

Master Physical Education(M.P.Ed)Degree Course Two Years**Regulations :****Duration**

The duration of the program shall be two academic years with four semesters under the Choice Based Credit System. The semesters shall be from July to November and December to April for each academic year.

These programmes offer a package of certain core course and some elective course for the effective interaction among students from different disciplines. The novelty of the programmes consists in the inter disciplinary curriculum with pronounced accent on the frontier areas of knowledge. Under this system, the programme comprise several papers, which are referred to in terms of the credits they are worthy and the grading of students according to their performances.

Eligibility for Admission.

A Candidate for admission to the Master of Physical Education (M.P.Ed.) degree programme should have passed B.P.E (or) B.P.Ed examination of this University and/or from any other University recognized as equivalent thereto. They must have represented, district/college/University/ State in any one of the games or sports, subject to the conditions (i, ii and iii).

- i) Must be medically fit and free from physical deformities students will undergo medical examination at the time of admission.
- ii) Should have secured at least 50% marks in the selection tests to be conducted by the University as indicated below.

Qualifying Examination (B.P.Ed/B.P.E)	- 25Marks
Games & Sports Participation	- 25Marks
Physical Fitness and game/athletic proficiency	- 50Marks

Total	- 100 Marks

Physical Fitness and Game/Athletic Proficiency		
Men	Women	Marks
100 Meters	100 Meters	10 Marks
Long Jump/Shot Put	Long Jump/Shot Put	10 Marks
Proficiency in game/athletic event (any one game or one track and one field event)		30 Marks

		50 marks

However the above age restriction is relaxed by two years for all categories who have played Inter University/Inter State Tournaments (Form III or IV).

60 Candidates will be selected on the basis of merit following the reservation of seats as prescribed by the Government of Tamil Nadu, from among those candidates who secure not less than 50% of marks in the selection test.

Eligibility for Admission to the Examination.

Candidate admitted to the M.P.Ed degree should produce before the examination a certificate that they have undergone the prescribed programme of study in a recognized University and earned 80% of attendance.

Part I Examination shall consists of fifteen written papers and a thesis. In lieu of the thesis a student can opt for the optional paper. The thesis should be prepared under the guidance of a member of the staff, who shall be the Advisor/Guide. Thesis is to be completed in the fourth semester.

The last date for the submission of thesis will be 15 days after the last theory examination paper of fourth semester. Thesis must be submitted with the signature of the Advisor/Guide.

Three typewritten copies of the thesis together with three copies of the abstract(one for the Departmental library and two for the University) should be submitted through the department.

One external examiner shall value the thesis. The internal examine should be the candidate's advisor/guide.

Evaluation

If a candidate fails in any paper in any semester he/she shall be permitted to join the next semester, in which case he/she will appear in the papers in which he/she had failed in the previous semesters along with all the papers of the current semester.

A candidate must complete the course of study for the degree of Master of Physical Education and Sports and pass the final examination within a period of 5 years commencing from his first admission to the course.

If a candidate fails in any paper of any semester examination and reappears as an ex-student, the internal assessment marks obtained by him/her shall be carried over.

If a candidate fails in Practical - Specilization, he/she will be required to take the same at the time of tests held for regular students in the same subsequent years.

The internal assessment marks awarded by the Department shall be added to the marks obtained at the University

examination in each Theory paper before calculating the percentage of marks. A Candidate shall be deemed to have passed the Written examination and thesis, if he/she obtains not less than 50% marks of the total aggregate marks. Candidates who do not secure marks as detailed above shall be deemed to have failed in theory examination.

A candidate shall be declared to have passed in Practical - Specilization examination, if he/she obtains not less than 50% of the combined marks (Internal + External). All the other candidates shall be deemed to have failed in practicals.

Internal Assessment.

- a. There will be no supplementary test for internal assessment.
- b. The internal marks should be sent to the University before the written examination.
- c. The valued answer papers shall be returned to the students and then collected back from them, after perusal in the class room itself. The marks shall be displayed in the College.

Part II - Practical Specialization.

The candidate has to select any one of the following games as the Specialization - I (Second best) and also specialize in the given Track and Field events during the first year.

Games	Track and Field
1. Basketball	1. Sprint
2. Cricket	2. Middle & Long Distance
3. Football	3. Long Jump
4. Hockey	4. High Jump
5. Kabaddi	5. Shot Put
6. Kho kho	6. Discus Throw
7. Tennis	7. Heptathlon
8. Volley ball	8. Cross Country Race
9. Badminton	
10. Ball Badminton	
11. Weight Lifting	
12. Handball	

In the second year candidate has to select any one of the following games as the specialization (The best game) and also specialize in the given Track and Field events during the Second year.

Games	Track and Field
1. Basketball	1. Relay (Visual & Non Visual)
2. Cricket	2. Hurdles (High & Low)
3. Football	3. Triple Jump
4. Hockey	4. Pole vault
5. Kabaddi	5. Javelin Throw
6. Kho kho	6. Hammer Throw
7. Tennis	7. Decathlon
8. Volley ball	8. Marathon Race
9. Badminton	
10. Ball Badminton	
11. Weight Lifting	
12. Handball	

Internal Marks Breakup (50 Marks)			
A.	Internal Tests (Average of Best 2 out of 3)	35 Marks	
B.	Pre Semester 50 Marks converted to 35 Marks	35 Marks	
C.	Total Marks (A+B)	70 Marks / 2	35 Marks.
D.	Assignment/Seminar		10 Marks.
E.	Percentage of Attendance 100 % - 5 Marks 96 - 99% - 4 Marks 90 - 95 % - 3 Marks 85 - 89 % - 2 Marks 80 - 84 % - 1 Mark		5 Marks
Grand Total (C+D+E)			50 Marks

First Semester						
Paper	Paper Code	Title of the Paper	Credit Points	Marks		
				Int	Ext	Total
MPED	101	Sports Management & Curriculum Design	3	50	50	100
MPED	102	Sports Psychology & Sociology	3	50	50	100
MPED	103	Measurement & Evaluation in Physical Education	3	50	50	100
Electives (Any One)						
MPED	104 a	Human Rights	3	50	50	100
MPED	104 b	Scientific Basis of Yoga Education.	3			
Practical						
MPED	105	Track and Field	3	50	50	100
MPED	106	Major Games, Specialization I (Second best Games)	3	50	50	100

Second Semester						
Paper	Paper Code	Title of the Paper	Hours	Marks		
				Int	Ext	Total
MPED	201	Research Methods in Physical Education	3	50	50	100
MPED	202	Statistics in Physical Education	3	50	50	100
MPED	203	Theories of Sports & Games - I	3	50	50	100
Electives (Any One)						
MPED	204 a	Sports Biomechanics	3	50	50	100
MPED	204 b	Professional Preparation for SLET / NET.	3			
Practical						
MPED	205	Track and Field	3	50	50	100
MPED	206	Major Games, Specialization I (Second best Games)	3	50	50	100

Third Semester						
Paper	Paper Code	Title of the Paper	Hours	Marks		
				Int	Ext	Total
MPED	301	Exercise Physiology & Applied Kinesiology	3	50	50	100
MPED	302	Sports Training	3	50	50	100
MPED	303	Sports Medicine	3	50	50	100
Electives (Any One)						
MPED	304 a	Health Promotion & Nutritional Care	3	50	50	100
MPED	304 b	Adapted Physical Education	3			
Practical						
MPED	305	Track and Field	3	50	50	100
MPED	306	Major Games, Specialization II (First Best Game)	3	50	50	100

Fourth Semester						
Paper	Paper Code	Title of the Paper	Hours	Marks		
				Int	Ext	Total
MPED	401	Computer Application in Physical Education and Sports	3	50	50	100
MPED	402	Theories of Sports & Games II	3	50	50	100
MPED	403	Thesis / Dissertations.	3	50	50	100
Electives (Any One)						
MPED	404 a	Sports Journalism	3	50	50	100
MPED	404 b	Sport Tourism	3			
Practical						
MPED	405	Track and Field	3	50	50	100
MPED	406	Major Games Specialization II (First Best Game)	3	50	50	100

M.P.Ed. – 101 - Sports Management and Curriculum Design.

Unit-I: - Sports Management: Definition – Importance – Basic Principles and Procedures of Sports Management – Functions of Sports Management – Personal Management: Objectives of Personal Management – Personal Policies – Role of Personal Manager in an organization – Personal Recruitment and Selection.

Unit-II: - Programme Management: Importance of Programme development and the role of management – Factors influencing programme development. Steps in programme development – Competitive Sports Programs – Benefits – Management Guidelines for School – Colleges Sports Programs – Management Problems in instruction programme – Community based Physical Education and Sports program.

Unit-III: - Purchase and Care of Supplies of Equipment: Guidelines for selection of Equipments and Supplies –Purchase of equipments and supplies –Equipment Room, Equipment and supply Manager - Guidelines for checking, storing, issuing care and maintenance of supplies and equipments.

Unit-IV: - Curriculum – Meaning and Definition of Curriculum – Curriculum design – factors that affecting curriculum – Basic principles for planning curriculum design – Major steps in curriculum development – formulating aims and objectives – Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopedias, Magazines etc.,

Unit-V: - Integration of Physical Education with other Sports Sciences – Curriculum research, Objectives of Curriculum research – Importance of Curriculum research, Curriculum and basic research action research, Experimental Research, Historical Study and Curriculum, Evaluation of Curriculum, Methods of evaluation.

Reference

- ❖ Bucher A. Charles, Management of Physical Education and Sports (10th ed.,) St. Louis: Mobsy Publishing Company, 1993.
- ❖ Chelladurai, P. Human Resource Management in Sport and Recreation and Human Kinetics, 1999.
- ❖ Chakraborty, Samiran, Sports Management, Sports Publications, New Delhi, 1988.

M.P.Ed. – 102 - Sports Psychology and Sociology

Unit-I: Sports Psychology: Meaning and definition of Sports Psychology – The need and importance of Sports Psychology in Physical Education and Sports – General factors affecting Sports Learning and Performance – Development of Sports Psychology – Motivation of Children and Youth in Sports – Perception – Reaction Time – Movement Time – Reflex Time – Response Time.

Unit-II: Motor Learning – Tension – Frustration – Depression – Stress – Anxiety – Motivation – Factors influencing motivation – Achievement Motivation – Ways and Means of Motivation – Personality – Meaning – Traits of Sportsmen – Effect of Sports Participation on Personality.

Unit-III: Sports Sociology - Meaning and Definition of Sports Sociology – Sports and Socialization of the individual – Culture – Definition and Culture – Functions of Culture and Sports.

Unit-IV: Social Institutions – Sport as a Social Institution – Sports and its relationship with Social Institutions – Growth of Commercial Sport – Sports and Politics – Sports and Religion – Sports and Social stratification – Sports Participation and Career Success – Athletic Retirement and Social Mobility.

Unit-V: Women in Sports – Sports women in our society – Participation pattern among women – Gender inequalities – Consequence of Sports Competition – Evaluation processes.

Reference

- ◆ John D. Lauther, "Sports Psychology", Englewood, Prentice Hall Inc.
- ◆ Robert N. Singer, "Motor Learning and Human Performance", NewYork: The Macmillan Co.
- ◆ Miroslaw Vauks and Bryant Cratty, "Psychology and the Superior Athlete", London, The Macmillan Co.
- ◆ Robert N. Singer, "The Psychology Domain Movement Behaviour" Philadelphia - Lea and Febiger.
- ◆ John D Lauther, "Psychology of Coaching" Englewood Cliffs, Ner Jersey Prentice Hall Inc 1983.
- ◆ H.I.A Whiting K. Karman, L.B. Hendry and M.G. Jones, "Personality and Performance in Physical Education and Sports", Hendry Kimpton Publishers, London.
- ◆ Cratty B.J., "Social Dimensions of Physical Activity", New Jersey: Prentice Hall Inc.

M.P.Ed. – 103 - Measurement and Evaluation in Physical Education

Unit-I: – Meaning of the Terms: Test, Measurement and Evaluation - Need and Importance of measurement and evaluation – Criteria for Test Selection – Scientific Authenticity (Validity, Reliability and Objectivity) – Administrative Procedure – Norms – Test Construction – Basic Principles of Test Construction – Establishing Validity, Reliability and Objectivity.

Unit-II: Construction of knowledge Test, Written Test and Skill Test – Types of Test – Standardised Test – Teacher Made Test – Objective Test – Subjective Test. Administration of Tests – Advance Preparation – Duties during testing – Duties after testing – Diagnosis – Purpose of Diagnosis – Requirements for Diagnosis – Individual Classification – Group Classification – Prediction – Interpretation – Follow up.

Unit-III: Area of Evaluation – Definition of Physical Fitness – Components – PFI Test – AAHPERD Health Related Fitness Test (Revised) – Motor Fitness – Definition - Components – J.C.R Test – Oregon Motor Fitness Test – Indiana Motor Fitness Test – Motor Ability – Definition – Barrow Motor Ability Test (Revised) – Newton Motor Ability Test.

Unit-IV: Motor Educability – Johnson Motor Educability Test – IOWA Motor Educability Test – Endurance – Definition – Cooper’s 12 Minute Run / Walk Test, Schneider Test – Harvard Step Test at School and College Level – Posture – Definition - Iowa posture Test – Body Composition – Percent Body Fat.

Unit-V: Specific Sports Skill Test: Badminton – Miller Wall Volley Test – French Short Service Test – Basketball – Johnson Basketball Test – Leilich Basketball Test – Hockey – Friedal Field Hockey Test – Volleyball – Russell Lange Volleyball Test – Brady Volleyball Test – Soccer – Johnson Soccer Test – McDonald Soccer Test – Tennis – Dyer Tennis Test.

Reference

- ✎ Jenson, Clayne R & Cyntha C. Hirst, Measurement in Physical Education and Athletic, Macmillan Publishing Co., Inc. New York, 1980.
- ✎ Clarke H. Harrison and David H. Clarke, Application of Measurement in Physical Education. New Jersey: Prentice Hall, Englewood Cliffs, 1976.
- ✎ Barrow, Harold M. and Mc Gee Rosemary, A Practical Approach to Measurement in Physical Education. Lea and Fabiger. Philadelphia, 1979.
- ✎ Clarke H. Harrison and David H. Clarke, Application of Measurement and Physical Education. New Jersey: Prentice Hall, Englewood Cliffs., 1987.
- ✎ Safrit, Margaret J. Evaluation in Physical Education, Prentice Hall Inc, New Jersey, 1981.
- ✎ Johnson, Barry L. and Jack K. Nelson, Practical Measurement for Evaluation in Physical Education, Surjeet Publication, New Delhi, 1982.
- ✎ Kirkendall, Don R and others, Measurement and Evaluation for Physical Educators, Human Kinetic Publishers, Inc, Illinois, 1987.

M.P.Ed. – Elective Paper - 104 (a) - Human Rights

Unit-I: Human Rights – Definition – Characteristics of Human Rights – Classification of Rights – The Universal Declaration of Human Rights – International covenants on Economic, Social and Cultural Rights.

Unit-II: Constitutional Guarantee on Human Rights – Fundamental Rights Part III of the Constitution – Directive Principle Part IV of the Constitution.

Unit-III: Civil and Political Rights – Right to work, Right to Personal Freedom, Right to Freedom of Expression, Right to property, Right to Education, Right to Equality, Right to Religion, Right to form Association and Unions, Right to Family, Right to Contract, Right to Constitutional Remedies, Right to contest in Election, Right to Hold Public Office, Right to Petition – Right to Criticize Government.

Unit-IV: Economic Rights: Right to Work, Right to Adequate Wages, Right to Reasonable Hours of Work, Right to Self Government in Industry.

Unit-V: Women’s Rights: Right to inheritance, Right to Divorce, Right to Remarry, Right to Education, Right to Employment and Career Advancement.

Reference:

- ◆ Somasundaram (1985), Human Rights, Madras
- ◆ Rajan (1988), Management Laws, Madras

M.P.Ed. – Elective Paper - 104 (b) – Scientific Basis of Yoga Education

Unit-I: Introduction to Human Anatomy and Physiology - Need and Scope of Anatomy and Physiology in Yoga – Human Body as an integrated Whole: Cells, Tissues, Organs and Systems – Types of various systems in the Human Body.

Unit-II: Respiratory System – Respiration – Respiratory tract – Alveoli – Lungs – Structure and Functions – Gas Exchange – Vital Capacity – Effect of Yogic Practices on Respiratory System.

Unit-III: Nervous System: Neuron – Central Nervous System (CNS): Brain and Spinal Cord – Peripheral Nervous System (PNS): Cranial Nerves and Spinal Nerves – Autonomic Nervous System (ANS): Sympathetic Division and Parasympathetic Division.

Endocrine System: Endocrine Glands – Functions of Endocrine Glands: Pituitary, Thyroid, Para-Thyroid, Thymus, Pancreas, Adrenal and Sex – Impact of Yogic Practices on Endocrine Glands and Nervous System.

Unit-IV: Digestive System – Digestive tract: Structure and Functions – Digestive Process – Liver, pancreas – Functions – Effect of Yogic Practice on Digestive system.

Excretory System: Kidney – Urinary Track.

Reproductive System : Male and Female Reproductive Systems.

Unit-V: Present condition of Yoga Research in India – Need for Promotion of Yoga Research – Types of Research – Historical, Longitudinal, Experimental and Survey.

Possible Areas of Research – Physiology, Psychology, Sociology, Sports, Growth and Development.

Some Negative influence of Yoga Research – Lack of Sound Methodology in Yoga Research – Yoga Research Equipments.

Reference

- ◆ Asanas – Swami Kuvalayananda, Kaivayadhama, Lonavla.
- ◆ Pranayama - Swami Kuvalayananda, Kaivayadhama, Lonavla.
- ◆ Philosophic – Literary Research Department, Kaivalyadhama, Lonavla A. Brochure.
- ◆ Yogic Therapy – Swami Kuvalayanda & S.L. Vinekar.
- ◆ Applied Yoga – M.L. Gharote, Kaivalyadhama, Lonavla.
- ◆ Selvam “Anatomy and Physiology” Bodinayakanur.
- ◆ N.M. Muthayya “Physiology” J.J. Publications, Madurai.
- ◆ SEELEY et. All Anatomy and Physiology Mc Graw Hill.
- ◆ Mouly, C., The Science of Educational Reserarch, New Delhi: Vikas Publishing House Pvt Ltd.

- ◆ R. Thirumalaisamy (1995) Yoga for Good Health, Karaikudi, Senthilkumar Publishers.

M.P.Ed – 201 - Research Methods in Physical Education

Unit-I: - Research: – Meaning, Definition, Need, Nature and Scope of Research in Physical education – Classification of Research - Basic Research – Applied Research – Action Research. Statement of Problem, Delimitations, Limitations and Hypotheses.

Unit-II: - Location of Research Problem – Criteria for location and selection of a research problem – Research Proposal – Qualities of a good researcher – Literature Search: Allied Literature, Critical Literature, Library Technique – Need to survey related Literature.

Unit-III: Survey Research: Survey by questionnaire and Interview – Case Study: Normative Study, Historical Research: Primary and Secondary Sources – Internal and External Criticism – Steps involved in Historical Research – Philosophical Studies – Nature of Philosophical methods – the critical thinking continuum

Unit-IV: - Meaning and Nature of experimental research – Planning for experimental research – Field experimentation – Laboratory etc., Experimental Design:- Single Group design – Random group design – Related group – Repeated measure design.

Rotated Group – static Group comparison – Equated Group Design – Comparison Design – Factorial Design.

Unit-V: - Exercise Physiology – Sports Biomechanics – Sports Psychology – Methods of Writing – Research report – Style of Writing – Research Report - Mechanics of writing Research Report – Bibliography – Foot Note.

Reference

- ❖ David H. Clarke, and Clarke H. Harrison. "Research Processes in Physical Education". New Jersey: Prentice Hall Inc. 1984.
- ❖ T.A Baumgartner, and Strong, C.H. "Conducting and Reading Research in Health and Human Performance". New York: Brown and Benchmark: 1994.
- ❖ C.R. Kothari, "Research Methodology Methods and Techniques", New Delhi: Wiley Eastern Limited, 1993.
- ❖ Anne Rothstein. "Research Design and Statistics for Physical Education". New Jersey: Prentice Hall Inc.
- ❖ John W Best., and Khan, James V. "Research in Education." New Delhi: Prentice Hall of India Private Limited. 1992.
- ❖ Sivaramakrishnan. S, Research Methods in Physical Education, New Delhi: Friends Publications, 2006.

M.P.Ed – 202 - Statistics in Physical Education

Unit-I: - Definition, need and Importance of Statistics – Types of Statistical Processes – Descriptive, Comparative, Relationship, Inferential and Predictive. Quantitative Data – Attributes and variables – continuous and discontinuous – Role of Statistics in research.

Unit-II: - Measures of Central Tendency – (Ungrouped and Grouped) – Mean, Median and Mode – Computation, Merits and Demerits and uses of measures of central tendency – Measures of Variability – (Ungrouped and Grouped) – Range, Standard Deviation, Quartile Deviation and Mean Deviation – Computation, Merits, Demerits and uses of measures of variability – Percentiles, Deciles – meaning, uses and computation.

Unit-III: - Normal Curve –Meaning and Definition – Binomial expansion – properties of normal curve – skew - ness, kurtosis - correlation – Meaning, Computation and uses – Pearson's Product. Moment correlation, Rank – Order Correlation.

Unit-IV: - **Standard Scales:** T-Scale, 6-Sigma Scale, Hull Scale, Z-Scale – Purpose, Uses and Computation. T-ratio, Level of significance – Type-I Error, Type-II Error, Null-Hypothesis - Sampling Theory, Different sampling procedures, reliability and factors affecting reliability.

Unit-IV: - Line Diagram, Bar diagram – Simple, Comparative, Composite and percentile diagram – Pie diagram: Simple, Comparative, Composite and Percentile diagram: Histogram, Frequency Polygon, Ogive Curve, Concept of Analysis of variance, and Co-variance.

Reference

- ❖ Best J.W. Research in Education, Englewood Cliffs, Printice Hall, New Jersey 1971.
- ❖ Clark, D.H. and Clark, H.H, Research Problem in Physical Education, 2nd Englewood Cliffs, Prentice Hall, Inc.
- ❖ Rothstain, A. Research Design and Statistics for Physical Education, Englewood Cliffs, Prentice Halls Inc., New Jersey, 1985.
- ❖ Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi: Senthilkumar Publishers.
- ❖ Sivaramakrishnan. S., Statistics for Physical Education, Delhi: Friends Publications, 2006.

M.P.Ed – 203 - Theory of Sports & Games - I

Unit-I: Planning, Construction and Marking of Standard and Non-Standard Track – Arc Start Double arc start – Computation of RDR – Stagger distance and Diagonal Excess – Marking of Shotput and Discus throw sector – Long Jump and High Jump, Runway and Landing area.

Unit-II: Duties of Management Officials – Duties of Competition Officials – Additional Officials – Officials and their duties for Track Events – Field events and Combined Events.

Unit-III: Rules and their Interpretations of Track Events (Sprint, Middle and Long Distances) – Field Events (Shotput – Discus throw – Long Jump and High Jump) and Combined events (Heptathlon).

Unit-IV: History, Origin and development of the game at national and international level, Measurement and marking of the following games. Badminton (Shuttle & Ball), Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Tennis and Volleyball.

Unit-V: Rules and their interpretation – Duties of Officials – Mechanism of officiating – official signals – Organizational setup at National and International level for the above mentioned games.

References :

- ◆ George Immanuel, Track and Field Event layout and Marking”.
- ◆ AAFI Rules Book.
- ◆ R.L. Anand, Play Field Manual Patial: “NIS Publication”, 1990.
- ◆ H.C. Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publications, 1992.

M.P.Ed – Elective - 204 (a) - Sports Biomechanics

Unit-I: Biomechanics of Sports – Efficient movement – Prerequisites of efficient movement – Need and importance of Biomechanics in Physical Education and Sports.

Unit-II: Equilibrium, Lever and Motion – Center of gravity, factor that determine the degree of stability – Definition, meaning – Motion / Type of motion, Definition and meaning of speed, velocity and acceleration, acceleration due to gravity – Vectors & Scaler – Friction, types of friction – sliding and rolling friction. Laws of Motion, Principles related to Motion, Relationship of linear and angular motion.

Unit-III: Force and its Application – Meaning and definition of force – units of force – Effect of force – Source of force – Force component – force applied at an angle – pressure – friction – Buoyancy – spin – centripetal force – centrifugal force.

Unit-IV: Projectiles and Equilibrium – Freely falling bodies – Projectiles – Equation of projectiles - Stability – Meaning – Definition – Factors influencing equilibrium – Guiding principles for stability – static and dynamic stability. Application of the principles of equilibrium in Sports and Games.

Unit-V: Meaning of Work, Power, Energy, Kinetic energy and potential energy - Conservation of energy – elasticity – co-efficient of elasticity – Impact – Law of conservation of linear momentum – Rebound – Leverage – Classes of lever – Practical application.

Unit-VI: Fluid mechanics – Nature of fluid – Relative motion – Laminar Vs Turbulent flow – Fluid properties – Density, Specific Weight, Viscosity - Buoyancy – Floatation – Fluid resistance – Drag – Lift – Friction – Magnus – Effect – Application of fluid mechanics in sports.

Unit-VII: Movement Analysis of Fundamental Skills – Analysis of movement – Types of analysis – kinesiological analysis – Biomechanical analysis – Cinematographic analysis – Methods of analysis – Fundamental motor skill - walking – running – throwing – catching – pushing – lifting – spiking – kicking – jumping – analysis of skills – techniques involved in basketball – cricket – football – hockey – volleyball – athletics – swimming and gymnastics.

Reference

- ◆ Broer, M.R., Efficiency of Human Movement, W.B., Saunders Co., Philadelphia, 1982.
- ◆ Bunn, J.W., Scientific Principles of Coaching, (2nd Ed) N.J., Prentice Hall, Inc., Eaglewood Cliffs, 1972.
- ◆ Dyson, G,H,G., The Mechanics of Athletics, Hodder and Stoughton, London, 1978.
- ◆ Hay, J.G. The Biomechanics of Sports Techniques, (2nd Ed) N.J. Prentice Hal, Inc., Eaglewood Cliffs, 1978.
- ◆ Scoot, M.G., Analysis of Human Motion, Appleton Centry Crafts, New York, 1963.
- ◆ Williams M., et., Al., Biomechanics of Human Motion, Philadelphia, Saunders Co., 1982.

M.P.Ed. – 204 (b) Elective – Professional Preparation for NET/ SLET

Unit-I: -

- Relationship or Analogy Test
- Spotting out the Dissimilar
- Series Completion Test
- Coding and Decoding Test

Unit-II: -

- Direction sense Test
- Blood – relation
- Problems based on Alphabet
- Time Sequence Test

Unit-III: -

- Mathematical ability Test – Situation
- Reaction Test – Verification of the truth of the Statement
- Best reason test.

Unit-IV: -

- Paper cutting type questions – Assigning artificial values to arithmetical digits and signs – Arranging according to size or age – Venn diagram and chart type test.

Unit-V: -

- Miscellaneous Exercise – Logical reasoning – Validity test of syllogism – Divergent Thinking – Comprehension.

M.P.Ed – 301 - Exercise Physiology and Applied Kinesiology.

Unit-I: - Muscular Physiology - Skeletal muscle structure and function – cross structure - electron microscopic structure - fibre types, fiber distribution and performance, sliding filament theory of muscular contraction - types of muscular contraction, energy for muscular contraction, acute and delayed muscular soreness, effect of exercise on muscular system – Respiratory system – Respiratory muscles, mechanism of respiration, pulmonary ventilation, dead space, lung volumes and capacities, effect of exercise on pulmonary ventilation, second wind, stitch in the side.

Unit-II: - Cardio Respiratory Physiology - Circulatory system – Cardiac Cycle, Heart rate, Stroke volume, systemic and pulmonary circulation, cardiac output during rest and exercise, measurement of cardiac output, factors influencing heart rate and blood pressure, circulatory adjustments during rest and exercise, effect of exercise on circulatory system – Nervous system general nervous system and functions – organization of nervous system, structure of Neuron, electrical activity in Neurons, voluntary control of muscular movements, involuntary control of muscular movements proprioceptors.

Unit-III: - Bioenergetics – Energy sources, adenosine triphosphate, aerobic and anaerobic metabolism (Carbohydrate, fat and protein metabolism) – Energy metabolism during rest, exercise and recovery – Exercise and environment Exercise and temperature regulations in hot climates, exercise and temperature regulations in cold climate, effect of high altitude on physical performance, physiological adaptations to altitude.

Unit-IV: - Physiology of performance – Factors affecting performance, fatigue, general and chronic symptoms and sites of fatigue, prevention, factors limiting anaerobic performance and aerobic performance –Work test to evaluate performance – laboratory assessment of physical performance, components of effective physiological testing, direct and indirect methods.

Unit-V: - Meaning and definition of Kinesiology. Role of Kinesiology in Physical Education and Sports. Functions of the Skeleton – Bones of the Body – Classification of Joints and its Structure – Kinds of Joint - Movement and range of motion.

Muscles – Types of Muscles – Roles of Muscles – Kinds of Muscle action - mechanics of muscles – Co-ordinated action of Muscles. Muscle function in relation to Posture. Structural Classification of muscles – Contraction - Origin, Insertion and action of the following muscles, Trapezius – Deltoid – Biceps – Triceps – Pectoralis major – Pectoralis minor – Rectus abdominus – Rectus femoris – Sartorius – Quadriceps group of muscles – Latissimus dorsi – Gluteus maximus – Hamstring group of muscles - Gastrocnemius.

Functions of muscles – Prime movers, Assisted movers, Neutralised Stabiliser. Exercise programme to develop (1) Upper back, (2) Lower back, (3) Lower extremity, (4) Upper extremity, (5) Abdomen and (6) Head and neck. Muscular analysis of Shot-put, discus, Javelin, Hammer, Long Jump, High Jump, Triple Jump.

Unit-VI: Biomechanics: Meaning – Definition – Function, Linear Kinematics – Distance and Displacement, Speed and Velocity, Acceleration angular Kinematics, Angular Speed and Velocity – Linear and Angular Kinematics. Need and importance of Biomechanics in Sports.

Unit-VII: Linear Kinetics – Meaning and Definition – Inertia – Mass force – Internal and External factors of force – Newton's laws of motion – Law of Gravitation – Momentum – Work – Power – Energy – Stability – Various Degrees of Stability – Angular Kinetics – Levers – Centre of Gravity. Special factors affecting Sports Performance. Analysis of Skills and Techniques.

Reference

- Luttgens and Wells. Kinesiology, "Scientific Basis of Human Motion", Philadelphia: Saunders College Publishing Co., 1991.

- Jenson, R. "Applied Kinesiology and Biomechanics" New York: McGraw Hill Book Co. 1987.
- Johnson R. and Schulky. W "Applied Kinesiology" Philadelphia: Saunders College Publication Co., 1989.
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- John W. Bunn, Scientific Principles of Coaching, New Jersey Prentice Hall Inc. 1985.
- Kreighbawn, E and Barthels, K.M. Biomechanics, "A Quantitative Approach for studying Human Movement", Minneapolis: Burgess Publishing Co., 1981.
- Sivaramakrishnan S. Physiology of Sports, New Delhi: Friends Publications, 2006.

M.P.Ed – 302 – Sports Training

Unit-I: Basic Principles of Training – Specificity, Overload, Reversibility, Basic Physical Fitness Components – Strength, Speed, Endurance, Mobility, Strength – Definition – Types of Strength, Strength development training – General Exercise, Specific exercise, competitive exercises. Training for the development of maximum strength – Elastic Strength – Strength Endurance – Unit Construction for strength development.

Unit-II: Speed – Definition, factors influencing speed, Training for speed development, Unit construction – Activity other than running, Speed barrier, Speed endurance, Endurance – Types of Endurance – Endurance Training – Duration, Repetition, Competition and Testing. Short term, Medium Term and Long Term Endurance Training. Factors to be considered for Endurance Training.

Unit-III: Mobility – Definition, Classification, Factors influencing Mobility – Role of Mobility, Training to develop Mobility – Mobility Unit Construction, Periodization - Meaning, Single, Periodization, Double Periodization . Different seasons – preparatory, pre competition. Competition and Transitional period.

Unit-IV: Meaning of the terms Unit, Session, Micro Cycle, Meso Cycle and Macro Cycle, Warming up – General and Specific – Limbering down – Special type of training – Plyometric Training – Parcourse Training, Mass Practice, Distributed Practice.

Unit-V: Ergogenic Aids – Meaning, Effect of Drugs – Alcohol, Caffeine and Smoking on performance. Blood doping, anabolic steroid, Drug abuses in athletics – Effect of Climatic Changes – high altitude Training for Long Distance runner – Effect of aerobic endurance training on Heart rate, Heart size, Blood Pressure, Blood Distribution, Lung Volume – Respiratory Rate, Maximal Oxygen uptake and Lactic Acid.

Reference

- Frank W. Dick, Sports Training Principles, London, Lepus Book Co., 1980.
- Hardayal Singh, Science of Sports Training, D.V.S Publication, New Delhi, 1995.
- Dietrich Harre, Principles of Sports Training, Berlin Sportverlag. 1982.

M.P.Ed – 303 – Sports Medicine

Unit-I: - Introduction to Sports Medicine – Definition, aim and objectives, need and importance of sport medicine – preventive, curative and rehabilitative aspects of sports medicine.

Unit-II: - Pre-participation Examination – Maturity assessment – disqualifying conditions of sports injuries – insurance requirement – General health – eyes, cardio – vascular – liver – skin – Hernia musculo – skeletal neurological reval genitalia.

Unit-III: - Regional Athletic Injuries and Management causes, signs and symptoms, and immediate management of the Head injuries – Shoulder Injuries – Arm and Elbow Joint Injuries – Wrist and hand injuries – Thigh and Knee injuries – lower leg – ankle and foot injuries.

Unit-IV: - Meaning and definition of Physical Rehabilitation – Goal of rehabilitation – Various stages of Rehabilitation – Rehabilitation programme for neck, Shoulder Joint, Arm, and elbow joint, wrist joint and hand, hip joint, thigh, knee joint – leg, ankle joint and foot.

Unit-V: - Role of Physiotherapy in the Injury Management.

- Classification of massage manipulation (Swedish System) Physiological effects of various types of massage.
- Cryotherapy – ice and cold water, ice pack, ice massage, cold compression.
- Thermo therapy – Contrast bath, Whirlpool, Hot water fomentation – Vapour bath.
- Electrotherapy – Infrared – Ultra violet – shortwave diathermy – microwave diathermy - ultra sound, electrical stimulation – TENS.

M.P.Ed – 304 (a) - Elective – Health Promotion and Nutritional Care

Unit-I: - Historical Review of Exercise and Fitness – Future Challenges – Strategies for increasing physical activity in India – The wellness revolution all over the world – Definition of Physical activity, exercise and physical fitness – cardio respiratory endurance, Body composition and musculoskeletal fitness.

Unit-II: - The acute and Chronic effects of physical activity, Effect of exercise on hear rate, stroke volume, cardiac output – Major cardio respiratory changes from exercise training when at rest, cardio respiratory changes during sub maximal and maximal exercise, effects of gender, age and heredity.

Unit-III: - Benefits of musculoskeletal fitness – strategies for increasing physical activity in India – Physical Activity and Ageing, Statistics and trends, Ageing process, Health habits and ageing, physical activity and life expectancy.

Unit-IV: - Nutrition and Nutritional status in India. Basic five food groups, principles of Menu planning, malnutrition, Nutritional deficiencies – Protein calorie malnutrition – carbohydrates – Monosaccharide, Disaccharide and polysaccharide – sources of fat – Importance of fat in diet.

Unit-V: - Food toxins – lathyrism – favism, solinine, aflatoxin – food contamination – Pesticides, food borne illness, safe food handling parasitic infestation – vegetarian diet –

Principles of planning types – Vegetarian food - behaviour advantages of vegetarian diet – Non nutritive foods – choline inositol, caffeine.

Reference

- ❖ Allen G. Stull 1980 – Encyclopedia of Physical Education and Fitness and Sports. Brighton Publishing Cp. New York, USA.

M.P.Ed – 304 (b) - Elective – Adapted Physical Education

Unit-I: Introduction to Adapted Physical Education – Meaning of the term adapted – Background information purpose and Goals of adapted Physical Education concepts.

Disability and Rehabilitation – Disable – Disability – Handicap – Impaired – Multiple disability rehabilitation – Special education – Inclusive education – Definition.

Unit-II: Classification of Disability – Disability / differentially abled - classification and sub classification in each disability – Blind – Deaf and Dumb – Orthopaedically – Mentally Retarded – Spastic – Autism – Cerebralpalsy etc.

Unit-III: Rules of Adapted games and Class Management – Adapted Physical Education for the blind adapted volleyball / Adapted Kabaddi / Adapted Tennis / Adapted Table Tennis and Adapted minor games track and field Teaching methods to be adapted by the Special Educator in Sports / Recreation and games. Kinesthetic – one on one teaching – group teaching and circular method teaching.

Unit-IV: Adaptation of Motor Activities – Principles for Adaptation of Motor Activities – According to the Disability - ground marking – Equipment both personal activity – Rules.

Unit-V: Classification Structure – International Competitions.

- Dark Olympics
- Silent Olympics
- Paraphylyc Olympic
- Special Olympics.

Reference

- Clauding and Sherill, adopted physical education and recreation, C. Brown publishers, IOWA.
- Paul. A. Metzge, elementary school physical education, C. Brown Company publishers.
- Barow, Harold, M., McGee, rosemary, A Practical approach to measurement in Physical Education, Philadelphia, Lea and Febiger, 1964.
- Meyers, Carlton, R. and Belsh, Erwin T. Measurement in Physical Education, London G. Bell and Sons Ltd., 1967.
- Campbell, W.R and Tucker, N.M., An Introduction in Physical Education, London G.Bell and Sons Ltd., 1967.
- S. Jaimitra Physical Education for the Blind, Grace Printer, Chennai – 1990.

M.P.Ed – 401-Computer Application in Physical Education and Sports

Unit-I: - Introduction – Generations – Block diagram of a computer – Hardware & Software – Input and Output devices – Memory: Read only Memory (ROM) – Random Access Memory (RAM) – Sources of Memory – Floppy disk – hard disk – CPU (Central Processing Unit) –

Importance - characteristics of a computer – define: data, information- need of programming languages and packages.

Unit-II: - Introduction to Windows – Working with Windows'98 – Advantages of working in Windows'98 – Desktop – Start Menu – Control panel – Find – Run – Starting an application – Moving a window – changing the size – Task bars – Control panel – Clock – Mouse – Shut Down.

Unit-III: - MS-Word: Working with Document – Page Setup – Formatting Paragraphs – Creating Bulleted and numbered lists – Fonts – Editing (Cut, Copy & Paste) – Layouts – Language, Grammar & Spelling Checkers – Find and Replace – Tables – Printing – Mail Merge – Address Book – **Internet** – Introduction to Internet – Service provided through Internet – Search Engines – E-Mail (Sending and Receiving mail)- Web pages.

Unit-IV: - Using Computers in Various Areas in Physical Education – (Research – Biomechanics, Exercise Physiology, Motor Learning & Sports Psychology) – Analyzing the data using statistics.

Unit-V: - SPSS Package: Introduction – Feeding Data – Naming the variables – Grouping the Data – Computation of Descriptive Statistics – T.Ratio – Correlated and Uncorrelated Methods – Analysis of Variance. Co-efficient of Correlation.

Reference

- Annie L. Rothstein, "Research Design & Statistics for Physical Education". Englewood Cliffs: Principle Hall Inc., 1985.
- Maria Langer. "Word for Windows" : Peachpit Press, Berkeley.

M.P.Ed – 402 - Theory of Sports and Games - II

Unit-I: Specification and Marking of Hurdles – Relay races – Triple Jump – Pole Vault and throwing Hammer, sector, Javelin runway and sector – Triple jump and pole-vault, runway and landing area.

Unit-II: Rules and their interpretations of Hurdle Races, Relay Races – Field Events – Triple Jump – Pole-vault – Javelin – Hammer – Combined Event (Decathlon).

Unit-III: Duties and Responsibilities of the Officials – Management Officials – Competition Officials and Additional Officials.

Unit-IV: History, Origin and Development of the game at National and International level – Measurement and Marking of the following games: Badminton (Shuttle and Ball), Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Tennis and Volleyball.

Unit-V: Rules and their interpretations – Duties of officials – Mechanics of officiating and official signal and organizational setup at National and International level for the above mentioned games.

Reference

- George Immanuel, "Track and Field Layout and Marking".
- A.A.H. Rules Book.
- R.L. Anand, Play Field manual, Patiala, NIS Publication, 1990.
- H.C. Buck, Rules of Games and Sports, Madras, YMCA Publications, 1992.

M.P.Ed – Elective – 404 (a) - Sports Journalism

Unit-I: - Ethics of Journalism and Sports Bulletins – Ethics of Journalism – Canons of Journalism – News, Information and Ideas – Journalism and Sports Education.

Unit-II: - Structure of Sports Bulletin – Compiling a bulletin – Types of Bulletin – Hourly bulletin and Special bulletin – External bulletins.

Unit-III: - Brief review of Olympic Games, Asian Games, Common Wealth Games and Indian Traditional Games.

Unit-IV: - Sports as an integral part of Physical Education – Sports organization and Sports Journalism – General news reporting and sports reporting.

Unit-V: - Mass Media in Journalism – Radio and T.V Commentary – Running Commentary on the radio – Sports experts comments – Sports reviews for the Radio and T.V.

Reference

- ❖ Ahiya, B.N. Theory and Practice of Journalism: Set to Indian Context ED. 3, Delhi, Surjeet Publications, 1988.
- ❖ Ahiya, B.N. and Choabra, S.S.A. concise Course in Reporting Etc., Delhi, Surjeet Publications 1990.
- ❖ Bhaft, S.C. Broadcast Journalism Basic principles, New Delhi, Har Anand Publications, 1993.
- ❖ Parathasarathy, R. Journalism in India From the Earliest Time to the President day II road, Sterling Publication Pvt., Ltd. 1991.
- ❖ Varma, A.K. Advanced Journalism, Har Anand Publications, New Delhi, 1993.

M.P.Ed – 404 (b) - Elective - Sport Tourism

Unit-I: - History of Sport Tourism, Concepts of Sport Tourism Industry – Historical development of connection between sport and tourism – Basic concepts.

Unit-II: - Categories of Sport Tourism – Classification - Scheme for Sport Tourism – Infrastructure of Sports, Tourism – The characteristics of Participants.

Unit-III: - Tourism in Development of Sports – Development of Sport Activity Based on available tourism resources – Tourism generated sports development through programs and instruction – Development of Regional Sports.

Unit-IV: - Socio – Economic – Importance of Sports & Tourism Industry – Positive & Negative Impacts – Sports & Tourism as Economic Activities – Sports Tourism: The issue of

Socio Economic Equity – Sports Tourism to raise sponsorship for people with disabilities and to fight diseases.

Unit-V: - Modern Development and Promotional Characteristics in Sports Tourism – Major Events – Attraction for Visitors – Tourist – Sport Tourism in the 21st Century: Sport Tourism Today – Facilities / Amenities for Sports & Tourism.

Reference

- ❖ Joy Standeven by Sport Tourism
- ❖ Paul De Knop by Sport Tourism