

**Scheme of Examination of Master of Physical Education
M.P.Ed.(P)/(F) 2014-15**

M.P.Ed. (P) (1st Semester)

Paper	Nomenclature of paper	Marks Theory		Pract. Exams	Total marks
		External	Internal		
I.	Professional Preparation and Curriculum Design in Physical Edu. and Sports Sc.-I	80	20	-	100
II	Kinesiology	80	20	-	100
III	Anatomy & Physiology-I	80	20	-	100
IV	Educational Technology & Pedagogic Techniques in Physical Education	80	20	-	100
V	Techniques of officiating and Coaching-I	80	20	-	100
VI	Optional: Anyone of the following:- a) Health Education (Theory) b) Yoga (Theory)	50	10	40	60+40=100
VII	Teaching lesson -Games	-	-	100	100
VIII	Teaching Lesson-Athletics	-	-	100	100
	Total:	450	110	240	800

Activities to be taken up during 1st Semester

- A Games: - Basketball, Kho-Kho, Hockey, Handball & Badminton
B Athletics: - Sprints, Long Jump, Pole-vault, Hurdles, Javelin & Discus-throw.

Note: -

The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester. Minimum Five students must opt an optional paper to run the options.

M.P.Ed. (P) (2nd Semester)

Paper	Nomenclature of paper	Marks Theory		Practical marks	Total marks
		External	Internal		
IX	Professional Preparation and Curriculum Design in Physical Edu. and Sports Sc.-II	80	20	-	100
X	Bio-Mechanics in Phy. Edu.	80	20	-	100
XI	Anatomy & Physiology-II	80	20	-	100
XII	Sports Management	80	20	-	100
XIII	Techniques of Officiating & Coaching-II	80	20	-	100
XIV	Teaching lesson -Games	-	-	100	100
XV	Teaching Lesson-Athletics	-	-	100	100
	Total marks	400	100	200	700

Grand Total (1st & 2nd Semesters) 800+700=1500

Activities to be taken up during 2nd Semester

- A Games:- Volleyball, Kabaddi, Football. Cricket & Wrestling
B Athletics:- Middle/Long Distance Race, High Jump, Triple -Jump, Relay Race and Hammer –throw.

Distribution of marks for Practicals to be conducted by the External & Internal Examiners

Semester 1st & 2nd (Teaching Lessons) 100 marks

- | | | |
|-----|--|----------|
| (a) | Teaching Lesson in Game/Athletics (Demonstration, Presentation, Fault Correction & Use of Teaching Aids) | 40 marks |
| (b) | Viva (Marking, Rules and Regulations and Officiating) | 40 marks |
| (c) | Final Lesson Plan | 10 marks |
| (d) | Note-book of Lesson Plan | 10 marks |

Note: -

The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester.

M.P.Ed. (F) (Semester 3rd)

Paper	Nomenclature of paper	Marks Theory		Practical marks	Total marks
		External	Internal		
XII	Fundamentals of Sports Training	80	20	-	100
XIII	Statistical Techniques in Physical Education	80	20	-	100
XIV	Research Methodology in Physical Education-I	80	20	-	100
XV	Sports Medicine	80	20	-	100
XVI	Science of Coaching Athletics	80	20	-	100
XVII	Science of Coaching Games	80	20	-	100
XVIII	Coaching lesson - Games	-	-	100	100
XIX	Coaching Lesson- Athletics	-	-	100	100
	Total:	480	120	200	800

Activities to be taken up during 3rd & 4th Semesters

The students will choose any one game as their specialization out of HOCKEY, BOXING, WRESTLING, HANDBALL, BASKETBALL, VOLLEYBALL, BADMINTON, KABADDI, KHO-KHO and FOOTBALL. Minimum 05 students must opt for a Game to run the option. Athletics will be compulsory for all students.

In case of M.P.Ed. 3rd & 4th Semesters for specialized games and athletics, the Coaching Skills will be divided by the teacher concerned and the same will be informed to the Department and the students. The students will be evaluated at the end of 3rd & 4th semester accordingly.

Note:-

The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester.

M.P.Ed. (F) (4th Semester)

Paper	Nomenclature of paper	Marks Theory		Practical marks	Total marks
		External	Internal		
XX	Scientific Principles of Sports Training	80	20	-	100
XXI	Measurement & Evaluation in Phy. Education	80	20	-	100
XXII	Research Methodology in Phy. Education-II	80	20	-	100
XXIII	Exercise Physiology	80	20	-	100
XXIV	Optional Anyone of the following : a) Sports Sociology b) Sports Psychology c) Introduction to Computer Application d) Dissertation	80	20	-	100
XV	Coaching lesson -Games	-	-	100	100
XVI	Coaching Lesson-Athletics	-	-	100	100
	Total	400	100	200	700

Grand Total (3rd & 4th Semesters) 800+700=1500

Note: - The workload of the teacher supervising dissertation will be equal to any other optional paper given in paper XXIV above. To start the optional paper, minimum five students must opt for an optional paper.

Distribution of marks for Practicals to be conducted by the External & Internal Examiners

Semester 3rd & 4th (Coaching Lessons)

100 marks

- | | |
|---|----------|
| (a) Coaching Lesson in Game/Athletics (Fault detection, Removal of Fault, Corrective Exercise, Teaching Aids for Corrective Exercise) | 40 marks |
| (b) Viva (Marking, Rules and Regulations and Officiating) | 40 marks |
| (c) Final Lesson Plan | 10 marks |
| (d) Note-book of Lesson Plan | 10 marks |

Note:-

1. Each candidate will be evaluated in one Skill given under various heads i.e. Games & Athletics in each semester.
2. The Draw of skill will be drawn **seven days** before the practical examination.
3. Since this is a professional course aimed at improving the standards of games and sports, therefore, special attention be given to practical aspect covering various areas. For this, 10 hours per week must be devoted to the practical lessons of teaching/coaching, out of which two hours will be for teaching/coaching lessons under the supervision of the concerned teacher. To fulfill this aim, the students shall be required to prepare & take one supervisory teaching/coaching lesson in each of the activities given under Games & Athletics.
4. The Chairperson/HOD will certify on the student's note-book that all requirements pertaining to teaching/coaching practice have been fulfilled by the student. The same has to be verified by the teacher concerned before it is submitted to the Chairperson/HOD.
5. The student is free to choose any one of the events for the examination lesson i.e Pole-vault, Hammer Throw, Hurdles and triple jump, as these involve difficult skills to demonstrate and teach.
6. Duration of Practical examination will be 3 hours per group followed by Viva-voce.
7. Final lesson for practical examination will be prepared on a separate chart.
8. For M.P.Ed. Semester 3rd & 4th the students will prepare five coaching lessons in their specialized game and Athletics of different Games/Athletic skills in each semester.
9. Each & every student will take part in the intra-mural activities and have the following dress-code for practicals/Intra murals. The colour for different courses will be different:
 - a) For Theory classes:- Trouser & Shirt (Summer Season),
Trouser, Shirt, Tie & Blazer (Winter-season)
 - b) For Practical classes:- T-Shirt & shorts/lowers (Summer Season)
T-Shirt with track-suits (Winter Season)
10. All practical external examiners for the examinations to be conducted will be appointed by the University out of the panel recommended by the PGBOS. However, internal examiners for these practicals will be appointed by the Chairperson PGBOS.

M.P.Ed. (Semester-1st) 2014-15
Paper-I Professional Preparation and Curriculum Design in Physical Education and Sports
Sc.-I

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Concept of Physical Education – Meaning and Definition
- Foundations of Professional Preparation, Features of Indian Democracy with regard to Contribution of Physical Education & Sports
- Understanding of Foundations of Physical Education and Sports
- Meaning of Profession, Preparation, Curriculum and Design.
- Basis of Professional Preparation in Physical Education and Sports Sciences.

UNIT-II

- Forces and Factors Affecting Educational Policies and Prgrammes
- Function of the State Govt. in implementation of the Educational and Professional Preparation of Physical Education and Sports Programme.

UNIT-III

- Contribution, Aims and Purposes of General Education in the Professional Preparation of Physical Education and Sports,
- Aims and Objectives of Physical Education
- Historical Review of Physical Education in USA and Russia
- Historical Review of Sweden & Denmark.

UNIT-IV

- Historical Review of Professional Preparation in Greece & Rome.
- Professional Educational Qualification Desirable for Physical Education Teachers for Library, Laboratory and Research.
- Historical Review of Professional Preparation in United Kingdom and Germany.

Suggested Readings

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation and Curriculum Design in Physical Education
2. Batia, K.K. and Narang, (1991) Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publisher,
3. Bhatia, K.K.Kadian, K.S.Chanda, PC and Sharma (1990) Contemporary problem of Indian Education, Jalandhar Prakash Brother Educational Publishers,..
4. Graily, J.Byrant, Career Potentials in Physical Activity (1990) New Jersey, Prentice Hall in Englowood cliffs USA.

M.P.Ed. (Semester-1st)
Paper-II Kinesiology

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents:

UNIT-I

- Concept, Scope and Role of Kinesiology in Physical Education and Sports
- Anatomical Body Position
- Meaning and Factors Affecting the Range of Motion
- Characteristics of Skillful Performance
- Fundamental Movements of Joints and their Terminology
- Meaning of Planes, Aims and their Types
- Axis and Planes involved in Joints Movements
- Types of Muscular Contractions.

UNIT-II

- Structural Classification of Skelton Muscles
- Functional Classification of Skelton Muscles
- Slow & Fast Twitch Muscle Fibers
- Methods of Studying the Action of Muscles
- Tendon Action of two Joints Muscles
- Body Deformities and their Remedies (a) Kyphosis (b) Lordosis (c) Scoliosis (d) Knock-knee (e) Flat-foot

UNIT-III

- Classification & Characteristics of Diarthrosis joints
- Structure & Ligamentous enforcement of shoulders Girdle and shoulder, Elbow and Ankle joints
- The Attachment and Action of the Muscles of following Joints:
- A) Shoulder Girdle and Shoulder:- Trapezius, Levator scapulae, Rhomboid, serratus anterior, Pactorlis minor and major, Deltoid, Supra spinatus, Teres major, Infra and Teres minor, Spinatus and Biceps.
- B) Elbow Joint: Biceps Brachii, Pronator teres, Supinator, Triceps brachii, Brachialis, Pronator quadratus,
- C) Ankle and Foot: - Gastrocnemius, Soleus, Tibialls Anterior and Posterior, Extensor Digitorum Longus, Extensor & Flexour Hallucis Longus,

UNIT-IV

- Structure & Ligamentous enforcement of Hip, Knee and Spinal Column joints, The Attachment and Action of the following muscles:
- HIP Joint: Iliopseas, Pectineus, Rectusfemoris, Sartorius, Tensor fasciae latae, Glteus maximus, minimous and medius; Adductor Magnus, Longus and Brevis.
- KNEE JOINT: Quadriceps-Rectus Femoris, Vastus Lateralis, Vastus Ingtermedius and vastus medialis, Hamstring Group-Biceps Femoris, Semimembranosus Semitendinosus, Sartorius, Gastrocnemius and Popliteus.
- SPINAL COLUMN: Levator scapula; Rectus abdominis; Sternocleidomastoid; Obliquus Internus and externus abdominis.
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Suggested Readings

1. Zatsiorsky V.M. (1998), Kinmatic of Human Motion
2. Kelly DL (1971), Kinesiology, Fundamental of Motion

3. Lattiganus K.Others, Kinesiology () Scientific Basis of Human Motion
4. Jenson, C.R. & Schult, G.W., Applied Kinesiology: The Scientific study of human performance (2nd edition) (1977), New York MC Grah.
5. Hawley, G. (1937), The Kinesiology of Corrective Exercise, Phildelphia Lea Anno Febiger,

M.P.Ed. (Semester-1st)
Paper-III Anatomy and Physiology-I

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

Introduction to Anatomy & Physiology & Blood

- Concept of Anatomy and Physiology
- Cell Structure (Animal)
- Properties of living Matter
- The Role of Anatomy and Physiology in Physical Education & Sports
- Blood: Composition, Functions and Types

UNIT-II

Muscular System

- Gross and Microscopic Structure of Skeletal Muscles.
- Mechanism of Muscular Contraction and Relaxation
- Nature of Neuromuscular Activity
- Muscle tone, Law of Reciprocal Innervations
- Muscle Work and Fatigue
- Effect of Exercise on Skelton Muscles

UNIT-III

Anatomy of Heart

- Systemic and Pulmonary Circulation, Coronary Circulation
- Mechanism of circulation
- Heart Rate, Stroke Volume, Cardiac Output, Reserve Capacity.
- Cardiac Cycle
- Effect of Exercise on Circulatory System

UNIT-IV

Respiratory System and Blood Pressure

- Structure of Respiratory Organs
- Mechanism of Respiration
- Tissue and Pulmonary Respiration
- Respiratory Capacities
- Effect of Exercise on Respiratory System.
- Blood Pressure-Systolic and Diastolic Pressure
- Measurement of Blood Pressure
- Effect of Exercise on Blood Pressure

Suggested Readings

1. Pearee Evelyn, C. Anatomy and Physiology for Nurses London, (1962) Faber and Falber Ltd.,
2. Pavat, J. Anatomy for Students and Teachers of Physical Education, (1959) London Edward Arnold and Co.
3. Senson Wright: Applied Physiology
4. Willion J.F., Anotomy and Physiology, London W.B. Sauders
5. Best and Taylor, (1960)The living Body, New Delhi, Asian Club House
6. Smount, C.F.V and Medonald, R.J.S.(1969) Physiotherapy, Occupational therapy and Gymnastics, Edward Arnold Pvt. Ltd.,
7. Kiober Grey Anatomy and Physiology

M.P.Ed. (Semester-1st)

Paper-IV Education Technology and Pedagogic Techniques in Phy. Education

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit.
Question
No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Concept of Class Management: Meaning & Principles
- Specific Principles (Strength of Class, Place and Time of Class, Uniform Class Formation, Safety Measures and Discipline)
- Steps of Class Management
- Explanation of Different Teaching Methods for Presenting Material

UNIT-II

- Introduction, General and Specific Lesson Plan
- Principles of Lesson Plan
- Importance of Lesson Plan in Physical Education and Sports
- Meaning, Importance of Audio-Visual Aids.
- Steps of Audio-Visual Aids, Technology Devices in Physical Education and Sports (Adobe Premier, Underwater Camera, Various Measuring Tools, wind Gauges, Foul Indicators, Electronic Gadgets Adobe Photoshop, Microsoft Animation, Laser Beam, Technology, LCD Display) Power Point Presentation.

UNIT-III

- Introduction, Principles for Planning Facilities
- Types of Facilities
- Meaning and Types of Command
- Meaning, Need and Importance of Public Relation in Physical Education.
- Meaning, Objectives and Types of Budget
- Principles of Preparation of Budget

UNIT-IV

- The Need for Office for Physical Education Teacher, its Location and Set Up.
- Handling and Communication-Office Writing, Circulars, Notification and Invitation
- Writing Reports and display, Monitoring
- Concept, Need and Importance of Intramural and Extra Murals
- Types of Tournaments

Suggested Readings

1. Knap Clyde & E: Teaching Methods for Physical Education, MC Graw Hill book Co. Inc.
2. Tirunurayana, C&S Hariharan: Method in Physical Education (South India Press karalkudi India).
3. Kamlesh M.L. & Sangra, M.S.(1982)Methods in Physical Education, Parkash Brothers, Jullundur.

4. Two experienced Professors: Organization and Administration and Recreation in Physical Education, (1982) Prakash Brothers, Jullundhur.
5. Wakharkar D.C. (1967), Manual of Physical Education, Pearl Publicatons, Bombay.
6. Dhakraborty S.Sports Management Delhi Sports Publications, 1998.
7. Kamlesh M.L. (2000) Management Concept in Physical Education and Sports, New Delhi, Metropolitan Book Co. Pvt. Ltd. 2000.

M.P.Ed. Semester-1st)
Paper-V (Techniques of Officiating & Coaching-I)

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Concept of Officiating: Meaning, Importance and Principles
- Qualities and Duties of a Good Official
- Responsibilities of a Good Official
- Qualifications and Qualities of a Good Official. General Principles of Training Schedule
- Preparation of Training Schedule

UNIT-II

- Measurements, Marking, Equipments, Basic Fundamentals and Rules and Regulation of following Games
a) Football (b) Basketball (c) Kabaddi (d) Badminton (e) Table Tennis
- Glossary of Football, Basketball, Kabaddi, Badminton and Table Tennis
- Outstanding Achievers, Trophies and Awards related with Football, Basketball, Kabaddi, Badminton and Table-Tennis
- Preparation of Score-Sheet of Football, Kabaddi, Badminton and Table Tennis.

UNIT-III

- Measurements, Marking, Equipments, Basic Techniques and Rules and Regulations of following:
- Track and Field Events of Athletics
- Preparation of Score-Sheet of Tract and Field Events.
- Lay out of Standard Track
- Glossary of Track and Field Events
- Achievers (outstanding) and Trophies and Awards Related with Track & Field Events.

UNIT-IV

- Principles and Methods of Selection of Players/Teams for Various Competitions.
- Fundamentals of Conditioning
- Methods of Conditioning & Training (Progressive Resistance)
- Exercise, Circuite Training, Fartlak, Interval, Weight Training.
- Warming up & Cooling Down
- Competition Strategy for Different Games.

Suggested Readings

1. Rules of games and Sports, YMCA, publishing house Madras.
2. John Bunn – The art of Officiating
3. Clalls – Athletic training

**M.P.Ed. (Semester-1st)
Paper-VI (Option-a) Health Education**

Max. Marks: 60
External Marks: 50
Internal Marks: 10
Time: 3 hours

NOTE:-

For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 10 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit.
Question
No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Concept of Health: Meaning, Definition and its Different Dimensions
- Characteristics of Healthy Individual
- Concept of Health Education
- Meaning, Need & Importance
- Health Education its Relation with General Education
- Method and Medium of Health Education
- Health during Camp & Traveling
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UNIT-II

- School Health Programme and Health Environment
- Academic Programme and Healthy Programme
- Health Insurance
- Factors Affecting Health and Wellness

UNIT-III

- First Aid and Safety Measures
- Prevention of Communicable, Diseases
- Nutrition Macro and Micro Nutrients
- Weight Management/Obesity Control

UNIT-IV

- Substance Abuse (Smoking, Tobacco, Chewing etc.)
- Health Organization and Administration Structure
- Health Organizations: World Health Organization (WHO) Red-Cross Society National Aids Control Organization (NACO), Mental and Emotional Health, Sex Education.

Suggested Readings

1. Daimple: Foundations of Health
2. Dehl: Healthful living, Mcgraw Hill
3. Physical Education and Health (Dr. A.K.Uppla, Dr. Gautam)
4. Physical and Health Education (Mr. V.D.Sharma & Granth Singh)

Health Education (a) Practical

Max. Marks:
40
Time: 3 hours

1. Collection and Preparation of Teaching aid Materials (Posters, Pamphlets, and CDs etc.)
2. Preparation of School Health Programme
3. Organizing the Health Awareness Programmes
4. First Aid: Sling Bandages, Transportation of the Injured Persons
5. Artificial Respiration, Control of Bleeding Cuts and Wounds, Heat Stroke, Fractures, Stings and Bites of Animals

M.P.Ed. (Semester-1st) Paper-VI (Optional-b) Yoga

Max. Marks: 60
External Marks: 50
Internal Marks: 10
Time: 3 hours

NOTE:-

For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit.
Question
No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Concept of Yoga: Meaning, Definition and Types of Yoga
- History and Development of Yoga in India
- Concept of Yoga in Modern World
- Effect of Yogic Exercise, Asanas, Kiryas and Pranayam on following Diseases: Asthma, Jaundice & Blood Pressure

UNIT-II

- Rules & Principles of Yoga
- Personal & Social Rules of Yoga (Yam & Niyam) Yogic Diet.
- Effect of Yogic Exercise, Asanas, Kiryas and Pranayam on the following : Diabetes, Low Back Pain, Arthritis, and Stress.

UNIT-III

- Astang Yog: Types and Steps
- Eight Paths of Yoga,
(i) Yam (ii) Niyam (iii) Asans (iv) Pranayam (v) Partihar (vi) Dhyan (vii) Dharma (viii) Samadhi (Internal & External System of Yoga and their Effect)

UNIY-IV **Internal & External Purification- Yogic Methods**

- Sat Karmas/Yogic Methods of Personal Hygiene/Six Methods of Purification or Cleaning Process and their Effects.

- (a) Neti: Sutra Neti, Jal Neti, Dugad Neti, Ghee Neti, Rubber Neti.
- (b) Dhوتي: Jal Dhوتي, Vastra Dhوتي, Dand Dhوتي, Kunnjal and Gajkarni
- (c) Basti: Susak Basti, Jal Basti
- (d) Nauli: Dakshin Nauli, Paschim Nauli, Madhya Nauli
- (e) Kapal Bhati
- (f) Taratak

References

1. Asana and Pranayam by Swami Kuvlayanand
2. Yoga for Health Happiness and peace by Yoga Acharya Prakash Dev.
3. Yoga Method of Re-integration by Alain Dawal
4. Yoga Personal hygiene by Shri Yogendra.
5. Yoga for everyman by demands Dubey.
6. Message and Medical Gymnastics by Marg vilace.
7. Water curve by Kellage
8. Message and remedials Gymnastics by trely.
9. Yog Shiksha/Yog Education by Dr. S.K. Mangal, Dr. Uma Mangal and SK Mana.

(Optional-b) Yoga -Practical

Max. Marks: 40

Time: 3 hours

Prayer:-

Asana

1. Sukh Asana (2) Padam Asana (3) Sudh Asana (4) Vajar Asana (5) Paschm Utam Asana (6) Aurdhmatsender Asana (7) Dhnur Asana(8) Bale Asana (9) Sarvang Asana(10) Chakar Asana(11) Bhujang Asana(12) Hanuman Asana (13) Suphad Vajarashan (14) Sirsh Asana (15) Sulabh Asana (16) Makar Asana (17) Shav Asana (18) Ustra Asana(19) Tarh Asana (20) Tikon Asana

Relaxation Technique/Yog Nidra Pranayama :

Any Five Pranayama

Any two Satkaram/Kirya

Any two Bandhas

M.P.Ed. (Semester-2nd)
Paper-VII Professional Preparation and Curriculum Design in Physical Education
and Sports Sc. – (Part-II)

Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one questions from each unit.
Question
No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Graduate Level Professional Preparation, Purposes, Admission Area, Curriculum, Field Experience, Teaching Practice, Facilities and Special Resources for Library, Laboratory and Research.
- Post-graduate Professional Preparation, Purposes, Admission, Professional Avenues, Area of Specialization and Research Requirements.
- The Specialization Professional Qualifications of Teaching Staff at Post-graduate Level.

UNIT-II

- In-Service Professional Preparation Programmes in Physical Education Concept: Meaning, Importance Process and its Applications.
- Professional Courses, Advancement Schemes of UGC and Professional Programmes,
- Role of Government and Institutes for Professional Preparation of in – Service
- Training Programmes in Physical Education & Sports Coaching.

UNIT-III

- In-Service Education of Professional Personnel Nature & Scope of Responsibility for in -Service Training Programme.
- Concept of Evaluation in Professional Preparation Programmes: Meaning, Importance, Process and its Applications.

UNIT-IV

- Concept of Curriculum Design and Development: Meaning, Need and Basic Principles.
- Factors Influences the Physical Education Curriculum Design.
- Conceptual Understanding of Physical Education Curriculum & Design.
- Historical Review of Professional Preparation in India, Japan & China.
- Concept of Curriculum Contents in Physical Education.
- Professional Preparation Curricular Programme.

Suggested Readings

1. Gupta Rakesh, Akhilesh, Santosh, Professional Preparation & Curriculum Design in Phy. Education.
2. Bhatia, K.K. and Narang, Principles of Education (Methods and Technique) Ludhiana Prakash Brothers Educational Publishers, 1991.

3. Bhatia, K.K.Kadian, KS Chanda, PC and Sharma (1990) Contemporary Problem of Indian Education, Jalandhar Praksh Brother Educational Publishers.
4. Graily, J.Byrant (1990) Career Potentials in Physical Activity New Jery, Prentice Hall in Englowood Cliffs USA.

M.P.Ed. 2nd Semester
Paper-VIII Biomechanics in Physical Education & Sports

Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit.
Question
No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I Introduction to Bio-mechanics

- Meaning and Concept of Biomechanics
- Importance of Biomechanics in Phy. Education & Sports.
- Approaches for Studying Movement.

Mechanical Concepts

- Concept of Motion & Its types
- Distance and Displacement, Speed, Velocity and Uniform Acceleration, Force and Momentum, Pressure, Mass and Weight, Gravity and Centre of Gravity, Work, Power, Energy.

UNIT-II Body Balance and Stability Control

- Balance, Equilibrium and stability
- Controlling Balance in Static Positions
- Controlling Balance during Movements.
- Structural of Motor Action and Bio-mechanical Principles:
- Spin & its types
- Effect of Spin on speed of the ball on the surface
- Effect of Spin on speed of the ball in flight
- Magnus effect : its application in sports

UNIT-III Newton's Law of Motion

- Law of Inertia – (Linear motion)
- Law of Moment of Inertia (Angular Motion)
- Law of Momentum (Linear Motion)
- Law of Angular Momentum (Angular Motion)
- Law of Action and Reaction (Linear Motion)
- Law of Action and Reaction (Angular Motion)
- **Aerodynamic drag forces**
- Skin Friction
- Profile Drag
- Effect of Stream line on drag
- Terminal Velocity

UNIT-IV Forces and Movements

- Forces Action on a System
- Reaction Forces
- Friction Forces

- Centripetal and Centrifugal Forces
- Elastic Force
- Internal & External Forces
- Lever, Types of Lever and their Mechanical Advantage and Disadvantage with Special Reference to Physical Education and Sports
- Projectile of Motion:-Projecting for Horizontal and Vertical Distance

Suggested Readings

1. Gowitzke, BA and Milner M. 1998, Scientific Basis of human movement (3rd Edition)
2. Hay. J (1978) The Bio-Mechanics of Sports Techniques 2nd Edition
Englewood Cliffs: Prentice Hall
3. Kreighbaum & Bartheles, Biomechnis, Ny: Macmillan 1985.
4. Mood S.D. Beyond Biomechanics-New York – Taylor (1996)
5. Hall, S.J. Basic Biomechanics, London, Mosy 1991
6. Hay, J & Reid (1982) The Anatomical and Mechanical Basis of Human Motion.

M.P.Ed. (Semester –2nd)
Paper-IX Anatomy & Physiology (Part II)

Max. Mrks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours

NOTE:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I	Skeletal System <ul style="list-style-type: none">- Anatomy of Bone and Cartilage- Kind and Functions of Bones- Name and Location of the Bones of Human Body- Types of Joints- Description of Diarthrodial-Joints- Difference in Male and Female Skeleton with Special Reference to Functional Ability in Sports.
UNIT-II	Digestive System <ul style="list-style-type: none">- Brief Description, Location and Functions of the Mouth, Teeth Tongue, Salivary Glands, Stomach Intestine- Structure & Functions of Elementary Canal- Mechanism of Digestion and Absorption of Food.- Effect of Exercise on Excretory System.
UNIT-III	Nervous System <ul style="list-style-type: none">- The Neuron and the Motor Unit- The Motor and Sensory Impulses- Neuro-Transmission and Movement Mechanism- Locations, Anatomy and Functions of the Brain.- Spinal Cord and its Functions- Concepts of Receptors- Reflex Action- Effect of Exercise on Nervous System
UNIT-IV	Endocrine Glands <ul style="list-style-type: none">- Meaning of Endocrine Glands- The Location and Functions of the following Endocrine Glands- Pituitary Glands, Thyroid and Parathyroid Glands:- Adrenal Glands- Effect of Exercise on Endocrine Glands

Suggested Readings

1. Pearee Evelyn, C. (1962) Anatomy and Physiology for Nurses London, Faber and Faber Ltd.
2. Pavat, J. (1952) Anatomy for Students and Teachers of Physical Education, London Edward Arnold and Co.
3. Senson Wright: Applied Physiology
4. Willion J.F. Anatomy and Physiology, London W.B. Saunders
5. Best and Taylor, (1960) The living Body, New Delhi, Asian Club House
6. Smount, C.F.V and Medonald, RJS: (1969) Physiotherapy, Occupational therapy and Gymnastics, Edward Arnold Pvt. Ltd.
7. Kiober Grey Anatomy and Physiology
8. Stakpoles, Anatomy and Physiology (6th Edition)

**M.P.Ed. (Semester-2nd)
Paper-X- Sports Management**

**Max. Marks: 100
External Marks: 80
Internal Marks: 20
Time: 3 hours**

NOTE:-

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit.
Question
No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Concept of Sports Management: Meaning, Definition and Importance
- Nature and Scope of Sports Management
- Aims and Objectives of Sports Management
- Guiding Principles of Sports Management
- Types of Management in Sports

UNIT-II

- Role of Manager in Physical Education and Sports
- Skills of Management :Technical Skill, Human Skills, Conceptual Skills, Personal Skill
- Qualities and Qualifications of Manager in Physical Education & Sports.
- Layout of Play Field and Out Door Sports Area, Care and Maintenance of Play Field.
- Need, Importance and Types of Sports Equipment
- Disposal of Sports Equipment

UNIT-III

- Concept of Supervision: Meaning, Need and Guiding Principles
- Qualities of a Good Supervisor
- Techniques of Supervision
- Aims and Objectives of Supervision
- Types of Facilities and their Maintenance

UNIT-IV

- Concept of Planning: Meaning, Definition, Need & Importance
- Principles of Planning Facility
- Steps Involved in Planning Process
- Role of Planning for Betterment in Physical Education & Sports
- Records & Registers: Meaning, Types, Importance and Maintenance
- Role of Physical Education Teacher in Maintaining Records and Register.

References

1. Kannp Clydo & E: Teaching Methods for Physical Education MC Graw Hill Book Co. Inc.
2. Tirunurayana, C&S Hariharjan: Method in Physical Education (South India Press Karalkudi India).

3. Kamlesh M.L. & Sangra, M.S. (1982): Methods in Physical Education Praksh Brothers, Jullundur.
4. Two experienced Professors: (1982) Organization and Administration and Recreation in Physical Education, Prakash Brothers, Jullundur.
5. Wakharkar D.C. (1967) Manual of Physical Education, Pearl Publications, Bombay,
6. Chakraborty S. (1998) Sports Management Delhi Sports Publications,

M.P.Ed. (Semester-2nd)
Paper-XI- Techniques of Officiating & Coaching (Part-II)

Max. Marks: =100
External Marks: 80
Internal Marks: 20
Time: 3 hours

(a) For Paper Setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) For Candidates

1. Attempt five questions in all, selecting atleast one question from each unit.

Question

No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Concept of Coaching: Meaning , Nature & Scope
- Basic Coaching Principles in Games & Sports
- Qualities of a Good Coach
- Responsibility of a Coach
- Role of following in Sports Performance
- a) Physical Fitness (b) Skill Ability (c) Psychological Fitness (d) Skill Execution Ability
- Measures for Improving the Standard of Officials

UNIT-II

- Marking, Measurements, , Equipments, Basic Fundamentals, Glossary, Rules & Regulations of following Games
- i) Hockey (ii) Handball (iii) Volleyball (iv) Kho-Kho (v) Wrestling
- Preparation of Score Sheet for Hockey, Handball, Volleyball, Kho-Kho and Wrestling
- Outstanding Achievers, Trophies and Award Related with Hockey, Handball, Volleyball, Kho-Kho and Wrestling.

UNIT-III

- Marking, Measurement, Equipments, Techniques, Glossary, Outstanding Achievers and Rules & Regulations of following Athletic Events:
- i) Combined Events (ii) Road/Races
- General Principles for Marking the Route for Road Races
- Preparation of Score-Sheet for Combined Events & Road-Races.

UNIT-IV

Nutrition for Sports Person

- Requirement of Calories and its Sources for the Sports Persons.
- General Guidelines for the Diet of a Sports Person
- Pre-during and Post Competition Food Stuffs for Sports Persons
- Balanced Diet
- Contribution of Nutrition to Sports Performance
- General Guidelines for Preparing Training Session
- Factors Affecting Sports Persons

Suggested Readings

R.L. Anand:	Playing field manual
John W.Bunn:	Principles of Coaching
HC Buck:	Rules of Games & Sports
AS Barha:	Science of Coaching

M.P.Ed- Semester 3rd
Paper – XII Fundamentals of Sports Training

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT - I BASIC CONCEPT IN SPORTS TRAINING

- Concept of Sports Training: Meaning, Characteristics & its Importance
- Aim and objectives of sports Training
- Types of Exercise

UNIT-II PRINCIPLES OF SPORTS TRAINING

- Principle of conscious Involvement
- Principle of Individualization and Accessibility
- Principle of Gradual Increase of Load
- Principle of Specialization
- Principle of Continuity and Systematicness in Training Process
- Principle of Economy of Effort

UNIT – III TRAINING LOAD, ADAPTATION AND RECOVERY

- Load: Meaning, Factors and Parameters
- Judgment of Load
- Load and Adaptation
- Relationship Between Load and Recovery
- Factors Affecting Pace of Recovery
- Means of Recovery
- Overload
- Causes and Symptoms of Overload
- Tackling of Overload.

UNIT – IV VARIOUS TRAINING METHODS

- Interval Training Method
- Repetition Training Method
- Continuous Training Method
- Circuit Training Method
- Fartlek Training Method
- Weight Training Method

CYCLES IN SPORTS TRAINING

- Cycle in Training
- Cycle & Periodization of Training
- Structure of a Workout
- Structure of Micro Cycle
- Structure of Meso Cycle
- Structure of Macro Cycle

Suggested Readings

1. Allan W. Jakson & James R. Morrow (1999), "Physical Activity for Health and Fitness". Human Kinetics.
2. American College of Sports Medicine (1991), "Guidelines for Exercises Testing and Prescription" ed. (Philadelphia: Lea & Febiger).
3. Annette, Lang Morning Strength Workouts. Human Kinetics, Champaign, Ilc, USA, 2007.
4. B.Don, Frnak, Edward J. Howley (1995), "Fitness Leaders Handbook ". (Human Kinetics)
5. Claude Bouchard, Roy J. Stephard, Thomas Stephens (1993), "Physical Activity, Fitness and Consensus Statement" (Human Kinetics Publishers).
6. Craig A. Wrisberg, Sports Skill Instruction for Coaches. Human Kinetics, Champaign, iic, USA
7. Cratty, B. (1989) Perceptual and Motor Development in Infants and Children. Pretice Hall,

8. Daniel, D. Arnheim & William E. Prentice (1993) "Principles of Sports Training" Morby - Year Book I Louis,
9. David C. Nieman (2000), "Fitness and Sports Medicine: A Health Related Approach" 3rd Ed. (M. Publicity Company).
10. David N. Camaione (1993), "Fitness Management". (Wels Brown & Benlr Mark).
11. David R. Lamb (1984), "Physiology of Exercise, Responses and Adaptation" 2nd ed. (Mac Publicity Company).
12. David, Sandler, (2005) Sports Power, human Kinetics, Champaign, iic., USA.
13. Donald, Chu. Jumping into Plyo metrics. Human Kinetics, Champaign, ILL., 1998.
14. Fuoss Donald E., & Troppmann, (1985) Robert J. Effective Coaching (Apsychological Approach), Mac. Publishing Company & Collier Macmillan Publishers.
15. Hardayal Singh, (1993) Science of Sports Training, ND; D.a.V. Pub.
16. Herre, D., (1982) Principals of Sports Training, London: Grafion Book.
17. Thomas Kuhz, (2008)Science of Sports Training USA Stadion Publication.

M.P.Ed- Semester 3rd
Paper - XIII Statistical Techniques in Physical Education

Time – 3 hours

Max. Marks = 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit. –I

Meaning of statistics. Need and Importance of Statistics in Physical Education, Meaning of “Data”, Methods of Organizing Data through Frequency Distribution. Meaning of the Measures of Central Tendency, Computation of Measures of Central Tendency i.e. Mean, Median and Mode.

Unit-II

Meaning of Variability, Computation of Measures of Variability: Range, Quartile - Deviation, Average Deviation and Standard Deviation.
Meaning of Term Percentile, Computation of Percentile & Quartiles.
Meaning of Percentile Rank, Computation of Percentile Rank.

Unit - III

Meaning of Normal Probability Curve, Characteristics and Properties of Normal Curve.
Application of Normal Probability Curve, Meaning of Skewness and Kurtosis.
Calculation of Various Combination of Heads and Tails.

UNIT-IV

- Meaning and Types of Linear Correlation.
- Computation of Correlation Coefficient with Product Movement Method and Rank Difference Method.
- Meaning and Advantages of Graphical Representation of Data.
- Principles of Graphical Representation of Data.
- Histogram, Frequency Polygon, Cumulative-Frequency Graph, Bar-Diagram and Pie Diagram.
- Meaning of two Tailed and one Tailed Test of Significance,
- Computing Significance of Difference Between two Means with t – Test (Independent Samples).

REFERENCES

1. Clarke.HH. (1992) The Application of Measurement in Health and Physical Education.
2. Clarke,David H.and Clake H.Hares N. (1986) Research Process in Health Education Physical Education and Recreation . Englewood Cliffs, New Jersey, Prentice Hall, Inc.
3. Shaw. Dhananjay (2007) Fundamental statistics in Physical Education & Sports sciences, sports publication.
4. Margaret J. Safrit (1998) Introduction to Measurement in Physical Education and Exercise Science, Time Mirror/ Mosy, College Publishing St. Louis. Toronte Bosion (2Nd. Edition.
5. Morey E. Garrett : Statistics in Psychology and Educated, David Meka Company Inc.
6. Devinder K. Kansal : Test and Measurement in Sports and Physical Education, D.V.S.Publications, Kalkaji, New Delhi –110019.

M.P.Ed- Semester 3rd

Paper-XIV Research Methodology in Physical Education (Part-I)

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT: I

- Concept of Research; Meaning, Definition & its Need
- Types of Research: Fundamental and Applied Research
- Nature & Scope of Research in Physical Education and Sports
- Characteristics of Good Research
- Qualities of a Good Researcher

UNIT-II

- The Problem: Definition, Identification and Selection of Problem.
- Personal Criteria, Social Criteria, Research Criteria, Locating Problem, Problem Areas in Physical Education and Sports.

UNIT: III

- Research Literature: Location of the Research Material. Indexes, Books, Bibliography, Reviews and Abstracts, Critical Literature and Allied Literature.
- Steps in Reviewing Literature (Note Taking, Scanning and Skimming), Reference and Foot Notes, Direct and Indirect Library Sources.

UNIT: IV

- Sample: Concept, Meaning and Size
- Sampling:- Meaning, Definition, Types of Sampling Techniques of Sampling, Theories
- Hypothesis: Meaning, Importance, Sources, Types (Declarative, Probable and Questions) Characteristics of Good Hypotheses.
- Tools of Research: Observation, Interviews, Questionnaires, Opinionaires or Attitude Scales,
- Psychological Tests and Personality Inventories, Type of Psychological Tests,
- Sports Specific Psychological Tests, Sociometric Techniques, Photography and Cinematography.
- Selection of Sample, the Concept of Randomness, Characteristics of a Good Sample.

Suggested Readings

1. Best J.W. (1982) Research in Education, Prentice Hall Inc. : Delhi.
2. Clarke, H.David., (1985) Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.
3. Thomas Jerry R. and Nelson Jack K., (1996) Research Methods, Physical Activity. Human Kinetics Champaign.
4. Weimer, Jon, (1994) Research Techniques in Human Engineering. Prentice Hall: New Jersey.
5. C.V.Good : (1954) Methods of Research , Appleton Century Crofts Inc., New York.

6. W.R.Mouly: (1975) Educational Research Introduction, David McKay CO. Inc. New York,
7. J.W.Best (1980) Research in Education, Prentice Hall.
8. D.H. Clarke (1970) : Research Processes in Physical Education, Recreation and Health , Prentice Hall,

M.P.Ed- Semester 3rd

Paper – XV Sports Medicine

Time – 3 hours

Max. Marks = 100

External marks:- 80

Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit-I

- Concept of Sports Medicine- Meaning, Need & its Scope in Physical Education & Sports.
- History of sports Medicine in India
- Prevention of Sports Injuries and Role of Physical Educators and Coaches in it.
- Pre-conditioning Injury Prevention Exercises & Drives

Unit-II

- Sports Injuries: - Terminology and Classification of Common Sports Soft Tissue Injuries, Pathological Changes in Sprains, Strain and Contusion and their Management.
- Regional Injuries and their Management- Injuries of Head, Ears, Eyes, Nose, Back, Shoulders, Elbows, Hand, Abdomen, Thighs, Knee, Leg and Ankle.

Unit-III

- Rehabilitation Procedures of Sports Injuries, Rehabilitation of Sports Injuries- Procedures & its Principles, Barriers to Successful Rehabilitation.
- Therapeutic Modalities i.e Cryotherapy, Hydrotherapy, Electrotherapy and Lazar Therapy.

Unit- IV.

- Concept of Massage: its Kinds & Benefit
- Therapeutic Exercises and their Classification
- Stretching Exercises and their Benefits
- Gynecological Problem in Women Athlete
- Menstrual Dysfunction,
- Pregnancy : Physiology & Exercise
- Exercise Associated with Amenorrhea & Leptin

Suggested Readings

1. Armstrong and Tuckler (1964) : Injuries in Sports, London, Staples Press.
2. Bolan, J.P. Rasch, P.J. (1967): Treatment and Prevention of Athletic Injuries. The Inter-State Printers and Publishers, 1967.
3. Morehouse, L.E and (1963) : Sports Medicine for Trainers, Philadelphia, W.B.
4. Ryans Allan : Medical Care of the Athlete, McGraw Hill.
5. Morchouse & Miller : Physiology of Exercise
6. Falls : Exercise Physiology
7. Karpovitch : Physiology of Muscular activity
8. Pande, P.K. “ Know How Sports Medicine?” AP Publications, Jalandhar
9. Marry Irland, (2003) The female athlete, W.B. Saunder CO.

Paper-XVI Semester 3rd
Science of Coaching Athletics

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- History of Athletics in India & Olympics
- Teaching, Training and Coaching of Athletes
- Selection of an Athlete
- Organization and Administration of Athletic Meet.

UNIT-II

- Track and Field Marking with Layout of Field Events
- Rules and Regulations of Track and Field Events
- Duties and Powers of Officials.

UNIT-III

- Concept of Warming-UP Meaning, Types, its Significance and Factors Affecting Warming Up, Cool Down & its Significance
- Definition of following Athletic Terminology
(i) Jogging (ii) Striding (iii) Second Wind (iv) Soreness of Muscles (v) speed Play or Fartlek (vi) Stitch in the Side (vii) Sprinting
- Training Methods -Components and Significance: (i) Interval training (ii) Acceleration Sprints (iii) Continuous Running (iv) Hollow Sprints (v) Repetition Running (vi) Sprints (vii) Fartlek or Speed Play (viii) Circuit Training

UNIT-IV

- Physical Requirements & Mechanics involved in the techniques at different stages of :
 - a) Sprinting (Crouch Start: Supporting Phase, Driving Phase, Recovery Phase, Finish)
 - b) Hurdles (Approach, Take off, Flight, Landing, Stride in between Hurdles)
 - c) High Jump (Approach Run, Take off, Bar Clearance, Landing)
 - d) Javelin Throw (Holding & Carrying, Approach Run, Transitional Steps, Throwing Stance, Release and Recovery)
 - e) Long Jumps (Approach Run, Take off, Flight, Landing)
 - f) Hammer Throw: (Handhold, Starting Position, Preliminary Swing, Turns, Release and Recovery)

PERIODIZATION

- Concept of Periodization: Meaning, Types and Objectives

- Division of Training Aspects for Different Events for Different Periods of Training.
- Preparation of a Weekly Training Programme for
 - a) Track Events (b) Jumps (c) Throws

Suggested Readings

1. Vidyasagar; (1979) Training systematic in throwing NS NIS Patiala, India
2. Gerry A. Can (1995) : Fundamentals of Track and field Theodore b Rangansa, 62 A Gokhale Road Dada, Bombay, India.
3. Fox L. Edward: The Physiological Basis of Physical Education and Athletics, Web. Wme Brown Publishers Debuque Iowa 4th Edition.
4. Ketluyn Lsttgous: Kinsiology, Scientific Basis of Hima Helga Dustch Mention Eight Edition Wn. C.Brown, communications, Ltd., Dubuque, IA, USA.

Paper-XVII (a) Semester 3rd
Science of Teaching & Coaching game (Hockey)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I History and Development of Hockey in Asia and Olympic

- Teaching Training and Coaching of Hockey
- Selection of Hockey Team
- Organizing Hockey Tournament

UNIT-II

- Layout of Hockey Ground and its Dimension
- Rules and Regulations of Hockey
- Duties and Powers of Officials
- Size and weight of Equipments
- Protective Equipments

UNIT-III

- Importance of Warming Up and Cool Down
- Preparation of Team, Before During and After the Game
- Technical and Tactical Preparation of Different Position
- Team Tactics, Formation of Attack and Defence System of Play

PERIODISATION OF TRAINING

- Annual Training Plan
- Training During Competition Period
- Training During Preparatory Period
- Training During Transitional
- Weekly Training Plan

UNIT-IV

A -Individual Skills: Teaching and Analysis

i) Hitting (ii) Dribbling, (iii) Stopping (iv) Reverse flick (v) Pushing (vi) Dodging (vii) Scoping (viii) Hitting on the Wrong Foot

B -Passes:

i) Forward Pass (ii) Back Pass (iii) Side Pass (iv) Cross Pass (v) Through Pass (vi) Scoop Pass (vii) Deflected Pass (viii) Flick Pass

Suggested Readings:

1. Horst Wein (1973) Transferred by: The Science of Hockey David Belchamber. M.A.
2. Lokesh Thani (1995): Skill in Tectics Hockey
3. Matin Khan: To Hell with Hockey (1982) the life story of Lympian Aslam Sher Khan
4. Jan Taylor with David Viar: (1988) Taylor on Hockey

Paper-XVII (b) Semester 3rd
Science of Teaching & Coaching game (Handball)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Handball in Haryana, India, Asia and Olympic
- Requirements of Handball: Playing Court, Playing Time, Time Out, The Ball, The Team Substitution and Equipments.
- Rules and their Interpretation and their Application in the Game of Handball.
- Officials and their Duties: Referees, The Time Keeper and the Score Keeper.

UNIT-II

Attack and defensive techniques:

- Passes: Over Arm, Under Arm, Wrist Pass, Back Hand, Chest Pass, Jump Pass and Lower Pass.
- Bouncing/Dribbling:- Low and High
- Faking-Body Fake, Arm Swing Fake, Rotation Fake, Passing Fake and Shooting Fake.
- Goal Shooting-Over Arm, Under Arm, Jump, Falling and Dive Shots
- Checking on the Ground and in the Air
- Defensive Blocking of:- Over Arm, Under Arm, Curved and Jump Shots

UNIT-III

Attacking and Defensive Tactics:-

- The Counter Attack: Simple, Extended and Complete Fast Break
- Organization of Attack: (a) Individual: Winger, Pivot, Back Court and Centre Back Player, (b) Group:- Parallel Thrust, Waving, Changing Position/Crossing and Blocking/Freeing Oneself. (c) Attack Against Different Defense Systems- Against Man to Man, against Zone and Against Combined Defense.
- Delaying the Attack and Moving Back Quickly
- Man to man Defense Full and Half Court Processing

UNIT-IV

Different Kind of Defense

- One Defense: 6:0, 5:1, 4:2, 3:3, 3:2:1
- Combined Defense:-

- 5+1 and 1+5 Defense
- 4+2 and 2+4 Defense
- Preparation, Observation and Evaluation of Handball Game
- Periodization of Handball Training- Competitive, Preparatory and Transitional Period.
- Planning: Annual Training Plan and Weekly Training Plan.

Suggested Readings

1. ix Rules of the Game, International Handball Federation Post Box 312 Ch 4020
Basel, Switzerland
2. Playing Handball by Zoltan MARCZINKA (1993) a COMPREHENSIVE Study
of the Game International Handball Federation, Tirio Budapest-Publishing
Company.
3. Study Material Handball, German College of Physical Education Culture Leipzig
Germany
4. Team Handball, Steps to Success (1997) Reita E. Clanton and Mary Phyl Dright
Human Kinetics

Paper-XVII (c) Semester 3rd
Science of Teaching & Coaching game (Basketball)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- History and Development of Basketball Game
- Fundamental of Basket Ball Game (Teaching and their Importance)
- Dribbling, Passing and Receiving, Shooting and Rebounding.

UNIT-II

- Dimensions of the Basketball Court, Dimension of the Blackboard.
- Specification of the Basketball Ring, Upright and Ball. Equipments of the Basketball Game.

UNIT-III

Administration of the Basketball game

- Officials, Table Official, Commissioner and the Duties and ; Power of the Official, Playing Regulation, Violations in Basketball Game Fouls and Penalty in Basketball Game.

UNIT-IV

- Team Defense, Offense, Fast Break, Team Tactics Team/Talent, Signal of the Official in Basketball Game.

REFERENCE

1. The complete handbook of individual skills: Robert Fox
2. Handbook of official Basketball rules-BFI
3. Complete Book of Basketball – Theory Balron berg.

Paper-XVII (d) Semester 3rd
Science of Teaching & Coaching game (Volleyball)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Origin of Game
- History of Volley Ball
- Ancient History of Volley Ball
- Haryana History of Volley Ball
- Role of Haryana's People for the Development of Volley Ball Game.

UNIT-II

- Length and Width of Volley Ball Court.
- Height of Volley Ball Net
- Length and Width of Volley Ball Net
- Total Number of Volley Ball Players
- Interpretation of Rules

UNIT-III

- Smash (ii) Blocking (iii) Lifting (iv) Underhand (v) Upper Hand Service

Strategy and Tactics

- Rotation
- Placing of Libero
- Placing of Players
- Dropping

UNIT-IV

Duties and Power of Officials

- Number of referee
- Duties of referee
- Duties of Lineman
- Technical Officials

Suggested Readings

1. Keith Nichollos: (1967-76) Modern Volley Ball
2. S.K. Sagar: Play Better Volley Ball
3. S.K.Sagar: Skill & Tests
4. Deepak Jain: Teaching and Coaching Volley Ball Science of Teaching and Coaching.

Paper-XVII (e) Semester 3rd
Science of Teaching & Coaching game (Badminton)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Badminton in India Asia and Olympic.
- Teaching, Training and Coaching of Badminton
- Selection of a Badminton Player
- Organizing Badminton Tournament, Types of Tournament

UNIT-II

- Layout of Badminton Court and its Dimensions
- Rules and Laws of Badminton
- Duties and Power of Official
- Size and Weight of Equipments

UNIT-III

- Technical and Tactical Preparation of Different Strokes.
- Preparation of a Player Before during and After the Game
- Tactical Formation of Attack and defense
- Importance of Warming Up and Cool Down.

UNIT-IV

Teaching and Analysis:

- Service (2) Drive (3) Over Lead (4) Drop (5) Smesh (6) Net Shots (7) Under Arm Back Hand

Periodization of Training

- Training During Preparation Period
- Training During Completion Period
- Training During Transitional Period
- Organizing Training Sessions.

Suggested Readings

1. Deepak Jain- Teaching and Coaching Badminton.
2. Lokesh Thani- Skills and Tactics
3. R. Stanton Hales: Badminton (Sixth Edition)
4. Judy Hash Nandan C.M. Jones, Beginning Badminton Science of Teaching and Coaching.

Paper-XVII (f) Semester 3rd
Science of Teaching & Coaching game (Kabaddi)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Define Kabaddi, Types of Kabaddi, Style and Formation of Kabaddi- Origin of Kabaddi.
- History of Kabaddi in India and Abroad, Origin of Kabaddi in Modern Time and Ancient Time.
- Scope of Kabaddi in India, Asian Games, World Championship, Common Wealth and Olympic Games.
- Kabaddi Tournament in India.
- Selection of Kabaddi Team. Methods for Selection of Kabaddi Team.
-

UNIT-II

- Dimension of Kabaddi Ground/Court and its Measurement in Different Style/Types/Kinds.
- Methods and Techniques to Formation of the Kabaddi Ground/Court
- Official and Formation of Kabaddi to Conduct the good Competition/Tournaments of Championship and Duties & Uses of all the Official.
- Responsibility & Duties of the Team Manager, Coach and Captain of the Kabaddi Team During, After and Before the Competition

UNIT-III

- Rule and Regulation of Kabaddi
- Duration, Time and Period of the Kabaddi Matches in Men, Women, Junior & Sub Junior Level.
- Famous Kabaddi Players, Teams, Arjuna Awardee, Trophies etc.
- Uniform, Diet Special Training & Coaching for Outstanding Kabaddi Players/Team Daily Training Schedule/Time Table of Kabaddi Team
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UNIT-IV

- Training & Coaching, Describe Specific Trg. And General Training & Coaching for Kabaddi Players.
- Technique of Training, Tactic & Skill of Training of Kabaddi
- Defensive & Offensive Kabaddi Technique
- Describe in Details About the Specific Training for Kabaddi Team.

Suggested Readings

1. John W. Dann: Scientific Principle of Coaching
2. Prentice Hall eglewood Clifs, JJ.
3. VN.Rao: Kabaddi.

Paper-XVII (g) Semester 3rd
Science of Teaching & Coaching game (Kho-Kho)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Define Kho-Kho Game
- Origin of Kho-Kho, Native Place/Land and its Birth in Ancient Time
- History of Kho-Kho & its Scope in India and Abroad.
- Prepare Sports Sheet

UNIT-II

- Dimension of Kho-Kho Ground/Court and its Measurement
- Methods and Techniques to Formation of the Kho-Kho Ground/Court.
- Officials During the Kho-kho Match
 - Duties of all Officials During and After the Match
- Role & Duties of Kho-kho Team Captain, Coach and Team Manager and their Responsibilities During, After and Before the Completion.

UNIT-III

- Rules & Regulation of Kho-kho.
- Duration, Time and Period of the Kho-kho Matches in Men, Women & Junior Sections.
- Runner & Charger Technique & Try
- Special Try for Kho-kho Players.
- Uniform, Diet, Special Training for Kho-Kho Players.

UNIT-IV

- Kho-kho Tournament in India and Other Countries in the World
- Selection of Kho-Kho Team, Methods of Selection.
- Famous Kho-kho Players. Arjuna Awardies, Trophies etc.
- Uniform, Diet, Training & Coaching for Kho-kho Team Daily Training Schedule/Time Table of Kho-Kho Team.
- Importance of Warming Up & Cooling Down in Kho-Kho.

Suggested Readings

1. A.S. Barhas Co., New York Sentence of Coaching
2. John V. Dunn- The art of officiating sports
3. Prentice Hall, Eglewood cliffs N.J.

Paper-XVII (h) Semester 3rd
Science of Teaching & Coaching game (Football)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Football in India, Asia and Olympic
- Teaching, Training and Coaching of Football
- Selection of Football Team
- Organizing Football Tournament.

UNIT-II

- Layout of Football Ground and its Dimensions.
- Rules and Regulations of Football Game
- Duties and Power of Officials
- Size and Weight of the Equipments

UNIT-III

- Importance of Warming Up and Cool Down
- Preparation of Team, Before, During and After the Game.
- Technical and Tactical Preparation of Different Positions
- Team Tactics, Formation of Attack and Defense, System of Play.

UNIT-IV

Individual Skills (Teaching and Analysis)

1. Kicking (2) Stopping (3) Heading (4) Trapping (5) Dribbling (6) Trackling (7) Throwing (8) Civil

Pass

1. Forward Pass (2) Side Pass (3) Chip (4) Head Pass (5) Short Pass

Periodization of Training

1. Annual Training Plan
2. Training During Preparatory Period
3. Training During Competition Period
4. Training During Transitional Weekly Training Plan.

Suggested Readings

1. Kamlesh M. 21 Sangui, M.S.Method in Physical Education Parkash Brother Jalandhar.
2. H.C. Bulk Rules of games of Sports.

Paper-XVII (i) Semester 3rd
Science of Teaching & Coaching game (Wrestling)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Origin of Wrestling in Modern & Ancient Time
- Role of FILA (International Federation of Associated Wrestling Styles) and (WFI) Wrestling Federation of India
- Define Wrestling
- Types of Wrestling Style
- Scope of Wrestling in India
- Achievement of India in Asian, Commonwealth, World Championship & Olympic games
- Wrestling Tournaments in India.

UNIT-II

- Structure of Wrestling Mat and Platform
- Officials in Wrestling, Officials Dress
- Competition Procedures, Drawing of lots
- General Duties of Mat Chairman, Referee, Judge and Jury of Appeal
- Medical, Weighting, Wrestler/Competitors Dress
- Duties of a Coach in Wrestling Bout
- Age and Weight Categories (Male & Female)

UNIT-III

- Rules & regulations and their interpretation
- Duration of Wrestling bout for Junior, Sub-junior and Seniors (Free Style & Greco Roman)
- Famous Wrestlers of India
- List of Arjun Awardee, Padam Shree, Rajiv Gandhi Khel Ratan & Bhim Awardee
- Famous Dronacharya Awardee, Coach in India

UNIT-IV

- Point for Action & Holds
- Evaluation of Importance of the Action & Holds
- Danger position & fall
- Prohibitions and illegal holds
- Basic Vocabulary
- Preparation of Score Sheet in Free Style & Greco-roman Styles
- Diet of a Wrestler
- Training & Coaching in Wrestling
- Teaching Techniques, Tactics and Skill of Wrestling
- Defensive & Offensive Wrestling
- Importance of Warming up and Cooling down in Wrestling

REFERENCE BOOK

1. International Wrestling Rules- FILA
2. Training & Coaching-FILA

Paper-XVII (i) Semester 3rd
Science of Teaching & Coaching game (Boxing)

Time: 3 hours

Max. Marks: 100
External marks: 80
Internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Historical Development of Boxing in India and Olympics
- Rules and Regulations and their interpretations
- Terminologies used in Boxing
- Selection of a boxer or boxing squad

UNIT-II

- Organizing and management of boxing competitions
- Duties and powers of referee, judge, jury, time keeper and doctor
- Target area in Boxing, Scoring Blows, decisions in Boxing
- Boxer dress and boxing equipments
- Draws, Weight in, Medical in Boxing Men/Women

UNIT-III

- Psychological preparation of a boxer at competition site, before and after bout
- Preparation of Maneuver boxer, knockout boxer, tempo boxer, universal boxer
- Weight control, mean and methods of control
- Role of a Coach/teacher at the competition sites
- Role of seconds before, during and after the bout

UNIT-IV

- Individual skill (teaching and analysis)
- Straight punches to head and Straight punches to body
- Hooks to head and Hooks to body
- Uppercuts to head, Uppercuts to Body
- Combination of punches
- Long term plan
- Short duration plan
- Weekly and daily plan
- Individual training plan

REFERENCES

1. Indian Boxing year-by year -**Clary Miller**
2. Boxing Skills for fun and fitness-**David James**
3. Boxing the Inside Story- **Gilbert Odd**
4. Naval Boxing USA

M.P.Ed. (Semester 4th)

Paper – XVIII Scientific Principle of Sports Training

Time – 3 hours

Max. Marks = 100
External Marks: 80
internal marks: 20

NOTE:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT – I BIO-MOTOR ABILITIES AND THEIR DEVELOPMENT

1.1 Strength

- Concept of Strength: Meaning & Definition
- Factors determining strength
- Methods of strength: Training maximum strength, explosive strength and strength endurance.

1.2 Speed

- Concept of Speed: Meaning & Definition
- Forms of Speed
- Factors Determining Speed
- Load Parameters to Develop Speed Abilities
- Methods to Develop Speed Abilities

UNIT – II ENDURANCE, FLEXIBILITY AND COORDINATIVE ABILITIES

2.1 Endurance

- Concept of Endurance: Meaning, Definition and its Significance
- Factors Affecting Endurance
- Forms of Endurance
- Methods of Developing Endurance
- Load Parameters in Relation to Endurance Training

2.2 Flexibility

- Flexibility: Meaning, Definition and its Importance
- Factors Determining Flexibility
- Forms of Flexibility
- Methods Used to Develop Flexibility

2.3 Coordinative abilities

- Definition
- Classification of Coordinative Abilities
- Methods Used to Develop Coordinative Abilities

UNIT – III TECHNICAL AND TACTICAL PREPARATION

3.1 Technique Training

- Meaning of Technique, Skill and Style

- Aim of Technique Training in Different Sports
- Technique Training, its Characteristics and Implication in Various Phases, Methods Employed for Technique Training, Causes of Technical Faults and their Correction.

3.2 Tactics

- Meaning of Tactics
- Aim of Tactics in Sports
- Training for Tactics
- Principles of Tactical Preparation

UNIT – IV COMPETITION TRAINING AND PERIODISATION

4.1 Periodisation

- Meaning of Periodisation
- Top form and Periodisation
- Aims and Contents of Various Periods of Periodisation
- Types of Periodisation

4.2 Competition

- Importance and Frequency of Competition
- Preparation for Competition (General Guidelines, Psychological Preparation and Direct Preparation)

4.3 MEANS OF RECOVERY

- Natural Environment
- Massage
- Hydrotherapy
- Means of Recovery in Meso Cycle

Suggested Readings

1. Hoeger (2005), “Principles and Labs in Fitness & Wellness”.
2. Jenson, C.R. Fisher, A.G. 1992 Scientific Basic of Athletic Conditioning, Lea and Febiger, Philadelphia.
3. Jones, J. Jones, Wells, L. Jannet, Peters, Rachael E., Johnson, Dewayne J., (1982) Effective Coaching (Principles & Practice). Allyn & Bacon, Massachusetts, USA, 1982.
4. Katch, F.L. & Mc. Ardle, W.O. (1989), “Nutrition, Weight Control and Exercises” 3rd ed. (Philadelphia: Lea & Febiger.
5. Lee, E. Brown & Vance A. Ferrigna (2005) (editors): Training for speed, Agility and Quickness, Human Kinetis, Champaign. Llc. USA.
6. Marney, B. Simon & Steren R. Levisohn (1987) The Athlete within A Personal Guide To total Fitness, Little Brown Company, Boston,
7. Matveyew, L.P. (1991) Fundamentals of Sports Training (translation from Russian) Mir. Publishers, Moscow.
8. Novich, Max M. & Taylorm (1983) Buddy Training Conditioning of Athletes, Lea & Febiger, Philidelphia,
9. Roy. J. Shephard (1994), “*Aerobic Fitness and Health*” (Human Kinetics Publishers).
10. Singh, H., (1991) Science of Sports Training, Delhi: D.V.S. Publisher.
11. Thani, Yograj, (2003) Sports Training, Delhi: Sports.
12. Uppal, A.K. and Gautam, (2001) Principles of Sports Training, Delhi: Friends.
13. Vivian H. Heyward (1991), “*Advanced Fitness Assessment and Exercise Prescription*” 2nd ed. (Human Kinetics Publishers).
14. Willmore, J.H. (1987) Athletic Training and Physical Fitness. Allyand Bacon, Inc. Sydney.
15. Scott. K. Powers, Stephen L. Dodd. (1999) Total Fitness: Exercise, Nutrition and Wellness, Allyn & Bacon, United States of America.

M.P.Ed- Semester 4th
Paper –XIX Measurement and Evaluation in Physical Education

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit -1

- Meaning of Test, Evaluation and Measurement. Importance of Test in Physical Education and Sports.
- Criteria for Test Selection: a) Technical Standards b) Practical Standards.
Administration of Test –a) Advance Preparations b) Duties During Testing c) Duties After Testing.

UNIT-II

- Classification of Test : Standardized and Teacher Made Test (Objective & Subjective Test)
- Construction of Test: Knowledge Test (Written Test) and Skill Test.

Unit – III

- Meaning of Motor Ability, Test of Motor Ability – a) Barrow Motor Ability Test b) Scott Motor Ability Test.
- Test of Fitness and Endurance – a) AAHPER Youth Fitness Test b) Harvard Step Test.

Unit – IV

- Test of Specific Sports Skill - Badminton - French Short Serve and Clear Test.
Basket Ball – Johnson Basketball Test.
Hockey – Schmithals-French Test in Field Hockey.
Soccer - Warner Test for Soccer Skills.
- Meaning of Psychomotor Test. Meredith Physical Growth Records and Iowa Posture Test.
- Broer – Miller Forehand and Backhand Drive Test for Tennis skills.
Petry Volleyball Serve Test.

Suggested Readings

1. Cohen, R.J.and M.E Swerdhik, (1999) Psychological Testing and Assessment: An Introduction to Test and Measurement.
2. Kansal, D.K.Text Book of Test, (2008) Measurement, Evaluation and sports selection for all sports and spiritual sciences Publication, New Delhi.
3. Lacy, A.C.and Douglas N. Hastad, (2003) Measurement & Evaluation in Physical Education and Exercise Science.
4. Tritschler, K.a, Barrow & McGee's, (2000) Practical Measurement and Assessment.

M.P.Ed- Semester 4th
Paper-XX Research Methodology in Physical Education (Part-II)

Time – 3 hours

Max. Marks = 100

External marks: 80

Internal marks: 20

Note: -

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT: I

- Historical Research: Meaning, Values, Scope, Characteristics, Steps, Primary and Secondary Sources.
- Internal and External Criticism, Pitfalls and Reports. Normative/Survey Research and Case Study: Meaning, Kinds, Scope, Steps and Criteria of Good Survey. Case Study: Meaning, Steps, Precautions and Recommendations.

UNIT: II

- Genetic Research: Meaning. Need, Importance, Steps in Conducting Genetic Research.
- General Principles and Scope of Genetic Research in Physical Education.

UNIT-III

- Experimental Research, meaning Uses and Characteristics,
- General Principles, Steps and Experimental Design (Single, Parallel, Repeated and Rotational)

UNIT: IV

- Philosophical Research: Meaning, Tools and Steps for Critical Thinking.
- Research Proposal (Synopsis): Meaning and Significance, Steps of Preparation of Research Proposal.
- Research Report: Format: Preliminary Section, Main Body (Introduction, Statement, Significance, Hypotheses and Technical Terms) Review of Related Literature.
- Design of the Study, Presentation of Data, Interpretation of Data, Discussion, Conclusion, Summary, Bibliography and Appendices.

Suggested Readings

1. Best J.W. (1982) Research in Education, Prentice Hall Inc. : Delhi.
2. Clarke, H.David. (1985), Research Processes in Physical Education , Recreation & Health Prentice Hall Inc.
3. Thomas Jerry R. (1996)and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics
4. Weimer, Jon, (1994) Research Techniques in Human Engineering. Prentice Hall: New Jersey.
5. C.V.Good (1954) : Methods of Research , Appleton Century Crofts Inc., New York.
6. W.R.Mouly (1975) : Educational Research Introduction, David Making CO. Inc. New York.
7. J.W.Best (1980) : Research in Education, Prentice Hall.

M.P.Ed- Semester 4th
Paper – XXI EXERCISE PHYSIOLOGY

Time – 3 hours

Max. Marks =100

External marks: 80

Internal marks: 20

Note:-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit-I.

- Meaning and Scope of Body Composition,
- Methods of Estimating body Composition i.e Skin Fold and Hydrometry Method, Body Composition and Exercise.
- Over Weight, Obesity and Weight Control

Unit-II.

- Physiological Responses to Exercise in the Heat, Cold and Altitude.
- Health Risks during Exercise in Heat and Cold.

Unit-III.

- Concept of Energy, Production During Muscular Activity.
- Energy Expenditure at Rest and During Exercise.
- Energy Transfer in Body
- Energy Transfer in Exercise.

Unit-IV.

- Exercise, Successfully Ageing, Disease Prevention
- Physical Activity, Health & Ageing
- Ergogenic Aids: Definition, Nutritional Agent, Pharmacological Agent, Physiological Agent.

Suggested Readings

1. Armstrong and Tuckler (1964) : Injuries in Sports, London, Staples Press.
2. Bolan, J.P. : Treatment and Prevention of Athletic Injuries. The Rasch, P.J (1967) Inter-state Printers and Publishers.
3. Morehouse, L.E and : Sports Medicine for Trainers, Philadelphia, W.B. Saunders CO.,1963
Rasch, P.J.
4. Ryans Allan : Medical Care of the Athlete, McGraw Hill.
5. Morchouse & Miller : Physiology of Exercise
6. Falls : Exercise Physiology
7. Karpovitch : Physiology of Muscular activity
8. Pande, P.K. “ Know How Sports Medicine?” AP Publications, Jalandhar

M.P.Ed- Semester 4th
Paper-XXII Opt.(a) Sports Sociology

Time – 3 hours

Max. Marks = 100
External marks: 80
Internal marks: 20

Note: -

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

Unit-I : Introduction to Sports Sociology:

- i) Concept of Sports Sociology.
- ii) Sociology of Sports as a Separate Discipline.
- iii) Current Status of Sports Sociology in India and Abroad.
- iv) Sports Sociology as a Science of Social Relationships.

Methods and Techniques of Sports Sociology:

- i) Socio-Metry
- ii) Survey Method
- iii) Interview Method

Unit-II: Sports and Culture:

- i) The Meaning of Culture, Difference Between Culture and Civilization.
- ii) The Structure of Sports Culture.
- iii) The Functions of Sports Culture.
- iv) Sports as a Cultural Phenomenon.

Social Interaction:

- i) Meaning of Social Interaction.
- ii) Competition, Cooperation and Conflict (Meaning, Types and Role of Social Interaction)

Unit-III: Social Roots of Sports Society

- i) Concept of Society.
- ii) Society as a Web of Social Relationship.
- iii) Place of Sport and Games in Different Societies.
- iv) Spectator, Fans and Violence
- v) Influence of Spectators in Dynamics of Sport.

Sport and Socialization: Family, Kinship , Peer Groups, Voluntary Association, Sport and Stratification (Castes, Genders, Age).

Unit-IV : Sport and commercialization:

- i) Impact of Media on Sports and Sponsorship
- ii) Role of Media in Making and Breaking Images in Sports
- iii) Impact of Commercialization and Changes in Sports

Physical Education and Socialization:

- i) Socio-Psychological Implication and Impact of Organized Youth Sport. Influence of Social Factors on Sports Performance.

- ii) Concept of Self-Efficacy and Self-Concept.

Suggested Readings

1. Bhusan, V. and Sachdeva, (2003) An introduction to Sociology, Delhi: Kitab,
2. Jain, Rachna (2005) Sport Sociology, New Delhi : KSK,
3. Kanwal jeet, S., Sport Sociology , ND: Friends Pub.2000.
4. Yadvinder Singh, Sociology in Sport, Sports Publication, 7/26 Ansari road, Darya Ganj New Delhi 110 002.
5. Sharma, R.N (1993)Urban Sociology, ND: Surjeet Pub.
6. Singh, Bhupinder (2004), Sports Sociology, New Delhi : Friends.
7. IGNOU, The Study of Society – Understanding Sociology, Delhi-IGNOU,2007.
8. Turner, B., (2006) Cambridge Dictionary of Sociology, U.K., Cambridge, U.N.Press..

M.P.Ed- Semester 4th
Paper-XXII Opt.(b) Sport Psychology

Time – 3 hours

Max. Marks = 100
External marks: 80
Internal marks: 20

Note: :-

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

Introduction of Sports Psychology

- Concept of Sports Psychology: Meaning, Scope & its Importance for Teachers, Coaches & Trainers
- Psychological Demands of Sports Activity, Basis of Psychological Preparation of an Athlete
- Meaning and Mechanism of Cognitive Processes, Factor Influencing, Cognitive Processes in Athletes, Improvement of Cognitive Abilities
- Meaning and Significance of Perception, Reaction time, Movement Time, Reflex and Response Time in Sports.

UNIT-II

Psychology of Motor Learning

- Concept of learning: Meaning & Definition, Factors Affecting Learning
- Theories of Learning: (a) Trail & Error (b) Insight Theory,
- Laws of Learning and Their Implications
- Motor Learning: Nature & Principles
- Learning Curves & Plateau in Learning
- Transfer of Learning & its Implications for Sports.

UNIT-III

Emotional Process and Motivation in Sports

- Meaning and Definition of Emotions
- Influence of Emotions in Training and Competition
- Role of Physical Education and Sports in Balanced Development of Emotion.
- Concept of Motivation: Meaning, Definition, Types & Techniques
- Persistence in Motivation and Role of Motivation in Training & Competition
- Psycho-Regulation Procedure, Psycho-Therapy, Pep-Talk, Discussion and Diversion Therapy.
- Relaxation Techniques (a) Progressive Relaxation (b) Autogenic (c) Bio-Feedback (d) Hypnosis & Yoga.

UNIT-IV

Psychological Factors Affecting Sports Performance and Personality

- Psychological Factors Affecting Sports Performance & Personality.
- Concept of Stress, Fear, Strain, Depression & Anxiety: Meaning, Definition, Causes and Symptoms.
- Effect of Stress, Anxiety, Tension & Aggression on Sports Performance
- Management of Stress in Training & Competition
- Concept of Athlete Personality
- Concept of Personality: Meaning, Definition & Types
- Factors Affecting the Development of Personality
- Role of Physical Education & Sports in Development of Personality
- Personality Assessment Techniques:
Subjective, Objective, Projective

Suggested Readings

1. Bhatia, Hans Raj, (2003) Test Book of Education Psychology, Delhi: Macmillan.
2. Rouben.B.Frost : Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co.London.
3. Dridge & Hung : Psychological foundations of Education. Harper and Row Publishers.
4. Jain, D. (2003) ,Introduction to Psychology, New Delhi: K.S.K.
5. Kamlesh, M.L (2006). Education Sports Psychology, New Delhi, Friends Pub.
6. Kamlesh,M.L (2007).,Key Ideas in Sport Psychology, New Delhi, Friends Pub.
Kutty, S.K (2004) Foundations of Sports & Exercise Psychology, New Delhi: Sports.
7. Robert.S.Weinberg - Foundations of Sports and Exercise Psychology (Third Edition)
Daniel Gould
8. Jack H.Liewellyn - Psychology of Coaching : Theory and Application (Surjeet
Publisher New Judy A. Blucker Delhi)
9. Jashwant Kaur Virk (2008) - Psychology of Teaching and Learning (Twenty First
Century Publication Pardeep Kumar Sahu Patiala.

M.P.Ed- Semester 4th
Paper-XXII Opt.(c) Introduction of Computer

Time – 3 hours

Max. Marks = 100
External marks: 80
Internal marks: 20

Note:

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

Introduction of Computer

- Computer Generations, Digital Computer and its Working, Classification of Digital Computers.
- Input/Output Devices:- Key-board, Mouse, Joysticks, Touch Screen, Voice System, Scanners, Terminals, Printers and their Various Types, Soft-Copy Devices, Number Systems.
- Memory and Mass Storage Devices: Characteristics of Memory Systems, Memory Hierarchy, Types of Memory, Introduction of RAM, Rom , Magnetic Disks, Optional Disks, Magnetic Tapes, Virtual Memory and Cache Memory.

UNIT-II

Software and Programming Language Concepts

- Types, System Software and Application Software, Vs Interpreter, Operating System (Characteristics, Functions, Classification), Graphical User Interface, Programming Language and their Classification, Overview of DOS and Windows 98/2k Operating Systems.

UNIT-III

Computer Network & Internet

- Introduction to Computer Network, its Types Communication Mediums, Networks
- Internet: History of Internet, Its Benefits, its Hardware and Software Requirements. Application of Internet.

UNIT-IV

- Computer Applications in Sports (Ticketing & Reservations, Score Boards, Biomechanics, Cycling, Baseball, Football etc.) Education, Design & Research Work, Desktop Publishing arts, Entertainment & Amusement, Medicine of Health Care.
- Social concerns & Computers: Cyber Crimes and their Types, Positive and Negative Impacts of Computers, Computer Virus and their Types, Precautions (DOS and DON'TS, Anti Virus Software).

Word Processing

- Introduction to MS-word, Creating and Editing a Document. Formatting a Document, Printing a document, other Important

Suggested Readings

1. Essentials of Computer and Network Technology by Dr. N.S. Gill (Khanna Book Pub. Co., New Delhi).
2. Fundamental of Computers by V. Rajaramars (Prentice Hall India)
3. Computer Fundamentals by B.Ram
4. P.C.Software (M.S. Excel, etc.) by R.K. Taxali (Tata Mcgraw Hill).
5. Any other Book/Manual covering MS word and/or other.