBN- 10:

1571 677267. ISBN-13: 978-1571 677266

- Krotee, M., & Bucher, C. (2007). Management of physical education and sport. Boston: McGraw-Hill. ISBN-10. 0072972920. ISBN- 13: 975.-007297292J

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PART — B : SPORTS PRACTICUM COURSE

Course Code	Course Title	Credits
PHED 512	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport / Team Game/ Racket Game.	4+0

(A) TRACK AND FIELD (B) GYMNASTICS (C) SWIMMING (D) COMBATIVE SPORT: BOXING/JUDO/TAEKWONDO/WRESTLING (E) INDIGENOUS SPORT:KABADDI/ KHO-KHO (F) TEAM GAME: BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL / HOCKEY/ VOLLEYBALL (G): RACKET GAME: BADMINTON/ TABLE TENNIS/ TENNIS

ESSENCE OF THE COURSE

It is designed to provide an opportunity to students to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

COURSE CONTENTS:

(General guidelines for development of requirement courses contents in particular game/sport are given below)

Note: The course contents to be followed for the purpose of developing practical knowledge regarding marking, rules & regulation, officiating, technical training, tactical training, psychological preparation & preparation of training schedules)

UNIT — 1: Introduction

- Layout and marking of play filed/ground/courts and measurement of equipments used in Game/Sport.

UNIT — II: Techniques/Skills development:

- Classification of techniques/skills.
- Technique/skill training: Preparatory. Basic, Supplementary exercises.
- Identification and Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports..

UNIT —III: Officiating:

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post game)
- Rules & their interpretations.

UNIT — IV: Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept of preparation of training schedules.
- Tactical training in game/sport.

- Psychological preparation required during competition in game/sport.
- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport.

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

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Semester III

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 513	Health Education and Sports Nutrition	3+0

UNIT I: Health Education

- Definition of Health, Health Education, Health Instruction and Health Supervision
- Aims, Objectives and Principles of Health Education
- * Level of Health Care — Primary, Secondary, Tertiary.

UNIT II: Hygiene, Sanitation, Communicable and Non-communicable disease

- Meaning and types of Hygiene and Sanitation
- Personal and Community Hygiene.
- Communicable (Tuberculosis, AIDS, Rabies, Cholera) and Non Communicable Diseases (Cardiovascular Diseases, Cancer, Diabetes)

UNIT III: Schools Health Services

- Meaning & Objective of School Health Services.
- Role of health education and health related schemes at school level.
- Health Services - Health record, health evaluation, first-aid and emergency care.

UNIT IV: Food, Sports Nutrition and Related Health Problem:

- Meaning and concept of Food, Nutrition and Balanced diet.
- Sources and functions of various nutrients.
- Sports specific diet requirements.
- Obesity, Malnutrition, Adulteration in food.

LIST OF PRACTICUM

- Visit to Milk dairy and prepare a report based on the observation of the process of preparing milk.
- Visit to Institute Mess and/or Hotel and suggest steps to improve the hygiene there.

TEXT & REFERENCES:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness. Friends Publications (India), 1992.
- Warner W.K. Oeger & Sharon A. Hoeger. Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan. D.K. publishing. Inc. 95, Madison Avenue. New York
- Benardot, D. (2012). Advanced sports nutrition. Champaign, IL: Human Kinetics. ISBN 9781450401616
- Burke, L. (2007). Practical sports nutrition. Champaign, IL: Human Kinetics ISBN. 9780736046954
- Connolly, M. (2012). Skills-based health education. Sudbury, MA: Jones & Bartlett Learning. ISBN 9781449630201

- Koelen, M., & Ban, A. (2004). Health education and health promotion. Wageningen, Netherlands: Wageningen Academic Publishers. ISBN 9789076998442
- Gilbert, G., Sawyer, R., & McNeill, B. (2011). Health education. Sudbury, Mass.: Jones and Bartlett Publishers. ISBN 9780763759292

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Semester III

PART – A: THEORY COURSES

Course Code	Course Title	Credits
PHED 514	Sports Psychology	3+0

UNIT I: Introduction to Sports Psychology

- Meaning & definition of sports psychology.
- Historical development of sports psychology in India and Abroad.
- Interdisciplinary approach of Sports Psychology with other Sports Sciences.
- Importance of Sport and Exercise Psychology for Physical Education Teachers, Athletes and Coaches
- Role of sports psychologist

UNIT II: Personality & Motivation

- Personality: Meaning, definition and types.
- Theories of personality.
- Personality difference among sports person and its influence on performance.
- Motivation: Meaning, definition and types.
- Theories of Motivation.
- Techniques of Motivation for developing sports performance and exercise adherence.

UNIT III: Emotions & Athletic Performance

- Meaning, definition and types of Emotions
- Anxiety: Nature, Causes and Method of Measuring Anxiety.
- Stress: Nature and causes of Stress. Stress and Sports Performance.
- Aggression: Meaning and definition of Aggression. Aggression and Sports Performance.
- Relationship of Emotions with Sports Performance.

UNIT IV: Cognitive Process, Motor Development & Group Cohesion

- Meaning of Sensation, Perception, Memory, Information processing, Decision Making.
- Attention Processes and Concentration.
- Role of Cognitive process for Motor Skills acquisition and Motor control of sports person.
- Concept of Group and Group Cohesion in sports. Structure of Group & Team Dynamics.

LIST OF PRACTICUM

- Assessment of State and Trait Anxiety of athletes.
- Assessment of Motivation during participation in Sports and Exercise.
- Assessment of Personality traits among athletes.
- Assessment of Group Cohesion among team and individual sports.
- Assessment of Emotions.

TEXT & REFERENCES:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Twining Publication.
 - Jain. (2002), Sports Sociology, Khel Sahitya Kendra Publishers.
 - JayCoakley. (2001) Sports in Society – Issues and Controversies in International Education. Mc- Craw Seventh Ed.
 - John D Lauther (2000) Psychology of Coaching. New Jersey: Prentice Hall Inc.
 - John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
 - MiroslawVauks& Bryant Cratty (1999), Psychology and the Superior Athlete. London: The Macmillan Co.
 - Richard. J. Crisp. (2000). Essential Social Psychology. Sage Publications.
 - Robert N. Singer (2001) Motor Learning and Human Performance. New York: The Macmillan Co.
 - Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Fibiger.
 - Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
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 - Weinberg, R., & Gould. D. (2011) Foundations of sport and exercise psychology. Leeds: Human Kinetics. ISBN-13: 978-073 6083232. ISBN-10: 0736083235
 - Cox, R. (2012). Sport psychology. New York: McGraw-Hill ISBN-13: 978-0078022470. ISBN- I 0: 0078022479
 - Burton, D., & Raedeke, T. (2008). Sport psychology for coaches. Champaign, IL: Human Kinetics. ISBN- I3: 978-073 6039864. ISUN-1 0: 0736039864
 - Anshel, M. (2012). Sport psychology. San Francisco, CA: Pearson Benjamin Cummings. ISBN- 13: 978-032173249 1. I SBN- 10: 032i 732499
 - Le Unes, A. (2008). Sport psychology. New York: Psychology Press. ISBN-13: 978-0805862669 ISBN- 10: 0805862668

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Semester III

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 515	ICT & Education Technology in Physical Education	3+0

UNIT I: Basics of Education Technology

- Concept of Education Technology.
- Role of Technological Educational Practices.
- Technological Education Means (Hardware Technologies, Overhead Projector, Still and Movie Projector, Audio-Visual Recording Instruments, Television and Computers)

UNIT II: Communication Process and Teaching

- Communication: Concept and process of Communication, Principles of Communication, Barriers of Communication, Class room communication (Verbal and Non-Verbal)
- Teaching: Meaning, Objective, Types, Principles and Procedure of teaching.

UNIT III: Information Technology

- Meaning, Nature and significance of information technology in teaching learning process.
- Multimedia Approach to Education: Role of Video conferencing, radio conferencing, television, Internet in teaching learning process, their advantage and limitations.
- Role of Central Institutes of Education and Technology, National Open School, State Educational Technology Cells, Distance Educational Institutes in the improvement of teaching-learning process.

UNIT IV: Introduction of Computer, Internet, Networking, E-learning and Cyber Security

- MS Office, Data management System using Excel and Power point presentation.
- Advantages of Networking and Internet Connectivity
- E-learning — Definition, Advantage and Characteristics.

LIST OF PRACTICUM

- Design various types of formats in MS Excel
- Preparation of PPT
- Searching & Browsing
- E-referencing System
- « Video conferencing

TEXT & REFERENCES:

- Goldin, C., & Katz, L. (2008). The race between education and technology. Cambridge, Mass.: Belknap Press of Harvard University Press. ISBN- 13: 978-067J035300. ISBN- 10: 0674035305
- Castelli, D., & Fiorentino, L. (2008). Physical education technology playbook. Champaign, IL: Human Kinetics. ISBN-10: 0736060553. ISBN- 13 978-0736060554
- Leight. J. Technology for physical education teacher education. ISBN-10: 1494f195765 ISBN-13: 978-1 494895761
- Felker, K. (2011). Integrating technology into physical education and health. [Place of publication not identified]: American Press. ISBN- IO- 089641 4965. ISBN- 13: 978-08964 14969
- Mohnsen, B. (2012) Using technology in physical education. ISBN-10: 1893166899 ISBN- I 3:

978-1893166899

- Selwyn, N. (2011). Education and technology. London: Continuum International Pub. Group. ISBN- 10: 1 441 150366. ISBN- 13: 978- 1 441 1 50363
- Capel, S., Breckon, P., & O'Neill, J. (2006). A practical guide to teaching physical education in the secondary school. London: Routledge. ISBN- 10; 0415361117. ISBN-13: 978-0415361118

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Semester III

PART - A: THEORY COURSES

Course Code	Course Title	Credits
PHED 516	Sport Medicine	3+0

UNIT I: Introduction to Sports Medicine

- Concept of Sports Medicine, Its aim and objectives, Need and Scope of Sports Medicine in Physical Education and sports.
- Role of Sports Physician, Physical Educator/ Athletic Trainer, the coach and the player in sports medicine.
- Brief historical sketch of Sports medicine in India.

UNIT II: Sports Medical Problems

- Low back problems in sports and their management through therapeutic exercises.
- Advantages and disadvantage of exercises, before, during and after pregnancy.
- Common old age problems and evaluation of male and female athletes.
- Sports medical problems of athletes and rehabilitation.

UNIT III: Doping in Sports

- Dope History, definition of Drug abuse and Doping.
- Classification of Doping, IOC list of doping classes and methods.
- Signs and symptoms of Doping
- Procedure and sampling at National and International levels. Use and abuses of drugs.
- Role of WADA and NADA

UNIT IV: Food supplements for Sportsmen

- Protein and creation utilization
- Planning and management of athletic diets for different category of sports
- Advisory Bodies
- Role of Water in diet for Athletes.

TEXT & REFERENCES:

- Rouzier, P. (2010). The sports medicine patient advisor. Amherst, MA: SportsMed Press. ISBN-10: 0984303 103. ISBN- J 3: 978-0984303 106
- Lyle, J., & Jenkins. M. (1995). The Sports Medicine Bible: Prevent, Detect. And, Treat Your Sports. New York: Harper Collins. ISBN- 13: 976-0062731 432
- Brukner, P., Khan, K., & Brukner, P. (2012). Brukner & Khan's clinical sports medicine. Sydney: McGraw-Hill ISBN- 13: 978-007099813
- Madden, C., & Netter, F. (2010). Netter's sports medicine. Philadelphia, PA: Saunders/Elsevier. ISBN-10: 1416049223. ISBN-13: 978-1416049227
- O'Connor, F. (2013). ACSM's sports medicine. Philadelphia: Wolters Klower Health/Lippincott Williams & Wilkins. ISBN- 10: 1431104251. ISBN- 13: 978-1451104257
- Seidenberg, P., & Beutler, A. (2008). The sports medicine resource manual. Philadelphia, PA: Saunders/Elsevier. ISBN- T0: 1416031979. ISBN- t 3: 978-1416031970
- Steven Roy, Irvin Richer "Sports Medicine" Prentice Hall, 1983.
- Vinger and Hoerner, "Sports Injuries" PSG Publishing Co. Inc. Massal. 1980.
- Armstrong and Tucker, Injuries and Sports London:Camples Press.
- More house and Rash. Sports Medicine for Trainer W.R. Saunders.
- « William, J.G.P., Sports Medicine, London: Edwar Arnold Publishers.

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Semester III

PART – A: THEORY COURSES

Course Code	Course Title	Credits
PHED 517	Physical Fitness and Wellness	3+0

UNIT I: Introduction to Fitness & Wellness

- Meaning and Definition of Fitness, Wellness & Nutrition
- Physical Fitness Concepts, Components, Techniques and Principles of physical fitness.
- Leisure time physical activity. Current trends in fitness and conditioning.

UNIT II: Application of Fitness & Wellness

- Nutrition & Wellness
- Body Composition & Weight Management
- Endurance: Cardio respiratory & Muscular
- Flexibility, Fitness & Wellness relationship
- Stress Management & Behavior Modification

UNIT III: Fitness & Wellness Assessment

- Measurement of Height & Weight
- Measurement of Body Composition
- Measurement of Basic Strength, Endurance and Flexibility
- Assessment of cardio respiratory fitness, Health Related Fitness.
- Stress Assessment & its Management Techniques.
- Preparation & implementation of Group Exercise Plans and Personal Training Plans.

UNIT IV: Establishment and Management of Fitness Centre

- Principles of starting fitness center -- location, policy, programmes, record keeping, public relation.
- Fitness center membership and its types.
- Safety aspects and designing aspects of a fitness centre.
- Qualification and qualities for a fitness trainer.

PRACTICUM: Orientation and management of fitness center, fitness parks and health clubs .

TEXT & REFERENCE:

- David K. Miller & T. Earl Allen, Fitness. A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A fi C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger & Sharon A. Hoeger. Fitness and Wellness, Morton Publishing Company. 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1956.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York
- Hoeger, W., & Hoeger. S. Lifetime physical fitness & wellness. ISBN- I3: 978- 1285733 142 ISBN-10: 1285733 142

- Fahey, T., Roth. W ., Insel P., & Insel, C. Fit & cell. ISBN-13: 978-0077770396 ISBN- 10: 0077770390
- Corbin, C. (2011). Concepts of physical fitness. New York: McGraw-Hill Higher Education. ISBN-10: 9780073523828 ISBN-13: 978-0073523 828
- Hoeger, W., & Hoeger, S. Fitness & wellness.(20 13) Belmont, CA: Wadsworth, Cengage Learning ISBN- 13: 978-1 2857331 59 ISBN-10: 1285733150
- Greenberg, J., Dintiman, G., & Myers Oakes, B. (2004). Physical fitness and wellness. Champaign. IL: Human kinetics. ISBN-13: 978-0736046961 ISBN-10. 0735046968

Syllabus of M.A. in Physical Education

Semester III

PART – A: THEORY COURSES

Course Code	Course Title	Credits
PHED 518	Introductory Physical Education, Sports & Yoga	3+0

UNIT I: Introduction to Physical Education, Sports and Yoga

- Meaning, Definition and Scope of Physical Education & Sports.
- Aims and Objective of Physical Education & Sports.
- Importance of Physical Education, sports and Yoga in present era.
- Misconceptions about Physical Education.
- Sports and Yoga for all and its role in the maintenance and promotion of fitness and Wellness.

UNIT II: Scientific Basis of Physical Education and Sports

- Biological Basis of Physical Education and Sports.
- Psychological Basis Physical Education and Sports.
- Sociological Basis Physical Education and Sports.
- Mechanical Basis Physical Education and Sports.
- Stress Management & Behavior Modification through practice of Sports and Yoga
-

UNIT III: Nutrition, Health and Wellness

- Meaning of Food & Nutrition, Balance diet, Obesity, Malnutrition.
- Concept of Health and Wellness. Personal Health and Hygiene, Management of Healthy Lifestyle
- Effects of Exercise and sports activities on Human body

UNIT IV: Praticum

- Practice of Yogasana (Sitting, Standing, Bending & Twisting postures) and Pranayama
- Types of Exercises, Concept of Warm up and Cool down
- Preparation of fitness and training schedules
- Modern concepts of Health and Fitness

TEXT & REFERENCE:

- David K. Miller & T. Earl Allen, Fitness. A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A fi C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992.
- Warner W.K. Oeger & Sharon A. Hoeger. Fitness and Wellness, Morton Publishing Company. 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1956.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York
- Hoeger, W., & Hoeger. S. Lifetime physical fitness & wellness. ISBN-13: 978- 1285733 142 ISBN-10:1285733 142
- Fahey, T., Roth. W ., Insel P., & Insel, C. Fit & cell.ISBN-13: 978-0077770396 ISBN- 10: 0077770390
- Corbin, C. (2011). Concepts of physical fitness. New York: McGraw-Hill Higher

Education. ISBN-10: 9780073523828 ISBN-13: 978-0073523828

- Hoeger, W., & Hoeger, S. Fitness & wellness. (2013) Belmont, CA: Wadsworth, Cengage Learning
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Champaign, IL: Human kinetics. ISBN-13: 978-0736046961 ISBN-10: 0735046968

Syllabus of M.A. in Physical Education
Semester III

PART — B

SPORTS PRACTICUM COURSE

Course Code	Course Title	Credits
PHED 519	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport/ Team Game / Racket Game.	0+4

(A) TRACK AND FIELD (B) GYMNASTICS (C) SWIMMING (D) COMBATIVE SPORT: BOXING/JUDO/TAEKWONDO/WRESTLING (E) INDIGENOUS SPORT:KABADDI/ KHO-KHO (F) TEAM GAME: BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL / HOCKEY/ VOLLEYBALL (G): RACKET GAME: BADMINTON/ TABLE TENNIS/ TENNIS

ESSENCE OF THE COURSE

It is designed to provide an opportunity to the students to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

COURSE CONTENTS:

(General guidelines for development of required course contents in particular game/sport are given below)

Note: The course contents to be followed for the purpose of developing practical knowledge regarding marking, rules & regulation, officiating, technical training, tactical training, psychological preparation & preparation of training schedules)

UNIT - 1: Introduction

- Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport.

UNIT — II: Techniques/Skills development:

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic, Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports.

UNITS —III: Officiating:

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post game)
- Rules & their interpretations.

UNIT - IV: Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)

- Basic Concept of preparation of training schedules.
- Tactical training in game/sport.
- Psychological preparation required during competition in game/sport.
- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport.

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

Syllabus of M.A. in Physical Education

Semester IV

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 520	Kinesiology and Sports Biomechanics	3+0

UNIT I: Introduction to Kinesiology and Sports Biomechanics

- Meaning, nature, role and scope of Kinesiology and Sports Biomechanics.
- Relationship of Kinesiology and Physical Education.
- Fundamental concepts of – Axes and Planes, Centre of Gravity and Line of Gravity.
- Concept of work, power and, energy in physical activities and sports.

UNIT II: Concepts of Muscular Movement

- Classification of Joints and Muscles.
- Types of Muscle Contractions.
- Fundamental concepts of following terms- Angle of Pull, All or None Law and Reciprocal Innervation

UNIT III: Mechanical Concepts of Human Movement

- Linear and Angular Kinematics.
- Linear and Angular Kinetics.
- Fundamental Concept of Equilibrium, Force, Lever, Motion and Projectile in sports.

UNIT IV: Air & Fluid Mechanics

- Application of Mechanical concepts in different sports situations.
- Understanding the concept of: Spin, Flotation, Fluid Resistance, Drag & lift.

LIST OF PRACTICUM

- Analysis of movement:
- Types of analysis, Kinesiological, Biomechanical, Cinematographic
- Methods of analysis — Qualitative, Quantitative, Predictive

TEXT & REFERENCES:

- McGinnis, P. (2013). Biomechanics of sport and exercise. Champaign, 1 L: Human Kinetics. ISBN 978073 6079662
- Blazeovich, A. (2007). Sports biomechanics. London: A. & C. Black. ISBN 978071367b710
- Bartlett, R. (2007). Introduction to sports biomechanics. London: Routledge, Taylor & Francis Group. ISBN 9780415339933
- Hall, S. (2014) Basic biomechanics. Mcgraw Hill Higher Education. ISBN 9780073522760
- Knudson, D. (2007). Fundamentals of biomechanics. New York, NY: Springer. ISBN 978-0-387-49311-4
- Deshpande S.H. (2002), Manav Kriya Vigyan — Kinesiology (Hindi Edition) Amravati: Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology Publication in 2005).
- Steven Roy, & Richard Irvin (1983). Sports Medicine, New Jersey: Prentice Hall.

- Thomas. (2001). Manual of structural Kinesiology, New York: Mc Graw Hill.
- Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India (2004)
- Uppal, A.K. (2004), Kinesiology in Physical Education and Exercise Science, Delhi Friends Publication
- Williams M (1982) Biomechanics of Human Motion, Philadelphia, Saunders Co.

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Semester IV

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 521	Gender, Disability & Inclusive Sports Education	3+0

UNIT I: Understanding the Construction of Gender

- Defining Gender and features of gender inequality.
- Gender inequality in Education.
- Gender based violence as a development and rights challenge.
- Historical roots of gender construction in India —patriarchy and its socio- cultural origins.
- Impact of gender as a social Construct.

UNIT II: Gender and Schooling

- Gender issues in access to education & physical education.
- Quality of work and equal opportunity.
- Gender issues in physical education class and peer interactions.
- Gender issues and participation in sports.

UNIT III: Gender and Constitution of India

- Constitutional provision for education of women in India.
- Programmes of women education in India.
- Gender and policies perspective.
- Class and Inequality.

UNIT IV: Disability & Inclusive Education

- Definition, concept and importance of inclusive education.
- Historical perspectives on education of children with diverse needs.
- Difference between special education, integrated education and inclusive education.
- Advantages of inclusive sports education for all children.
- Role of teachers, parents and society in supporting inclusion of children with diverse needs for participation in sports.

TEXT & REFERENCES:

- Chanana, Karuna (ed) Socialisation. Education and Women, Orient Longman, New Delhi, 1988
- Mandell, Nancy (ed), feminist Issues: Race, Class and Sexuality, Prentice Hall, Ontario, 1995
- Nambissan, Geeta B, Gender and Education: The Social Context or schooling Girl Children in India, 1995.
- Erik Olin Wright, "From Paradigm Battles to Pragmatist Realism: towards an integrated class analysis", New Left Review (forthcoming)
- Daryl Glaser, "Class as a Normative Category: Egalitarian Reasons to Take It Seriously (With a

South African Case Study)

- Daryl Glaser, 'Should An Egalitarian Support Black Economic Empowerment?'. *Politikon*. vol. 34, no. 2, 105-123, 2007.
- John Roemer paper: "Should Marxist's care about exploitation" in *Analytical Marxism and Philosophy & public affairs* 1985
- Michael Marmot, Richard Wilkinson, *Social Determinants of Health: The Solid Facts*
- Mel Kohn, *Class and Conformity*, excerpts
- Mei Kohn and Carmi Scholar, *Work and Personality*, excerpts
- Gomberg, *How to make opportunity equal* (Blackwell, 2007)
- Ainscow, M., Booth. T (2003): *The Index for Inclusion: Developing Learning and Participation in Schools*. Bristol: Center for studies in Inclusive Education.
- Ahuja. A, Jangira. N.K. (2002): *Effective Teacher Training: Cooperative Learning Based Approach*: National Publishing house 23 Daryaganj, New Delhi 11 0002.
- Jangira N.K. and Mani, M.N.G. (1990): *Integrated Education for Visually Handicapped*, Gurgaon, Old Subjimandi, Academic Press.
- Jha. M.(2002) *Inclusive Education for All: Schools Without Walls*, Heinemann Educational publishers, Multivista Global Ltd, Chennai, 600042, India.
- Sharma, P.L. (1990) *Teachers handbook on IED-Helping children with special needs* N. C. E. R. T. Publication.
- Sharma P.L (2003) *Planning Inclusive Education in Small Schools*, R .I E. Mysore

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Semester IV

PART – A: THEORY COURSES

Course Code	Course Title	Credits
PHED 522	Athletic Care & Rehabilitation	3+0

UNIT I: Introduction to Athletic Care & Rehabilitation

- Meaning, definition and importance of Athletic Care & Rehabilitation
- Concept & Categories of the athletic injuries: Traumatic and Overuse.
- Common athletic injuries: Sprain, Strain, Contusion, Dislocation, Fracture
- Types of Skin Wounds: Open & closed wounds, laceration, Abrasions.
- Stages of Healing.

UNIT II: Prevention & Treatment of Injuries

- Preventive principles of athletic injuries.
- Common treatment of soft tissue injuries.
- Immediate treatment: PRICE
- Rehabilitation: General Principles, role of therapeutic exercises.
- Role of Massage in the treatment of athletic injuries.

UNIT III: Therapeutic Modalities

- Cryotherapy modalities: General description, physiological and therapeutic effects, Methods of application & contraindications, Ice, cold packs, immersion, evaporating sprays.
- Hydrotherapy Modalities: General description, physiological and therapeutic effects, Methods of applications and contraindication: Contrast Bath, Whirl Pool.
- Heating Modalities (Thermotherapy): General description, physiological and therapeutic effects, methods of application & contradictions: Hot Moist Packs, Intra-red Radiation, Wax Bath, Short Wave Diathermy, Microwave Diathermy, Ultra Sound

UNIT IV: Special Sports Injuries

- Common causes, General care and Prevention of:
- Knee Injuries.
- Ankle Injuries.
- Elbow Injuries.
- Lower Back Injuries.
- Over Use Injuries.

LIST OF PRACTICUM

- Demonstration & practice of Therapeutic Modalities. Infrared, Hot Moist Pack, Wax Bath, Shortwave Diathermy, Ultrasound, Contrast Bath, Whirl Pool.
- Demonstration of Athletics Injuries: Shin Splint, Tennis Elbow, Ankle Sprain, Knee Sprain.
- Demonstration and Practice of Massage

TEXT & REFERENCE:

- Fritz, S. (2013) Sports & exercise massage. Elsevier mosby ISBN-13: 978-0323083829
- ISBN-10: 032308382X
- McKone, W. (1997). Osteopathic athletic health care. London: Chapman & Hall. ISBN-13: 978-0412590900 ISBN-10: 0412590905
- Magee, D. (2011). Athletic and sport issues in musculoskeletal rehabilitation. St. Louis, Mo.: Elsevier/Saunders. ISBN-13: 978-1416022640. ISBN-10: 1416022643
- Miniaci, A., & Iannotti, J. (2014). Disorders of the shoulder. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health. ISBN-13: 978-1451130581. ISBN-10: 1451130589
- Puddu, G., Giombini, A., & Selvanetti, A. (2001). Rehabilitation of sports injuries. Berlin: Springer. ISBN-13: 978-3540674757. ISBN-10: 3540674756

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Semester IV

PART - A: THEORY COURSES

Course Code	Course Title	Credits
PHED 523	Dissertation	3+0

UNIT - I: Introduction & Review of Related Literature

- Writing Introduction.
- Preparation of review of literature.
- Meta-Analysis, operationalization of terminologies, writing of hypothesis.

UNIT - II: Preparation and presentation of report.

- Procedure of selection of subjects.
- Collection of data, administration of tools and statistical procedures, analysis of data.
- Discussion of findings and discussion of hypothesis.
- Referencing, Plagiarism.

UNIT - III: Types of research proposal:

- Historical Research Proposal.
- Philosophical Research Proposal.
- Experiment Research Proposal and Survey studies.

UNIT - IV: Practicum

- * Writing research proposal for different types of research
- Reviewing of different research documents
- Meta-Analysis
- Learning the use of different referencing styles, APA etc.

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Semester IV

PART — A: THEORY COURSES

Course Code	Course Title	Credits
PHED 524	Curriculum Design in Physical Education	3+0

UNIT - I: Curriculum Meaning and Definition of Curriculum

- Principles of Curriculum Construction: Students centered, Activity centered and Community centered.
- Theories of curriculum development. Curriculum Framework.
- Relevance, flexibility, quality, contextually and plurality
- Approaches to Curriculum: Subject centered, Learner centered and Community centered.

UNIT — II: Factors & Resources

- Factors that affects curriculum.
- Sources of Curriculum materials: Books, Journals, Encyclopaedia, Magazines, Internet.
- Integration of Physical Education with other Sports Sciences.
- Curriculum research. Objectives of Curriculum research, Importance of Curriculum research.

UNIT — III: Curriculum Practices

- Preparation & selection of content of the curriculum at school level.
- Preparation of the curriculum at the middle and secondary school.
- Organising for instruction in the middle school.
- Organising the program of physical education at the urban and rural areas.

UNIT—IV: Safety Consideration & Evaluation

- Planning for safety in outdoor settings.
- Planning for safety in indoor settings.
- Planning for safety of spectators.
- Evaluation procedure in curriculum design.

TEXT & REFERENCE:

1. Kelly, L., & Melograno, V. (2014) Developing the physical education curriculum. ISBN-13: 978- 1478627043 ISBN-10: 1478627042
2. James, J. (2005). Curriculum design in physical. education and sports. **New Delhi:** Friends Publications (India). ISBN-10: 81 721 61433. **ISBN-13:** 978-81 721 61439
3. Shinde. B. (2011). Curriculum design in physical education. New Delhi. Sports Publication. ISBN-10: 8178796260. ISBN-13: 978-8178796260
4. Mohnsen, B. (2008). Teaching middle school physical education. Champaign. IL: Human Kinetics. ISBN- 13: 978-0736068499 ISBN-10: 073 606849 X
5. Gupta, R., Sharma, A., & Sharma, S. (2004). Professional preparation and curriculum designs in physical education and sports. New Delhi: Friends Publications. ISBN 13: 9788 172 1 60821 (978- 81-7216-082- 1) ISBN: 8172 160828 (81-7216-082-8)

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Semester IV
PART – B

SPORTS PRACTICUM COURSE

Course Code	Course Title	Credits
PHED 525	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport/ Team Game / Racket Game.	0+4

(A) TRACK AND FIELD (B) GYMNASTICS (C) SWIMMING (D) COMBATIVE SPORT: BOXING/JUDO/TAEKWONDO/ WRESTLING (E) INDIGENOUS SPORT:KABADDI/ KHO-KHO (F) TEAM GAME: BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL / HOCKEY/ VOLLEYBALL (G): RACKET GAME: BADMINTON/ TABLE TENNIS/ TENNIS

(Select any one from the previous semesters)

ESSENCE OF THE COURSE

The course contents to be followed for the purpose of developing practical knowledge regarding marking, rules & regulation, officiating, technical training, tactical training, psychological preparation & preparation of training schedules)

COURSE CONTENTS

- Planning, Development and Presentation of Ten (10) theory and Ten (10) practical coaching plans on the basis of selected sports specialization (Theory/ Marking/ Apparatus/ Equipment/ Officiating/ Technique/ Tactics)