

**GULBARGA UNIVERSITY GULBARGA**  
**C.B.C.S. SYLLABUS OF M.P.Ed. REGULAR DEGREE COURSE**

**SEMESTER SCHEME**

**FIRST SEMESTER**

**HARD CORE 1.1: RESEARCH METHODOLOGY**

**OBJECTIVES:**

On completion of the course the student shall understand the following concept.

- Need and importance of Research in Physical Education
- Scope of Research in Physical Education
- Locating and selecting a Research Problem
- Reviewing related Literature
- Formulation of Research Hypothesis
- Different types and methods of research
- Writing Research Proposal and Writing thesis

- UNIT – I : Meaning, Nature and Characteristics of Research. Need, Importance and Scope of Research in Physical Education, Need for Research Training, Qualification of a Research worker.
- UNIT – II : Types of Research, Basic or Fundamental Research, Applied Research and Action Research. Formulation and Development of Research Problem, Criteria for selecting the research proposal, Training and selecting research problem.
- UNIT-III : Need to survey related literature, basic literature, Need of survey of related Literature, Major Sources of Literature-Library Techniques- Note taking, Historical Research, Meaning and Definition of Historical Research -Steps in Historical Research, Philosophical methods, Descriptive method, Survey and Case study, Experimental research, concept of sampling.
- UNIT – IV : Thesis format, Organization of the thesis report, use of source, style of writing, typing of the report, heading, paginations, tables, footnotes, bibliography, follow up with publication, research project.

## REFERENCE BOOKS:

1. Clarke, David.H. and Clarke H.Harrison. Research Process in Physical Education (2<sup>nd</sup> Ed) Engle wood cliff, New Jersey: Prentice hall, Inc, 1984.
2. Best, John. W.Research in Education, Englewood cliffs, New Jersey: Prentice Hall Inc, 1971.
3. Campbell, William G.Form and Style in thesis writing. Boston:Houghton Mifflin Company-1954.
4. Kamlesh.M.L. Research Methodology in Physical Education and Sports : New Delhi, Metropolitan Book Co., Pvt.Ltd., 1999.
5. Kerlinger, Fred N.Foundations of Behavioral Research, 2<sup>nd</sup> edition; Delhi:Surjeet Publication,1983.
6. K.P.Manilal and Y.S.Lakshmeesha. Writing Thesis format and style for Physical Education and Sports Sciences, First Edition, Bangalore:Adrints Publishers., 2003.
7. Kothari, C.R. Research Methodology: Methods and Techniques, New Delhi: New age International Pvt.Ltd. Publisher, 2004.
8. Thomas, Jerry R, and others. Research in Physical Activity. Sydney:Allyn-Bacon Publishers, 1983.

## **M.P.Ed. FIRST SEMESTER**

### **HARD CORE : 1.2 - EVALUATION IN PHYSICAL EDUCATION**

#### **Objectives:**

- To develop the awareness in evaluation procedure.
- To develop the awareness in test administration.
- To develop the awareness in health related fitness assessment.
- To develop the awareness in assessment of agility and flexibility.
- To develop the awareness in assessment of motor fitness.

- UNIT – I : Introduction : History and need for Evaluation in Physical Education, Meaning and Use of Test and Measurement in Physical Education Criteria for Selecting Tests : Validity, Reliability, Objectivity, Norms, and Administrative feasibility.
- UNIT-II : Pre Test duties, (Advance preparation), during test duties, and post test Duties, construction of performance tests and skills tests; Principles of Writing sport knowledge tests, determination of validity and reliability of knowledge test. Pain on Pressure Test, Iowa Foot Mechanic Test, Clarke’s foot print angle test. Flexibility: Goniometer, Leighton,. Flexometer and Anthropometric measurements.
- UNIT-III : Physical and Motor Fitness Test, Indiana Motor Fitness Test, Cooper’s Test, Harvard Step Test, Sit and Reach Test, Isotonic and Isometric Test, AAHPER Youth Fitness Test, JCR Test, 10 x 4 test, Speed and Reaction Time, Johnson Motor Ability Test, N.P.F.P Test, French Bobing Test.
- UNIT-IV : Skill Test, French short service test, Miller wall Volley test, Federal hockey skill test, Mc. Donald soccer test, SAI Kabaddi skill test, Johnson Basketball skill test, athletic ability test. SAI Handball skill test and Russel-Lange Volleyball skill test.

#### **REFERENCE:**

1. Barrow.M.Harold and Rose Mary McGee, A Practical Approach to Measurement in Physical Education Philadelphia:Lea and Febiger 1979.
2. Clarke H Harrison and David H Clarke, Application of Measurement to Physical Education, NJ : Prentice Hall Inc.1987.
3. Johnson, L.Barry and Jack.K.Nelson : Practical Measurement for Evaluation in Physical Education, Delhi : Surjeeth Publications, 1982.
4. Mathews, K.Donald : Measurement in Physical Education, Philadelphia : W.B.Saunders Co., 1973.
5. McLoy, Charles Herald, Test and Measurement in Health and Physical Education. New Delhi : Friends Publications, 2004.
6. Willgoose, Carl E, Evaluation in Health Education and Physical Education, New York : McGraw-Hill Book Co. Inc, 1961.

## **M.P.Ed. FIRST SEMESTER**

### **HARD CORE 1.3: FOUNDATION OF PHYSICAL EDUCATION**

#### **OBJECTIVES:**

On completion of the course the student shall

- Develop an understanding and appreciation of importance of physical education and values of physical education.
- Develop philosophical and scientific perspective of physical education.
- Develop an understanding of the Biological, psychological and sociological principles of physical education.
- Understand leadership and social values of physical education.
- Understand physical education as a distance and profession.

UNIT : I      Meaning and Definition of Education and Physical Education, Aims and Objectives of Physical Education. Relationship and Contribution of Physical Education to General Education. Traditional schools of Philosophy-Idealism, Naturalism, Pragmatism and Realism.

UNIT-II      Biological Foundation Of Physical Education: Growth and Development- Effect of a Heredity and Environment, Objectives of Professional Preparation, Physical Education as a Professional.

UNIT-III     Concept of movement education, origin of movement education, traditional approaches movement education, school of thought, significance of human movement, Body types, innervations and muscle tone.

UNIT-IV     Sociological Foundation Of Physical Education : Social Nature and behaviour of man-Traditions and their influence on behavior patterns-social inheritance-Social values and development of different traits and ideas-Group dynamics-Mechanics of adaptation of decision-influence of group on individual and vice-versa, Competition and co-operation : Meaning; Need; Types; Advantages Disadvantages and effects of both on interpersonal relationship and performance, Social recognition, The process of socialization and physical education as a socializing agency, Sports as man's cultural heritage

#### **REFERENCES:**

1. William, J.F. The Principles of Physical Education. Meerut : College Book House 1994. et al.
2. Howell. Foundation of Physical Education. Baroda, Friends Publications 1994.
3. Kamlesh, M L. Principles and History of Physical Education, Ludhiana:Prakash Brothers.
4. Jain Deepak. Principles of Physical Education; Delhi: Khel Shahitya Kendra.
5. Dr. Anand Nadgir, – Principles of Physical Education.
6. Basavaraj Vastrad – Principles of Physical Education.

## **M.P.Ed. SECOND SEMESTER**

### **HARD CORE 2.1 : COMPUTER APPLICATION AND STATISTICS IN PHYSICAL EDUCATION**

#### **OBJECTIVES:**

On completion of the course the student shall understand the following concept.

- Need for statistics in physical education and research.
- Measures of Central Tendency and dispersion and their uses.
- Meaning and importance of graphical representation of data.
- Introduction, meaning need and history of computer and use computer.
- Application of statistical concepts in physical education research.

- UNIT-I : Definition, Scope, Need for Statistics in Physical Education and research. Graphs and Curves-Frequency Polygon-Smoothed frequency polygon, Frequency Distribution, Types of data, Histogram, Cumulative frequency Graph-Cumulative Percentage graph (egive), Diagrams-Bar, Column, Pie, Histogram, Class-interval, Tally bar,
- UNIT-II : Measures of Central Tendency-Mean-Mode-Median, Measures of Variability-Range-Standard Deviation-Quartile Deviation-Mean Deviation.
- UNIT-III : Reliability of Measures: Standard error of mean, median and standard deviation coefficient of be correlation, rank order correlation, product movement correlation t-test.
- UNIT-IV : Frequency Distribution-Score-Data-Limits-Selecting size of Interval-midpoint-Tabulation and Construction, Introduction, Meaning, Need, History of Computer: Mouse,Key Board, Monitor,Printer,Operation, Disc,Internet,Email, Hardware and Software.

#### **REFERENCES BOOKS:**

1. Clarke, David.H. and Clarke and H.Harrison, Application of Measurement to Physical Education Englewood Cliffs, N.J : Prentice Hall Inc., 1987.
2. Carrett, hentry E and Woodworth R.S. Statistics in Psychology and Education. Bombay Vakil and Sons Ltd., 1981.
3. Gaur, Ajai S. and Sanjay S.Gaur, Statistical methods for practice and research : A Guide To Data analysis, New Delhi : Sage Publications, 2007.
4. Kaniji, Gopal K.One Hundred Statistical Tests. New Delhi : Safe Publications, 2006.
5. Mangal, S.K. Statistics in Psychology and Education, New Delhi-Prentice Hall of India Pvt.ltd., 2006.
6. Rotastein, Amie L.Research Design and Statistics for Physical Education : Englewood Cliffs, New Jersy : Prentice Hall Inc, 1985.
7. Harald.M. Barrow, and Rose Mary Mg Ges, A Practical Approach to Measurement in Physical Education. Philadelphia: Lea and Febiger, 1979.
8. Barry.L.Jackson and Jack.K.Nelson, Practical Measurement for Evaluation in Physical Education. Delhi : Surjeeth Publications, 1982.

## **M.P.Ed. SECOND SEMESTER**

### **HARD CORE 2.2 - EXERCISES PHYSIOLOGY**

#### **OBJECTIVES:**

The student shall be able to understand the concepts of exercise physiology as related to physical activity and sports performance in the following aspects.

- Physiological limitations of physical training and their importance.
- To be able to identify suitable training programmes based on physiological needs.
- Knowledge of different environmental stresses to exercise and preventive measures.
- Special considerations regarding female athlete, elite athlete.
- Importance of physical activity and exercise perspective.

- UNIT – I : Introduction to Exercise Physiology, Muscular control of movement-Types of muscles and their properties, Physiology-of muscle contraction- Neurological control of movement, Neuromuscular adaptation to training.
- UNIT-II : Skeletal Muscle-Gross and Microscopic structure of skeletal muscle, sliding filament theory of muscular contraction. Properties of skeletal muscle. Types of muscle contractions-Isotonic, isometric, eccentric and iso-kinetic muscle fiber types and their relation to exercise performance. Energy for Physical Activity : Energy Systems – Immediate energy system Short-Term energy of the lactic acid energy system. The long term energy System-Oxidation of carbohydrate and fat. Assessment of aerobic and Anaerobic fitness.
- Unit-III : Respiratory system regulation during exercise-pulmonary ventilation during exercise, various lung capacities and exercise adjustments, gaseous exchange and transport during exercise, recovery oxygen and second wind. Cardiovascular regulation during exercise-Regulation of heart rate, stroke, volume, cardiac output, blood distribution and venous return.Measurement of heart rate, blood pressure and vital capacity.
- Unit-IV : Motor Unit-structure and function, motor movement, proprioceptors muscle spindle, golgi tendon organ and joint capsule, proprioceptors and their role in the control of movements- muscle tone, posture and balance. Endocrine Systems-endocrine glands and their secretions, resting and exercise induced secretions. Endocrine role during exercise and adaptations to training.

## REFERENCES :

1. Fox, Edward L and Others. The Physiological Basis of Physical Education and Athletics, Iowa : W.M.C. Brown Publishers, 1988.
2. Mc.Ardle, William D, Frant I Katch and Victor L.Katch. Exercise Physiology : Energy Nutrition and Human Performance, 4<sup>th</sup> Edition, Philadelphia : Lippincott William and Wilkins, 1998.
3. Noble, Bruce J.Physiology of Exercise and Sports. St.Louis : Mosby College Publishing, 1986.
4. Powers, Scott.K. and Edward T.Howly, Exercise Physiology. USA W.B. Brown Company, 1990.
5. Shaver, Larry.G.Essentials of Exercise Physiology. New Delhi : Surjeet Publication, 1982.
6. Willmore, Jack H. and David L.Costill. Physiology of Sport and Exercise. Champaign : Human Kinetics, 2002.
7. Wilmore and Costill Physiology of Sports and Exercise – 2<sup>nd</sup> By 2004.
8. Mccardle, William Lippincott Williams and wilkins Essentials Exercise Physiology.

## **M.P.Ed. SECOND SEMESTER**

### **HARD CORE 2.3: SPORTS TRAINING METHODS**

#### **OBJECTIVES:**

On completion of the course the student shall understand the following concepts:

- Scope, Aim, Task and Objectives of Sports Training.
- Training means and methods
- Concepts of load
- Importance of strength and endurance in sports and their development
- Concepts and types of training.

UNIT – I	:	Basic concepts: Sports Training, Definition, Aim and Characteristics. Training means and methods, Sports performance, Training load Internal and External load, Load Adoption, over load and fluctuation Causes and remedies. Principles of sports training.
UNIT-II	:	Training components: Strength, Speed, Endurance, Flexibility and Co-ordinative abilities: Definition, Importance, mean and method of Developing the above variable.
UNIT-III	:	Training Process: planning, principle and types of planning, Periodisation : Types of Periodisation, Aim and Contents of various Periods: Technique : Definition and Aim, Tactics : Definition, Aim and Training for tactics
UNIT-IV	:	Competition: System, Frequency and preparation, Talent identification and development.

#### **REFERENCE BOOKS:**

1. Dick, Frank W. Sports training principles. London : Henry kimpton publishers, 1980.
2. Harre, Dietrich (ed) Principles of Sports Training. Berlin: Sportverlag, 1982.
3. Klafs, Carl E. and Daniel D. Arnheim. Modern Principles of Athletic Training. Saint Louis : The C.V. Mosby Company, 1969.
4. Matveyev, L Fundamentals of Sports Training. Moscow : Progress Publishers, 1981.
5. Singh, Hardayal, Science of Sports Training, New Delhi : D.V.S. Publication, 1991.
6. Wilmore, Jack H. Athletic Training and Physical Fitness, Boston : Allyn and Bacon, 1977.
7. Fox, Edward; Richard, Boners and Merle Foss, The Physiology Basis for Exercise and Sport, NY Brown and Benchmark Publishers, 1993.



## **M.P.Ed. SECOND SEMESTER**

### **OPEN ELECTIVE 2.6 - YOGA**

#### **OBJECTIVES:**

On completion of the course the student shall understand the following concepts:

- Importance of Yoga
- Scope of Yoga
- Yoga and Health
- Role of Yoga in enhancing sports performance
- Effect of Asanas

UNIT-I	:	Meaning and Definition, Need, Scope of Yoga Education. Aims and Objectives of Yoga, Characteristics of Yoga , concept of Yoga
UNIT-II	:	Misconception of Yoga practice, branches of Yoga, History of Yoga Types/Classifications of Yoga. Paths of Yoga. Ashtanga Yoga. Yogic practices.
UNIT-III	:	Yogic postures (asanas) and Suryanamaskar, Classification of Asanas /postures Physical benefits of asanas/Therapeutic values of Asanas. Yogasana and Physical Exercises yogic exercises Application in sports performance, yogic autogenic training for players and development of human personalities.
UNIT-IV	:	Yoga and Research. Pranayama, Bandhas,Mudras, Kriyas, Meditation, Nadi, Chakras, Kudalini shakti, psycho-neuro, psychology, Pranayama types of breathing, spiritual benefits of yoga.

#### **REFERENCE BOOKS:**

1. Iyengar, B.K.S.Light on Yoga : Yoga Deepika, New Delhi : Harper Collins Publishers, 2008.
2. Iyengar, B.K.S. Light on Pranayama : Pranayama Deepika, New Delhi : Harper Collins Publishers, 2005.
3. A.R.Seetharam, Yoga for Healthy Living, Mysore : Paamahamsa Yogashrama Publishers, 1996.
4. Yoga the Science of Holistic Living Vivekanand Kendra Yoga Prakashana Publishing House, Mumbai 2001.
5. Swmi sivananda : Kundalini Yoga (The Divine Life Society, P.O.Shivananda Nagar U.P. Himalayas, India). 2001.
6. Swami Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India:Yoga Publications Trust, Munger, Bihar).

## **M.P.Ed. SECOND SEMESTER**

### **OPEN ELECTIVE 2.7: HEALTH AND FITNESS**

#### **OBJECTIVES :**

On completion of the course the student shall understand the following concepts :

- Health, Hygiene and Health Education
- Basic concept in Nutrition
- Forms of cardio vascular diseases, maintaining/developing and cardio vascular health/physical fitness
- Health hazards of modern age
- Total fitness and Wellness.

**UNIT-I:** Concept of health, hygiene and health education : Need for study of health Education. Scope of health education. Aim and Objectives of health education Factors affecting health. Concept of total fitness and wellness. Components of Wellness. Interaction of wellness components. Physical fitness : Types and Components of Physical fitness. Factors affecting Physical Fitness. Values of Physical Fitness. Concepts of measurement and assessment of physical fitness.

**UNIT-II:** Basic concepts in Nutrition : Malnutrition, under nutrition and over nutrition. Nutrients and their importance. Nutrient density. Components of a healthy diet. Nutrition and health balanced diet. Nutritional requirements and nutritional planning. Body composition : Concept of body composition. Assessment of body composition. Over weight and obesity and their health implications-Factors contributing to obesity. Weight management measures.

**UNIT-III :** Cardio Vascular Health : Forms of Cardio Vascular Diseases. Risk factors of in Cardiovascular diseases. Exercise and cardio vascular condition. Ageing : Changes, associated with ageing. Aging and cardio vascular health. Stress : concept of Stress. Stress related ailments. Stress management. Anxiety : Meaning and concept of anxiety. Techniques of relaxation from anxiety.

**UNIT-IV :** Health hazards of modern age : Effects of smoking, tobacco consumption and alcoholism. Drug abuse. Principles of mental health and hygiene. Relationship of wellness with yoga, Pranayama and meditation. Reaching wellness through lifestyle management. Concept of safety education and first aid.

#### **REFERENCES:**

1. Fathey, Thomas D. and others. Fit and Well. 6<sup>th</sup> Edition; New York, McGraw Hill Publishers, 2005.
2. Melwin H. William, Nutrition for health fitness and Sports. New York : Mc Graw-hill company, 1955.
3. Scott, K. Powers and Stephen L. Dodd. Total fitness : Exercise, nutrition and wellness. Boston Allyn and Bacon, 1999.
4. William and others. Essentials of Exercise Psychology. Second Edition ; New York : Lipincoff Williams and Wilkins, 2000.
5. Strand N. Bradford, Ed Scantling and Martin Johnson. Fitness Education. Arizona : Gorsuch Scaris Brick, Publishers, 1997.

## M.P.Ed. THIRD SEMESTER

### HARD CORE 3.1 SPORTS MANAGEMENT

#### OBJECTIVES:

- Concepts of Management and History of Sport management.
- Management principles guided to sports
- Steps in planning process in management
- Facility Management and programme development

- UNIT-I : Meaning, Definition, Scope, Aim and Objective of Management Event Management, Purpose, Scope, Modern Concept, Consultancy, Services, Event, Organisation-Teaching, Technical relations. Sports Marketing-Principles, Traditional sports marketing, sponsorship, growth of sports sponsorship, promotional strategies, research in marketing.
- UNIT-II : Legal concepts, sports products. Liability, law suits, Tort law, judicial review, Agency law, contract law. Public relation-planning, Guidance, Player Management relation, Contracts, Broadcasting-History Business of Broadcasting.
- UNIT-III : Importance, relationship of Office Personnel Management, Routine, Records and Reports. Job description and job specialization. Professional Ethics and Values. Womens Sports manager, Management of disabled sports facilities Indoor and Outdoor.
- UNIT-IV : Sports Training, Latest, Surfaces, Equipment, Sports wear, Maintenance of Modern material, sports engineering, fashion technology. Purchase and care of Supplies and Sports Equipments. Equipment room and Equipment manager, checking, storing, issuing, maintaining.

#### REFERENCE BOOKS:

1. Bonnie L.Barkhouse, The Management of Sports its foundation and application. St.Louis : The C.V.Mosby Co., 1991.
2. Charles A Bucher and Maron L.Krotee, Management of Physical Education and Sports. St.Louis : The C.V.Mosby Co., 1993.
3. Chakraborty, Samiran., Sports Management, Delhi : Sports Publications, 1998.
4. Dheer S and Radhika Kamal, Organisation and Administration of Physical Education, Delhi : Friends Publications, 1991.
5. Earle, F.Zeigler and Gary W.Browic. Management competency Development in Sports Physical Education. Philadelphia : Lee and Febiger.
6. Dr.Kamlesh.M.L., Management Concept in Physical Education and Sports.
7. Roy S.S. Sports Management, Delhi : Friends Publication, 1995.  
Pachauri.S.K. Sports Management

## **M.P.Ed. THIRD SEMESTER**

### **HARD CORE - 3.2 : SPORTS JOURNALISM**

#### **OBJECTIVES:**

On completion of the course the student shall understand the following concepts.

- Importance of Sports Journalism
- Scope of Journalism
- Role of Sports Journalism in enhancing sports performance of in media
- To develop the awareness journalism in public field.

UNIT-I	:	Meaning, Definition, Importance, Scope of Journalism History of Journalism, Characteristics of Journalist, Philosophy of Journalism
UNIT-II	:	Place of Games and Sports in Journalism, News in Sports and its Sports in Journalism, How to make use of spot situations through the medium of photos on, playgrounds.
UNIT- III	:	Ethics of Sports, Principles of Sports, Principles of Journalism Knowledge and Use of sport terms and headlines, Role of News- Paper reporter in Sports.
UNIT-IV	:	Criticism and appreciation of Sports Performance, Photo coverage, audio and vide coverage, Journalist and interaction with sports persons. Print Media.

#### **REFERENCE BOOKS:**

1. Ahuja B.N. Theory and Practice of Journalism.
2. Kamath.M.V. The Journalist's Hand Book
3. Mehta.D.S, Mass Communication and Journalism in India.
4. Kamath.M.U., Professional Journalism

## **M.P.Ed. THIRD SEMESTER**

### **HARD CORE 3.3 - SPORTS PSYCHOLOGY**

#### **OBJECTIVES:**

On completion of the course the student shall understand the following concepts.

- Personality and Sport
- Achievement motivation and competitiveness
- Group and Structure of the group
- Goal setting its principles
- Study of Sports Sociology and Sports culture

- UNIT-I : Definitions and Meaning of Psychology-Nature scope and need of sports psychology in the field of physical education and sports-recent advances and trends in sports psychology. History of Sports Psychology.
- UNIT-II : Personality and Sports. Approaches to personality using psychological measures Theories of personality, understanding motivation. Types of motivation characteristics of motivation, views of motivation motivational techniques.
- UNIT-III : Achievement motivation and competitiveness. Theories of achievement Motivation. Developing Achievement motivation and competitiveness. Arousal Stress and anxiety. Stress and stress process. Sources of anxiety and stress.Arousal, anxiety and performance, managing stress.
- UNIT-IV : Group : Structure of the Group : Team performance in sports. Effective team Climate. Cohesion : Cohesion and performance success. Correlates of cohesion. Imagery ; - Uses of imagery. Types of imagery. Basics of imagery. Self Confidence and its benefits, self-efficacy theory, building self-confidence.Problems is goal setting, Burnout and its causes and symptoms. Types of Aggression.
- UNIT-V : Sports and Culture, Socialization and Sports. Excellence in Sports as indicator of social development. Social mobility, Sports and Social Competency. Social Stratification. Theory of social culture change, Women and Sports, Audience and Aggression in sports.

## REFERENCES:

1. Liewellyn, Jack H. and Judy Blucker, Psychology of coaching : Theory and application, New Delhi, Surjeeth Publications, 1982.
2. Marten, Rainer, Coaching guide to sports psychology. Illinois : Human Publishers Inc., 1987.
3. Mohan, Jitendra, Recent Advances in Sports Psychology. New Delhi : Friends Publications, 1996.
4. Robert, S. Weinberg and Daniel Gault Foundations of Sport and Exercise Psychology, Canada: Human Kinetics, 1995.
5. Sandhu, Gurubux S. psychology in Sports; Contemporary perspectives. New Delhi : Friends Publishers, 1992.
6. Shaw, D and others. Sports and Exercise Psychology : New York : Bios-Scientific Publishers, 2005.
7. Suinn, Richard M. Psychology in sports ; Methods and Application. New Delhi : Surjeeth publishers, 1982.
8. Whiting H.T.A, (Ed.) Readings in sports psychology-I London : Henry Kimpton 1972.
9. Whiting H.T.A. (Ed) Readings in Sports Psychology-II London : Henry Kimpton, 1972.

## **M.P.Ed. THIRD SEMESTER**

### **OPEN ELECTIVE 3.6 – AEROBIC AND PHYSICAL FITNESS**

#### **OBJECTIVES:**

On completion of the course the student shall understand the following concepts.

- Importance of Aerobics and Fitness.
- Scope of Fitness
- Role of Aerobics and Fitness in enhancing sports performance

UNIT – I	:	Meaning and Definition of Aerobics and Physical Fitness. Types of Fitness, Components of Fitness.
UNIT-II	:	Methods of developing Various types of Fitness, Speed Training, Endurance Training, Weight Training, Circuit Training, Stretching Exercises for agility and body coordination.
UNIT-III	:	Concept of Aerobics, Wellness and Aerobics, Different kinds of Aerobic Activities, History of Aerobics Dance, Relevance of Aerobics in present.
UNIT-IV	:	Benefits of Aerobics, Psychological effects of Aerobics, Conditions for During Aerobics, Warm up, Main part, Warm down, Strength workout, Choreography, Intensity, Cuing, Music, Class Management. High and Low intensity aerobics, step aerobics and kick aerobics.

#### **References:**

1. Sharangpani, R.C. fitness Training, Marine Sports, 1992.
2. Hardayal Singh, Sports Training methods 1998
3. Clarke and Clarke, Physical Fitness Training, 2002
4. Ann.F.Lowlin, Fitness Program Development, Human Kinetics. 2002.
5. Saggari,S.K. Physical Fitness, New Delhi : Rupa Co., 1994.
6. Muller,J.P.Health, Exercise and Fitness, Delhi : Sports 2003.
7. Bean, Anita, Food For Fitness, London : A & C Block, 199.
8. Anderson,B.Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.

**M.P.Ed. THIRD SEMESTER**  
**OPEN ELECTIVE 3.7 – RECREATION IN PHYSICAL FITNESS**

**OBJECTIVES:**

- Need and importance of recreation in Physical Education
- Scope of recreation in Physical Education
- Values of recreation in Physical Education.
- Promotion of recreation in Physical Education.

UNIT I	:	Meaning, Characteristics of Recreation, principles of programme Planning. Need and Scope of Recreation in Physical Education, concept of Recreation,
UNIT II	:	Agencies promoting recreation, home, clubs, local bodies, voluntary, Community, nation and international fraternity private and commercial agencies. Source of recreational organization promoting recreation.
UNIT-III	:	Traditions in modern society in Indian that essentially promote recreation. Comparative recreation, brief account of recreation movements in U.K, U.S.A, USSR and Germany with significance to the recreation movement in India.
UNIT-IV	:	Over all review of recreation movement in India. Population interest and need variation according to age, sex, social, straight and deviation, finance and economic condition of the resource available of promotion of recreation.

**REFERENCE :**

01. L.W. Irwin. Curriculum in Health and Physical Education.
02. C.C. Curriculum designs in Physical Education
03. H.P.Adams and F.G.Dickey Basic Principles of Supervision.
04. Edward F.Voltmer and A.A.Eslinger.Organisation and Administration of Physical Education.
05. by HuPhrey and Irwing.Principles and Techniques of Supervision



## **M.P.Ed. FOURTH SEMESTER**

### **HARD CORE 4.1 – BIO-MECHANICS**

#### **OBJECTIVES :**

On completion of the course the student shall understand the following concepts:

- Scope of Bio-mechanics
- Fundamentals of Physical laws
- Need and importance of the study of Bio-Mechanics
- Fundamental mechanical concepts and their application in sports

- UNIT-I : Movement analysis : Concept and importance. Tools for human movement Analysis : Qualitative and Quantitative-Assessments, improvement and perdition of movement. Marked eye observational procedure, video graphic,cinematographic analysis, basic dynamo graphic analysis.
- UNIT-II : Bio-Mechanics of human skeletal Articulation : Joint Articulation, stability, Flexibility, classification of joints. Biomechanics of human skeletal muscle, Behavioral properties of musculotendrous unit, sensibility elasticity, Muscular Contractions.
- UNIT-III : Factors affecting sports performance : Air resistance, gyration, available force,human characteristics, lift, magnous effect, drag force. Hydro dynamics-Buoyancy,Hotention, Resistance, Efficiency and Speed.
- UNIT-IV : Mechanical analysis of selected sports activities : Mechanics in Track events/Jump events/Throw events. Mechanics of Sprint and Hurdling. Mechanics of Discuss; Javelin, Broad jump and High Jump. Bio-mechanics of selected team sports and combative sports.

#### **REFERENCES :**

1. Bunn, John.M-Scientific of Coaching, Englewood cliffs, N.J : Prentice Hall, Inc, 1979.
2. David, A Dainty : Standarising Biomechanical Testing in sports, champaign : Human kinetics Publications, 1987.
3. James, G.Hay and Reid J.H.Gavin. Anatomy, Mechanics and Human Motion, Englewood Cliffs, N J : Prentice Hal Inc., 1988.
4. Miller, Dorris, and Nelson, Richard C.Biomechanics of sport. Philadelphia : Lea and Febriger, 1976.
5. Nariene, J.Aerin and John M.Cooper. Bio-mechanics of Human movement : New York : Mc.Graw-Hill Publications, 1995.
6. Susan, J.Hall. Basic Bio-mechanics. 2<sup>nd</sup> Edition, Boston : Mc.Graw-Hill Publication, 1993.
7. Uppal, A.K. and others. Bio-mechanics in Physical Education and Exercise Science. New Delhi : Friends Publications, 2009.

## **M.P.Ed. FOURTH SEMESTER**

### **HARD CORE 4.2 – APPLIED YOGA**

#### **OBJECTIVES:**

On completion of the course the student shall understand the following concepts:

- Importance of Yoga
- Scope of Yoga
- Yoga and Health
- Role of Yoga in enhancing sports performance
- Effect of Asanas

UNIT-I	:	Meaning and Definition, Need, Scope of Yoga Education. Aims and Objectives of Yoga, Characteristics of Yoga, concept of Yoga.
UNIT-II	:	Misconception of Yoga practice, branches of Yoga, History of Yoga Types/Classifications of Yoga. Paths of Yoga. Ashtanga Yoga. Yogic practices.
UNIT-III	:	Yogic postures (asanas) and Suryanamaskar, Classification of Asanas /postures Physical benefits of asanas/Therapeutic values of Asanas.Yogasana and Physical Exercises yogic exercises Application in sports performance, yogic autogenic training for players and development of human personalities.
UNIT-IV	:	Yoga and Research. Pranayama, Bandhas,Mudras, Kriyas, Meditation, Nadi, Chakras, Kudalini shakti, psycho-neuro, psychology, Pranayama types of breathing, spiritual benefits of yoga.

#### **REFERENCE BOOKS:**

1. Iyengar, B.K.S.Light on Yoga : Yoga Deepika, New Delhi : Harper Collins Publishers, 2008.
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3. A.R.Seetharam, Yoga for Healthy Living, Mysore : Paamahamsa Yogashrama Publishers, 1996.
4. Yoga the Science of Holistic Living Vivekanand Kendra Yoga Prakashana Publishing House, Mumbai 2001.
5. Swmi sivananda : Kundalini Yoga (The Divine Life Society, P.O.Shivananda Nagar U.P. Himalayas, India). 2001.
6. Swami Satyananda Saraswathi : Asana, Pranayama, Mudra, Bandha (India:Yoga Publications Trust, Munger, Bihar).

