

MANGALORE UNIVERSITY
DEPARTMENT OF PG STUDIES IN PHYSICAL EDUCATION AND SPORTS

I Semester M.P.Ed. degree programme:

No.	Subject Code	Unit	Title of the Subject	Duration of the exam	Marks for Examination		
					Sessional	Theory/ Practical	Total Marks
1	M.P.Ed 401	Theory	Curriculum in Physical Education/*Sports Sponsorship	3 hrs.	30	70	100
2	M.P.Ed 402.	”	Measurement and evaluation in physical education	3 hrs.	30	70	100
3	M.P.Ed. 403	”	Statistical techniques and Computer Application	3 hrs.	30	70	100
4	M.P.Ed. 404	”	Specialization(Optional Game)	3 hrs.	30	70	100
5	M.P.Ed. 405	Practical	Specialization (Optional Game)	3 hrs.	30	70	100
6	M.P.Ed. 406	”	Test and Measurement	3 hrs.	30	70	100
7	M.P.Ed. 407	”	Computer Application	3 hrs.	30	70	100
Total					210	490	700

* Sports sponsorship shall be offered to the students under innovative programme for the duration of the programme

II Semester M.P.Ed. degree programme

No.	Subject Code	Unit	Title of the Subject	Duration of the exam	Marks for Examination		
					Sessional	Theory/ Practical	Total Marks
1	M.P.Ed 451	Theory	Research process in physical education and sports	3 hrs.	30	70	100
2	M.P.Ed 452.	”	Theory and methods of sports training	3 hrs.	30	70	100
3	M.P.Ed. 453	”	Physiology of exercise and sports	3 hrs.	30	70	100
4	M.P.Ed. 454	”	Specialization (Optional Game)	3 hrs.	30	70	100
5	M.P.Ed. 455	Practical	Specialization (Optional Game)	3 hrs.	30	70	100
6	M.P.Ed. 456	”	Training methods and coaching	3 hrs.	30	70	100
7	M.P.Ed. 457	”	Physiology of exercise and sports	3 hrs.	30	70	100
Total					210	490	700

III Semester M.P.Ed. degree programme:

No.	Subject Code	Unit	Title of the Subject	Duration of the exam	Marks for Examination		
					Sessional	Theory/ Practical	Total Marks
1	M.P.Ed 501	Theory	Fitness and Wellness (Choice Based)	3 hrs.	30	70	100
2	M.P.Ed 502.	”	Sports Psychology	3 hrs.	30	70	100
3	M.P.Ed. 503	”	Biomechanics and kinesiology	3 hrs.	30	70	100
4	M.P.Ed. 504	”	Specialization (Optional Game)	3 hrs.	30	70	100
5	M.P.Ed. 505	Practical	Specialization (Optional Game)	3 hrs.	30	70	100
6	M.P.Ed. 506	”	Sports psychology	3 hrs.	30	70	100
7	M.P.Ed. 507	”	Biomechanics and kinesiology	3 hrs.	30	70	100
Total					210	490	700

IV Semester M.P.Ed. degree programme

No.	Subject Code	Unit	Title of the Subject	Duration of the exam	Marks for Examination		
					Sessional	Theory/ Practical	Total Marks
1	M.P.Ed 551	Theory	Therapeutic exercises and physical rehabilitation	3 hrs.	30	70	100
2	M.P.Ed 552.	”	Sports Sociology	3 hrs.	30	70	100
3	M.P.Ed. 553	”	Specialization: Athletics	3 hrs.	30	70	100
4	M.P.Ed. 554	”	Sports Management/ *Sports Marketing	3 hrs.	30	70	100
5	M.P.Ed. 555		OR Dissertation				
6	M.P.Ed. 556	Practical	Specialization (Athletics)	3 hrs.	30	70	100
7	M.P.Ed. 557	”	Therapeutic exercises and physical rehabilitation	3 hrs.	30	70	100
Total							600

*Sports Marketing shall be offered to the students under innovative programme for the duration of the programme

Paper M.P.Ed. 401 : CURRICULUM IN PHYSICAL EDUCATION

UNIT I

Meaning and definition of curriculum – Difference between old and modern concept of curriculum . Philosophical, psychological and social consideration in curriculum development for physical education and sports.

UNIT II

Basic principles of curriculum development in physical education. Criteria for curriculum content. Source of curriculum materials. Physical education curriculum at various levels: High Schools, Higher Secondary Schools and Colleges.

UNIT III

The total curriculum: Quality physical education a school responsibility. Recent developments in mind body relationships. Health, physical education and academic achievement. Physical education and recreation as adjuncts to the education of the mentally retarded. Learning about movement. Social development the forgotten objectives.

UNIT IV

The relationship of supervision to curriculum development. The need for curriculum planning. Factors influencing the physical education curriculum.

UNIT V

Curriculum Designing: The importance of curriculum designing. The role of teacher in curriculum designing. Selection of educational activities. Classification of activities in physical education. Suitability of activities for different age groups and sexes. Pupils maturation.

Research and the changing curriculum, creative thinking in physical education, Institutions influence change, professional periodical, the athletic institute.

UNIT VI

The adapted program: individualized physical education, the mandate for physical education, exceptional children and special education, classification and organization, scheduling adapted physical education classes, the mentally retarded.

UNIT VII

Intramural and Interscholastic Program. Balance in extra class programming, planning extra class activities, the elementary school program, inter school activity, the secondary school program, women in sports, inter scholastic athletics, Sports for the handicapped.

UNIT VIII

Evaluating the program, purpose of evaluation. The Program of evaluation. Measuring progress in elementary school, secondary school evaluation. Assessing the fitness - motor domain. Measuring affective behavior. Appraising the total curriculum, Administrative measures.

Reference:

Cowell C.C. and H.W. Hazalton. Curriculum design in physical education.

Humphrey, James H. Alice, M. Love and Leslie, W. Irvi. Principles and Techniques of Supervision in Physical Education. (3rd Edn. WCB)

Irwin W., Curriculum in Health and Physical Education. C.V. Mosby & Co.

Jewett, Anne E. and Bain, Linda. The curriculum process in physical education.



Paper M.P.Ed. 402 : Measurement and evaluation in physical education

Unit I

Introduction: Meaning of the terms test, measurement and evaluation. Need and importance of measurement and evaluation. Principles of measurement and evaluation programme. Common methods of test and measurement used in physical education and sports.

Unit II

Test classification and construction: Classification of tests – physical fitness test, physical performance test, psychological test, sociological test and knowledge test. Construction of physical fitness/efficiency test, knowledge test and skill test.

Unit III

Test evaluation and administration: Criteria for test selection – Reliability, validity, objectivity and norms and standards. Administrative feasibility and educational application. Test administration – Suggestions for test administration, planning, economy of testing, testing personnel, equipment and facilities, test records, explanation and demonstration, administration. Post test functions- Test records, interpretation of results, preparation of reports, construction of tables, graphs, profiles and purpose of reporting.

Unit IV

Measurements: Measurement of organic functions – Cardiovascular and respiratory functions, Cooper's 12 minutes continuous run and walk test, Tuttle pulse ratio test and Harvard step test.

Measurement of motor fitness – Meaning, Oregon motor fitness test, AAHPER youth fitness test and JCR test. Measurement of motor ability – Meaning, Barrow motor ability test, Newton motor ability test, Measurement of motor educability – Meaning, Iowa Brace test, Johnson test of motor educability, Measurement of strength – Meaning, Roger's physical fitness index, Kraus-Weber muscular test. Measurement of flexibility – Meaning, Scott and French Bobbing test. Sit and reach test.

Unit V

Posture – Need of posture test and New York posture rating test.

Unit VI

Anthrometrical measurements – Somato types, implications of somato types to physical education. Girth measurement – Upper arm, fore arm, calf and chest Width measurement- Illieocrestal abd biepicondylar (Femur and humerous), Body composition.

Unit VII

Skill Tests- Principles of skill test. Uses of sports skill tests. Lachart-McPherson Badminton wall volley test, Jonson Basketball ability test, Friedel field Hockey test, McDonald volleying soccer test, Brocr-Miller tennis test, Russel-Lange volleyball test and SAI skill tests.

References:

Barrow, Harold M. and McGee, Rosemary. A Practical approach to Measurement in Physical Education, Philadelphia:Lea & Febiger, 1979.

Basco, James, S. Measurement and Evaluation in Physical Education Fitness and Sports, New Jersey: Prentice hall Inc. 1983.

Campbell, W.R. and Tucker, N.M. An Introduction to Test and Measurement in Physical Education, New York:McGraw Hill Book Co. Inc.

Clarke, Harrison. Application of Measurement in Health and Physical Education, New Jersey: Prentice hall Inc. 1967.

Clarke, Harrison H. and Clarke, David H. Application of Measurement to Physical Education, New Jersey: Prentice hall Inc. 1987.

Johnson, Bary L. and Nelson, Jack K. Practical Measurements for evaluation of Physical Education, New Delhi: Surjeeth Publications, 1988.

Kansal, Devinder K. Test and Measurement in Sports and Physical Education, New Delhi: D.V.S. Publications, 1996.

Lesson, I.A. and Yeom R.D. Measurement and Evaluation in Physical Education and Research Education, St. Louis:C.V. Mosby Co. 1951.

Mathew, Donald. Measurement in Physical Education, London: W.B. Saunders & Co.

Meyers, Carlton R. Measurement in Physical Education, New York: The Ronald Press Co., 1974.

Willgose, Carl E. Evaluation in Health Education and Physical Education, New York: McGraw Hill Book Co. Inc.

PAPER M.P.Ed. 403: STATISTICAL TECHNIQUES AND COMPUTER APPLICATIONS

UNIT I

Statistics – Definition, scope and uses of statistics in physical education. Types of statistics – Descriptive and inferential. Terminologies used in statistics – Population, sample, score, data (raw data, ungrouped data and grouped data), variable (dependent and independent), and attribute (qualitative and quantitative).

UNIT II

Frequency distribution – Definitions, range of scores, number of intervals, interval size, tabulation of frequency table. Graphical representation of data – Bar diagram, histogram, pie-diagram and frequency polygon.

UNIT III

Measures of central tendency – Mean, median and mode, their uses and interpretation including calculations.

Measures of dispersion – Range, quartile deviation, average deviation, standard deviation and variance, their uses and interpretation including calculations.

UNIT IV

Inferential statistics- Theoretical distributions (Bernoulli, binomial, Poisson and Normal). Normal Curve – Properties and uses.

Construction of norms – Standard score, T-scale, z-scale, Hull-scale and percentiles, Interpretation of standard scores and calculations.

UNIT V

Definitions of statistical hypothesis, critical ratio, type I error and type II errors, levels of significance. Testing of hypothesis – t-test, chi-square, f-ratio, correlation and regression. Calculations of Pearson coefficient of correlation (ungrouped data), rank order correlation and linear regression and their interpretations.

UNIT VI

Importance of computer applications in physical education. Basic Knowledge of computers- hardware, software, floppy drive, CD drive, memory-primary and secondary, multi media and basics of computer language.

UNIT VII

Internet- browsing, websites, e-mail, search engines, working online & offline, downloading, sending attachment with e-mail and procuring information.

UNIT VIII

Working with MS Office – Word processing – making of tables, letters and figures.
Working with MS Excel – Making of statements, tables, charts and graphs.
Calculations – Addition, subtraction, division, use of formulas, use of statistical packages.

References:

Asthana, Elements of Statistics

Best, John W. Research in Education. 6th Ed. New Delhi: Prentice Hall Inc. of India, 1992

Clarke, David H. and Clark, H. Harrison. Research Process in Physical Education, 2nd Ed. Engle wood Cliffs NJ: Prentice Hall Inc. 1984

Garret, Henry E. and Woodworth, R.S. Statistics in Psychology and Education. Bombay: Vakil & Sons Itc. 1981.

Guilford, J.S. Fundamental Statistics in Psychology and Education. New York: McGraw Hill Book Co. Inc. 1956.

Johnson, Baryry L. and Nelson, Jack K. Practical Measurements for evaluation in Physical Education. New Delhi: Surjeeth Publications, 1988.

Rosenstein, Annie L., Research Design and Statistics for Physical Education. Englewood Cliffs, NJ: Prentice Hall Inc. 1985.

Norton, Peter, Introduction to Computers.

BPB, Microsoft Office 2000 Complete, New Delhi: BPB Publications, 1999

- UNIT 1 : History and development of the Game/Sport
- a. Origin of the Game
 - b. Growth and development of the Game in India.
- UNIT 2: Skills and Techniques
- a. Fundamental Skills
 - b. Advanced skills
 - c. Training drills
- UNIT 3: Strategies and Tactics
- Training for tactics
- UNIT 4: Rules and Regulations
- System of officiating
- UNIT 5: Layout and construction and maintenance of playfield/courts
- UNIT 6: Organization, Administration and managerial set up for conducting tournament/competition
- UNIT 7: Biomechanical principles of the game/sport
- UNIT 8: Game/Sport related injuries
- Prevention
 - Treatment and Rehabilitation.



M.P.Ed. 405: Specialization (Optional Game/Athletics)

- UNIT 1 : History and development of the Game/Sport
- c. Origin of the Game
 - d. Growth and development of the Game in India.
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- d. Fundamental Skills
 - e. Advanced skills
 - f. Training drills
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 - Treatment and Rehabilitation.



UNIT I

Introduction to research: Meaning and definition of research, types of research-basic, applied, action. Nature of research in Physical Education and Sport, scope and need of research in physical education and sport. Characteristics of a good research.

UNIT II

Formulation and development of research problem: Defining problem, problem areas in physical education and sports, location of problem in research and selection of problem.

UNIT III

Library techniques: Locating reference materials, critical and allied literature, importance of literature review, procedure of reviewing literature, note taking, scanning and critical reading.

UNIT IV

Tools of research – questionnaire, opinionnaire, interviews, observation, video analysis, etc.

UNIT V

Population and sampling - Definition of population and sampling, types of sampling, selecting a sample, size of the sample and importance of sampling in research. Hypothesis- Meaning and definition of hypothesis, importance of hypothesis, characteristics of hypothesis, types of hypothesis, formulation of hypothesis.

UNIT VI

Research proposal – Nature and need of a research proposal, basic steps involved in the preparation of a proposal. The detailed format of a research proposal.

UNIT VII

Methods of research – Meaning of descriptive and experimental research, survey research, case study, historical research, philosophical research and experimental research.

UNIT VIII

Reporting research- Basics of research report, preliminaries to write the research report, main divisions of the research report, technical aspects of the research report, illustrative media.

References:

Best, John W. Research in Education. 6th Ed. New Delhi: Prentice Hall Inc. of India, 1992.

Clarke, David H. and Clark, H. Harrison. Research Process in Physical Education. 2nd Ed. Engle wood Cliffs NJ: Prentice Hall Inc. 1984.

Campbell, William G. Form and Style in Thesis Writing. Boston: Houghten Mifflin Co. 1954.

Glady's Scot (Ed). Recreation Research Methods in Health Education and Recreation. AAHPER Washington DC.

Kamalesh, M.L. Research Methodology in Physical Education and Sports. New Delhi: Metropolitan Book Co. Pvt. Ltd.

Kothari, C.R. Research Methodology Methods and Techniques. New Delhi: Willey Eastern Ltd. 1991.

Lehman, Richard S. Statistics and Research for Physical Education. Belmon, California: Wadsworth Publishing Co. 1991.

Robson , M., Brar, T.S. and Uppal, A.K. Thesis Format. Gwalior:LNCPE, 1979

Rosenstein, Annie L. Research Design and Statistics for Physical Education. Englewood Cliffs, NJ: Prentice Hall Inc. 1985.

Turabian, Kate L. A Manual for Writers: Term Papers. Thesis and Dissertations. Chicago: University of Chicago Press. 1966.

UNIT I

Definition and meaning of training, coaching and conditioning. Aims and tasks of sports training, Principles of sports training, Characteristics of sports training, Scope of sports training, Model of sports training process.

UNIT II

Training load: The factors of load, load and adaptation process. Condition for super compensation. Recovery: Phases of recovery, Factors affecting the pace recovery, Means of recovery. Overload: Causes of overload, symptoms of overload. Remedial measures and methods of overcoming the consequences of overload.

UNIT III

Training means: Principal means of training, Additional means of training, the effects of various means of training, Basic methods of conditioning: Characteristics and common variations of basic methods of conditioning, Effects of basic methods of conditioning, Load parameter for/of basic methods of conditioning.

UNIT IV

Sports performance: Structure of sports performance. The process of performance. Factors determining performance. The relative dominance of these factors. The interdependence among the factors. Training performances. Identification of Talent: Rules and principles of recognizing athletic talent. Screening and selection with the aid of principal performance factors and analysis of critical performance factors. Age, specific characteristics of the children and young adults, anatomic, physiological, social and motor development at various stages up to adolescence and their implication in training.

UNIT V

Periodisation: Sports form and top form. Aims and contents of periods, Preparatory, competition and transitional period, Periodical cycles, micro meso and micro cycles. Types of periodisation and duration of the periods.

UNIT VI

Training Plans: Types of training plans, short term and long term plans. Competitions: Function of competitions, Competition types and frequency, preparation for competition.

UNIT VII

Training Components: Strength: Different forms of strength, Factors determining strength. Types of muscle contraction. Methods of strength improvement. Importance of strength and its relationship with other performance factors. Strength in yearly training cycle. Speed: Different speed abilities, Factors determining speed,

Improvement of speed abilities, Speed barrier. Endurance: Importance of endurance, Types of endurance. Factors determining endurance. Improvement of endurance. Nutrition and endurance performance. Altitude training for endurance.

UNIT VIII

Flexibility: Importance of flexibility, Types of flexibility, Factors determining flexibility, Improvement of flexibility(methods), Flexibility training. Co-operation: Nature and definition, Description of co-ordinate abilities, Improvement of co-ordinate abilities.

Technique: Technique in sports and training for technique. Phases of technique training. Tactics: Tactics and training for tactics.

References:

Dick, Frank W. Sports training principles. London:Henry kimpton publishers, 1980

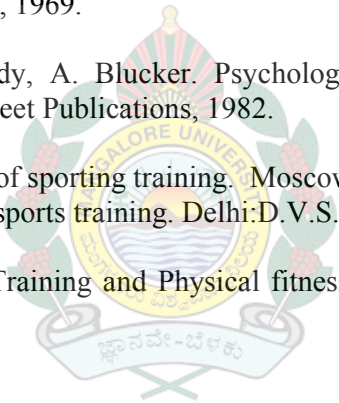
Harre, Dietrich. Principles of Sports Training. Berlin: Sportverlag, 1982.

Klafs, Carl E. and Daniel, D. Arnheim. Modern principles of Athletic training. Saint Louis: C.V. Mosby company, 1969.

Llewellyn, Jack H. and Judy, A. Blucker. Psychology of coaching: Theory and applications, New Delhi:Surjeet Publications, 1982.

Matveyev, L. Fundamentals of sporting training. Moscow: Progress Publishers, 1981. Singh, Hardayal. Science of sports training. Delhi:D.V.S. Publication, 1991.

Wilmore, Jack H. Athletic Training and Physical fitness, Boston Allyn and Bacon, 1977.



UNIT I

Need, importance and application of physiology of exercise in the field of physical education. Skeletal muscle – Structure, microscopic structure, sliding filament theory of muscle contraction. Fiber types, characteristics and athletic performance.

UNIT II

Fuel for muscular work – carbohydrates, fats and proteins. Basic energy systems- ATP PCr system, Glycolytic system and oxidative system. Oxidation of glucose and fats. Energy requirements of various sports activities.

UNIT III

Organization of nervous system – Central, peripheral and autonomous nervous systems. Motor pathways of the movement and neural coordination. Nerve synapse, neuromuscular junction, excitation and conduction, action potential and transmission of action potential along neuromuscular pathway. Proprioception – Proprioceptors of the body, role of proprioceptors in bringing coordinated movement in respect of muscle tone, posture and equilibrium.

UNIT IV

Effect of exercise on circulatory system
Heart- Heart rate, Stroke V Volume and Cardiac out put and athletic heart. Blood distribution, venous return and blood pressure.
Effect of exercise on respiratory system.
Minute ventilation, lung capacities, respiratory adjustments, VO_2 max, aerobic capacity, second wind and recovery oxygen.

UNIT V

Physiological aspects of exercise and sports
Physiological principles of physical training – Basic energy systems, specificity of training, intensity, frequency and duration, off-season, pre-season and in-season activities. Warm-up and Warm-down activities. Physiological aspects of development of strength, endurance and flexibility. Physiological changes due to Physical training.

UNIT VI

Environmental effects on physical performance – Exercising in Hot, humid, cold and high altitude. Acclimatization to different environments.

UNIT VII

Sports performances in relation to female athlete, aging and ergogenic aids.

UNIT VIII

Beneficial effects of exercise – Cholesterol, obesity, diabetes and arteriosclerosis

References:

Bowers, Richard B. and Fox, Edward L. Sports Physiology. 3rd ed. Dubuque, Iowa: Wm.C.Brown Publishers, 1992.

Carlson, Francis D. Muscle Physiology. Englewood Cliffs: Prentice-Hall, 1974.

Clarke, David H. Exercise Physiology, New Jersey: Prentice-Hall, 1975

Creager, Joan G. Human Anatomy and Physiology. 2nd ed. Dubuque IA: Wm.C.Brown, 1992.

Devries, Herbert A. Physiology of Exercise for Physical Education Athletics and Exercise Science. 5th ed. Madison: Brown and Bench Mark, 1994.

Guyton, Arthur C. and Hall, John E. Text Book of Medical Physiology. 9th ed. Noida, India: Harcourt Asia Pvt. Ltd. 1998.

Khanna, G.L. and Jayaprakash C.S. Exercise Physiology and Sports Medicine

Lawrence, Morehouse E. and Miller, Augustus T. Physiology of Exercise. Saint Louis: C.V. Mosby Co. 1971.

McArdle, William D. Exercise Physiology Energy Nutrition and Human Performance. 3rd ed. London: Lea and Febiger, 1991.

Noble, Bruce J. Physiology of Exercise and Sports. St. Louis: CV Mosby Co., 1986.

Shaver, Larry G. Essentials of exercise physiology, Delhi: Surjeet, 1981

Wilmore, Jack H. Physiology of Sport and Exercise. Canada: Human Kinetics, 1994.

- UNIT 1: History and development of the Game/Sport
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 - Treatment and Rehabilitation.



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UNIT 1

Physical Education: Modern concepts of Physical Education, Aims and Objectives and scope of Physical Education; Physical Education as discipline.

Recreation: Aims and objectives of recreation, Need and importance of recreation, Health education; Need, importance, aims and objectives of health education.

UNIT II

Basic concept of fitness, Toward a contemporary definition of fitness, Health fitness, Motor- Performance fitness, Cosmetic fitness, Sociological view of health and fitness, Fitness training concepts and principles, General Training principles, Health Fitness Training., Basic concept of wellness, Role of various factors in wellness, Living a healthy life style; components of wellness, Physical fitness and wellness, Health benefits of Exercise. Reaching wellness through life style management. Exercise prescription.

UNIT III

Basic Concepts in nutrition; Nutritional requirements and components of a healthy diet. Nutritional Guidelines. Nutritional Planning, balanced diet.

Body Composition: Components and assessment of body components. Over weight and Obesity and their health implications. Factors contributing to excess body fat. Approaches to overcoming a weight problem.

UNIT IV

Fitness and Aging: Aging and cardiovascular health; Risk factors for cardio vascular disease, Forms of cardio vascular disease. Exercise and aging. Meeting the challenges of aging. Overall health profile. General principles of exercise training, adaptation to exercise training, Energy requirements and energy balance. Exercise for special populations.

UNIT V:

Stress: an over view of stress. Sources of stress. Effects of stress. Assessment of stress. Stress Management. Stress management and wellness. Brief concept of safety education and first aid; principles of mental and hygiene; effects of smoking, alcoholism and drugs; Behavioral modifications.

References:

William DMcArdle, Frank I Katch and Vitor I Katch, Essential of Exercise Physiology, Second edition, New York: Lipincoff Williams and wilkins, 2000

Arthar C. Guyton, Physiology of Human Body, Philadelphia: Saunders Company, 1972.

Melwin H. Williams. Nutrition for hHealth Fitness and sport. MCGraw Hill Company, Newyork: 1995

Bradford B, Strand and Others. Fitness Education Arizona Gorsuch Seani; sbrick Publishers, 1997.

Scott K. Powers and Stephen L. Dodd. Total Fitness: Exercise, Nutrition and wellness, Boston:Allyn and Bacon, 1999.

Thomas D. Fahey and Others. Fit and Well 6th Edition; Newyork: MCGraw Hill Publishers, 2005.



Paper M.P.Ed. 502 : SPORTS PSYCHOLOGY

UNIT I

Psychology and sports: Definitions and meaning of psychology, sports psychology. Nature, scope and need of sports psychology in the field of physical education and sports. Recent advances and trends in sports psychology.

UNIT II

Growth and Development – Meaning and definition, general principles of growth and development, stages of growth and development.

UNIT III

Learning and skill development – Meaning and definition of learning, types of learning, condition and principles of motor skill learning.

UNIT IV

Role of perception in sports, role of cognitive process in sports

UNIT V

Personality and sports – Meaning and definition of the term personality, characteristics of personality, dimensions of personality, factors affecting the development of personality, personality traits of sportsman, effect of sports participation on personality.

UNIT VI

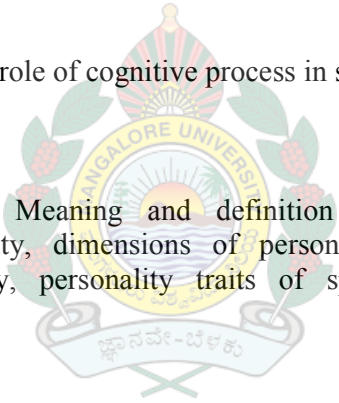
Motivation and sports – Meaning and definition of Motivation, motive, drive, need, extrinsic motivation. Motivation in physical education and sports, conditions and factors influencing motivation in physical education and sports.

UNIT VII

Emotions in sports – Tension, anxiety, stress, frustration, adjustment. Arousal and nature of task, aggression and sports, theories of aggression.

UNIT VIII

Psychological preparation for competitive sports, levels of aspiration and achievement, self concept and self esteem.



References:

Williams Jean, Applied Sports Psychology: Personal Growth to Peak Performance.

Bakker F.C. Sports Psychology: Personal Growth to Peak performance

Suinn Richard, Psychology in sports: Methods and applications

Cox, Richard H. Sports Psychology: Concepts and applications

Llewellyn, Jack H. Psychology of Coaching theory and applications.

Kamalesh M.L. Psychology in Physical Education and Sports

Sharma Yoginder Prasad, Psychology in Physical education and Sports

Sarafino Edward P, Health Psychology: biosychosocial interaction

Bryant J. Cratty, Psychology in Contemporary Sports

S.K. Mangal, Educational Psychology.



PAPER M.P.Ed. 503 : BIOMECHANICS AND KINESIOLOGY

UNIT I

Meaning and scope of Kinesiology in physical education and sports. Descriptive terminology, Joint movements, Planes and Axes.

UNIT II

Skeletal system: Functions, Types of skeleton, composition of bone, Structure of bone, Types of Bones, articular system: Types of joints, joint structure, Joint stability and Range of motion.

UNIT III

Muscular system: Muscle fiber arrangement, functional characteristics of muscle tissue, Length-Tension Relationship in Muscle Tissue, Leverage, Types of muscle contraction, Roles of muscles, factors affecting the effectiveness of Muscular system.

UNIT IV

Muscle attachments, Muscle names: Origin, Insertion, Action and Leverage of the following muscles: Sternocleidomastoid, Scalene, Trapezius, Rhomboid, Latissimus Dorsi, Pectoralis Major, Pectoralis Minor, Deltoid, Biceps Brachii, Triceps, Brachioradialis, Brachialis, Rectus Abdominus, Obliques, Quadriceps group, Hamstring group, Sartorius, Gracialis, Tensor fascia lata, Iliopsoas, Gluteus group, Hip adductors, Soleus, Gastrocnemius, Tibialis anterior.

UNIT V

The Neural Bases of Movement: The nervous tissue, The central nervous system, The Peripheral nervous system, General characteristics of the Sensor motor system: The sensory unit, The sensory receptors, Exteroceptors, Proprioceptors.

UNIT VI

Meaning and Scope of Biomechanics in physical education and sports. Types of Motion, Kinetics and Kinematics. Types of Motion, Distance and Displacement (Linear and Angular), Speed and Velocity, Linear and Angular Acceleration and Momentum, Centrifugal force and Centripetal force.

Force, Mass, Weight. Gravitational Force, Newtons Laws of Motion and their applicability to Linear and Angular Motion, Projectile motion. Stability, Centre of Gravity, Spin, Impact of Elasticity, Air resistance and Water Resistance.

UNIT VII

Levers, Definition, Types, Mechanical advantages of levers and their application in different sports.

UNIT VIII

Analysis of Fundamental Movements: walking, Running, Jumping, Throwing, Lifting, Pulling, Pushing and Climbing; Analysis of Sports skills.

References:

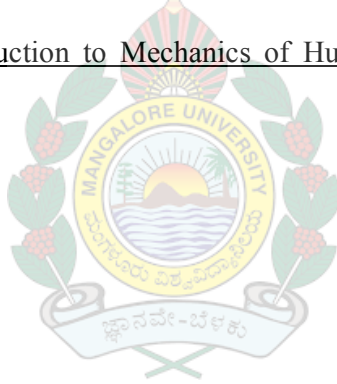
M. Gladys, Scott; Analysis of Human Motion (2nd Ed.). Eurasia Publishing House (Pvt.) Ltd., New Delhi, 1970

Kreighbaum, Ellen and Barthels, Katharine M. Biomechanics: A Qualitative Approach for Studying Human Movement (2nd Ed.). MacMillan Publishing Company, New York, 1985.

Lippert, Lynn; Clinical Kinesiology for Physical Therapist Assistants (2nd Ed.) Jaypec Brothers Medical Publishers (P) Ltd., New Delhi, 1996.

Hay James G. and Reid, J. Gavin; The Anatomical and mechanical bases of Human Motion, Prentice –hall Inc. Englewood Cliffs, N.J., 1982.

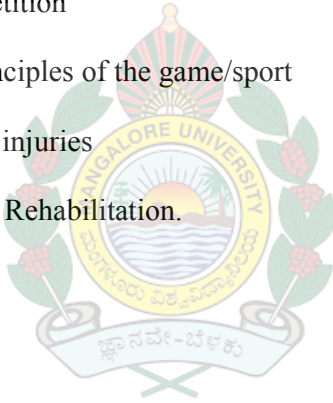
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PAPER M.P.Ed. 551: THERAPEUTIC EXERCISE AND PHYSICAL REHABILITATION

UNIT I

Meaning and aims of therapeutic exercise. Therapeutic exercise and sports rehabilitation concept. Role of physical therapeutic rehabilitation in sports. Understanding and managing injured athlete: theories of athletes response to injury, athlete's reaction when injured, athlete's reaction when injured, psychological management. Types of therapeutic exercise: passive, active and resistive movements.

UNIT II

An introduction to neuromuscular facilitation. Proprioceptive neuromuscular facilitation: Basic techniques. Functional re education – lying, sitting, gait and limb activity.

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Joint Mobility: Limitation of the range of movement, the prevention of joint stiffness, mobilizing methods. Technique of mobilizing joints: Joints of the foot, knee, hip, pelvis, vertebral column, thorax, shoulder, elbow and hand.

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Muscle Strength: Types of muscle work, ranges of muscle work, muscular weakness and paralysis, prevention of muscle wasting, strengthening methods. Technique of strengthening muscle: Foot, knee, hip, pelvis, trunk, neck, shoulder, elbow and hand.

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Neuromuscular co-ordination: Nervous control, Inco-ordination, re-education, principles of education.

Posture: Postural mechanism, the pattern of posture, technique of re-education, Walking aids.

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Treatment and rehabilitation process of common injuries in sports. Classification, causes, symptom, treatment and rehabilitation for fracture, dislocation and soft tissue injuries. Fracture: upper extremity and lower extremity. Dislocation: shoulder, elbow, fingers, hip and patella. Soft tissue injuries: Knee, ankle and elbow. Tennis elbow and Golfers elbow.

UNIT VII

Posture. Postural deformities. Description, symptoms, diagnosis and prescription of exercise for Lordosis, flat back, sway back, kyphosis, scoliosis, correction of lumbar curve, knock knee, bowleg, flat foot.

UNIT VIII

Massage: Meaning, Effects of massage: events in the tissues, the tissue layers, circulatory effects, effects on muscle, effects on pain and sensation and effects on connective tissue. Massage in sports: Healing and repair, fatigue, muscle soreness, prevention of injury, pre-event massage and post-event massage. Massage Techniques: Massage media, stance, posture and movement of therapist. Technique: stoking, effleurage, kneading, picking up, wringing, skin rolling and frictions.

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Rathbone, L. and Hunt V. Corrective Physical Education

Stanford G.T. and Taapan E. Practical Corrective Exercise. Illinois: Bailey and Humas Publishers.

UNIT I

Definition and meaning of Sports Sociology, Sports a social phenomenon, sports sociology as a separate discipline. Nature need and scope of sports, and sports sociology. Sports and socialization of the individual.

UNIT II

Culture, Sports Culture, basic concepts of culture, elements of culture, functions of culture, relationship of sports with other elements of culture. Social planning and physical culture – work, free time and culture, physical culture as a requirement of social development. Development of socialistic production and physical culture.

UNIT III

Physical activity and the social attitude of infants, children and adolescents. Sports as a reflection and transmitter of values. Cross culture differences, ethnic, political and democratic issues related to sports.

UNIT IV

Social institutions – Economic, political, religious. Sports as a social institution. Relationship of sports with other social institutions. Emergence and growth of commercial sports- Effects of commercialization of sports, status and income of athlete in commercial sports.

UNIT V

Sports and social solidarity – political consequences of international sports events. Reasons for combining sports and religion. Similarities and differences between sport and religion.

UNIT VI

Stratification – sports and social stratification, mobility and opportunities, sports participation and general careers and successes. Athletic retirement and social mobility.

UNIT VII

Women in sports – The sports women in our society, participation and patterns among women. Gender in equation issues and future of women sports. Place of games and sports in difference periods – Ancient, middle and modern. Place of games and sports in socialistic countries – Russia, China, Czechoslovakia, Poland and Hungary.

UNIT VIII

Consequences of competitions – Sports competition as preparation for life. Sociometric evaluation process. The audience – Sports and aggression, collective violence in sports.

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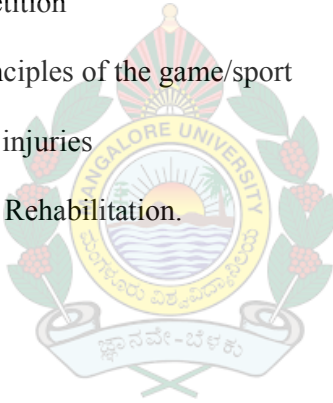
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PAPER M.P.Ed. 554 : SPORTS MANAGEMENT

UNIT I

Sports Management- introduction: Meaning – objectives – functions and skills of management. Basic principles of management. Kinds of management. Guiding principles to organize physical education programme. Role and qualities of a Manager.

UNIT II

Organization: Attributes of a process, formal, informal, private and public sector organizations. Organizational set up of clubs, Sports Associations, SAI, Department of Sports (State and Central), School, University, Association of Indian Universities.

UNIT III

Planning: Steps in the planning process (setting objectives, identification of constraints, generation of alternatives). Perspectives in planning and future projections, planning budget, Planning sports facilities (outdoor and indoor) programme planning. (Normal and special populations), social and economic parameters in planning. Construction, care and maintenance of gymnasium and swimming pool. Regulations to be observed by the participant. Purchase and care of equipment, scope and types of facility, purchasing policies.

UNIT IV

Material Management: Identification and classification of sports materials (consumable and non consumable) Modification, standardization and modernization of material. Storing materials and inventory control. Procedures of maintaining, preserving and conserving material, security measures. Principles and procedures of procuring sports materials.

UNIT V

Records and Registers: Stock Register of Sports and Games, articles equipment, attendance register and issue register. Physical efficiency test register and skill test register.

UNIT VI

Finance and Budget: Model Physical Education Budget for a year in a school/college. Sources of income and expenditure. Rules for the utilization of games fund in a school/college.

UNIT VII

Organization of sports events (intramural and extramural): Writing of circulars, Notifications and invitations, publicity, fund rising , Selecting and fixing of officials,

monitoring and write-ups, press. Sponsoring teams, writing reports and maintaining records.

UNIT VIII

Supervision: Scope and importance of supervision in physical education. Types of supervision. Role of supervision in office and field management.

Supervisory style- qualities of a supervisor, Supervisor as a leader, supervisory techniques. Visitations- conferences, demonstrations, evaluating the effectiveness of the organization.

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M.P.Ed. 556: Specialization :Athletics

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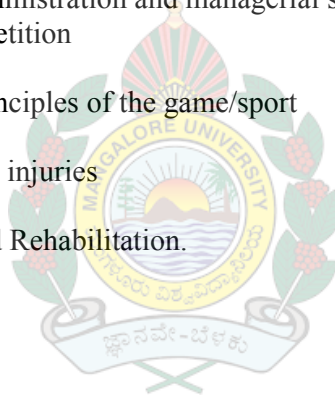
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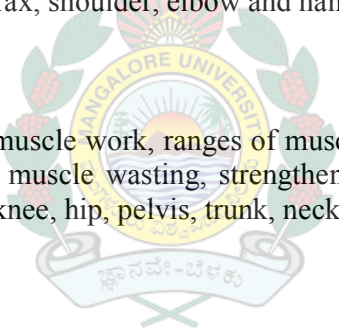
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