

M.P.Ed., SYLLABUS

PAPER-1 : HEALTH EDUCATION

UNIT – I - HEALTH EDUCATION

- Meaning of health education, its need, scope for college students, aims and objectives of health education.
- Health Education principles; methods and means of health Education
- Characteristics of a health educated person.

College health programme, and opportunities for student participation.

UNIT-II - MENTAL HEALTH

Meaning of mental health, foundation factors for mental health, mental health problems of college students, characteristics of a healthy personality, and principles of mental health.

Adjustment process; adjustive reactions; guidelines for making adjustments development of interests, attitudes, and habits; development and control of emotions; guidelines for controlling emotions.

UNIT-III - COMMUNITY HEALTH

Environmental health conditions in rural metropolitan, urban-marginal, and industrial areas in India in relation to (1) The living environment – Home neighborhood, community services (transportation, recreational areas, fairs/melas, markets waste disposal centers, water-supply) (2) The working environment – Occupational environment (chemical, biological psychological and psychological and physical agents than can effect the health of an individual or a working group), school home jobs, work off-work inter-relations, and (3) The leisure and off-time – Environment recreation, non-income producing activities, and travel.

UNIT- IV - ENVIRONMENTAL POLLUTION

Water, air, soil and land radiation, pesticides; housing and health; occupational hazards; efforts at individual, community and governmental level reduce ill- effects of environmental on health.

UNIT-V - CONTEMPORARY HEALTH PROBLEMS OF COLLEGE YOUTH

Use of tobacco – (Chewing, sniffing, smoking) alcohol, and drugs; and their harmful effects; pre-marital sex; sexually transmitted diseases and their prevention.

UNIT-VI - HYGIENE

Need and importance of personal hygiene; environmental hygiene; and foot hygiene. Associated practices related to maintenance and promotion of health.

UNIT-VII - NUTRITION & FOOD

Misconceptions about food – Functions of food in the body – Essential body nutrients and components of food – Athletes Diet - Food pyramid, fluid replacement before during and after exercise for temperature regulation - Carbohydrates loading, pre game meal, diet during activity and post event meal.

UNIT-VIII - WELLNESS

Meaning and Definition of Wellness – Dimensions of Wellness – Factors Influencing wellness – Other factors influencing Health – Attitude, Media - Wellness Industry – Scope for Physical Education

REFERENCE BOOKS

1. Ganguly; Health and Nutrition In India.
2. Johnson-Helt Rhincharand Winstan(1977), Health in Action.
3. Honghton: Teaching Health Education
4. Healthful living – Delhi McGraw Hill 1977

PAPER – 2 : MEASUREMENT AND EVALUATION

UNIT – I - MEASUREMENT AND EVALUATION

Introduction, Meaning and Definitions of Test Measurement and Evaluation - Nature of Measurement & Evaluation – Principles of Measurement and Evaluation - Need and Importance of Evaluation in Physical Education.

UNIT-II - ROLE OF MEASUREMENT AND EVALUATION

Education Cycle - Role of Measurement and Evaluation in Education, Physical Education, Health and Sports.

UNIT-III - CONSTRUCTION OF TESTS

Introduction, Meaning – Importance - General Evaluation Criteria - Establishing procedures of Validity, Reliability, Objectivity, Norms and Administrative procedures.

UNIT- IV - PHYSICAL AND MOTOR FITNESS TEST

Introduction, Meaning of Physical Fitness and Motor Fitness - AAHPERD Youth fitness test - Oregon Motor fitness test - Indian Motor fitness test - JCR Motor fitness test.

UNIT-V - ENDURANCE, STRENGTH AND POSTURE TESTS

Introduction - Cooper 12minutes Run/Walk test - Hard ward step test - Rogers strength and Fitness test - Posture: Good posture, Posture faults, New York State Posture Rating test

UNIT-VI - MOTOR ABILITY AND MOTOR EDUCABILITY TEST

Introduction, Meaning of Motor ability and Motor Educability - Cozen's Motor ability test - Barrow Motor ability test - IOWA Brace Motor educability test

UNIT-VII - GAME SKILL TEST

French achievement Field Hockey Test and Friedel Field Hockey Test - Russel Lauge and Brody Volleyball Test - Mc.Donald Soccer and Johnson Soccer Test - Johnsons Basketball, Knox Basketball Test, Lawn Tennis, Badminton Test.

UNIT-VIII - ANTHROPOMETRY MEASUREMENT AND GRADING SCALES

Body Composition Analysis: Methods – Skinfold Methods – Hidro Electric Impedance methods, Bod pod

Girth Measurement: Upper arm, Fore arm, calf and chest

Width Measurement: Femer and Humerus

Height Measurement: Standing and sitting

Rating Scale – Steps in constructions of rating scale – Rules for use of rating – Type of rating scale.

REFERENCE BOOKS

1. H.Harrison clark & David H. clark – Application of Measurement to Physical Education
2. Harold M.Barro & Rose Mary Mc Gee – Practical Approach to Measurement in Physical Education
3. Barry L.Johnson & J.K.Nelson – Practical Measurement for Evaluation in Physical Education.
4. D.Allen Phillips & James E.Hormak – Measurement and evaluation in Physical Education
5. Mathon Donalk K. – Measurement in Physical Education
6. Baumgartner & Jackson – Measurement for Evaluation

PAPER – 3 : EXERCISE PHYSIOLOGY

UNIT – I - SKELETAL MUSCLE

- a) Classification of muscles
- b) Structure of skeletal muscle – structure of muscle cell
- c) Blood & nerve supply to the Muscle
- d) Sliding filament theory of muscular contraction
- e) Types of muscle contraction – fast and slow twitch muscle fibers
- f) Adaptations of skeletal muscle to the training.

UNIT-II - BIOENERGETICS

- a) Biological energy cycle-sources of A.T.P.
- b) Anaerobic Metabolism (Phosphogenesis & Anaerobic an Glycolysis)
- c) Aerobic Metabolism – (Aerobic Glycolysis & fat metabolism)
- d) Recovery from Exercise: Fatigue, Recovery of Oxygen – rapid recovery & slow recovery – replacement of energy sources during recovery – reduction of lactic acid from blood & muscles – super compensation.

UNIT-III - NERVOUS CONTROL

- a) Basic structure and functions of nerve
- b) Types of neurons (motor, sensory & inter neurons)
- c) Synapse (neuro -neural and neuro-muscular) nerve impulse
- d) Motor unit – fast and slow twitch motor units proprioceptors (muscle spindle, golgитendon organs, joint receptors)
- e) Adaptation of nervous system to training.

UNIT- IV - RESPIRATORY MECHANISM

- a) External and Internal respiration
- a) Minute ventilation – ventilation during rest and exercise
- b) Lung volumes ventilatory mechanics
- c) Stitch in the side
- d) Adaptations of respiratory system to training.

UNIT-V - BLOOD FLOW & GAS TRANSPORT

- a) Constitution of Blood
 - b) Cardiac cycle – cardiac output during exercise – distribution of blood flow
 - c) Oxygen transport system – blood pressure – venous return
 - a) Heart rate and maximal heart rate
- Adaptation of cardio vascular system to training

UNIT-VI - SPORTS NUTRITION

- a) Nutrients (carbohydrates, fats, proteins and minerals)
- b) Diet before activity – diet during activity – diet following activity
- c) Obesity – measurement of body fat
- d) Energy balance and weight control.

UNIT-VII - ENDOCRINE GLANDS AND ACCLAMATISATION

- a) **Endocrine glands: Endocrine glands and their role**
- b) **Acclamatisation:**
 - i) Role of excretory organs in heat control – sweat glands, kidneys, lungs
 - ii) Heat production and regulation
 - ii) Work capacity under different environmental conditions cold, hot humid
- iii) Work capacity at High altitude

UNIT-VIII - ERGOGENIC AIDS AND DOPINS

- a) Nutritional, physiological, psychological and pharmacological aids
- b) Carbohydrate loading, water and electrolytes, vitamins and minerals
- c) Drugs – anabolic and androgens steroids, Growth hormone, amphetamines, alkaline, phine, pangamic acid
- d) Physiological agents: Blood doping and oxygen doping – sports and drug testing.
- d) WADA – Dope agents – conduct of dope test – legal intricacies

REFERENCE BOOKS

1. Mathew, D.K. & fox E.L.: Physiological Basis of Physical education
2. Olympic committee: Olympic book of Sports medicine
3. C.C. Chattergy : Human Physiology
4. David clarke : exercise physiology
5. Larry G. Shaver : Essentials of exercise physiology

PAPER- 4: SPORT PSYCHOLOGY

UNIT- 1 INTRODUCTION

- a) Meaning and Scope of Sports Psychology
- b) Development of Sports Psychology
- c) Sports Psychology and Inter dependence/ relationship with other sports sciences
- d) Importance of Sports Psychology (For Physical Education Teachers, Coaches and Sports persons)

UNIT-II - METHODS OF PSYCHOLOGY

- a) Introspection
- b) Observation
- c) Psycho Analysis
- d) Experimentation
- e) Clinical procedures
- f) Survey methods

UNIT-III - MOTIVATION AND LEARNING

- a) Definition and meaning of Motivation
- b) Types of Motivation - Intrinsic & Extrinsic
- c) Theories and Dynamics of Motivation in sports
- d) Methods of Motivation and tests of Motivation
- e) Motivation and achievement in sports
- f) Learning process—Learning curve—Theories and Laws of Learning

UNIT- IV – PERSONALITY

- a) Definition and meaning of personality
- b) Dimensions and theories of personality
- c) Personality traits of sports persons
- d) Personality and Sports performance
- e) Personality Assessment

UNIT-V - EMOTIONAL REGULATION IN SPORTS

- a) Emotions—Stress, Tension, Anxiety and Aggression
- b) Definition and meaning of anxiety, Types and Theories of Anxiety – Tests of Anxiety
- c) Emotional states and their effect on performance, drive theory, inverted U shaped hypothesis;
- d) Aggression , Types and theories of Aggression and effect of aggression in sports – Tests of Aggression
- e) Use of relaxation techniques

UNIT-VI - COGNITIVE PROCESS IN SPORTS

- a) Meaning of Cognitive Process
- b) Factors influencing cognitive Process in sport
- c) Importance of sensation and perception
- d) Importance of Thinking, Attention and Anticipation
- e) Motor Memory and Sport Intelligence
- f) Decision making in sports

UNIT-VII - PSYCHOLOGICAL ASPECTS OF COMPETITION

- a) Psychological preparation and its importance
- b) Pre, during and post competitive psychological situations
- c) Short term and long term psychological preparation.

UNIT-VIII - SOCIO-PSYCHOLOGICAL ASPECTS OF SPORTS

- a) Group Cohesion and Group Dynamics
- b) Leadership in Sports
- c) Competition and co-operation in sports
- d) Spectators and their effect on performance
- e) Women and sports
- f) Children in Sports

REFERENCE BOOKS

1. Alderman, R.S., (1974) Psychological Behaviour in Sports Saunders Company, Philadelphia.
2. Cratty, Bryant J.(1989) Psychology in contemporary Sports 3rd ed. Englewood Cliffs, N.J.Prentice Hall, Inc.
3. Cratty, Bryant J.(1975) Movement Behaviour and Motor learning, Lea & Febigar, Philadelphia
4. Cox, Richard H. (1985) Sport Psychology Concept and Application, Wm.C.Brown publishers.
5. Gill, Diane : (1986) Psychological Dynamics of sport Hman kinetics publishers, inc. champaign,II
6. Kamlesh M.L. (1988) Psychology in Physical Education and Sports "ND ED.Metropolitan Book co.pvt. Ltd. Delhi
7. Magill, Richard A (1993) Motor Learning Concepts and application @TH ed WCB Brown & Benchmark publishers.

PAPER – 5 : SPORTS TRAINING METHODS

UNIT – I - SPORTS TRAINING

Definition and Meaning of Sports Training, Teaching, Training and Coaching, Aims of Sports Training, Model of Sports Training, Principles of Sports Training, Qualities, Qualifications and Responsibilities of a good coach – Talent Identification – Process and Procedures.

UNIT-II - TRAINING LOAD AND RECOVERY

Training and Competition demands, Factors of load, Judgment of load, Over load, Symptoms of over load, Treatment, Recovery, Means of Recovery, Load and Adaptation – Super compensation, Sports and Energy continuum.

UNIT-III - TRAINING COMPONENTS, STRENGTH, SPEED, ENDURANCE

Strength: Meaning – Types – Muscle contractions – Factors determining strength – improvement of strength

Speed: Meaning – Types – Factors determining speed – Improvement of speed

Endurance: Meaning – Types – Classification – Factors determining endurance – Improvement of endurance

UNIT-IV - TRAINING COMPONENTS, FLEXIBILITY, CO-ORDINATION

Flexibility: Meaning – Importance – Types – Factors determining Flexibility – Improvement of Flexibility

Co-ordination: Meaning – Importance – Types – Improvement of Co-coordinative abilities

UNIT- V - METHODS OF SPORTS TRAINING

Calisthenics, Weight training, Circuit training, Interval training, Fartlek training, Plyometric training, Resistance training, Pressure training, High Attitude Training, Transfers of Training effects.

UNIT-VI - PERIODISATION AND TRAINING SCHEDULE

Periodisation: Meaning – Top Form – Aim's – Types

Training Cycles: Micro – Messo – Macro

UNIT-VII - TRAINING SCHEDULE

Training schedule - Planning – Setting goals for the session – Model of Training schedule – Strength, Speed and Endurance – Plan/Evaluation Chart

UNIT-VIII - TRAINING PLAN

Meaning – Structure of training session

Training plan – Short terms, Long term plan

Preparations for competition, Competitive plan

REFERENCE BOOKS:

Hordayal Singh – Science of Sports training

Jenson and Fishes – Scientific Basis of Athletic conditions

John W.Bun – Scientific Principles of Coaching.

J.H.Willmore – Athletic training and physical fitness

Dr.Dietrich Harre – Principles of Sports Training

A.W.Taylor – The Scientific aspects of Sports training.

PAPER-6 : PHYSIOTHERAPY & THERAPEUTIC EXERCISES

UNIT-I - MOST COMMON SPORTS INJURIES

- a) Causes of Sports injuries
- b) Precaution to be taken to reduce Sports Injuries
- c) Common sports injuries
- d) Injuries to ligaments, tendons and synovial structures
- e) Fractures & Dislocations

UNIT-II - FIRST AID & PHYSIOTHERAPY

- a) General Principles of rendering First Aid
- b) Bandages – Soft Bandages, Hard Bandages, Techniques for applying bandages
- c) First Aid for Electric shock and drowning
- d) First Aid for Hemorrhages, wounds, burns.
- e) Principles and Methods of Resuscitation
- f) Physiotherapy- Meaning and importance
- g) Pages of Treatment – Injury-First aid- Treatment - Physiotherapy – Rehabilitation - Induction

UNIT – III - ELECTRO THERAPY

- a) Low frequency currents – TENS
- b) Medium frequency currents – INTERFERENTIAL THERAPY
- c) High frequency currents
 1. Short-wave diathermy
 2. Micro-wave diathermy
 3. Ultrasound waves
 4. Infra Red & Ultraviolet radiations

UNIT – IV - HYDROTHERAPY

- a) Cryotherapy
- b) Wax-bath
- c) Contrast bath
- d) Whirlpool bath
- e) Hot pack
- f) Mud pack
- g) Spring water bath
- h) Under water exercises(Hubbard tank)

UNIT-V - MASSAGE THERAPY

- a) Brief History of Massage – Points to be considered in given message
- b) Classification of the manipulations in massage (Stroking-effleurage and stroking, Pressure, Kneading, Frictions, Percussions, Vibration and shaking- the technique the effect, the uses and modification and contraindications of all manipulations).
- c) Physiological effects of general massage on different systems of the body.

UNIT-VI - EXERCISE THERAPY

- a) Basic mechanical points – center of gravity – axes and planes –Levers-base –range of movement-policy and sling.
- b) Classification of movement-passive (Relaxed, forced, stretching)- Active(assisted, free resisted)-Concentric and Eccentric muscle work-Static muscle work-Isokinetic.
- c) Effects and uses of passive, active, associated and reflex movements
- d) Relaxation-Suspension therapy-Traction(Cervical and Lumber)

UNIT-VII - POSTURE

- a) Importance of good Posture, Criteria for good posture
- b) Causes of poor posture
- c) Postural deformities and their remedies – Round shoulders, Kyphosis, Lordosis, Scoliosis, Bowlegs & knock knees, Flat foot
- d) Computerised Posture Analysis

UNIT-VIII - PREVENTION OF SPORTS INJURIES

Prevention in

- a) Training and Nutrition
- b) Climate Conditions
- c) Surface of the playing areas
- d) Sports kit & protective equipment
- e) General risk factors – Cardio respiratory functions, Infection, Nutritional deficiencies, Anemia, Menstruation, Doping
- f) Principles of Training after injury

REFERENCE BOOKS:

1. Textbook of Electrotherapy and Actinotherapy by P.B.Clayton.
2. Preliminary Electricity for the Physiotherapist by Prenda Savage.
3. Manual of massage and movements by Edirn M.Prasser.
4. Exercise Therapy by R. Povecks.
5. Corrective Physical Education by Rathbons.
6. Physical measures in the treatment of Polycyelities by J.B.Deyncids
7. Manual of Message by M.V.Loce.
8. Massage Manipulations by F.M.Todd.
9. Actinotherapy by R.Mavacks.
10. Physical rehabilitations for daily living by Edith Puchwaid.
11. Physiotherapy in medical conditions by Joan R.Crash.
12. Athletic injuries by A.Thorndike.
13. Physiotherapy in surgical conditions by joan R.Crash.
14. Muscle testing and function by Henry B.Randal and Flarenic R.Randal.
15. Electro Therapy and light therapy by F.Hevacks.
16. Electro therapy and Electro-miography by P.Monwars.
17. Physical method used in the diagnosis treatment of neuro-muscular disorders of R.E.R. the power in Physical medicinal and rehabilitations.

PAPER – 8 : RESEARCH METHODS AND STATISTICS

UNIT -I - INTRODUCTION TO RESEARCH

Research – Meaning – Definition – Scientific method – Nature and characteristics – Role of Research in Physical Education – Need for training in Research – Qualities of good Researcher-Types of research (Basic, Applied and Action research).

UNIT -II - RESEARCH PROBLEM

Meaning – Introduction – Location of problem – Criteria in selecting problem – Definition, Limitation and Delimitation – Hypothesis - Formulation, Types of testing – Significant of Study - Research proposal – areas of research in physical education.

UNIT -III - REVIEW OF LITERATURE AND TOOLS OF RESEARCH

Literature research – Why literature review - Reasons For Surveying Related Literature - Procedure Of Reviewing Literature (Note Taking) - Scanning And Skimming – Methods of Data Collection – Observation, Rating scale, Schedule, Interview, Questionnaire.

UNIT –VI - SAMPLING

Introduction – Selection of sample – Techniques of sampling (types) – Simple Random Sample, Systematic Random Sample, Stratified Random Sample, Non-probability Sample, Matched or Equated Sample – Size of the sample

UNIT –V - METHODS OF RESEARCH

Introduction – Non Laboratory Research – Historical Research - Descriptive Research: Survey Study and Case Study – Philosophical study – Laboratory or Experimental Research.

UNIT -VI - RESEARCH REPORT

Introduction – Principles – Divisions of the Research Report – Preliminary Material, Main body, Supplementary material – Footnote.

UNIT –VII - STATISTICAL PROCESS - CENTRAL TENDENCIES

Population, sample, score, frequency distribution - Measures of central tendency – mean – median – mode- definition, meaning and applications to Physical Education - Measures of variability – quartile deviation, standard deviation, and percentiles - Graphical Representation: Bar and Pie diagrams, Histograms, Pictogram.

UNIT -VIII - ANALYSIS

Normal distribution, characteristics of normal Probabilities curve - Correlation - Application of Correlation techniques to Physical Education - Concept of T-Test, F-Test, Chi Square, Z-Test, Application of T-test to Physical Education – Statistical Analysis Software – SPSS software.

REFERENCE BOOKS:

1. Dr.M.L.Kamalesh - Methodology of Research in Physical Education, New Delhi
2. Best.John.W – Research in Physical education, New Delhi
3. Jokl .E and Simon.E – International research in Sports and Physical Education, Spring Field.
4. Jery .R.Thomas and Jack.K.Nelson – International research in health, Physical Education, recreation and Dance.
5. Clark David .H and Clark H. Harrison – Research Proses in Physical Education and Health.
6. Anne L.Rothstein – Research design and Statistics for Physical Education, New Delhi

PAPER-9: BIOMECHANICS & APPLIED KINESIOLOGY

UNIT-I - INTRODUCTION

- a) Meaning of the term-Biomechanics- Kinematics and Kinetics
- b) Need and importance of Biomechanics in sports
- c) Basic Principles of Mechanics
- d) Force – Definition and Meaning, Magnitude of Force-Point of Application of force, Direction of application of force
- e) Centripetal and Centrifugal forces and their application in sports.
- f) Spin and Elasticity.

UNIT-II - EQUILIBRIUM AND LEVERS

- a) Centre of Gravity
- b) States and types of equilibrium
- c) Factors that determine the degree of stability
- d) Application of the Principles of equilibrium in sports and games
- e) Definition and meaning, Types and characteristics of levers
- f) Mechanical advantage of levers
- g) Application of levers in sports and games

UNIT-III - MOTION

- a) Definition, meaning and types of Motion,linear, rotary and curvilinear
- b) Definition and meaning of velocity and acceleration in sports,
- c) Law of gravitational force.
- d) Newton's laws of motion and their application to games and sports.
- e) Characteristics of falling bodies.

UNIT-IV - PROJECTILES AND FLUID MECHANICS

- a) Path of projectile,vertical and horizontal displacement, time and angle of projection.
- b) Fluid environment and motion
- c) Flotation and Buoyant force
- d) Fluid resistance -Drag and lift
- e) Magnus effect.

UNIT-V - WORK, ENERGY AND POWER

- a) Definitions and meanings
- b) Work done and energy expended in sports and games.
- c) Kinetic energy and potential energy.
- d) Application of the Principles of work, energy and power in sports and games

UNIT-VI - KINESIOLOGY

- a) Meaning, Nature and need of Kinesiology.
- b) Attachments and involvement of muscles in the fundamental movements of joints--Shoulder, Elbow, Hip, Knee & Ankle joint

UNIT-VII - BIOMECHANICAL ANALYSIS

- a) Qualitative and Quantitative analysis-
- b) Kinematic and Kinetic analysis
- c) Fundamental principles involved in the analysis of a skill
- d) Analysis of fundamental movements—Walking, Running, Jumping and Throwing

UNIT-VIII- VIDEO ANALYSIS

- a) Videography and use of cameras
- b) Calibration and Digitalization
- c) Use of softwares
- d) 2 Dimensional analysis
- e) 3 Dimensional analysis

REFERENCE: BOOKS:

1. James G-Hay: The Biomechanics of Sports Techniques.
2. John W.Hunn:Scientific principles of coaching.
3. Marion R.Broer: Efficiency of Human Movement
4. Francis A. MACDONALD:Mechanics for Movement
5. Prof: CHINNAPPA REDDY: Principles of Scientific coaching

PAPER – 10 : GAME OF SPECILIZATION

Note: Every year the university offers Specialization games to the M.P.Ed., batch depending on the availability of Infrastructure and faculty. The paper setters should not set the paper for a specific game / event. The questions should be framed in such a way that it should be common for all specialization, so that each student can answer the question related to his/her own game of specialisation.

UNIT -I - HISTORY AND DEVELOPMENT

History – development of the game: In India and International – Tournaments – Results: In India and International – Awards

UNIT –II - LAYOUT AND MAINTANANCE OF THE FIELDS

Different surfaces of play fields – Natural, grass, Synthetic, Wooden, Concrete, Asphalt. Importance of drainage system for Play fields

Lighting arrangements for Play fields - Measurement – Layout – Maintenance of Field of Game of Specilisation

UNIT –III - TALENT IDENTIFICATION, TEACHING, TRAINING AND COACHING

Talent identification - Guidelines

Teaching; Means and methods – Training: Means and methods – Coaching: means and methods – Coaching Philosophy

UNIT –IV - SKILL, TECHNIQUE, TACTICS AND MECHANICAL PRINCIPLES

Skills of the Game – Technique of the skills – Tactics – Tactical preparation - Mechanical principles of skill performance

UNIT –V - THEORY AND PRACTICES OF TECHNIQUE TRAINING

Basic Elements – Aims of Technical training – Classification of Technique – Learning technique Faults and Corrections

UNIT -VI - COACHING STRATEGIES AND SCHEDULES

Individual Strategies – Group strategies – Team strategies- Systems of the Game – Observation and Analysation - Coaching Schedules

UNIT -VII - RULES , INTERPRETATION OF RULES AND LEADUP GAMES

Rules of the Game - Interpretation of rules – Lead up Games

UNIT -VIII - ART OF OFFICIATING

Objectives- Job of the official- Mechanism of officiating – Psychology of officiating – Achieving High standards – Code of signals – Duties of the official: Before, During and After the game – Duties of the other technical officials.

REFERENCE BOOKS:

1. Martens R.- successful Coaching
2. Healy.D – Sports and the law
3. Dauge.B – Coaching Qualities of successful coaches, A check list in Sports Coach
4. Draper.J.A – Analyzing skills to improve performance – Sports Coach
5. Tutko T.A and Richard J.W – Psychology of Coaching
6. The International Hockey federation – Rules of Hockey, Including Explanations.
7. ED.Schmolinsky – Track and field, Athletics training in GDR

SPECILISATION GAMES:

The department will decide the list of specialization every year depending on the requirements of the students and availability of resources in the department.

PAPER - 12: SPORTS MANAGEMENT

UNIT-I - MANAGEMENT PROCESS

- Definition of Management, Scope, Need and Importance of Management in Physical Education and Sports
- Basic Functions of Management : Planning, Organisation, Staffing, Directing and Control
- Theories and Principles of Management
- Qualities of a Sports Manger

UNIT-II - MANAGEMENT OF PHYSICAL EDUCATION INSTRUCTION PROGRAMMES AT VARIOUS LEVELS

- Pre school, Elementary School, College and Universities
- Physical Education programme for Physically Challenged persons
- Problems in Management of Physical Education Programmes, Construction of Physical Education Time-Table.
- Class Management
- Intramurals, Extramurals
- Guidelines for competitive sports programme and Inter-School / Inter-Collegiate (Extramurals) Competitions
- Qualification for appointment of Physical Education personal in Schools, Junior Colleges, Degree Colleges and Universities

UNIT-III - PERSONEL MANAGEMENT AND SUPERVISION

- Principles of Personel Management
- Personel Recuriement and selection, In-service training
- Problems of Personel, Stress management
- Supervision
- Need
- Principles of Supervision
- Qualities and Responsibilities of supervisors
- Supervisory processes and practices
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UNIT-IV - FINANCIAL AND MATERIAL MANAGEMENT

- Budgeting Types – Criteria –Budget preparation process - Methods of Fund rising – Budgeting Systems – Purpose of the Financial management in Physical Education – Principles of Financial Management
- Equipment needs – Purchasing of Material – Maintainance of Records – Care and Maintainance of Material

UNIT-V - PUBLIC RELATIONS AND MASS MEDIA

- Meaning and Importance of Public relations
- Principles and Guidelines for Public Relations
- Mass Media

UNIT-VI - EVENT MANAGEMENT

- Planning of an event and conducting a event.
- Methods of drawing crowds to the event
- Event Managers and theor qualities
- Fund rising for the event
- Maximum media coverage.

UNIT-VII - MANAGEMENT OF GYMNASIUM & SWIMMING POOL

- Location, Size, Walls, Ceiling, Lighting, Seating, Characteristics of a good Gymnasium
- Management in care and maintenance of the Gymnasium
- Utility of Gymnasium

SWIMMING POOL

- Size and Types of pools – Water Facility - Water Purification – Features of a standard swimming pool – Measures of Maintainance of swimming pool

UNIT-VIII - SPORTS POLICIES, PHYSICAL EDUCATION COURSES AND ACCREDITING AGENCIES

Salient features of Sports policy of India – Different schemes offered by HRD, Sports Authority of India, Sports Authority of India, PYKKA, National Sports Development Code, Sports Infrastructure Development- Sports Schools, Sports Hostels – National Accrediting agencies: NCTE, AICTE, NAAC – National Eligibility Tests: NET/APSET/JRF – Physical Education courses in India: U.G.D.P.Ed., B.P.Ed., M.P.E, M.P.Ed., M.A.Physical Education, Yoga Diploma, M.A. Diploma, Sports Management, M.Sc Biomechanics & Kinesiology, M.Phil, Ph.D, NIS Certificate Course, NIS Diploma, MS Sports, MS Sports Medicine, Diploma Course in Yoga, Sports Management, Sports Journalisam, Sports Technology, Sports Psychology, Bio-Mechanics, PG Courses in Physiotherapy.

PAPER – 13 : YOGA

UNIT-I - YOGA – INTRODUCTION, MEANING AND OBJECTIVES

Yoga – Meaning, Definition, Concepts, aim, objectives, misconceptions

UNIT – II - DEVELOPMENT OF YOGA

Historical development of Yoga and yogic texts – Compare and contrast yogic Education with Physical Education

UNIT - III - MEDITATION AND CONCENTRATION

Meaning of meditation concentration and their experiences – Types of meditation – Role of meditation in relaxation.

UNIT – IV - EFFECTIVES OF YOGIC PRACTICES OF DIFFERENT SYSTEMS

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

UNIT – V - THERAPEUTIC VALUES OF YOGA

A general survey of the preventive, promotive and curative aspects of yoga techniques, viz., Asanas, Pranayama, Mudras, and Kriyas etc., like Bronchial Asthma, Hypertension, Arthritis & Diabetes

UNIT - VI - TYPES OF YOGA

- a) Rajyoga, Asthanga yoga, Japa yoga, Hata yoga, Bahkti Yoga, Karma Yoga, their objectives and approach to achieve their goal.
- b) Ashtanga Yoga – Meaning and Philosophy, eight steps with special reference to Yamas Niyamas and Asanas.
- c) Sudhikriyas (Prunificatory process) their role and importance in the achievement of the goal of Hatayoga. The technique and benefits of Neti Jal and Sutra, Kapalbhathi, Nauli and Nauli chalana.
- d) Asanas, Bandha and Mudra.

UNIT – VII - Difference between yogic exercises, Exercises and its applications.

UNIT – VIII Scientific importance of yogic Exercises in organic development and its Medical effects

REFERENCE BOOKS

1. Asanas by Swamy Kuvalayanand, Popular Prakashan, Bombay-1971.
2. Pranayama by Swami Kuvalyanand, Popular Prakashan, Bombay-1971.
3. Yogic therapy by Swami Kuvalyananda & S.L.Vinekar Central Health Education Bureau, Minutes of Health, New Delhi, 1971.
4. Yoga Personal Hygiene by Sri Yogendra Yoga Institute.
5. Light on Yoga by B.K.S.Lyendar, Vikaspub, Bombay, 1977.
6. Halthapradipika by Swami Digamberji, Kaivalyadhama, Lonavla 1978.
7. Hatharatnavali Ed.By M.Venkata Reddy, Prof.M.Ramakrishna Reddy, Arthamuru East.Godavari, 1982.
8. Gheranda Samhita – Kaivalyadhama, Lonavla. 1980.
9. Scientific report on Yoga Research Published by Vedanta Yoga Research Institute, 1992, Hyderabad – 2002.
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11. Hathayoga, its context, theory and practice miker Burbey, Motilal Banarsidas Delhi- 2000.

PAPER-14 : COMPUTER APPLICATION IN SPORTS

UNIT-1 COMPUTER BASICS

What is a computer - Simplification of Computers - Different types of a Computer - What is an operating system - Types of operating systems - Basic parts of computer - Back panel of computer - Inside a computer.

UNIT – 2 MICROSOFT OFFICE WORD

Create a new document - Save a document – Create a folder – Cut, Copy and Paste – Format words – Change font size – Change font style – Change font color – Apply text effects – Format paragraphs – Indent paragraphs – Change line spacing – Apply borders – Apply bullets – Apply numbering – Change bullet character – Adjust page settings – Set margins – Change orientation – Set paper size – Check spelling – Employ different page views – Show/hide invisible symbols – Change the zoom level – Preview a document – Print a document – Long documents – Format text with styles – Open an existing document.

UNIT - 3 COMPUTERS IN EVERY DAY LIFE AND COMPUTER NETWORKS

Computers in Everyday Life – Impact of Computers, Computers in the home, Entertainment, Computers in Education, Computer Network, Computer Network Topology, Hub, Router, Server, Different types of Network Topologies – Bus, Ring and Star Topologies, Computer Networks – A Global Network – Basic concepts of Computer Networks; Local area networks and wide area networks, peer-to-peer network.

UNIT - 4 MICROSOFT OFFICE EXCEL

Performing Basic Calculations - Add – Subtract – Multiply – Divide – Calculate averages – Find the maximum value – Formatting work sheets – Format text – Format numbers – Format Cells – Change Cell color – Add borders – Shift alignment – Adjust columns and rows – Adjust column width – Adjust row height – Print work sheets – Adjust page breaks – Print a region – Move copy and paste – Add delete columns.

UNIT - 5 INTERNET

What is Internet – Working of Internet – History of Internet– Kinds of information available – Using Internet – World wide web – History of web – How web unique – Hardware for internet – Software for Internet – Browser – Connecting options – Isp - Access

UNIT - 6 - MICROSOFT OFFICE POWER POINT

Create a slide – Save the presentation – Add new slides – Insert pictures – Add pictures to the clip organizer – Add clip art to a slide – Format text – Format pictures – Crop, Resize, Move & Preview a presentation – Insert tables and charts – Employ design templates – Employ a master slide – Rearrange slides – Animate text – Animate graphics – Create slide transitions – Advance slides automatically – Add speaker notes – Create handouts – Make presentations portable.

UNIT - 7 - MICROSOFT OFFICE ACCESS

Data base basics – Create a new database – Create tables – Create records – Create forms – Create queries – Create reports – Working with Tables – Modify tables – Create new tables – Specify data types – Specify field properties – Edit records - Find records - Sort and filter records – Create table relationships – Working with forms – Modify forms.

UNIT – 8 – USE OF COMPUTERS IN SPORTS

How does computer technology improves sports – Posture Analysis Software – Video Analysis Softwares - Instant replay – Accuracy – Cameras – Analyzing movements – Scoreboard – Safety – Injury prevention data collection – Robotics and muscle analysis –Using web – Computers and the Olympics – Recording information.

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1. James G-Hay: The Biomechanics of Sports Techniques.
2. John W.Hunn:Scientific principles of coaching.
3. Marion R.Broer: Efficiency of Human Movement
4. Fracnise A. MACDONALD:Mechanics for Movement