

SYLLABUS

M. A. (PHYSICAL EDUCATION)

Two Year (Four Semester)

N.E.P.- 2020

W.e.f. session 2025-26

Dr. Sandeep Gupta
Dr. Shaldev Maan
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Dr. Ajay Malik
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Maa Shakumbhari University, Saharanpur



Department of Higher Education
U.P. Government, Lucknow

National Education Policy-2020

Common Minimum Syllabus For All U.P. State Universities

Semester wise Title of the Papers for the subject of Physical Education (M.A.)

Year	Semester	Course Code	Core/ elective	Title of the Paper	T/p	Credits
4	VII		C	Yogic Science	T	4
4	VII		C	Scientific Principles of Sports Training	T	4
4	VII		C	Physiology Of Exercise	T	4
4	VII		E	Elective Course: (Opt any one) 1. Sports Sociology 2. ICT in Physical Education 3. Adventure and Indigenous Sports	T	4
4	VII			PRACTICAL 1. Track and Field (sprints, middle and long distance races) / Gymnastics/ Swimming (chose any one as per the feasibility and availability of the resources) 2. Team sport: kabaddi, kho-kho, volleyball, basketball, handball, cricket, football, hockey. (opt any one)	P	4
4	VII			PROJECT: Project on Selection of a research problem and writing 50 references relating to chosen problem.		6

				OR Book Review(Review of any three books by leading authors in Physical Education		
TOTAL CREDITS						26
4	VIII		C	Research Process and computer application in Physical Education	T	4
4	VIII		C	Sports management	T	4
4	VIII		C	History and Principles of Physical Education	T	4
4	VIII		E	Elective Course: (Opt any one) 1. Journalism And Mass Media In Physical Education 2. Athletic Care and Rehabilitation 3. Sports Nutrition	T	4
4	VIII			PRACTICAL: 1. 1. Track and Field (High, Long, Triple Jump and Pole vault) / Gymnastics/ Swimming (chose any one as per the feasibility and availability of the resources) 2. Individual Sport: Badminton, Table Tennis, Judo & Yoga. (opt any one)	P	4
4	VIII			PROJECT: Field based project on techniques of collection and presentation of data OR Statistical approach and computer application in the study and analysis of data		6
TOTAL CREDITS						26
5	IX		C	Sports Biomechanics and Kinesiology	T	4
5	IX		C	Sports Medicine	T	4
5	IX		C	Sports Psychology	T	4
5	IX		E	Elective Course: (Opt any one) 1. Health Education 2. Professional Preparation and Curriculum Design in Physical Education 3. Kinanthropometry	T	4
5	IX			PRACTICAL: 1. Track and Field (Javelin, Hammer and Discuss Throw, Shot Put)) / Gymnastics/ Swimming (Chose any one as per the feasibility and availability of the resources)	P	4

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				2. Game Specialization(any one Team and one Individual sport which were listed in the practical no. 02 in VII & VIII semester)		
5	IX			PROJECT: Tools, equipment and apparatus in physiological, psychological and biomechanical studies: Manual and application OR Research based writing of an article and research paper in physical education		6
TOTAL CREDITS						26
5	X		C	Educational Technology and Innovation in Teaching Physical Education	T	4
5	X		C	Test , measurement and Evaluation Techniques in Physical Education	T	4
5	X		C	Applied Statistics in Physical Education	T	4
5	X		E	Elective Course: (Opt any one) 1. Adapted Physical Education 2. Physical fitness and Wellness 3. Sports Engineering	T	4
5	X			PRACTICAL: 1. Track and Field (Relay Races, Hurdles and combined Events) / Gymnastics/ Swimming (chose any one as per the feasibility and availability of the resources). 2. Game Specialization (Same as in third Semester)	P	4
5	X			PROJECT: Minor study on any aspect relating to the domain of physical education.(case study/ experimental study/ correlational study)		6
TOTAL CREDITS						26
<u>PROJECT WORK</u> : It should be specific to the syllabus of that particular semester.						

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PROGRAMME OUTCOMES

Since its inception Physical Education has evolved hugely as one of the most relevant academic disciplines worldwide which contributes not only in the harmonious development but also caters the vocational pursuits of the students. This programme aims at developing scholars who are professionally competent, specialized and are well aware of the present and emerging issues like health, fitness, wellness, sports, management, technology and other relevant areas. This programme is highly research oriented which would motivate and enable a student to develop a critical, curious and thoughtful approach towards the philosophy of the subject. This in totality would definitely pave the way for new avenues where one can explore opportunities for entrepreneurship and self expression.

Syllabus Developed By :

S.No.	Name	Designation	Department	University/ College
1.	Dr. Rajeev Chaudhary	Professor	Physical Education	Pt. Ravishankar Shukla University, Raipur, Chhattisgarh
2.	Dr. Birendra Jhajharia	Associate Professor	Physical Education	LNIFE, Gwalior, M.P
3.	Dr. . Sandeep Chaudhary	Associate Professor	Physical Education	SVS University, Meerut, U.P.
4.	Dr. Poonam Bhandari	Assistant Professor	Physical Education	SMPGGPG College, Meerut, U.P.
5.	Dr. Gunjan sahi	Assistant Professor	Physical Education	MBGPG College, Lucknow, U.P.
6.	Dr. Sheel Dhar Dubey	Assistant Professor	Physical Education	Govt. PG College, rajajipuram, Lucknow



SYLLABUS FOR MASTER OF PHYSICAL EDUCATION

SEMESTER -VII

YEAR- 04

SEMESTER – VII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER : 01

Program/ Class: Bachelor With Research	Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code : E020701T	Course Title : Yogic Sciences	
Course Outcomes : This course would help students to practice Yoga as way of life and understand it as our cultural heritage. After the completion of the course student would be fully acquainted with the layout for Yogic events. She would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga. This course has tremendous opportunities for vocational pursuits.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks: 10+25

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	<u>INTRODUCTION TO YOGA :</u> Meaning, Definition, Scope and importance of Yoga Streams of Yoga: Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga and Gnana Yoga. Limbs of Yoga (Astanga Yoga): Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi. Historical development of yoga from ancient to modern times. Essentials of Yoga Practices; Age, Diet, Time, Bathing , Clothes, Place, Awareness, Sequence, Emptying bowels, Stainless Condition, Breathing and Relaxation. Indications and Contraindications of Yoga Practice.	10
II	<u>ASANAS AND PRANAYAMA:</u> Loosing exercise: techniques and benefits. Asanas: Types- techniques and Benefits, Surya Namaskar; Methods and benefits. Pranayama: Methods and benefits. Nadis: Meaning, Methods and benefits, Chakras: major chakras – Benefits of clearing and balancing chakras.	10
6 Page III	<u>KRIYAS, BANDHAS, MUDRAS AND MEDITATION:</u> Shatkriyas- Meaning Techniques and benefits of Neti-Dhati-kapalpathi –TratakaNauli- Basti. Bandhas: Meaning Techniques and Benefits of Jalendra Bandha, jihvaBandha, uddiyana Bandhas, Mula Bandha Mudras: - Meaning Techniques and Benefits of Hasta Mudra.	10

	Asamyuktahastam, Samyuktahastam, ManaMudra, KayaMudra, BandaMudra, AdharaMudra. Meditation: Meaning Techniques and benefits Meditation-passive and active, saguna Meditation. Nirguna Meditation.	
IV	<u>YOGA AND SPORTS:</u> Yoga Supplemental Exercise-yoga Compensation Exercise- Yoga Regeneration Exercise, Power yoga. Role of yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of yoga on physiological system: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory system	10
V	<u>GREAT THINKERS AND PHILOSOPHIES OF INDIAN YOGA CULTURE:</u> Maharshi Patanjali, Charwak, Budha, Mahavir, Swami Vivekanand, Panchikaran Prakriya, Panch kosha theory, Nandha bhakti, Kundalini and Astha sidhi. Various Yogic therapies and modern concept of yoga,	10
VI	<u>WELLNESS AND NUTRITION:</u> Yogic therapies and modern concept of yoga, Psychology of mantras , meaning and importance of prayer, Deep breathing, Yogic diet, prevention and cure of injuries and various diseases through yoga, psycho- Physical and spiritual effectiveness, Massage and yogic nindra,	10
<u>REFERENCES :</u> <ol style="list-style-type: none"> 1. The Yoga Sutras of Patanjali by Sri Swami Satchidananda Publisher : Integral Yoga Publications; Reprint edition (September 14, 2012), Language : English Paperback : 272 pages, ISBN-10 : 1938477073, ISBN-13 : 978-1938477072 2. Alter, Joseph , "Yoga in Modern India : the body between science and philosophy". Princeton University Press. ISBN 978-0-691-11874-1.,2004 3. Behanan, Koor T.[1937]. Yoga: Its Scientific Basis. Dover. ISBN 978-0-486-41792-9. originally titled Yoga: A Scientific Evaluation.2002 4. Broad, William, "The Science of Yoga: The Risks and the Rewards". Simon & Schuster. ISBN 978-1-4516-4142-4.2012 5. Coulter, H. David, " Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners". Motilal Banarsidass. ISBN 978-81-208-1965-8.2007 		

6. Goldberg, Elliott, "The Path of Modern Yoga : the history of an embodied spiritual practice. Inner Traditions". ISBN 978-1-62055-567-5.2016
7. Kaminoff, Leslie; Matthews, Amy, "Yoga Anatomy (2nd ed.)". The Breath Trust. ISBN 978-1-4504-0024-4.2012
8. Long, Ray; Macivor, Chris, "Scientific Keys: The Key Muscles of Yoga "Volume 1. Bandha Yoga. ISBN 978-1-60743-238-8.2009
9. Paul, N. C.". Treatise on Yoga Philosophy". E. J. Lazarus and Co., Medical Hall Press.1882
10. Powers, Sarah, "Insight Yoga". Shambhala. ISBN 978-1-59030-598-0. OCLC 216937520.2008
11. Shearer, Alistair, "Story of Yoga : from Ancient India to the Modern West". C. Hurst. ISBN 978-1-78738-192-6. OCLC 1089012347.2020
12. Singleton, Mark, "Yoga Body : the origins of modern posture practice". Oxford University Press. ISBN 978-0-19-539534-1.2010
13. Swanson, Ann, "Science of Yoga : understand the anatomy and physiology to perfect your practice". DK Publishing. ISBN 978-1-4654-7935-8.2019

Suggestive digital platforms web links:

<https://www.yogajournal.com/teach/online-platforms-and-video-advice-for-yoga-teachers/>
<https://dst.gov.in/mobile-app-celebrating-yoga-connect-people-through-yoga-scientific-healthy-living-launched-today>
<https://www.capgemini.com/2020/01/digital-platforms-in-the-life-science-and-pharmaceutical-rd-laboratory-the-decisive-competitive-advantage/>

This course can be opted as an elective by the students of the following subjects:-
 Any student can opt for it .

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks
 02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education and Yogic Sciences

Suggested equivalent online courses :

- Online courses by AAFT, Delhi and Raipur.
- Online courses by The Yoga Institute Delhi(<https://www.theyogainstitutedelhi.com>)

Further Suggestions:

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SEMESTER – VII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER : 02

Program/ Class: Bachelor With Research		Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020702T		Course Title : Scientific Principles of Sports Training	
<p>Course Outcomes : Students at the completion of this course would understand the scientific sports training process , develop attitudes & skill in developing champion athletes. They would be able to learn to utilize various training methods for the development of bio-motor abilities and understand the importance of periodization, planning, competition and talent identification. Students will be better prepared to be a good coach & advisor and develop an understanding of the technical and tactical training. Students would know the role of sport sciences to achieve the excellence.</p>			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>SPORTS TRAINING :</u> Definition and Importance of Sports Training .Characteristics of Sports Training .Aims of Sports Training .Principles of Sports Training .Philosophy of Coaching .Qualities of a Good Coach.		10
II	<u>TRAINING LOAD :</u> Important features of Training Load (Intensity, Density, Duration and Frequency). Principles of Training Load. Relationship between Load and Adaptation. Conditions of Adaptation. Over Load - Symptoms, Causes, and Tackling of Over Load. Factors affecting Recovery Process and Means of Faster Recovery.		10
III	<u>VARIOUS TRAINING METHODS :</u> Interval Training Method. Repetition Training Method. Continuous Training Method. Circuit Training Method. Fartlek Training Method. Weight Training Method. Resistance Training Method. Plyometric Method.		10
IV	<u>BIO-MOTOR ABILITIES AND THEIR DEVELOPMENT :</u> Strength – Types of Strength, Factors affecting Strength Performance, Means and Methods of Strength Training. Endurance – Definition and Significance of Endurance, Factors affecting Endurance Performance, Forms of Endurance, Means and Methods of Endurance Training. Speed – Definition and Forms of Speed, Factors determining Speed, Means and Methods of Speed Training .		10

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	Flexibility – Definition and Types of Flexibility, Factors affecting Flexibility, Methods used to develop Flexibility. Coordinative Abilities – Definition and Classification of Coordinative abilities, Methods used to develop Coordinative abilities.	
V	TECHNICAL AND TACTICAL PREPARATION : Definition of Skill, Technique and Style. Characteristics of Technique .Phases of skill Acquisition. Methods for the development of Technique. Causes and Correction of Faults. Definition of Tactics and Strategy. Basic Tactical Concepts - Offensive, Defensive high performance .Methods of Tactical Training and Control of Tactical Knowledge.	10
VI	COMPETITION, PLANNING AND PERIODIZATION: Planning – Need and Importance in Planning, Principles of Planning, Types of Plan (Training Conception, Macro, Micro, and Meso Training Session Plan). Periodization – Need of Periodization, Top Form and Periodization, Aims and Contents of various Periods of Periodization, Types of Periodization. Competition –Number and Frequency of Competition, Preparation of Competition. Talent Identification – Meaning and Importance of Talent Identification, Phases of Talent Identification, Guidelines of Talent Identification.	10

REFERENCES :

1. Bompa, T., & Haff, G., " Periodization". Champaign, IL: Human Kinetics. 2009
2. Bunn, J.N.."Scientific Principles of Coaching", New Jersey Engle Wood Cliffs, Prentice Hall Inc. 1998
3. Cart, E. Klafs & Daniel, D. Arnheim ,"Modern Principles of Athletic Training", St. Louis C. V. Mosphy Company. 1999
4. Daniel, D. Arnheim,"Principles of Athletic Training", St. Luis, Mosby Year Book.1991
5. Haff, G., & Triplett, N. Essentials of strength training and conditioning. Champaign, IL.: Human Kinetics.
6. Harre, Dietrich, "Principles of Sports Training". Berlin : spotuelag. 1982
7. Lee, E. Brown & Vance A. Ferrigna,"Training for Speed, Agility and Quickness". Human Kinetics, Champaign, Ilc., USA. 2005
8. Matveyew, L.P., " Fundamentals of Sports Training"(Translation from Russia). Mir. Publisers, Moscow.1991
9. Uppal, A.K.and Gautam," Principles of Sports Training". Friends Publications, Delhi. 2001
10. Wuest, D., & Fisetete, J., "Foundations of physical education, exercise science, and sport". McGraw-Hill Higher Education. 2014
11. Zatsiorsky, V., & Kraemer, W., "Science and practice of strength training". Champaign, IL: Human Kinetics. 2006

Suggestive digital platforms web links:

- <http://ncert.nic.in>
- <http://sssutms.co.in>
- <http://mmcmadinagar.ac.in>

This course can be opted as an elective by the students of the following subjects:-
Bachelor of Physical Education

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each (20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

- "Science of training young athletes" online course by University of Florida
- "Science of exercise" online certificate course by University of Colorado
- LNIPE, Gwalior
- One year diploma in sports coaching

Further Suggestions:

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SEMESTER – VII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER : 03

Program/ Class: Bachelor With Research		Year: -04	Semester:-VII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020703T		Course Title : EXERCISE PHYSIOLOGY	
<p>Course Outcomes : At the completion of this course students will be able to describe and apply the fundamental and advanced concepts of exercise physiology, Recognize the energy system for aerobic and anaerobic components of exercise, Detailed structure of skeletal muscle and role of muscle fiber types and significance in sports performance. They would be able to explore the environmental considerations during work/performance, Summarize the underlying physiological basis of physical fitness, physical training, health and wellness. Students would be able to understand the neural control of movement and endocrine system with respect to exercise and their regulation mechanisms and Comprehend the physiological changes and adaptations during exercise in different environmental conditions.</p>			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<p><u>INTRODUCTION OF EXERCISE PHYSIOLOGY, AND SKELETAL MUSCLES AND EXERCISE:</u></p> <p>Meaning and Definition of Physiology and Exercise Physiology, Need and Importance of Exercise Physiology, Gross and microscopic structure of Skeletal Muscle, Sliding Filament Theory of Muscular Contraction, Properties of Skeletal Muscle.</p> <p>Types of Muscle Contractions – Isotonic, Isometric, Eccentric and Isokinetic, Muscle Fiber types and their relation to Exercise Performance, .Energy for Physical Activity, Energy Systems – Immediate energy system, Short-term energy or the Lactic acid energy system, The long term Energy System – Oxidation of Carbohydrate and Fat ,Assessment of aerobic and anaerobic fitness.</p>		10
II	<p><u>CARDIOVASCULAR AND RESPIRATORY SYSTEM REGULATION DURING EXERCISE:</u></p> <p>Cardiovascular System Regulation during Exercise: Regulation of Heart Rate, Stroke Volume, Cardiac Output, Blood distribution and Venous Return, Cardiac Hypertrophy Measurement of Heart Rate, Blood Pressure, and Vital Capacity.</p> <p>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</p>		10

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III	<u>CLIMATIC CONDITIONS AND SPORTS PERFORMANCE AND ERGOGENIC AIDS:</u> Variation in Temperature and Humidity, Thermoregulation Mechanism, Sports Performance in Hot Climate, Cold Climate, and High Altitude, Preventive measures in different environmental stresses, Acclimatization to different environmental conditions and training adaptations, Influence of Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Certain, Human growth hormone on Sports Performance, Narcotic, Stimulants - Amphetamines, Caffeine, Ephedrine, Sympathetic Medicaments Stimulants and Sports Performance.	10
IV	<u>NEURAL CONTROL OF HUMAN MOVEMENT AND ENDOCRINE SYSTEM:</u> 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 Glands and their Secretions, resting and exercise induced secretions, Endocrine role during exercise and adaptations to training.	10
V	<u>NUTRITION, BODY COMPOSITION FOR FITNESS AND PERFORMANCE:</u> Nutritional aspect of Fitness and Performance, Balanced Diet Water and Electrolyte Balance Athlete's Diet, Physiological basis of Diet for Sedentary, Physically Active and Sportsperson, Optimal Body Composition for Fitness and Performance, Concepts of Body Composition, Assessment of Body Composition, Body Composition for Optimal Health and Fitness, Body Composition and Sports Performance.	10
VI	<u>PHYSIOLOGICAL TESTS FOR ELITE ATHLETES IN LABORATORY AND FIELD:</u> General Assessment Procedures, Anthropometric Assessment Protocols, Measuring Flexibility for Performance and Injury Prevention, Determination of Maximal Oxygen Consumption, Blood Lactate Response to Exercise, ECG Placement and Monitor Operations, Protocols for Physiological Assessment of Players of Specific Sports. Lab and Field Environment and Subject Preparation, Equipment Checklist, Protocols, Test Administration, Data Recording Forms.	10
<u>REFERENCES:</u> 1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras:		

- Poompugar Pathipagam.
2. Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
 3. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
 4. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
 5. Farrell, P., Joyner, M., & Caiozzo, V. (2012). ACSM's advanced exercise physiology. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.
 6. Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
 7. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
 8. Kenney, W., Wilmore, J., & Costill, D. (2015) Physiology of sport and exercise.
 9. McArdle, W., Katch, F., & Katch, V. (2010). Exercise physiology. Baltimore, MD: Lippincott Williams & Wilkins.
 10. Plowman, S., & Smith, D. (2014). Exercise physiology for health, fitness, and performance. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health.
 11. Raven, P. (2013). Exercise Physiology. Australia: Wadsworth Cengage Learning.
 12. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
 13. Sandhya Tiwari. (1999). Exercise Physiology. Sports Publishers.
 14. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
 15. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
 16. William, D. McArdle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

Suggestive digital platforms web links:

<https://biologydictionary.in>

<https://www.physiopedia.com>

<https://he.kendallhunt.com>

This course can be opted as an elective by the students of the following subjects:-
Student with a bachelor degree in Physical Education

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each (20 marks)

Course Prerequisites: To study this course, a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science & Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

Further Suggestions:

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SEMESTER- VII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER : 01

Program/ Class: Bachelor With Research		Year: -04	Semester:-VII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020704T		Course Title : Sports Sociology(ELECTIVE)	
Course Outcomes : At the completion of this course student would be able to understand core concept of sociology, religion, culture and sports sociology and would be able to understand their role in movement education and sporting performance. Content of this course would be enough to answer the most relevant questions like how sports work as a socializing agent and how nature of sporting events changes with ever changing social structure. Course content also focuses on the issues like commercialization of sports , research in the field of sports sociology and women participation in sports.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>INTRODUCTION TO SPORTS SOCIOLOGY:</u> Meaning , Definition, Importance, Historical perspective and Concept of sports sociology .Sociology of sports as a separate discipline ,Sports sociology as a science of social relationships . Socialization and Sports.		10
II	<u>SPORT , RELIGION AND CULTURE:</u> Definition and concept of religion and Culture. Similarities and differences between religion and sports as a social phenomenon. Challenges in combining sports and religion ,Sports as a religious phenomenon.		10
III	<u>SPORT AND RESEARCH METHODS :</u> Research Methods in sports sociology (field work), and survey, Check list and participant observation ,Interview - structured and non- structured ,Content analysis of historical evidence ,New trends in social research specifically in relation to qualitative and quantitative techniques at international and National Level.		10
16 Page IV	<u>SPORT AND COMMERCIALIZATION :</u> Emergence and growth of commercial sport ,Impact of commercialization and changes in sport ,Impact of media on sports and sponsorship ,Role of media in making and breaking of images in sports , Club culture and its impact on sport development .		10

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V	<u>SPORT AND FUTURE :</u> Ideological issues in sport ,Visualization of major sport forms in the future ,Changing trends and forecasts in the growth of sports , National sports policy – Challenging and constraints ,Ethics and growing ethical crises in sports. National and International integration through Sports.	10
VI	<u>DIFFERENT DIMENSIONS TO SPORTS SOCIOLOGY:</u> Sports and Women: Pre Independence, After Independence, Current Status, Social barriers, Schemes for improving the participation of women by Government. Globalization and Characteristics of global Sports. Sports and Politics, sponsorship, media and economy. Sports and violence. Social impact of International sports events.	10

REFERENCES :

1. Bhusan, V. and Sachdeva, An Introduction to Sociology, Delhi: Kitab, 2003.
2. IGNOU, The Study of Society - Understanding Sociology, Delhi - IGNOU, 2007.
3. Inkeles, A. Ed., What Is Sociology, ND : Prentice Hall, 1997.
4. Jain, Rachna, Sports Sociology, New Delhi: KSK, 2005.
5. Kanwal Jeet, S., Sport Sociology, ND : Friends Pub., 2000.
6. Mitchell, G.D. Ed., Dictionary of Sociology, U.K : Routledge, 1999.
7. Sharma, R. N, Urban Sociology, ND : Surjeet Pub., 1993.
8. Singh, Bhupinder, Sports Sociology, New Delhi : Friends, 2004.
9. Turner, B., Cambridge Dictionary of Sociology, U.K., Cambridge, U.N. Press., 2006.

Suggestive digital platforms web links:

<https://en.m.wikipedia.org>
<https://www.Britannica.com>
<https://digilib.phil.muni.cz>
<https://notesread.com>

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This course can be opted as an elective by the students of the following subjects:- Sociology
<u>Suggested Continuous Evaluation methods (CIE):</u> Course related Assignment - 05 marks 02 MCQ Examinations- 10 marks each(20 marks)
Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma. Bachelor in Physical Education
<u>Suggested equivalent online courses :</u> Online Courses at IGNOU and various national and universities abroad -
<u>Further Suggestions:</u>

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SEMESTER- VII. SYLLABUS FOR M.A.IN PHYSICAL EDUCATION, ELECTIVE PAPER : 02

Program/ Class: Bachelor With Research		Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020705T		Course Title : Information And Communication Technology (ICT) In Physical Education (ELECTIVE)	
Course Outcomes : This course would help students to understand and describe the uses of various types of Communication skills, realize the importance of information and Communication Technology (ICT). He would be able to recognize and use application software used in Physical Education and sports and Create format and edit features of MS Word, MS excel and MS Power Point. This course would be extremely helpful especially in the new era of online and virtual mode of teaching learning process.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>COMMUNICATION & CLASSROOM INTERACTION :</u> Concept, Elements, Process & Types of Communication Communication Barriers & Facilitators of communication Communicative skills of English - Listening, Speaking, Reading & Writing Concept & Importance of ICT Need of ICT in Education Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration Challenges in Integrating ICT in Physical Education		10
II	<u>FUNDAMENTALS OF COMPUTERS:</u> Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types Computer Memory: Concept & Types Viruses & its Management Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues		10
19 Page III	<u>MS OFFICE APPLICATIONS :</u> Power Point: Preparation of Slides with Multimedia Effects MS Publisher: Newsletter & MS Word: Main Features & its Uses in Physical Education MS Excel: Main Features & its Applications in Physical Education		10

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	MS Access: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education MS Brochure	
IV	ICT INTEGRATION IN TEACHING LEARNING PROCESS : Approaches to Integrating ICT in Teaching Learning Process Project Based Learning (PBL) Co-Operative Learning Collaborative Learning ICT and Constructivism: A Pedagogical Dimension	10
V	E-LEARNING & WEB BASED LEARNING : E-Learning Web Based Learning Visual Classroom, Digital Library and its usage, E Books, Access of E content. (Students are required to complete this unit practically, they could be given related assignments.)	10
VI	NEW HORIZONS TO E – LEARNING: Development of educational E- content, various digital platforms for virtual teaching learning process, research in Physical Education and technology. (Students may be asked for creating google forms and collection of data through online medium)	10

REFERENCES :

1. B. Ram, New Age International Publication. Computer Fundamental, Third Edition-2006
2. Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition-2001
3. Douglas E. Corner, The Internet Book, Purdue University, West Lafayette in 2005
4. Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004
5. ITL Education Solution Ltd. Introduction to information Technology, Research and development Wing-2006
6. Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006.
7. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999
8. Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one. Second Edition- 2006.

Suggestive digital platforms web links:

<https://www.researchgate.net>

<https://victoriancurriculum.vcaa.vic.edu.au>

<https://www.slideshare.net>

This course can be opted as an elective by the students of the following subject:
<u>Suggested Continuous Evaluation methods (CIE):</u> Course related Assignment - 05 marks 02 MCQ Examinations- 10 marks each(20 marks)
Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma. Bachelor in Physical Education
<u>Suggested equivalent online courses :</u> <u>Online Introductory courses by Cambridge Assessment International Education</u> <u>Courses at SWAYAM portal</u> <u>Courses by IGNOU</u> -
<u>Further Suggestions:</u>

SEMESTER- VII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER : 03

Program/ Class: Bachelor With Research		Year: -04	Semester:-VII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020706T		Course Title : Adventure and Indigenous Sports	
Course Outcomes : This course is designed to broaden the domain of Physical Education. At the end of the course student would be able to understand adventure and indigenous sports along with various aspects related to them. It would enable the student to understand the cultural aspect related to these games . This course has vast opportunities for self employment , promotion of tourism and cultural diversities.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>ADVENTURE SPORTS:</u> Meaning, definition , history and significance of adventure sports. Types : Land , Air and Water based adventure sports. Health concerns and precautions to be observed. National and International training institutes. HMI, Darjeeling, NIM, Uttarkashi, DMAS, Manali, NEF, Pune, RRCC, USA, FTA, Australia.		10
II	<u>WATER AND AIR BASED ADVENTURE SPORTS:</u> Water based adventure sports: Kite boarding, kayaking, Rafting, River Cruising, Scuba Diving, Snorkeling: Techniques and challenges Air based adventure sports : Hot Air Ballooning, Paragliding/ Hang Gliding, Parasailing : Techniques And Challenges. Guidelines for water and air based adventure sports.		10
III	<u>LAND BASED ADVENTURE SPORTS:</u> Types : Cycling And Motorcycle Tours, Camel, Horse, Jeep Safaris, Mountaineering, Bungee Jumping, Nature Walk/ Bird Watching, Rock Climbing(Artificial Wall Climbing And Abseiling), Skiing / Snowboarding, Trekking, Wildlife Safaris, Zip Wires And High Rope Courses: Techniques And Challenges . Guidelines For Land Based Adventure Sports.		10
22 Page IV	<u>INDIGENOUS SPORTS:</u> Meaning, Definition, History, Development And Significance Of Indigenous Sports. Kho-Kho, Kabaddi, Various Forms Of Martial Arts(Lathi Khela, Squay, Kalari, Silambametc.), Gatka, Mallakhamba, Insuknawr, Dhopkhel, Circle Kabaddi, Thang- Tha, Lazium: Techniques, Challenges And Guidelines. Innovative		10

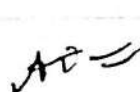
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	Approach In The Practice And Management Of Indigenous Games In India.	
V	<u>ADVENTURE AND INDIGENOUS SPORTS: NEW HORIZONS:</u> Risk Assessment, Emergencies And Their On Field Tackling And Safety Management, Sops And Operating Instructions In Various Adventure And Indigenous Sports. Adventure And Indigenous Sports For Sustainable Development. Gadgets, Equipment And Protective Gear Used In Adventure And Indigenous Sports. Self Employment/ Career And Tourism In These Sports.	10
VI	<u>DIFFERENT ASPECTS OF ADVENTURE AND INDIGENOUS SPORTS:</u> Indigenous And Adventure Sports And :- Culture, Psychological Implications, Leadership, Minor Indigenous Games. Various Competitive Platforms, Fitness Attributes And Training. Indigenous Games Played In India And Any Other 10 Countries.	10
<u>REFERENCES :</u> <ol style="list-style-type: none"> 1. Bey, Yana, " Adventure Sports" Penguin India, 2003 2. Sharma, Mahesh, " Adventure Sports", Independently Published, 2020 3. Majumdar, Boria, " A History Of Indian Sports Through 100 Artefacts", Harper Collins Publishers, India, 2018 4. Dubey, Abhishekh, " Women In Indian Sports", Available At Amazon 5. ATOAI, Indian Adventure :Tourism Guidelines, Incredible India, 2018, Version 2 <u>Suggestive digital platforms web links:</u> https://www.unipune.ac.in > phy_edu https://www.Nimindia.net https://www.Himadven.com https://www.shiksha.com > articles		
This course can be opted as an elective by the students of the following subjects:- Any student can opt for it .		
<u>Suggested Continuous Evaluation methods (CIE):</u> Course related Assignment - 05 marks 02 MCQ Examinations- 10 marks each(20 marks)		




Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.
Bachelor in Physical Education

Suggested equivalent online courses :

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Further Suggestions:

SEMESTER- VII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL, 01

Program/ Class: Bachelor With Research		Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION - PRACTICAL			
Course Code : E020707P		Course Title : TRACK AND FIELD/ SWIMMING/ GYMNASTICS	
Course Outcomes :This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking of the related game/ sport and would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for the game/ sport.			
Credits : 02		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(In hours per week): L-T-P: 0-0-2			
UNIT	TOPIC		NO. OF LECTURES
I	INTRODUCTION: Historical development of the game/sport at national and international levels. National Bodies controlling game/sport and their affiliated units. International Bodies controlling game/sport and their affiliated units. Major National and International competitions in Game/Sport. Layout and marking of play field/ground/courts and measurement of equipment used in Game/Sport.		07
II	TECHNIQUES/SKILLS DEVELOPMENT: Classification of techniques/skills. Technique/skill training: Preparatory, Basic, Supplementary exercises. Identification & Correction of faults. Training for mastery in technique/skill. Recreational and lead-up activities. Warm-up and cool down for game/sports.		07
III	OFFICIATING: Mechanics of officiating. Qualities of good official. Duties of official (pre, during and post game) Rules & their interpretations. Modern trends and latest changes in rules and apparatus/ equipment.		08
IV*	TRACK AND FIELD: <i>Sprints, Middle Distance Races, Long Distance Races, Starts</i>		08
25 P V*	GYMNASTICS: Floor Exercises, Rolls (Forward and Backward) , Cartwheels Headstands , Balancing Beam(Front Roll), (W) , Roman Rings(Inverted Hang Position) , (M), Vaulting Table(Straddle vault), (M & W)		08

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VI*	SWIMMING: Free Style Back Stroke	08
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*Out of Unit No. IV, V and VI any one has to be opted.

REFERENCES :

1. Singh, Gurdayal,, " Fundamentals of men,s Gymnastics" Friends Publications, New Delhi, India, 1994
2. Cavendish Marshall," Skills and Tactics of Gymnastics", Cavendish House, Hongkong , 1982
3. Govindarajulu, " Marking of Track and Field", Friends Publications, New Delhi, India, 2007
4. Guthrie, Mark,"Coaching Track and Field Successfully",Human Kinetics, Champion IL, 2006.
5. Hekmati, Deniz, :Foundations of Strength Training for Swimmers", Available at AMAZON, 2020.

Suggestive digital platforms web links:

<https://www.training.gov.au> > Training
<https://www.Aboutswim.com>
<https://www.svoem.org>.
<https://www.shiksha.com>> articles

This course can be opted as an elective by the students of the following subjects:-

Suggested Continuous Evaluation methods (CIE):

INTERNAL ASSESSMENT (25):

Course related Assignment - 10marks
MCQ Examinations- 10 marks .

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Attendance : 05 Marks

PRACTICAL ASSESSMENT (75):

Practical – 50 marks

VIVA – 15marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

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Further Suggestions:

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SEMESTER- VII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL :02

Program/ Class: Bachelor With Research		Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)			
Course Code : E020708P		Course Title : Team Sport: KABADDI, KHO-KHO, VOLLEYBALL, BASKETBALL CRICKET, FOOTBALL, HANDBALL, HOCKEY, (Any One)	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking for the concerned game/ sport. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training a particular game/ sport.			
Credits : 02		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2			
UNIT	TOPIC	NO. OF LECTURES	
I	<u>INTRODUCTION :</u> Historical development of the game/sport at national and international levels. National Bodies controlling game/sport and their affiliated units. International Bodies controlling game/sport and their affiliated units. Major National and International competitions in Game/Sport. Layout and marking of play filed/ground/courts and measurement of equipments used in Game/Sport.	10	
II	<u>TECHNIQUES/SKILLS DEVELOPMENT:</u> Classification of techniques/skills. Technique/skill training: Preparatory, Basic, Supplementary exercises. Identification & Correction of faults. Training for mastery in technique/skill. Recreational and lead-up activities. Warm-up and cool down for game/sports.	10	
III	<u>OFFICIATING:</u> Mechanics of officiating. Qualities of good official. Duties of official (pre, during and post game) Rules & their interpretations.	10	
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REFERENCES :

1. Cadman, J.F., "Men's Hockey" Training Associates, London (1973)
2. Narang, P. "Play and Learn Hockey" Khel Sahitya Kendra, Delhi (2004)
3. James Dave "Volleyball for Schools" S.Chand & Company Ltd., New Delhi (1976)
4. Singh Kanwal Jeet & Sandh S. Gurbaksh "Scientific Foundations of Volleyball", G.N.D.U., Amritsar.
5. Rees, Roy "Coaching Soccer Successfully" Human Kinetics Windsor (1997)
6. Cavendish Marshall "The Sportsman's World of Soccer" Marshal Cavendish, London (1975)
7. Kanika K. "Basketball Coaching Manual" Sports Publication (2001)
8. Vaidhya, Rajesh "Skills & Tactics Basketball, (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
9. Rose.H.Lee, "The Basketball Handbook." (2004) Human kinetics, USA.
10. Chaudhary, Vivek, "Kabaddi By Nature" Amazon.com, ISBN: 9789382622284, 2018
11. Sharma, Sunil, Kavita, "Kabaddi and Kho-Kho", Sports Education Technology, Delhi, 2019

Suggestive digital platforms web links:

<http://kabaddisport.blogspot.com>
<https://sportsjone.com>
<https://nns.w.footballfives.com>
<https://www.breakthroughbasketball.com>
<https://www.rules of sport.com>

This course can be opted as an elective by the students of the following subjects:-

Suggested Continuous Evaluation methods (CIE):

INTERNAL ASSESSMENT (25):

Course related Assignment - 10marks

MCQ Examinations- 10 marks .

Attendance : 05 Marks

PRACTICAL ASSESSMENT (75):

Practical – 50 marks

VIVA – 15marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

Further Suggestions:

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SEMESTER- VII, SYLLABUS FOR M.A.IN PHYSICAL EDUCATION, PROJECT WORK

Program/ Class: Bachelor With Research	Year: -04	Semester:- VII
SUBJECT : PHYSICAL EDUCATION		
Course Code : E020709R	Course Title : Project Work	
Course Outcomes : This course would enable the students to develop scholarly, critical and inquisitive attitude towards a problem/issue , involving a systematic approach for the selection of appropriate research problem. This course would enable the student to understand right way of writing down references and their importance. This course is designed to motivate students to read relevant literature and scope of book review in research and academic pursuits.		
Credits : 06	Max. Marks : 25+75	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-04-02		
<p>Student needs to practically probe into how to select an appropriate research problem and she would write down at least fifty references related to the chosen problem. She is required to learn the importance of citing down references and how to write references in an appropriate way.</p> <p style="text-align: center;">OR</p> <p>The student can opt for reviewing any three books written by leading authors in the relevant field including one Indian author.</p>		
This course can be opted as an elective by the students of the following subjects:- Bachelor of physical education		
Suggested Continuous Evaluation methods (CIE): INTERNAL ASSESSMENT (25): Course related Assignment - 20marks Attendance : 05 Marks PRACTICAL ASSESSMENT (75):		

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VIVA –65 marks Record Book and Chart – 10 marks
Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma. Bachelor in Physical Education
<u>Suggested equivalent online courses :</u> -
<u>Further Suggestions:</u>

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SYLLABUS FOR MASTER OF PHYSICAL EDUCATION
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YEAR -04

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SEMESTER- VIII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER : 01

Program/ Class: Bachelor With Research	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code : E020801T	Course Title : Research Process and computers in Physical Education and Sports Sciences.	
Course Outcomes : This course would help students to understand the modern concept of research in physical education and sports. It aims to develop understanding about the methods and tools of research, research problem, and other components of the whole research process. Students would be able to write down an appropriate research proposal and would be acquainted with the latest trends in the field.		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks: 10+25

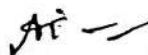
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	<u>INTRODUCTION, RESEARCH PROBLEM, REVIEW OF RELATED LITERATURE:</u> Meaning of Research , its characteristics, importance, types and Classification of Research. Qualities of a Researcher Research Problem: Sources of Research Problem, Identifying a research problem Criteria in selecting a research problem Stating the research problem Locating Reference Materials, Procedure of review of related literature.	10
II	<u>METHODS OF RESEARCH:</u> Historical Research: Sources of historical materials : Primary Data and Secondary Data Evaluation of historical material Pitfalls of historical writing. Philosophical Research Survey method: Meaning and importance of survey Types of survey Interview- structured and unstructured.	10

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	Experimental Research Meaning of Experimental Research Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design. Tools of Research – Questionnaire, Interviews, Schedules, Observation Techniques, Rating Scales, Electronic Media Experimental Validity – Threat to it and ways to reduce it	
III	<u>SAMPLING AND HYPOTHESIS:</u> Meaning and Definition of Population and Sample. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgment Sampling, Quota Sampling. Meaning and Definition of Hypothesis. Types of Hypothesis, Formulation and design of Hypothesis	10
IV	<u>COMPUTER APPLICATION:</u> Application of computer software, concept and types of memory, concept and types of viruses and its management. Uses and application of various software in statistical computation in research studies. Computer application in the studies related to movement and sports performance. Plagiarism- Meaning and role of computer application in its detection. (P Practical assignments are to be given on the relevant topics.)	10
V	<u>DATA ANALYSIS:</u> Qualitative and Quantitative analysis. Data interpretation: Analyzing, organizing and presenting data, discussion of results. Formulation of conclusions and recommendation Normal Curve. Meaning of probability- Principles of normal curve-Properties of normal curve. Divergence from normality- Skewness and Kurtosis. Graphical Representation of data: Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.	10
VI	<u>RESEARCH PROPOSAL AND REPORT:</u> Method of Writing Research proposal, Chapterization of Thesis/Dissertation, Front Materials, Body of Thesis – Back materials, Method of writing abstract and full paper for presenting at a conference and to publish in journals, Mechanics	10




of writing Research Report, Format of Footnote and Bibliography. Manuals, format of the research report, Main Body of the Report, References and Appendices: The Thesis or Dissertation, style writing, reference form, pagination Tables, figures, The line graph, the Bar graph or chart, The circle chart or pie or sector chart, Maps, organization charts, evaluating or research report, summary.

Applied Research Model For Sports Science(ARMSS)

REFERENCES :

1. Best, J.W. Research in Education, Prentice Hall Inc.: Delhi-1982
2. Clarke, H. David., Research Processes in Physical Education, Recreation & Health Prentice Hall Inc. 1985.
3. Kamlesh, M.L, Methodology of Research in Physical Education and Sports, Metropolitan Publication: New Delhi, 1986.
4. Moorthy, A.M, Research Methods in Physical Education, Sports and Exercise Sciences, Friends S. Publications: New Delhi, 2000.
5. Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity. Human Kinetics: Champaign, 1996.
6. Weimer, Jon, Research Techniques in Human Engineering. Prentice Hall: New Jersey. 1994.
7. Rothstein A , "Research Design and Statistics for Physical Education. Englewood Cliffs: Prentice Hall. Inc, 1985
8. Sivaramakrishnan. S, "Computer Application Physical Education", Delhi; Friends Publication, 200

Suggestive digital platforms web links:

<https://www.kheljournal.com>

<https://www.researchgate.net>

This course can be opted as an elective by the students of the following subjects:-

Any student can opt for it .

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each (20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/

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certificate/ diploma.
Bachelor in Physical Education

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

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SEMESTER –VIII, SYLLABUS FOR M.A IN PHYSICAL EDUCATION, CORE PAPER 02

Program/ Class: Bachelor With Research		Year: 04	Semester: VIII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020802T		Course Title : Sports Management	
Course Outcomes: Field of sports management has emerged out as one of the promising fields which offers wide variety of job opportunities for the students. At the completion of the course students would be able to plan , organise and conduct different types of sports events, camps, adventure activities etc. .It will enable a student to learn and develop managerial and administrative qualities and she would be able to develop most appropriate kind of curriculum for the target group.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>Introduction to Sports Management:</u> 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. Personnel recruitment and selection, management structure for Physical Education and Sports programmes		10

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II	<p><u>Programme Planning, Public Relations and Financial Management:</u></p> <p>Programme planning, steps in programme planning, Principles of Programme Planning, Evaluation of Physical Education Planning</p> <p>Public Relations: Meaning, definitions, Principles, Planning and Organising public relations programme</p> <p>Financial Management: Need for financial management, Principles of financial management, Preparation of budget, Source of funds, Expenditure</p>	10
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III	<p><u>Class Management:</u></p> <p>Class management: Meaning, steps in class management: Strength of Class, place and time, uniform, class formation, safety measures and discipline.</p> <p>Principles of Class Management.</p> <p>Developing effective working relationship with students.</p> <p>Training Students on how learning takes place in Classroom.</p> <p>Protecting and Leveraging time.</p> <p>Establishing standards of behaviour that promote student learning.</p>	10
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IV	<p><u>Organisation of Tournaments and Sports Events:</u></p> <p>Tournament Organisation: Types of Tournaments-Knock out or Elimination League or Round Robin, Combination, Consolation, Challenge Tournaments.</p> <p>Intramural & Extramural Competitions: Meaning, objectives, conduct and importance of Intramural and Extramural Competitions</p> <p>Process of Organising Sports Events, Notifications, Invitations, Selection of Officials, Monitoring, Writing Reports, Maintaining Records.</p>	10
V	<p><u>Facilities & Equipment Management:</u></p> <p>Facilities and Equipment Management: Types of Facility, infrastructure-indoor, outdoor</p> <p>Playfield: Area, Location, Layout & Care</p> <p>Equipments: Need, Importance, Purchase, Care & Maintenance.</p> <p>Guideline for Selection of Equipment and Supply.</p> <p>Guideline for checking storing and issuing Sports Equipments.</p>	10
VI	<p><u>Curriculum and Curriculum sources:</u></p> <p>Meaning and Definition of Curriculum. Principles of Curriculum Construction: Students centred, Activity centred, Community centred, Forward looking principle.</p> <p>Factors that affecting curriculum: Sources of Curriculum materials - text books -Journals-Dictionaries, Encyclopedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences - Curriculum research, Objectives of Curriculum research - Importance of Curriculum research. Evaluation of Curriculum, Methods of evaluation.</p>	10

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REFERENCES :

1. Aggarwal, J.C (1990). Curriculum Reform in India - World overviews, Doaba World Education Series - 3 Delhi: Doaba House, Bookseller and Publisher.
2. Arora, G.L. (1984): Reflections on Curriculum, New Delhi: NCERT.
3. Bonnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
4. Bucher A. Charles, (1993) Management of Physical Education and Sports (10th ed.,) St. Louis: Mosby Publishing Company.
5. Kamlesh M.L. (2000): Management Concepts in Physical Education and Sports, Metropolitan Book Co., Pvt. Ltd., New Delhi.
6. Roy S.S. (1995): Sports Management, Friends Publication, Dr. Mukherjee Nagar, New Delhi.
7. Singh U.K. Dewan J.M. (1997): Sports Management, Published by: S.B. Nangia for APH Publishing Corporation, Daryaganj, New Delhi.
8. Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
9. John, E, Nixon & Ann, E, Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
10. McKernan, James (2007) Curriculum and Imagination: Process. Theory, Pedagogy and Action Research, U.K. Routledge

Suggestive digital platforms web links:

<https://www.nasm.edu.in>

<https://www.mba-esg.in>

<https://www.shiksha.com>

This course can be opted as an elective by the students of the following subjects:-

Bachelor of Physical Education

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations 10 marks each (20 marks)

Course Prerequisites: To study this course, a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science & Technology, Pune & University of South Wales.
- Courses by NASM

Further Suggestions:

SEMESTER- VIII. SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER : 03

Program/ Class: Bachelor With Research		Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020803T		Course Title : History And Principles of Physical Education	
<p>Course Outcomes : At the completion of this course the students would be able to understand how we evolved as an academic discipline and what kind of system we had in our ancient times in India and the world as well. The student would be able to understand the very basic soul of sports and physical education and how it has always served as the most powerful medium for inculcating love and universal brotherhood among the people of the world. This will definitely help the students to realize the need of the subject in the contemporary world.</p>			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<p><u>HISTORICAL PERSPECTIVE:</u> History of physical education in ancient , medieval and modern India, (Vedic, Epic, Historical age, Nalanda periode, Rajput, Muslim and British Period), Physical education in ancient Greece, Sparta, Athens. Contribution of great Britain, Germany, Japan, china, USA, Russia to modern physical education.</p>		10
II	<p><u>HISTORICAL DEVELOPMENTS THROUGH AGES:</u> Yoga as our culture and heritage, Philosophy of Olympic games, ancient Olympic games, modern Olympic games, Agencies and international competitions promoting physical education and sports, Asian games, commonwealth games, S.A.F.E. games, sports federations, SAI, NSNIS, LNIPE AND Other prominent institutes for physical education.</p>		10
III	<p><u>SOCIOLOGICAL PERSPECTIVE:</u> Influence of culture and tradition on participation in physical education, physical education as a socializing agency and social recognition, Sports and social change, Sports for international brotherhood and world peace. Indigenous major and minor games of India: their journey from past to present, Sociometrics, economics and politics in sports.</p>		10
43 Page	<p><u>PHILOSOPHICAL PERSPECTIVE :</u> Idealism, pragmatism, naturalism, existentialism and physical</p>		10

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IV	education, theories of play, Sports as a cultural heritage of mankind, customs, traditions and sports, competition and co-operation.	
V	<u>GREAT HISTORIANS AND PHILOSOPHERS :</u> Socrates, Plato, Maharshi Patanjali, Friedrich Jahn, Harry Crow Buck, John Dewey, Catharine Beecher, Pierre , Baron De Coubertin, P.M. Joseph : Their teachings and contribution in enrichment of the field of Physical education.	10
VI	<u>PHYSICAL EDUCATION IN THE CONTEMPORARY WORLD :</u> Women, sports and physical education through the ages in India and worldwide, national sports policy and its amendments, recent trends in physical education, new education policy -2020 and physical education. Fitness and Wellness movements in the contemporary perspective.	10

REFERENCES :

1. Barrow, H.M., " Man and Movement- Principles of Physical Education", Henry kimpton publisher, London, 1977
2. Beashel P.& aylor, J, Advance Studies in Physical Education and Sports", Thomas Nelson and Sons Ltd., U.K., 1996.
3. Bucher, C.A., " Foundation of Physical Education", 12th edition, St. Louis, C.V. Mosloy, USA, 1995
4. Uppal, A.K., " Foundation of Physical Education", Friends Publication, New Delhi, 1994
5. Kamlesh, M.L., " Physical Education- Facts and Foundations", P.B. Publication, Haryana, 1998
6. Khanna, S.D., Sarena, V.K., Lamba, T.P. & Murthej, C., " Education in Emerging Indian Society", Doaba House Booksellers and Publishers, 1994
7. Sharma, O.P., " History of Physical Education", KSK, Delhi, 1998
8. Singh, Swatendra, " Foundation of Physical Education", Nipun Prakashan, Delhi, 2019
9. Deshpande, S.H., " Physical Education in Ancient India", Bhartiya Vidya prakashan, New delhi, 2000

Suggestive digital platforms web links:

<https://www.excite.com>

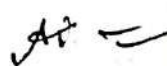
<https://www.nku.edu>

<https://study.com>

This course can be opted as an elective by the students of the following subjects:-

Any student can opt for it .
<u>Suggested Continuous Evaluation methods (CIE):</u> Course related Assignment - 05 marks 02 MCQ Examinations- 10 marks each(20 marks)
Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma. Bachelor in Physical Education
<u>Suggested equivalent online courses :</u> <ul style="list-style-type: none"> • Mooc.list.com (online free courses) • Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales. • Online Courses By PHYSICAL Education Foundation Of India.
<u>Further Suggestions:</u>




SEMESTER- VIII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER : 01

Program/ Class: Bachelor With Research		Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020804T		Course Title : Journalism and Mass Media in Physical Education	
Course Outcomes : At the completion of this course student will understand the concept of sports journalism and its importance especially in present global scenario. Student would be able to write apt articles on sports events and would be able to use different sources of mass media for promotion, propagation of the sports and physical education activities which would help in development and broadening the domain of the subject. After completing the course a student might consider it as an career option.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>INTRODUCTION & ROLE OF SPORTS JOURNALISM:</u> Meaning and Definition and historical perspective of Sports Journalism and role of Sports Journalism in the field of Physical Education and Sports, Ethics of Journalism - Canons of journalism- Sports Ethics and Sportsmanship - Reporting Sports Events. Role and advancement in Journalism, Sports organization and Sports Journalism.		10
II	<u>SPORTS BULLETIN AND ETHICS OF SPORTS WRITING</u> Concept of Sports Bulletin: Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Types of bulletin - Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting		10
III	<u>MASS MEDIA AND REPORT WRITING ON SPORTS:</u> Mass Media in Journalism: Radio and T.V. Commentary - Running commentary on the radio - Sports expert's comments. Role of Advertisement in Journalism. Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.		10

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IV	<u>JOURNALISM AND JOURNALISM TECHNIQUES:</u> Sports organization and Sports Journalism-General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Evaluation of report news, interview with elite player and coach, freelance writing in Sports.	10
V	<u>TRENDS AND TECHNIQUES:</u> Changing trends of journalism in sports. New dimensions of the sources of mass media and journalism. Responsibilities of journalist and editor(social, legal and professional). Sports Photography: Equipment- Editing- Publishing. Write ups: Feature, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, anchoring, group discussions and talk shows.	10
VI	<u>NEW HORIZONS OF SPORTS JOURNALISM:</u> Sports Journalism as career option. Various courses in the field. Prominent institutes offering the courses in sports journalism. Understanding various tools used in journalism. (Practical assignments to observe the matches and prepare report and news of the same; visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news).	10

REFERENCES :

1. Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications .
2. Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
4. Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
5. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
6. Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.
7. Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication
8. Shiv Khara (2002). You Can Win, New Delhi: Macmillan India Limited.
9. Vanna A.K. (1993) Journalism in India from Earliest Times to the Present Period.

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Sterling ,publication Pvt. Ltd.
10. Venkataiah, N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43

Suggestive digital platforms web links:

_academic.oup.com

<http://www.ncbi.nlm.nih.gov>

<http://www.educationjournal.org>

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it .

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.
Bachelor in Physical Education

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

Further Suggestions:

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SEMESTER- VIII. SYLLABUS FOR M.A. IN PHYSICAL EDUCATION , ELECTIVE PAPER NO. 02

Program/ Class: Bachelor with Research		Year: -04	Semester: -VIII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020805T		Course Title : Athletic Care and Rehabilitation	
Course Outcomes : This course will enable the students to understand the concept of corrective physical education , posture, postural deformities and their management. At the completion of the course student would be able to identify importance of good posture and massage as a therapeutic technique .It will help a student to use first aid techniques in a more broader way .This course has day to day life utility and equips a student professionally.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+ 25
Total no. of lectures – tutorials- practical(in hours per week): L-T-P-: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>CORRECTIVE PHYSICAL EDUCATION:</u> Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good-posture, Drawbacks and causes of bad posture. Posture test - Examination of the spine.		10
II	<u>POSTURE:</u> Meaning and definition of posture and its importance in the field of Physical Education. Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee. Bow leg. Flat foot. Causes for deviations and treatment including exercises.		10
III	<u>REHABILITATION EXERCISES:</u> Passive, Active, Assisted, Resisted exercise for Rehabilitation, Stretching, PNF techniques and principles.		10
IV	<u>MASSAGE:</u> Brief history of massage - Massage as an aid for relaxation-Points to be considered in giving massage-Physiological, Chemical, Psychological effects of massage-Indication / Contra indication of Massage-Classification of the manipulation used massage and their specific uses in the human body-Stroking manipulation: Effleurage-Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling-Percussion manipulation: Tapotement, Hacking, Clapping, Beating. Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.		10
V	<u>SPORTS INJURIES CARE, TREATMENT AND SUPPORT:</u> Principles pertaining to the prevention of Sports injuries - care and		10



	treatment of exposed and unexposed injuries in sports - Principles of apply cold and heat, infrared rays - Ultrasonic, Therapy - Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.	
VI	FIRST AID & ATHLETIC CARE: Aims, Contents, Dressings and Bandages, Scene Survey, Victim Assessment Sequence, Bleeding, tourniquet Application, Pressure and Ice, Shock and Recognizing it, Airway Obstruction, Heimlich's Maneuver, Nasal Bleed (Epistaxis), Heat Stroke, spinal Trauma, Transportation, Protective Equipment : Significance and Uses. Latest Techniques and Trends.	10

REFERENCES :

1. Doherty . J . Meno . Wetb . Moder D ,Track and field , Englewood cliffs , Prentice Hal Inc., 2000
2. Lace , M.V. ,Massage and Medical Gymnastics , London : J & A Churchill Ltd., 1951.
3. Mc Ooyand Young, Tests and Measurement . New York : Appleton Century., 1954
4. Naro , C. L . , Manual of massage and movement . London : Febra and Febra Ltd., 1967
5. Rathbome , J.I. , Corrective Physical education , London : W.B . Saunders & Co.,1965
6. Stafford and Kelly , Preventive and Corrective Physical Education , New york .,1968
7. Pandey ,P.K., "Outlines Of Sports Medicine" J.P. Brothers, New Delhi, 1987
8. Shephard, R.J.& Astrand, " Encyclopedia of sports medicine", Blackwell, Sc. Pub. , 1992
9. Chaturvedi, Sunil, " Athletic care and Rehabilitation(Hindi), KSK Publishers, New Delhi, 2010

Suggestive digital platforms web links:

<https://www.classcentral.com/course/independent-sports-medicine-understanding-sports-injuries-10200>
<https://www.physioportal.com>

This course can be opted as an elective by the students of the following subjects:-
 Open for all students with a Bachelor degree in any field.

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks
 02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.
 Bachelor in Physical Education

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

Further Suggestions:

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SEMESTER- VIII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER 03

Program/ Class: Bachelor With Research		Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020806T		Course Title : Sports Nutrition	
Course Outcomes : Students will be enabled to understand the fundamentals of sports nutrition including concept, scope, importance, and types. It Will impart knowledge on sports specific nutrition and hydration guidelines. Students will understand the role carbohydrates, proteins and fats in sports and plan diet according to training and different phases. This is especially designed to make students understanding the role of nutrition in enhancement of sports performance.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>FUNDAMENTALS OF SPORTS NUTRITION:</u> Definition and Scope of Sports Nutrition .Diet and Performance .Importance of Sports Nutrition. Macronutrients & Micronutrients: Overview of the Types & Functions, conditions of Deficiency and Excess. Energy: Components of Energy Expenditure & Energy Requirement. Quality Issues, Contribution of Macronutrients to Total Energy Intake. Energy Imbalances. Malnutrition – Over and Under.		10
II	<u>CARBOHYDRATES :</u> Types of Carbohydrates. Glycemic Index, Glycemic Load, and Glycemic Response. Food Sources - Muscle Glycogen & Performance - Consumption of Carb (What, When & How much). Carbohydrate & Recovery. Carbohydrates in Sports: During Training, During different phases of Preparation - General preparatory phase, Specific preparatory phase, Competition phase, Transition phase , Injury and Rehabilitation phase. Pre-competition Nutrition and Post-competition Nutrition		10
52 ^{III} Page	<u>PROTEIN:</u> Biochemistry, Metabolism - Amino acids, Essential, Non-essential - Types and Quality of Protein. Protein Intake and Performance, Daily Protein Requirement. Type of Exercise and Protein Requirements in Sport, Different type of Sports and their Protein Requirement. Protein Sparing and Protein Intake (What, When and How much). Protein in Sports :		10

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	During Training, During different phases of Preparation - General preparatory phase, Specific preparatory phase, Competition phase, Transition phase, Injury and Rehabilitation phase. Pre-competition Nutrition and Post-competition Nutrition.	
IV	<p><u>FAT:</u> Biochemistry, Metabolism, Types - Saturated and Unsaturated fats, Trans fatty acids. Essential Fats, Fat Intake (What, When and How much), Cholesterol. Fats in sports : During training, during different phases of Preparation - General preparatory phase, Specific preparatory phase, Competition phase, Transition phase, Injury and Rehabilitation phase. Energy Intake and energy expenditure. Thermogenesis, SDA of foods. Pre competition Nutrition and Post-competition Nutrition. Body fat and dietary fat, Weight loss.</p>	10
V	<p><u>NUTRITION FOR PERFORMANCE ENHANCEMENT:</u> Endurance Sports - Nutrition for Ironman, Triathlon and Ultrathon. Nutrition for Intermittent Sports. Nutrition for Strength & Power Sports. Nutrition for Winter Sports. Nutrition for Weight Conscious Sports. Nutrition for Martial artists - Judo, Wrestling, Wushu, Taekwondo. Nutrition for Adventure Sports, Kayaking, Canoeing, and other Water Sports. Nutrition in Swimming.</p>	10
VI	<p><u>SPORTS SPECIFIC NUTRITIONAL & HYDRATION GUIDELINES:</u> Short & Long duration events eg.: Cycling, Marathon, Triathlon, Swimming, Rowing, Sailing, etc. Dietary Guidelines for Training & Competition. Dietary Guidelines on Season and Off-season. Dehydration & Performance - Assessing Fluid Loss, Proper Pre-Hydration, Rehydration / Fluid Replacement (What, When & How much). Electrolytes - Role of Electrolytes in Muscular Contraction, Electrolyte Loss & Exercise, Maintaining / Restoring Electrolyte Balance. Sports & Energy Drinks.</p>	10
<p><u>REFERENCES :</u></p> <ol style="list-style-type: none"> 1. Sauberlich, H. E. (1999) Laboratory tests for the Assessment of Nutritional Status, (2nd ed.), CRC press Laboratory Manual, NIN. 2. Brouns Fred and Caustan - Cargill (2002) Essentials of Sports Nutrition - 2nd edition John Wiley and Sons, England. 3. Burke Louise and Deakin Vicky (2006) Clinical Sports Nutrition, McGraw - Hill Pvt. Ltd. Australia. 4. Wolinsky Ira (1998) Nutrition in Exercise and Sports, CRC press Boca Raton. 		

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5. Wolinsky Ira, Drishill Judy (1997) Sports and Nutrition Vitamins and Trace elements, CRC Press BY.
 6. Asker Jeukendrup, Michael Gleeson (2018) Sports Nutrition - 3rd edition Human Kinetics, Inc.
 7. Nancy's Clark Sports Nutrition Guidebook by Nancy Clark, Human Kinetics.
 8. Marie Spano, Laura Kruskall, D. Travis Thomas – Nutrition for Sport, Exercise and Health – Human Kinetics.
 9. NSCA's Guide to Sport and Exercise Nutrition by National Strength Conditioning Association, Human Kinetics.
- R. Rajlaxmi, Applied Nutrition, IBH Publications, New Delhi.

Suggestive digital platforms web links:

<https://www.nutritionist-resource.org.uk>

<https://www.physio-pedia.com>

<https://www.medvarsity.com>

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education and Yogic Sciences

Suggested equivalent online courses :

- AAFT, Delhi and Raipur (online course in Sports nutrition)
- Courses by K11 school of fitness science
- Online courses at Swayam portal

Further Suggestions:

SEMESTER- VIII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL, 01

Program/ Class: Bachelor With Research		Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION - PRACTICAL			
Course Code E020807P		Course Title : TRACK AND FIELD/ SWIMMING/ GYMNASTICS	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking of the related game/ sport and would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for the game/ sport.			
Credits : 02		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2			
UNIT	TOPIC		NO. OF LECTURES
I	<u>Introduction</u> Historical development of the game/sport at national and international levels. National Bodies controlling game/sport and their affiliated units. International Bodies controlling game/sport and their affiliated units. Major National and International competitions in Game/Sport. Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport.		07
II	<u>Techniques/Skills development:</u> Classification of techniques/skills. Technique/skill training: Preparatory, Basic, Supplementary exercises. Identification & Correction of faults. Training for mastery in technique/skill. Recreational and lead-up activities. Warm-up and cool down for game/sports.		07
III	<u>Officiating:</u> Mechanics of officiating. Qualities of good official. Duties of official (pre, during and post game) Rules & their interpretations. Modern trends and latest changes in rules and apparatus/ equipments, Score Sheets Of the events.		08
IV*	<u>Track and Field</u> <i>High Jump, Long Jump, Tripple Jump, Pole Vault.</i>		08
55 P V*	<u>Gymnastics</u> Floor Exercises, Rolls (Forward and Backward), Cartwheels Headstands , Balancing Beam(Front Roll), (W) , Roman Rings(Inverted Hang Position), (M), Vaulting Table(Straddle vault), (M & W), Parallel Bars (M), Uneven Bars (W)		08

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VI*	Swimming Free Style Back Stroke , Breast Stroke. (25 meters)	08
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*Out of Unit No. IV, V and VI any one has to be opted which was opted in the previous semester.

REFERENCES :

1. Singh, Gurdayal,, " Fundamentals of men,s Gymnastics" Friends Publications, New Delhi, India, 1994
2. Cavendish Marshall," Skills and Tactics of Gymnastics", Cavendish House, Hongkong , 1982
3. Govindarajulu, " Marking of Track and Field", Friends Publications, New Delhi, India, 2007
4. Guthrie, Mark,"Coaching Track and Field Successfully", Human Kinetics, Champion IL, 2006.
5. Hekmati, Deniz, :Foundations of Strength Training for Swimmers", Available at AMAZON, 2020.

Suggestive digital platforms web links:

<https://www.training.gov.au> > Training
<https://www.Aboutswim.com>
<https://www.svoem.org>.
<https://www.shiksha.com>> articles

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it .

Suggested Continuous Evaluation methods (CIE):

INTERNAL ASSESSMENT (25):

Course related Assignment - 10marks

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MCQ Examinations- 10 marks .

Attendance : 05 Marks

PRACTICAL ASSESSMENT (75):

Practical – 50 marks

VIVA – 15marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

Further Suggestions:

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SEMESTER- VIII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research		Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)			
Course Code : E020808P		Course Title : Individual Sport/ Game: Table Tennis	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking for Table Tennis for singles and doubles events as well. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for Table Tennis.			
Credits : 02		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2			
UNIT	TOPIC		NO. OF LECTURES
I	<u>HISTORICAL DEVELOPMENT</u> Historical development of the concerned game in India, Asia and world level. Main tournament organized at national and international levels . Records/Statistics of the game at World, Olympics, Asia and National. Awards in the game and list of at least ten pioneer players who got these awards		07
II	<u>OFFICIATING</u> Play area dimensions and marking. Equipment Specifications. Rules of the Game and their interpretation		07
III	<u>TECHNIQUES (SKILL)</u> Classification of Skills . Sequential explanation of skills .Various faults in skills, their causes and corrections, types of exercises to develop and consolidate fundamental skills of the game .		08
IV	<u>TACTICS AND STRATEGY</u> Individual , Offensive and defensive tactics .System of Play their tactical training , Selection of team (Selection Procedure) , Analysis of Performance in competition . Latest rules ,interventions, innovations in techniques, equipment and organization.		08

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REFERENCES :

1. Kumar, Sunil, "Table Tennis: Skills And Rules" KSK, Publications, Delhi , 2008.
2. Crowood Sports Guide, "Table Tennis : Skills, techniques, Tactics" Friends Publication, Delhi, Available at AMAZON.
3. Boggan, Tim, " History of U.S. Table Tennis", Vol. VII, Amazon .com,1973-1975.
4. Sagar, Arun, "Table Tennis", Friends Publication, Delhi, 2000
5. Shriram, Vishambhar," Table Tennis(Hindi Edition), Sports Publication, Delhi,2015
6. Ben," The Table Tennis Play Book", E Book, 2021

Suggestive digital platforms web links:

<https://www.training.gov.au> > Training

<https://www.experttabletennis.com>

<https://www.shiksha.com>> articles

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

INTERNAL ASSESSMENT (25):

Course related Assignment - 10marks

MCQ Examinations- 10 marks .

Attendance : 05 Marks

PRACTICAL ASSESSMENT (75):

Practical – 50 marks

VIVA – 15marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.
Bachelor in Physical Education

Suggested equivalent online courses :

Further Suggestions:

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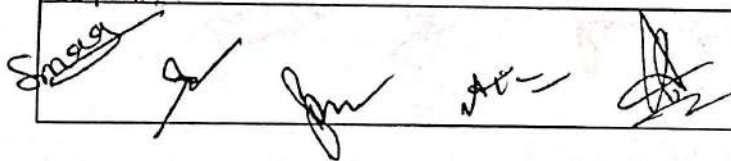
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SEMESTER- VIII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research		Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)			
Course Code : E020809P		Course Title : Individual Sport/ Game: Badminton	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking of the Badminton court for singles and doubles events as well. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training badminton.			
Credits : 02		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2			
UNIT	TOPIC		NO. OF LECTURES
I	<u>HISTORICAL DEVELOPMENT</u> Historical development of the concerned game in India, Asia and world level. Main tournament organized at national and international levels . Records/Statistics of the game at World, Olympics, Asia and National. Awards in the game and list of at least ten pioneer players who got these awards		07
II	<u>OFFICIATING</u> Play area dimensions and marking. Equipment Specifications. Rules of the Game and their interpretation		07
III	<u>TECHNIQUES (SKILL)</u> Classification of Skills . Sequential explanation of skills .Various faults in skills, their causes and corrections, types of exercises to develop and consolidate fundamental skills of the game .		08
IV	<u>TACTICS AND STRATEGY</u> Individual , Offensive and defensive tactics .System of Play their tactical training , Selection of team (Selection Procedure) , Analysis of Performance in competition . Latest rules ,interventions, innovations in techniques, equipment and organization.		08

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REFERENCES :

1. Ballou R.B. "Teaching Badminton" Surjeet Publications, Delhi (1983).
2. Brown E. "Badminton" Faber and Faber, London (1975).
3. Davidson K. and Smith L.C. "Badminton" Bailey Brothers & Swinfen Ltd., Great Britain (1978) 5.
4. Davidson K.R. and Gustavson L.R. "Winning Badminton" Ronald Press Company, N.Y. (1978)
5. Downey J. "Badminton for Schools" S. Chand & Company Ltd., Delhi (1991).
6. Horner N. "Badminton" Adam and Charles Black, London (1978).
7. Hunter P. "Better Badminton" W. Foulsham and Co. Ltd., N.Y (1965).
8. Kumar A. "Badminton" Discovery Publishing House, New Delhi (1999).

Suggestive digital platforms web links:

<https://www.training.gov.au> > Training
<https://www.Aboutbadminton.com>
<https://www.shiksha.com> > articles

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

INTERNAL ASSESSMENT (25):

Course related Assignment - 10marks

MCQ Examinations- 10 marks .

Attendance : 05 Marks

PRACTICAL ASSESSMENT (75):

Practical – 50 marks

VIVA – 15marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education.

Suggested equivalent online courses :

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Further Suggestions:

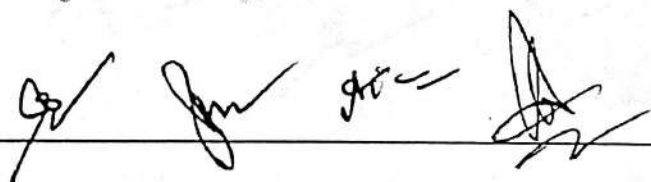
SEMESTER- VIII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research	Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)		
Course Code : E020810P	Course Title : Individual Sport/ Game: Judo	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking for Judo event. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for Judo as a combative sport.		
Credits : 02	Max. Marks : 25+75	Min. Passing Marks: 10+25

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2

UNIT	TOPIC	NO. OF LECTURES
I	<u>HISTORICAL DEVELOPMENT</u> Historical development of the concerned game in India, Asia and world level. Main tournament organized at national and international levels . Records/Statistics of the game at World, Olympics, Asia and National. Awards in the game and list of at least ten pioneer players who got these awards	07
II	<u>OFFICIATING</u> Play area dimensions and marking. Equipment Specifications. Rules of the Game and their interpretation	07
III	<u>TECHNIQUES (SKILL)</u> Classification of Skills . Sequential explanation of skills .Various faults in skills, their causes and corrections, types of exercises to develop and consolidate fundamental skills of the game .	08
IV	<u>TACTICS AND STRATEGY</u> Individual , Offensive and defensive tactics .System of Play their tactical training , Selection of team (Selection Procedure) , Analysis of . Performance in competition . Latest rules ,interventions, innovations in techniques, equipment and organization.	08

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REFERENCES :

7. Katsuhiko, Kashiwazaki , "JudoTechniques" Ippon Books,ISBN- 9780951845578, 1992, Amazon .com
8. Kano, Jigoro, "Mind Over Muscles" Pristine Publishing, UK, Europe, 2006, Available at AMAZON.
9. Pedro, Jimmy, "Judo : Techniques and Tactics", Amazon .com.
10. Patricia, Harrington, " Judo Basics : Principles, Rules and rankings", Kodansha Amer Inc., 2002

Suggestive digital platforms web links:

<https://www.training.gov.au> > Training
<https://www.judoinfo.com>
<https://www.shiksha.com>> articles
<http://www.Cambridge.org>> article

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):**INTERNAL ASSESSMENT (25):**

Course related Assignment - 10marks

MCQ Examinations- 10 marks .

Attendance : 05 Marks

PRACTICAL ASSESSMENT (75):

Practical – 50 marks

VIVA – 15marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

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Further Suggestions:

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SEMESTER- VIII, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research		Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION – PRACTICAL(02)			
Course Code : E020811P		Course Title : Individual Sport/ Game: Yoga	
Course Outcomes : This course would help students to practice Yoga as way of life and understand it as our cultural heritage. After the completion of the course student would be fully acquainted with the layout for Yogic events. She would be able to demonstrate and develop the skills to teach rules, regulations, various asanas, pranayama techniques, general and specific training for competitive Yoga. This course has tremendous opportunities for vocational pursuits.			
Credits : 02		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2			
UNIT	TOPIC		NO. OF LECTURES
I	<u>INTRODUCTION</u> Historical perspective associated with the wisdom of this age old way of life propounded by our great saints. Competitive form of Yoga at national and international level. Work of Maharshi Patanjali and other eminent pioneers in the field. Equipment, officiating, rules and their interpretations. Organization of Yogic events. Latest trends and innovations in the field.		04
II	<u>TYPES OF YOGA AND YOGASANAS</u> Ashtanga, Hatha, Jnana, Mantra, Bhakti, Kundalini, Karma, Kriya, Swara and Raja Yoga. Yogasana: Atleast any 15 Yogic poses each for beginners, intermediate and advanced practitioners.		10
III	<u>PRANAYAMA</u> Types : Natural Breathing, Yogic Breathing, Deep Breathing, Fast Breathing, Viloma, Anulom Vilom, Cooling Breath (Sheetli, Sitkari, Kaki Mudra), Ujjayi, Bhramari, Bhastrika, Surya Bhadan. Mudras for Pranayama		08
64 P IV	<u>SHATKARMAS, MUDRAS & BANDHAS</u> Biñdu & Jyoti Tratak, Kapalbhati, Jal Neti, Danda Neti, Agnisar, danda, Vastra, VamanDhouti. Jalandhar Bandha, Moola Bandha, Uddiyan Bandha.		08

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REFERENCES :

1. Iyengar, B.K.S., Light on Yoga. New Delhi: Harper Collins Publishers, 2000
2. Karbelkar N.V., Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: HanumanVyayam Prasarak Mandal, 1993
3. Kenghe, C.T., Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai, 1976
4. Kuvalyananada Swami & S.L. Vinekar, Yogic Therapy - Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau, 1963
5. Moorthy A.M. & Alagesan. S., Yoga Therapy. Coimbatore: Teachers Publication House, 2004.
6. Swami Kuvalayanda, Asanas. Lonavala: Kaivalyadhama, 1998.
7. Swami Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga, 1989
8. Swami Satyananda Saraswathi, Kundalini and Tantra, Bihar: Yoga Publications Trust, 1984
9. Swami Sivananda, The Science of Pranayama. Chennai: A Divine Life Society Publication, 1971
10. Thirumalai Kumar. S and Indira, Yoga in Your Life, Chennai: The Parkar Publication, 2011
11. Tiwari O.P., Asanas-Why and How. Lonavala: Kaivalyadham, 1998

Suggestive digital platforms web links:

<https://www.artofliving.org>eu-en>
<https://www.Yogapoint.com>
<https://www.shiksha.com>articles>

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

INTERNAL ASSESSMENT (25):

Course related Assignment - 10 marks
MCQ Examinations- 10 marks .
Attendance : 05 Marks

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PRACTICAL ASSESSMENT (75):

Practical – 50 marks

VIVA – 15marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

- Online courses by AAFT, Delhi and Raipur.
- Online courses by The Yoga Institute Delhi(<https://www.theyogainstitutedelhi.com>)

Further Suggestions:

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SEMESTER- VIII, SYLLABUS FOR M.A.IN PHYSICAL EDUCATION, PROJECT WORK

Program/ Class: Bachelor With Research		Year: -04	Semester:- VIII
SUBJECT : PHYSICAL EDUCATION			
Course Code : E020812R		Course Title : Project Work	
<p>Course Outcomes : This course would enable the students to develop scholarly, critical and inquisitive attitude towards a problem/issue , involving a systematic approach for the selection of appropriate research problem. This course would enable the student to understand right way of writing down references and their importance. This course is designed to motivate students to read relevant literature and scope of book review in research and academic pursuits.</p>			
Credits : 06	Max. Marks : 25+75	Min. Passing Marks: 10+25	
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-04-02			
<p>Student needs to practically conduct the activity of data collection using any of the various techniques. She is required to present the collected data in appropriate format using most apt technique of data presentation.</p> <p align="center">OR</p> <p>The student can opt for making a project file on statistical approach and computer application in the process of data analysis. Student is required to carry out a practical approach.</p>			
This course can be opted as an elective by the students of the following subjects:-			
<p><u>Suggested Continuous Evaluation methods (CIE):</u></p> <p><u>INTERNAL ASSESSMENT (25):</u></p> <p>67 Page Course related Assignment - 20marks Attendance : 05 Marks</p> <p><u>PRACTICAL ASSESSMENT (75):</u></p> <p>VIVA –65 marks</p>			



Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

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Further Suggestions:



SYLLABUS FOR MASTER OF PHYSICAL EDUCATION

SEMESTER -IX

YEAR - 05

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SEMESTER – IX, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER 01

Program/ Class: Bachelor With Research		Year: 05	Semester: IX
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020901T		Course Title : Sports Biomechanics and Kinesiology	
Course Outcomes : For the study of human movement, this course is designed to develop the understanding of kinesiology , Biomechanics, fundamental and mechanical concepts, Kinematics and Kinetics of human movements. This would enable a student to understand the application of various laws of mechanics in making the human movement more beautiful. This also focuses on the latest techniques used in the study of human movement.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>INTRODUCTION:</u> Meaning, nature, role and scope of applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity - Line of gravity plane of the body and axis of motion, Vectors and Scalars.		10
II	<u>MUSCLE AND JOINTS:</u> Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius. Muscles classification Muscles contraction Joint Classification Posture and there type		10
III	<u>MOTION AND FORCE:</u> Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principals related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components .Force applied at an angle -pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.		10
<u>PROJECTILE AND LEVER:</u>			

70 | Page

IV	Freely falling bodies -Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, speed, velocity, kinetic energy and potential energy. Leverage-classes of lever-practical application, force.	10
V	<u>MOVEMENT ANALYSIS:</u> Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis - Qualitative, Quantitative, Predictive. Analysis of Fundamental and Sports Skills.(Walking, Running, Throwing, Lifting, Pulling, Catching and Climbing)	10
VI	<u>TRENDS, TECHNIQUES AND INNOVATIONS IN MOVEMENT STUDY:</u> Anthropometric Procedures(Experimental and Analytical Procedure) Kinematic methods (Goniometry), Imaging Measurement Techniques(Single Plate Methods, Video, Optoelectronic technique, Dynamometry)	10

REFERENCES :

1. Deshpande S.H., Manav Kriya Vigyan - Kinesiology (Hindi Edition) Amravati: Hanuman Vyayam Prasarak Mandal., 2002
2. Hoffman SJ. Introduction to Kinesiology (Human Kinesiology publication In. 2005.
3. Steven Roy, & Richard Irvin, Sports Medicine. New Jersey: Prentice hall., 1983
4. Thomas, Manual of structural Kinesiology, New York: Me Graw Hill, 2001
5. Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India, 2004
6. Uppal, A , Kinesiology in Physical Education and Exercise Science, Delhi Friends Publications, 2004
7. Williams M, Biomechanics of Human Motion, Philadelphia; Saunders Co., 1982
8. Bhandari & Singh, " Kinesiology and Biomechanics in Physical Education", KSK Publication, New Delhi, 2019
9. Chapman, A.E. ," Biomechanical Analysis of Fundamental Human Movements", Human Kinetics , USA, 2008
10. Hay, J.G., "The Biomechanics of Sports Techniques", Prentice Hall, Inc., New Jersey, USA, II Edition, 1978

Suggestive digital platforms web links:

Dr. S. H. Deshpande
S. H. Deshpande
S. H. Deshpande
S. H. Deshpande

<https://www.classcentral.com/course/independent-sports-medicine-understanding-sports-injuries-10200>
<https://www.physiopeia.com>

This course can be opted as an elective by the students of the following subjects:-
Any student preferably with science background can opt for it .

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

Mooc.list.com (online free courses)

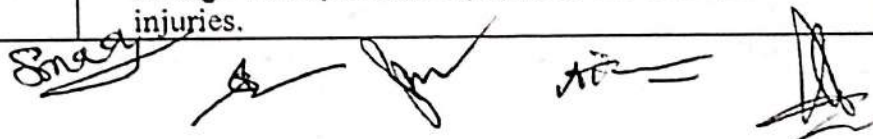
Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune &
University of South Wales.

Further Suggestions:

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SEMESTER- IX, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER 02

Program/ Class: Bachelor With Research		Year: 05	Semester: IX
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020902T		Course Title : Sports Medicine	
Course Outcomes : The course is designed so to enable the students to develop a deeper understanding of sports medicine, therapeutic exercises, Rehabilitation, Sports Injuries of spine, head, upper and lower extremities and their management . It also offers to study sports medicine in the special context of women and all age group people. If studied meticulously this course has lots of vocational potential in varied areas.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>INTRODUCTION:</u> Introduction, Meaning, definition , history and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Acute, sub-acute, chronic Injuries, Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.		10
II	<u>BASIC REHABILITATION:</u> Basic Rehabilitation: Strapping/Tapping: Definition, Principles and Contraindications. Proprioceptive neuromuscular facilitation: Definition, hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching. Definition. Types of stretching. Advantages, dangers of stretching, Manual muscle grading.		10
73 Page	<u>SPINE INJURIES AND EXERCISE:</u> Head, Neck and Spine injuries: Causes, Flexion, Compression, Hyperextension, Rotation injuries. Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.		10



IV	<u>UPPER EXTREMITY INJURIES AND EXERCISE:</u> Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture. Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand.	10
V	<u>LOWER EXTREMITY INJURIES AND EXERCISE:</u> Lower Limb and Abdomen Injuries: Hip: Adductor strain. Dislocation, Strapping. Knee: Sprain, Strain, Strain. Strapping. Ankle: Sprain, Strain. Strapping. Abdomen: Abdominal wall, Contusion, Abdominal muscle strain. Free exercises - Stretching and strengthening exercise for Hip, knee, ankle and Foot.	10
VI	<u>SPORTS MEDICINE IN A BROADER MEANING:</u> Recent trends, Techniques and Innovations in Sports Medicine, Sports injuries and women, Sports injuries and their Management in Children, Adolescent and old aged People. Vocational aspect of Sports Medicine. On Field Management of Sports Injuries, Nutrition and Injury Management.	10

REFERENCES :

1. Morris B. million, "Sports Injuries And Athletic problem" Surjeet Publications, New Delhi, 1984.
2. Pande, " Sports medicine" Khel Sahitya Kendra, New Delhi, 1998
3. The Encyclopedia Of Sports medicine, " The Olympic Book Of Sports Medicine" Tittle Blackwell Scientific Publication, Australia, 1998
4. Roy, Steve, Richard and Irvin, "Sports medicine" Benjamin Cummings, Boston, USA, 1983
5. Govindarajulu, " Sorts Medicine "Friends Publication, New Delhi, 2007
6. Christopher M. Norris, " Sports Injuries Diagnosis And Management For Physiotherapists" East Kilbride, Thomson Litho Ltd., 1993
7. Jain , Rachna, " Sports Medicine" Khel Sahitya Kendra, New Delhi, 2002
8. Khanna, G.L. & Jayprakash, C.S., " Exercise Physiology And Spots Medicine" Lucky Enterprises, 1990
9. Pandey ,P.K., "Outlines Of Sports Medicine" J.P. Brothers, New Delhi, 1987
10. Shephard, R.J.& Astrand, " Encyclopedia of sports medicine", Blackwell, Sc. Pub. , 1992

Suggestive digital platforms web links:

<https://www.classcentral.com/course/independent-sports-medicine-understanding-sports-injuries-10200>
<https://www.physiopedial.com>

This course can be opted as an elective by the students of the following subjects:-
Any student preferably with science background can opt for it.

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

Mooc.list.com (online free courses)

Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune &
University of South Wales, course code- QMSP021)

Further Suggestions:

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SEMESTER- IX, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER : 03

Program/ Class: Bachelor With Research	Year: -05	Semester:- IX
SUBJECT : PHYSICAL EDUCATION - THEORY		
Course Code : E020903T	Course Title : Sports Psychology	
<p>Course Outcomes : This course is designed to broaden the domain of Physical Education. At the end of the course student would be able to understand the psychological aspect of physical education and how the knowledge of this field could be used for improvement of sports performance .This course would enable the students to realize the importance and implication of various components of psychology in the area of physical education and sports, promotion of tourism and cultural diversities. At the end of the course student would be able to use this knowledge to make his teaching more effective.</p>		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks: 10+25

Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0

UNIT	TOPIC	NO. OF LECTURES
I	<u>INTRODUCTION:</u> Nature, scope & Importance of Psychology in Physical Education & Sports. Emotions- Meaning, Types and its influence on sports performance. General Principle of Growth & Development. Play & Play theories. Psychological Factors Affecting sports performance Place of Sports Psychology in India.	10
II	<u>COMPETITION BASICS & PREPARATION:</u> Psychological Profiling: Definition & Characteristics, Advantage. Uses of Profiling. Goal Setting: Definition, Types of Goals- Outcome, Performance and process, Strategies for Goal Setting Self-Confidence: Definition, Developing Self Confidence, Focus Characteristics of Player Pre-During-Post Competition, Psychological Preparation.	10
III	<u>PLAYER PROBLEM & SOLUTIONS:</u> Spectators: Types, Effects & Solutions. Anxiety, Aggression, Arousal & Stress: Types, Sources & Effects . Relaxation & Management Techniques, Social Support Bio-feedback & Neuro-feedback, Gratitude Practices.	10
IV	<u>LEARNING:</u> Learning Process, Theories & Laws of Learning. Transfer of Training Effects . Principle of Motor Skill Acquisition. Individual Differences & their Impact on Skill Learning.	10
	<u>MOTIVATION & PERSONALITY:</u>	

V	Motivation - Meaning, types & techniques, Motives, drive, need and level of aspiration, achievement motivation. Theories and dynamics of motivation in sports. Personality- Meaning, traits and relation with sports performance .Personality dimensions, theories, personality and performance.	10
VI	<u>GROUP DYNAMICS & INTERPERSONAL RELATIONSHIP:</u> Group Dynamics, Group Cohesion: Forming Leadership in Sports: Types and Theories. Coach: Athlete Relationship	10

REFERENCES :

1. Anshel, M., *Sport Psychology from Theory to Practice*. Scottsdale Arizona : Gorsuch Scarisbrick publishers. 1997
2. Beashel, P., & Taylor, J., *Advance Studies in Physical Education and Sports*. U.K.: Thomas Nelson and Sons Ltd. 1996
3. Bucher, C.A., & Wuert, D., *Foundation of Physical Education and Sports*. USA : st.Louis Times Mirron and mosby college. 1987
4. Morris, T., & Summers, J., *Sport Psychology: Theory, Applications and Issues,"* WILEY,Singapore.2004
5. Shaw, D. F., Gorely, T., & Corban, R. M.,*Instant Notes : Sport and Exercise Psychology*. BIOS Scientific Publishers T&F Group. UK ,2005
6. Burton, D., & Raedeke, T., *Sport Psychology for Coaches*. Human Kinetics. USA. 7. Thatcher, J., 2008
7. Day, M., & Rahman, R, *Sport and Exercise Psychology*. Learning Matters. UK ,2011
8. Kamlesh, M. L.,*Educational Sports Psychology* M/S Friends Publications [India] , 2009
9. Burton, R. ,*Sports Psychology: Motivation, Participation & Performance*. Sports Educational Technologies. New Delhi.2009
10. Bhatt, A. H. , *Psychology in Sports*. Sports Publication. New Delhi. 2010

Suggestive digital platforms web links:

<https://www.apa.org>

<https://www.psychology.org>

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<https://appliedsportpsych.org>
<https://www.psychologytoday.com>

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

Online courses at Swayam Portal

Online courses by The Franciscan Institute for Science and Health(shss.franciscan.edu)

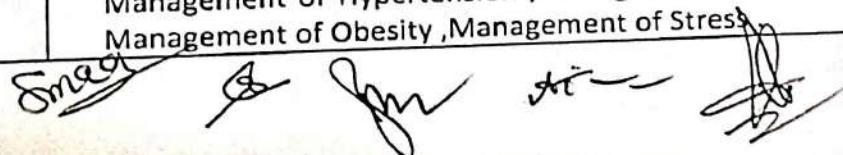
Online courses by Udemy

Further Suggestions:

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SEMESTER- IX. SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER 01

Program/ Class: Bachelor With Research		Year: -05	Semester:- IX
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020904T		Course Title : Health Education	
Course Outcomes : At the completion of this course students will develop a healthy personal and physical lifestyle and would understand how to manage situations for a healthy life, acquire knowledge about common communicable and non-communicable diseases, understand the nature of injuries and to provide first aid, create awareness on different aspects of health and fitness and examine health issues addressed through health education, health promotion and health services.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>HEALTH AND HEALTH EDUCATION:</u> Concept, Dimensions, Spectrum and Determinants of Health .Various level of Health Care in India. Role of Heredity, and Genetics in achieving positive health . Definition of Health, Health Education, Health Instruction, Health Supervision .Aim and Objectives of Health Education Principles of Health Education.		10
II	<u>HEALTH PROBLEMS AND SCHOOL HEALTH SERVICES:</u> Obesity, Malnutrition, Adulteration in food .Personal and Environmental Hygiene for Schools. Role of Health Education in Schools . Meaning and Objectives of School Health Services and School . Health programs aspect of school health services. Mental health, dental health and eye health. Nutritional Services and School Health Records. Posture and Postural Deformities with their remedial measures – Kyphosis, Lordosis, Scoliosis, Flat foot, Bow legs, Knock knee.		10
79 Page	<u>HYGIENE AND HEALTH:</u> Meaning and Types of Hygiene .Ways to maintain Personal Hygiene. Effect of Alcohol and Tobacco on Health .Lifestyle Management: Management of Hypertension ,Management of Diabetes , Management of Obesity ,Management of Stress		10



IV	COMMUNITY AND ENVIRONMENTAL SANITATION: Housing . Pollution, Light, Noise and Temperature . Population Policy, Population Dynamic and Population Explosion . National Family Welfare Program .Sex Education.	10
V	COMMUNICABLE AND NON-COMMUNICABLE DISEASES: Meaning of epidemiological approach of communicable diseases. Brief description of following communicable diseases and their prevention: Tuberculosis ,Chicken pox, Measles, Mumps ,Malaria and Filarial ,Rabies , STD and AIDS , Hepatitis (Jaundice) .Meaning of non-communicable diseases .Brief description of following non-communicable diseases and their prevention: - Heart diseases ,Cancer, Diabetes.	10
VI	FIRST AID : Meaning, Principles and Uses of First Aid .First Aid Equipments. Fracture - Causes and symptoms and the first aid related to them. Muscular Sprain - Causes, symptoms and remedies. First aid related to hemorrhage, respiratory discomfort . First aid related to natural and artificial carriage of sick and wounded persons. Treatment of unconsciousness .Treatment of heat stroke.	10

REFERENCES :

1. Ajmer, S. (2003). Essentials of Physical Education. New Delhi: Kalyani Publishers.
2. Chandra, S., Sothi, & Krishnan.P. (2005). Health Education and Physical Education. Delhi: Surjeet Publications.
3. Connolly, M. (2012). Skills-based Health Education. Sudbury, MA: Jones & Bartlett Learning.
4. David K. Miller & T. Earl Allen (19890.) Fitness, A life time commitment, Surjeet Publication Delhi.
5. Gilbert, G., Sawyer, R., & McNeill, B. (2011). Health Education. Sudbury, Mass.: Jones and Bartlett Publishers.
6. Koelen, M., & Ban, A. (2004). Health Education and Health Promotion. Wageningen, Netherlands: Wageningen Academic Publishers.
7. Mangal, S. K. (2005).Health and Physical Education. Ludhiana: Tandon Publication book market.
8. Nash T.N. (2006). Health and Physical Education. Hydereabad: Nilkamal Publishers.
9. Warner W.K. Oeger & Sharon A. Hoeger (1990) Fitness and Wellness, Morton

Publishing Company.

Suggestive digital platforms web links:

<https://www.kent.edu>ehhs>hedp>
<https://www.sciencedirect.com>
<https://en.m.wikipedia.org>
<https://www.cdc.gov>

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks
02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.
Bachelor in Physical Education and Yogic Sciences

Suggested equivalent online courses :

Online courses by Udemy
Online courses by various national and foreign universities

Further Suggestions:

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SEMESTER- IX, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER 02

Program/ Class: Bachelor With Research		Year: -05	Semester:- IX
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020905T		Course Title : Professional Preparation and Curriculum Development in Physical education	
<p>Course Outcomes : Students will develop an understanding of professional preparation in physical education and will be able to understand the ever evolving curriculum of physical education. Eventually at the end they will develop opportunities to construct & design the curriculum of Physical Education in broader aspects realizing the age group, gender consideration and physiological basis. Students will be able to design need based curriculum of Physical Education for various groups and will acquire skill to analyze, develop and evaluate curriculum.</p>			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<p><u>FOUNDATION OF PROFESSIONAL PREPARATION:</u> Ideals of Indian Democracy: Contribution of Physical Education . Forces and Factors effecting Education Policies and Programmes – Social, Religious, Economic and Political. Education and Professional Preparation in Physical Education - A State Subject. Accreditation and Certification - A State Function. Role of the Central and State Government in Education and Professional Preparation . Role of Non-official Agencies in improving Professional Preparation .</p>		10
II	<p><u>PROFESSIONAL PREPARATION AND CURRICULUM DEVELOPMENT :</u> Historical review of Professional Preparation in India. Curriculum - Old and New Concepts. Mechanics of Curriculum Planning .Basic Principles of Curriculum Construction. Importance of Curriculum Development .Factors affecting Curriculum .The Role of the teacher in Curriculum Development General Education - Aim and Purposes in professional preparation and Organization in General Education. General Professional Education - Aims and Objectives, Pattern of</p>		10

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	General Professional Education, Qualifications desirable for all Teachers.	
III	<u>UNDER-GRADUATE PREPARATION OF PROFESSIONAL PREPARATION :</u> Areas of Health Education, Physical Education and Recreation .Purpose of Under-graduate Preparation . Curriculum Design - Experience of Education, Field and Laboratory. Teaching Practice .Professional Competencies to be developed - Facilities and Special. Resources for Library, Laboratory and Other Facilities.	10
IV	<u>POST GRADUATE PREPARATION OF PROFESSIONAL PREPARATION:</u> Purposes of Post-graduate studies .Admission requirements, Sports, Curriculum, Area of Specialization and Concentration on core areas. Research Requirement .Methods of Instruction.	10
V	<u>CO-EDUCATION IN PHYSICAL EDUCATION :</u> Inter-relating the Programs for Boys and Girls .Activities suitable for Co-education, Levels at which co-education are desirable, Special provision for development of girls programme. Evaluation and Follow up process in Physical Education – Nature, Importance and Procedure for Evaluation in Physical Education .Follow-up: Curriculum followed in Colleges of Physical Education – BPE, MPED, BPED, M.Phil., etc. Committee's Recommendation: NCERT –CBSE, UGC recommendation on curriculum for schools and colleges.	10
VI	<u>IN-SERVICE EDUCATION OF PROFESSIONAL PERSONNEL :</u> Nature and Scope of In-service Education Responsibility for In-service Training .Role of Administration, Physical Education Training Institute, Supervisors, The Professional, and In – service Training Programmes .In service through individual efforts, apprenticeship on the job projects. Survey and Reports, Critical appraisal of existing types of post graduate programs .	10
<u>REFERENCES :</u> 1. Kelly, L., & Melograno, V. (2014) Developing the physical education curriculum. 2. James, J. (2005) Curriculum design in physical education and sports. New Delhi: Friends Publications (India). 3. Shinde, B. (2011) Curriculum design in physical education. New Delhi: Sports Publication. 4. Mohnsen, B. (2008) Teaching middle school physical education. Champaign, IL: Human		







Kinetics.

5. Gupta, R., Sharma, A., & Sharma, S. (2004). Professional preparation and curriculum designs in physical education and sports. New Delhi: Friends Publications.
6. Hoover, Kenneth, H. (1972) The Professional Teacher's Handbook. Boston, Allyn and Bacon.
7. Krick, David (1988) Physical Education and Curriculum Study. Kent, Croom Helm.
8. Sandhu, Kiran (2004) Professional Preparation and Career Development in Physical Education. New Delhi: Friends Publication.
9. Wessel, Janet, A., & Kelly, Luke (1986) Achievement-Based Curriculum Development in Physical Education Philadelphia, Lea and Febiger.

Suggestive digital platforms web links:

<https://www.researchgate.net>

<https://www.preservearticles.com>

<https://www.apa.org>

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course, a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

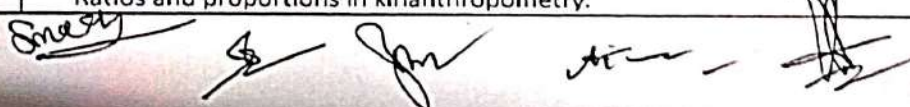
- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

Further Suggestions:

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SEMESTER IX. SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER 03

Program/ Class: Bachelor With Research		Year: 05	Semester: IX
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E020906T		Course Title : Kinanthropometry	
Course Outcomes : This course is specially design to enable students to understand basic concepts of anthropometry and kinanthropometry as an academic field. At the end student will know how our ultimate sports performance is determined by our body type and composition. This would clear the thoughts about fat mass and lean mass, composition, peak performance and nutrition too.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>Introduction And Application Of Kinanthropometry</u> Kinanthropometry : Meaning, Definition and Importance Musculo- skeletal Anatomy in Kinanthropometry. Anthropometry, Anthropometric Instruments – Tools and general Techniques. Techniques for assessing body composition.		10
II	<u>Growth , Development And Maturity</u> The Kinanthropometric Profile. Concepts Of Chronological, Anatomical and Skeletal Age. Prediction of Adult height and peak height velocity. Application of kinanthropometry to health and body composition.		10
III	<u>Concepts in Physique Development</u> Selected clinical conditions affecting physique Relationship of physical activity to growth and maturation Physique in different sports activities. Contemporary issue in physical education.		10
85 Page IV	<u>SOMATIC GROWTH AND DEVELOPMENT OF PHYSIQUE</u> Understanding human variability and types of studies. Principles and methods of measurement and observations in kinanthropometry. General regulation of growth and maturation. Ratios and proportions in kinanthropometry.		10



	Changes in body density and total body water during growth. Growth in fat free mass, Fat mass and percent fat.	
V	<u>PARAMETERS OF KINANTHROPOMETRY</u> Body type and sports performance Body composition and sports performance Nutrition and Sports Performance Sports training in the context of different components of kinanthropometry. Talent selection and kinanthropometric studies.	10
VI	<u>NEW DIMENSIONS IN KINANTHROPOMETRY</u> Women and sports participation Estimation of oxygen carrying capacity Methods for Estimation of body composition Kinanthropometric variables in sports persons Latest trends, techniques and innovations.	10

REFERENCES :

1. Carter, JEL, Heath HB, "Somatotyping: Development And Application, Cambridge University Press, Department Of Exercise And Nutritional Sciences" San Diego State University, CA, 92182-7251. USA, 1990
2. Eston, R & Reilly, "Kinanthropometry And Exercise Physiology Laboratory Manual, Test Procedure And Data, 2 Edition, Vol. 1, Routledge, London & New York, 2001.
3. ISAK, International Standard For Anthropometric Assessment, International Society For The Advancement Of Kinanthropometry, 2001
4. McArdle, W.D, Katch, F.I., And Katch, V.L., "Exercise Physiology : Energy, Nutrition, Human Performance, 7 Edition, Lippincot Williams And Wilkins, Baltimore, USA.
5. Norton, K & Olds, "Anthropometrica", Sydney, University Of New South Wales Press, Australia. 1996
6. Rempel, R. A Modified Somatotype Assessment Methodology, M.Sc. Thesis, Simon Fraser University, Canada, 1994
7. Sodhi, H.S, "Sports Anthropometry", Mohali, ANOVA, 1991.
8. Koley, Shyamal, "New Horizons In Kinanthropometry", Friends Publications, India, 2006,

Suggestive digital platforms web links:

<https://www.karger.com>
<https://en.m.wikipedia.org>
<https://library.oapen.org>
<https://epgp.inflibnet.ac.in>







<p>This course can be opted as an elective by the students of the following subjects:- Any student preferably with science background can opt for it .</p>
<p><u>Suggested Continuous Evaluation methods (CIE):</u> Course related Assignment - 05 marks 02 MCQ Examinations- 10 marks each(20 marks)</p>
<p>Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma. Bachelor in Physical Education</p>
<p><u>Suggested equivalent online courses :</u> Mooc.list.com (online free courses) Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.</p>
<p><u>Further Suggestions:</u></p>

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SEMESTER- IX, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL, 01.

Program/ Class: Bachelor With Research		Year: -05	Semester:- IX
SUBJECT : PHYSICAL EDUCATION - PRACTICAL			
Course Code : E020907P		Course Title : TRACK AND FIELD/ SWIMMING/ GYMNASTICS	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking of the related game/ sport and would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for the game/ sport. Course is so designed to acquaint the students with the latest changes in the rules, regulations, markings , techniques , equipment and innovations in the field.			
Credits : 02		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2			
UNIT	TOPIC		NO. OF LECTURES
I	<u>Introduction</u> Historical development of the game/sport at national and international levels. National Bodies controlling game/sport and their affiliated units. International Bodies controlling game/sport and their affiliated units. Major National and International competitions in Game/Sport. Layout and marking of play filed/ground/courts and measurement of equipments used in Game/Sport.		07
II	<u>Techniques/Skills development:</u> Classification of techniques/skills. Technique/skill training: Preparatory, Basic, Supplementary exercises. Identification & Correction of faults. Training for mastery in technique/skill. Recreational and lead-up activities. Warm-up and cool down for game/sports.		07
III	<u>Officiating:</u> Mechanics of officiating. Qualities of good official. Duties of official (pre, during and post game) Rules & their interpretations. Modern trends and latest changes in rules and apparatus/ equipments, Score Sheets Of the events.		08
88 P	<u>Track and Field</u> <i>Javelin Throw, Hammer Throw, Discus Throw and Shot Put.</i>		08
	Gymnastics		

V*	Floor Exercises : Back Flip (M& W), Balancing Beam: Back Flip, (W) , Roman Rings: Press Handstand ,(M), Vaulting Table(Straddle vault), (M & W), Parallel Bars: Stutz(M), Uneven Bars : Giant Circle (W) , Pommel Horse: Double Leg Circle (M), Horizontal Bars: Forward Giant Circle (M)	08
VI*	Swimming Breast Stroke, Butterfly Stroke (25 meters)	08

*Out of Unit No. IV, V and VI any one has to be opted which was opted in the previous semester.

REFERENCES :

1. Singh, Gurdal,, " Fundamentals of men,s Gymnastics" Friends Publications, New Delhi, India, 1994
2. Cavendish Marshall," Skills and Tactics of Gymnastics", Cavendish House, Hongkong , 1982
3. Govindarajulu, " Marking of Track and Field", Friends Publications, New Delhi, India, 2007
4. Guthrie, Mark,"Coaching Track and Field Successfully",Human Kinetics, Champion IL, 2006.
5. Hekmati, Deniz, :Foundations of Strength Training for Swimmers", Available at AMAZON, 2020.

Suggestive digital platforms web links:

<https://www.training.gov.au> > Training
<https://www.Aboutswim.com>
<https://www.svoem.org>.
<https://www.shiksha.com>> articles

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it .

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Suggested Continuous Evaluation methods (CIE):
INTERNAL ASSESSMENT (25):

Course related Assignment - 10marks

MCQ Examinations- 10 marks .

Attendance : 05 Marks

PRACTICAL ASSESSMENT (75):

Practical – 50 marks

VIVA – 15marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

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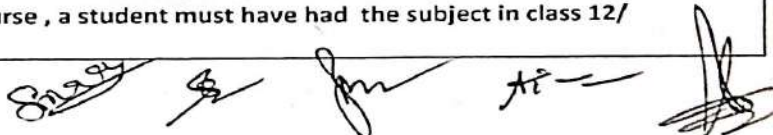
Further Suggestions:

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SEMESTER IX. SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research		Year: -05	Semester:- IX
SUBJECT : PHYSICAL EDUCATION – PRACTICAL			
Course Code : E020908P		Course Title : Game Specialization	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking for the concerned game/ sport. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training a particular game/ sport.			
Credits : 06		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2			
<p align="center">STUDENT NEED TO CHOSE ONE TEAM AND ONE INDIVIDUAL GAME WHICH HE OPTED IN THE VII AND VIII SEMESTER.</p>			
This course can be opted as an elective by the students of the following subjects:- Students with bachelor degree with physical education.			
<u>Suggested Continuous Evaluation methods (CIE):</u> <u>INTERNAL ASSESSMENT (25):</u> Course related Assignment - 10marks MCQ Examinations- 10 marks . Attendance : 05 Marks <u>PRACTICAL ASSESSMENT (75):</u> Practical – 50 marks VIVA – 15marks Record Book and Chart – 10 marks			
Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.			



Bachelor in Physical Education
<u>Suggested equivalent online courses :</u>
-
<u>Further Suggestions:</u>

STUDENT IS REQUIRED TO PREPARE A DETAILED PROJECT FILE ENTAILING VARIOUS TOOLS, EQUIPMENT AND APPARATUS USED IN DIFFERENT TYPES OF PSYCHOLOGICAL AND BIOMECHANICAL STUDIES AND MEASUREMENTS. THE DETAILED EXPLANATION OF THEIR USES, MECHANICAL ACTION, ETC.

STUDENT IS REQUIRED TO PREPARE A DETAILED PROJECT FILE ENTAILING VARIOUS TOOLS, EQUIPMENT AND APPARATUS USED IN DIFFERENT TYPES OF PSYCHOLOGICAL AND BIOMECHANICAL STUDIES AND MEASUREMENTS. THE DETAILED EXPLANATION OF THEIR USES, MECHANICAL ACTION, ETC.

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SEMESTER – IX, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PROJECT WORK,

Program/ Class: Bachelor With Research	Year: -05	Semester:- IX
SUBJECT : PHYSICAL EDUCATION		
Course Code : E020909R	Course Title : Project Work	
Course Outcomes : This course would enable the students to develop scholarly, critical and inquisitive attitude towards studies in sports and physical education. students will be able to know about various tools, equipment and apparatus , their usage, manufacture and implication in various research studies. All this would lead to presentation of a structured report.		
Credits : 06	Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-04-02		
<p>STUDENT IS REQUIRED TO PREPARE A DETAILED PROJECT FILE ENLISTING VARIOUS TOOLS , EQUIPMENT AND APPARATUS USED IN DIFFERENT PHYSIOLOGICAL, PSYCHOLOGICAL AND BIOMECHANICAL STUDIES AND MEASUREMENTS WITH THE DETAILED EXPLANATION OF THEIR USAGE, MANUFACTURE AND IMPLICATION.</p> <p style="text-align: center;">OR</p> <p>STUDENT CAN OPT FOR WRITING AN ARTICLE OR RESEARCH PAPER ON HER OWN, TAKING CARE OF ALL THE GUIDELINES AND PRINCIPLES TO BE FOLLOWED IN DOING SO. IT SHOULD BE WELL APPROVED BY THE SUPERVISING TEACHER.</p>		
This course can be opted as an elective by the students of the following subjects:-		
<u>Suggested Continuous Evaluation methods (CIE):</u> INTERNAL ASSESSMENT (25): 93 Course related Assignment - 20marks Attendance : 05 Marks PRACTICAL ASSESSMENT (75):		

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VIVA –65 marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.
Bachelor in Physical Education

Suggested equivalent online courses :

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Further Suggestions:

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SYLLABUS FOR MASTER OF PHYSICAL EDUCATION

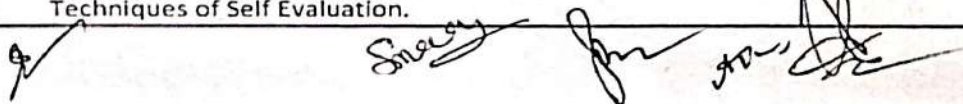
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SEMESTER- X, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER : 01

Program/ Class: Bachelor With Research		Year: -05	Semester:- X
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E021001T		Course Title :Educational Technology And Innovations In Teaching Physical Education	
Course Outcomes : This course aims at enabling a student to learn and understand various methods of imparting education and use various different aids and techniques to make it more effective. She would be able to plan her lessons in the most appropriate way to make her class time fruitful. At the end of this course student would be able to conduct her virtual classes and would be able to use latest technology as her aid.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(In hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>EDUCATION AND EDUCATIONAL TECHNOLOGY:</u> Education: Meaning, Definition, Types of Education. Educational Technology: Meaning, Definition, Need, Nature and Scope. Technological devices in Physical Education and Sports . Advantages of Audio and Video technology .		10
II	<u>TEACHING AND EFFECTIVE TEACHING :</u> Teaching: Meaning, Definition, Phases of Teaching (Pre-active, Inter-active and Post active), Levels of Teaching (Memory level, Understanding level and Reflective level) .Effective Teaching and Principles of effective teaching . Teacher's Responsibilities towards students, institution and society ,Professional responsibilities of Physical Education Teacher .		10
III	<u>LESSON PLANNING :</u> Lesson Plan: Meaning, Definition, Importance of Lesson Plan. Types of Lesson Plan, Principles of Lesson Plan , Various parts of a Lesson Plan. Feedback: Student Feedback on Lesson Content and Lesson Effectiveness ,Teacher's Self Evaluation: Importance and Techniques of Self Evaluation.		10



	Presentation Techniques: Importance and Techniques of Presentation	
IV	<p><u>METHODS AND PEDAGOGIC TECHNIQUES :</u></p> <p>Methods of Teaching: Meaning, Importance and Types of Teaching Methods . Micro Teaching: Meaning, Definition, Importance, Characteristics, Steps of Micro Teaching and Advantages of Micro Teaching, Comparison between micro teaching and traditional teaching .Team Teaching: Meaning, Definition, Principles of team teaching and Advantages of team teaching. Simulation Teaching: Meaning, Definition, Types of Simulation Teaching, Steps in simulated teaching and limitations of simulation teaching. Class Management: Meaning, Definition, Important Points for Class Management . Student Learning: Concept and stages of assessing student learning.</p>	10
V	<p><u>MEASURING TEACHING AND ITS OUTCOMES:</u></p> <p>Traditional methods for teaching – intuitive judgment, eyeballing, anecdotal records, checklists, rating scales. Systematic observation records- event recording, duration recording, interval recording, group time sampling, self recording, Combining observation technique, important decisions in developing observation strategies, building observation system.</p>	10
VI	<p><u>MODERN TRENDS AND INNOVATIONS IN TEACHING PHYSICAL EDUCATION:</u></p> <p>Virtual teaching : Need, Importance, ethics and Methods. Modern innovations in teaching physical education. NEP-2020 and teaching in physical education. Procedure and organization of tele- conferencing. Recent trends in research in educational Technology and its future with reference to education.</p>	10
<p><u>REFERENCES :</u></p> <p>1. Brar, R.S. et al. Teaching Methodology and Educational Technology in Physical Education, Kalyani Publisher: New Delhi, 2008.</p>		

2. Hoover, Kenneth H. The Professional Teacher's Handbook, Boston, Allyn and Bacon, 1972.
3. Krik, David. Physical Education and Curriculum Study, Kent, Croom Helm, 1988.
4. Mohanty, J. Educational Technology, New Delhi, 1992.
5. Wessel Janet A, and Kelly Luke. Achievement-Based Curriculum Development in Physical Education, Philadelphia, Lea and Febiger, 1986
6. Vaidhya, Rajesh and Ramakrishnan, K.S. "Lesson Planning in Education and Physical Education" (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
7. Anil and Daljinder, "Methods in Physical Education" (2005) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

Suggestive digital platforms web links:

<https://www.researchgate.net>
<https://www.sportspublication.net>
<https://www.ggu.ac.in>
<https://www.slideshare.net>

This course can be opted as an elective by the students of the following subjects:-
 Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):


Course related Assignment - 05 marks
 02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/
 certificate/ diploma.
 Bachelor in Physical Education

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

Further Suggestions:

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SEMESTER – X, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER 02

Program/ Class: Bachelor With Research		Year: 05	Semester: X
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E021002T		Course Title : Test, Measurement and Evaluation in Physical Education.	
Course Outcomes : This course will enable the students to understand the concept of test, measurement and evaluation in physical education. At the completion of this course she would be fully acquainted with the criteria, classification and administration of various tests. She would be able to demonstrate and explain different fitness and skill tests.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>Introduction:</u> Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Principle of Measurement and Evaluation. Scope of Test Measurement and Evaluation.		10



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II	<p><u>Test Classification, Construction and Administration:</u></p> <p>Classification of Test: Statistical tests, Physical tests, Psychomotor tests, Written tests.</p> <p>Construction of knowledge tests and Sports Skill tests.</p> <p>Criteria of Test Selection: Objectivity, reliability, validity and precision, norms and Standards.</p> <p>Test Administration: Advance preparation (Pre-planning), Duties during testing (testing operation), duties after testing (test records, interpretation of results, preparation of reports, construction of tables, graphs and profiles).</p>	10
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III	<p><u>Identification of Fitness and Motor Ability:</u></p> <p>AAHPER Health Related Physical Fitness Test</p> <p>AAHPER Youth Physical Fitness Test</p> <p>Borrow motor ability test</p> <p>Cooper's 12 minutes run/walk test</p> <p>Harvard step test</p> <p>Kraus Weber test</p> <p>Philips's J.C.R. Test</p> <p>Scoot motor ability test</p> <p>Shuttle run test</p>	10
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IV	<p><u>Measurement of Sports Skills:</u></p> <p>Badminton: Lockhart and McPherson Badminton Skill Test, Miller Wall Test for Badminton.</p> <p>Basketball: Johnson Basketball Test Battery, Knox Basketball Test</p> <p>Hockey: The Schmithals-French Field Hockey Skill Test, Friedel Field Hockey Skill Test.</p> <p>Soccer: Johnson Soccer test, McDonald Soccer Skill Test.</p> <p>Volleyball: Brady's Volleyball Skill Test, Russell-Lange Volleyball Test.</p>	10
V	<p><u>Anthropometric and Body Composition:</u></p> <p>Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.</p> <p>Evaluating Body Composition: Body density, Percent Body Fat, Body mass index, Skin fold assessment, Bio-electrical impedance method, under water weighing and Somato typing.</p>	10
VI	<p><u>Physiological and Psychological Testing:</u></p> <p>Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females.</p> <p>Anaerobic Capacity: Margaria-Kalamen test and Wingate Anaerobic Test.</p> <p>Psychological Testing: Competitive Anxiety, Aggression, Team Cohesion, Motivation, self-concept, personality.</p>	10

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REFERENCES :

1. Clarke, H. David and Clarke Harison, H. (1987). Application of Measurement to Physical Education. Englewood-cliffs, Parentice Hall, Inc.
2. Welk, G. (2002) Physical Activity Assessments for Health-Related Research United States Human Kinetics.
3. Miller, T. (2012) NSCA's Guide to tests and assessments United States, Human Kinetics.
4. Johnson, B.L. and Nelson, J.K. (1998). Practical Measurement for Evaluation in Physical Education, Delhi, Surjeet Publications.
5. Kansal, D.K. (1996). Test and Measurement in Sports and Physical Education, D.V.S Publications, New Delhi.
6. Marrow James R., Jackson, A.W. (1995). Measurement and Evaluation in Human Performance Human Kinetics Publisher, Urban Champaign, Illinois, USA.
7. Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
8. Yobu, A (2010), Test, Measurement and Evaluation in Physical Education in Physical Education and Sports. New Delhi; Friends Publications
9. Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc.
10. Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports, Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press.

Suggestive digital platforms web links:

<https://www.classcentral.com/course/independent-sports-medicine-understanding-sports-injuries-10200>

<https://www.physiopedial.com>

This course can be opted as an elective by the students of the following subjects:- Any student with bachelors degree in physical education

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

Suggested equivalent online courses :

Mooc.list.com (online free courses)

Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.

Further Suggestions:



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SEMESTER- X, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, CORE PAPER : 03

Program/ Class: Bachelor With Research		Year: -05	Semester:- X
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E021003T		Course Title : Applied Statistics in Physical Education and Sports Sciences.	
Course Outcomes : this course would enable the student to understand the concept, types and functions of statistics. Student would be able to know population, variable and data. It aims to develop understanding about the measures of dispersion and scale, probability distribution, graphical presentation and analysis of data. At the completion student would be able to organize, manage and present data and apply a wide variety of specific statistical methods.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>INTRODUCTION:</u> Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms- Population, Sample, Data, types of data. Variables: Discrete, Continuous. Parametric and non-parametric statistics.		10
II	<u>DATA CLASSIFICATION, TABULATION AND MEASURES OF CENTRAL TENDENCY:</u> Meaning, uses and construction of Frequency table. Meaning, purpose, calculation and advantages of Measures of central tendency- Mean, Median and Mode.		10
III	<u>MEASURES OF DISPERSIONS AND SCALES:</u> Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose. Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale.		10
IV	<u>PROBABILITY DISTRIBUTIONS AND GRAPHS:</u> Normal Curve. Meaning of probability- Principles of normal curve-Properties of normal curve. Divergence form normality-Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.		10
<u>INFERENTIAL AND COMPARATIVE STATISTICS:</u>			10

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V	Tests of significance, t-test, chi - square test, level of confidence and interpretation of data. Meaning of correlation-co-efficient of correlation -calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA. Note: It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.	
VI	<u>MODERN TRENDS AND TECHNIQUES:</u> Latest statistical approaches in the field. NHST(Null Hypothesis Significance Testing), File drawer effect, Alternative statistical methods. Bayesian Estimation, SPSS in research in physical education.	10

REFERENCES :

1. Best J. W, Research in Education, New Jersey; Prentice Hall, Inc,1971
2. Clark D.H., Research Problem in Physical Education 2nd edition, Eaglewood Cliffs,Prentice Hall, Inc., 1999
3. Jerry R Thomas & Jack K Nelson, Research Methods in Physical Activities; Illonosis; Human Kinetics;2000
4. Kamlesh, M.L, Methodology of Research in Physical Education and Sports, Metropolitan Publication: New Delhi, 1986.
5. Moorthy, A.M, Research Methods in Physical Education, Sports and Exercise Sciences, Friends 5. Publications: New Delhi, 2000.
6. Rothstain A , "Research Design and Statistics for Physical Education. Englewood Cliffs: Prentice Hall. Inc, 1985
7. Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication.

Suggestive digital platforms web links:

<https://www.sportspublication.net>

<https://www.igipess.du.ac.in>

<https://www.slideshare.net>

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This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.

Bachelor in Physical Education and Yogic Sciences

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

Further Suggestions:









SEMESTER – X, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER : 01

Program/ Class: Bachelor With Research		Year: -05	Semesters:- X
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E021004T		Course Title : Adapted Physical Education	
Course Outcomes : This course would help students to understand that sports and physical education has the potential to cater all the sections of the society i.e. its for all. At the end of the course student would be able to realize the importance of physical education for differently abled people. Program aims at teaching the students various kinds of disabilities, their nature , causes and way out .It would enable a student to form different physical education programs for people with different disabilities.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>INTRODUCTION TO ADAPTED PHYSICAL EDUCATION</u> Meaning and definitions ,Aims and objectives ,Need and importance ,Role of physical education in adapted physical education ,Brief historical review of adapted physical education		10
II	<u>CLASSIFICATION OF DISABILITY</u> Changing concept of disability handicaps, retardation, physically and mentally challenged .Physical disability : Characteristics, Categories, Functional limitation, general causes. Mental retardation and learning disability :characteristics, category , functional limitation, general causes .Hearing and speech impairment: Characteristics, category, functional limitation, general causes .Visual impairment : characteristics ,category , functional limitation , general causes .Other disabled conditions. Behavioral problems associated with disability .Adjustment Problem, Emotional Problem , Personality Problem, Social Problems , Social Stigma ,Discrimination and Social Rejection .		10
108 III Page	<u>ADAPTED PHYSICAL EDUCATION PROGRAMMES</u> Guiding principles for adapted physical education programme (AAHPER Principle) .Physical education programme for disabled of : Elementary school , middle school high school .Special adapted programme for various types and categories of physical disability. Regular physical activity, informal games and special activity ,informal and formal competitions . special adapted programme for hearing and speech impairment, visual		10

	impairment, mental retardation and learning impairment .	
IV	ACTIVITIES FOR DISABLED Co-curricular activities for disabled . outdoor programmes for disabled .Adventure based outdoor programme .creative development and hobby & culture development programme .Aquatic activity programme for disabled .Importance of activity for disabled .Nature of aquatic activity programme based on types of various disability .Rehabilitative role and importance of aquatic activity .	10
V	REHABILITATION AND GOVERNMENTAL WELFARE PROGRAMMES: Rehabilitation : Aims and objectives of rehabilitation , Meaning of functional and occupational rehabilitation, Importance of adapted programme in rehabilitation . Functional rehabilitation . Psychological rehabilitation : adjustmental, environmental and personality development .Governmental Welfare Programme : Provisions of special rights and privilege for disabled through legislations .Social welfare programmes for disabled. Mass public education/awareness programme .Education approach ,Service approach , Legislative approach .	10
VI	NEW AVENUES IN ADAPTED PHYSICAL EDUCATION: Adapted Sports: Para Olympics. Test , Measurement And Evaluation In Adapted Physical Education. Modern Trends In Adapted Physical Education In Terms Of Equipment, Tools, Inventions And Women Participation. National And International Sports Competitions For Differently Abled People . Vocational Opportunities For Differently Abled Athletes.	10
REFERENCES : 1. Anoop Jain, "Adapted Physical Education" Sports Publication, Ashok Vihar, Delhi. 2. Arthur G. Miller & James, "Teaching Physical Activities to Impaired Youth" John Wilag & Sons Inc. Canada. 3. Arthur S. Daniels & Euilya, "Adapted Physical Education" Harpet & Row Publisher, New York. 4. Auxter, Byler, Howtting, "Adapted Physical Education and Reactions" Morbey – St. Louis Mirrauri. 5. K. Park, "Preventive Social Medicine" M/s Banarsidas Bhanot Publishers, Prem Nagar, Jabalpur. 6. Ronald W. French & Paul J., "Special Physical Education" Charles E. Merrics Publishing Co. Edinburgh, Ohio 7. Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.		


Suggestive digital platforms web links:

<https://www.scoonews.com>

<https://www.apens.org>

<https://en.m.wikipedia.org>

<https://blog.procaretherapy.com>

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.

Bachelor in Physical Education and Yogic Sciences

Suggested equivalent online courses :

- Mooc.list.com (online free courses)
- Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.
- Online Courses By PHYSICAL Education Foundation Of India.

Further Suggestions:



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SEMESTER- X, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, ELECTIVE PAPER : 02

Program/ Class: Bachelor With Research		Year: -05	Semester:- X
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E021005T		Course Title : Physical Fitness And Wellness	
Course Outcomes : In the era of physical fitness awareness , this course aims at developing proper understanding of fitness in a very broad terms among the students. Students would be able to understand and know right kind of diet, nutrition and exercise for the right kind of physical fitness. Course content also focuses on the modern concepts and ways relevant to physical fitness			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	INTRODUCTION: Meaning and Definition" of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement. Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity. Current trends in fitness and conditioning. components of total health fitness and the relationship between physical activity and lifelong wellness.		10
II	NUTRITION: Nutrients :Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values. Weight Management-proper practices to maintain, lose and gain. Eating Disorders, Proper hydration, the effects of performance enhancement drugs.		10
III	AEROBIC EXERCISE: Cardio respiratory Endurance Training; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching, monitoring heart rates during activity. Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels. Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.		10

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IV	<u>ANAEROBIC EXERCISE:</u> Resistance Training for Muscular Strength and Endurance; principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness, and proper breathing techniques). Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing, medicine balls, fit balls) Advanced techniques of weight training.	10
V	<u>FLEXIBILITY EXERCISE:</u> Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques. Pilates, Yoga.	10
VI	<u>MODERN TRENDS IN PHYSICAL FITNESS AND WELLNESS:</u> Physical Fitness and Changing Attitudes of the masses. Physical Fitness modules for different age categories. Physical fitness and pregnancy. Physical fitness at work place. Incorporating effective Physical fitness plans in the school and university level curriculum. Awareness programs for Physical fitness for all. Physical fitness for differently abled people. Latest trends, equipment and techniques for physical fitness and wellness. Yoga for fitness and wellness. Field of physical fitness, wellness and generation of employment.	10

REFERENCES :

1. David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi, 1989.
2. Difcore Judy. the complete guide to the postnatal fitness. A & C Black Publishers Ltd. 35, Bedford row, London 1998
3. Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992
4. Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
5. Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
6. Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers
7. 2002. Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
8. Robert Malt. 90 day fitness plan, O.K. publishing, Inc. 95, Madison Avenue, New York 2001

Suggestive digital platforms web links:

<https://www.acfitness.org>
<https://sites.unl.edu>
<https://www.michigan.gov>
<https://www.researchgate.net>

This course can be opted as an elective by the students of the following subjects:-
 Any student can opt for it.

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/
 certificate/ diploma.

Bachelor in Physical Education and Yogic Sciences

Suggested equivalent online courses :

Online courses by AAFT: Delhi and Raipur

Online courses by KII school of fitness sciences

Further Suggestions:

SEMESTER- X, SYLLABUS FOR M.A.IN PHYSICAL EDUCATION,ELECTIVE PAPER -03

Program/ Class: Bachelor With Research		Year: 05	Semester: X
SUBJECT : PHYSICAL EDUCATION - THEORY			
Course Code : E021006T		Course Title : Sports Engineering	
Course Outcomes : In the modern times, use of technology , mechanics and other areas of science has made the discipline of movement education more challenging and promising. This course would enable a student to understand sports engineering and use of latest science and technology in the study of human movement .it aims at the study of designing of sports equipment ,tools and instruments. Course content also aims at understanding the materials used and how sports facilities and infrastructures designed and made. At the end of the course student would be able to understand human movement , organization of sports facilities in the light of latest technology.			
Credits : 4		Max. Marks : 25+75	Min. Passing Marks: 10+ 25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 4-0-0			
UNIT	TOPIC		NO. OF LECTURES
I	<u>Introduction to Sports Engineering:</u> Meaning of Sports Engineering, Human Motion Detection and Recording, Human Performance, Assessment, Equipment and Facility Designing and Sports related Instrumentation and Measurement, Mechanics of Engineering Material. Sports Dynamics: Kinematics of Particles- Rectilinear and Plane. Curvilinear Motion coordinate system, Kinetics of Particles- Newton's Law of Motion, Work, Energy, Impulse & Momentum.		10



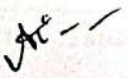

II	<p><u>Mechanics of Engineering Materials:</u></p> <p>Concept of Internal Force, Axial Force, Shear Force, Bending Moment, Torsion, Energy Method to find displacement of Structure, Strain Energy.</p> <p>Biomechanics of daily and common activities- Gait, posture, body levers, ergonomics.</p> <p>Mechanical Principles in moment- Lifting, waking, running, throwing, jumping, pulling, pushing, etc.</p>	10
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III	<p><u>Sports Dynamics:</u></p> <p>Kinematics of Particles- Rectilinear and Plane, Curvilinear Motion coordinate system, Kinetics of Particles- Newton's Law of Motion, Work, Energy, Impulse & Momentum.</p> <p>Mechanical Principles of Sports Dynamics.</p> <p>Dynamic Correspondence: Factors, Importance & Training.</p>	10
IV	<p><u>Facility Life Cycle Costing:</u></p> <p>Basics of theoretical analysis of cost.</p> <p>Total life cost concepts, Maintenance cost, energy cost, capital cost and taxation.</p> <p>Maintenance policy, Preventive Maintenance, corrective maintenance, record and register for maintenance.</p> <p>Building Process- Design phase (including brief documentation), construction phase functional (occupation), life, re-evaluation, re-furnish, demolish.</p>	10

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V	<p><u>Building & Maintenance:</u></p> <p>Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor stadium, outdoor stadium, play park, Academic Block, Administrative Block, Research Block, Library, Sports Hostel, etc.</p> <p>Requirements: Air Ventilation, Daylight, Lighting arrangement, galleries, storerooms, office, toilets (M/F), drinking water, sewage and wastewater, disposal system, changing room(M/F), sound system(echo-free), internal arrangement according to need and nature of activity to be performed, corridors and gates for free movement of people, emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding, maintenance staff, financial consideration.</p>	10
VI	<p><u>Sports Engineering Module:</u></p> <p>Technical Thermodynamics, Production measurement technology, basics of Robotics, Mechanical methods of testing, calculation of Anisotropic techniques, Fluid mechanics, instrumentation, Special field of Sports Equipment technology- Winter Sports & Summer Sports Equipment.</p> <p>Research Project Biomechanics.</p>	10

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REFERENCES :

1. Franz K.F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013).
2. Steve Hake, Editor, The Engineering of Sports (CRC Press, 1996).
3. Jenkins M. Editor, Materials in Sports Equipments, Volume I (Elsevier, 2003).
4. Franz K.F. et. al., Editor, The Impact of Technology on Sports II (CRC Press, 2007).
5. Helge M. Sports Aerodynamics (Springer Science and Business Media, 2009).
6. Youlin Hong, Editor Routledge, Handbook of Ergonomics in Sports & Exercise (Routledge, 2013).
7. Colin White, Projectile Dynamics in Sports: Principles & Application.
8. Eric C. et. Al., Editor, Sports Facility Operations Management (Routledge, 2010).
9. Subic A.J., The Engineering of Sports Research Development and Innovation (Wiley-Blackwell, 2000).

Suggestive digital platforms web links:

<https://www.sportsengineering.org>
<https://en.m.wikipedia.org>
<https://mme.wsu.edu>
<https://www.sportstechnologyblog.com>

This course can be opted as an elective by the students of the following subjects:-

Bachelor of Physical Education

Suggested Continuous Evaluation methods (CIE):

Course related Assignment - 05 marks

02 MCQ Examinations- 10 marks each(20 marks)

Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma.

Bachelor in Physical Education

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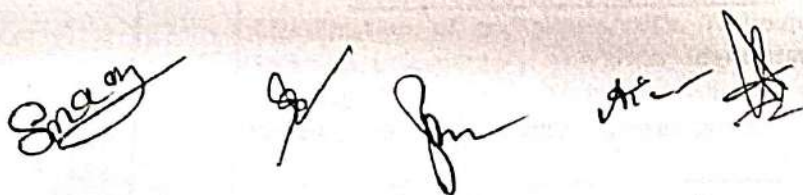
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Suggested equivalent online courses :

Mooc.list.com (online free courses)

Various Indian and Foreign Universities (eg.-Institute of Sports Science& Technology, Pune & University of South Wales.

Further Suggestions:



SEMESTER- X, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL, 01.

Program/ Class: Bachelor With Research		Year: -05	Semester:- X
SUBJECT : PHYSICAL EDUCATION - PRACTICAL			
Course Code : E021007P		Course Title : TRACK AND FIELD/ SWIMMING/ GYMNASTICS	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking of the related game/ sport and would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training for the game/ sport. Course is so designed to acquaint the students with the latest changes in the rules, regulations, markings , techniques , equipment and innovations in the field.			
Credits : 02		Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2			
UNIT	TOPIC	NO. OF LECTURES	
I	<u>Introduction</u> Historical development of the game/sport at national and international levels. National Bodies controlling game/sport and their affiliated units. International Bodies controlling game/sport and their affiliated units. Major National and International competitions in Game/Sport. Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport.	07	
II	<u>Techniques/Skills development:</u> Classification of techniques/skills. Technique/skill training: Preparatory, Basic, Supplementary exercises. Identification & Correction of faults. Training for mastery in technique/skill. Recreational and lead-up activities. Warm-up and cool down for game/sports.	07	
III	<u>Officiating:</u> Mechanics of officiating. Qualities of good official. Duties of official (pre, during and post game) Rules & their interpretations. Modern trends and latest changes in rules and apparatus/ equipment , Score Sheets Of the events.	08	
IV*	<u>Track and Field</u> <i>Relay Races, Race walking, Hurdles, Combined events (Decathlon, Heptathlon)</i>	08	
V*	<u>Gymnastics</u> Floor Exercises : Back Flip (M& W), Balancing Beam: Back Flip, (W) , Roman Rings: Press Handstand ,(M), Vaulting Table :	08	



	Handsome and Yamashita,(M & W), Parallel Bars: Stutz(M), Uneven Bars : Giant Circle (W) , Pommel Horse: Scissors (M), Horizontal Bars: Forward Giant Circle (M), Rhythmic Gymnastics.	
VI*	Swimming Butterfly Stroke, Diving (25 meters)	08

*Out of Unit No. IV, V and VI any one has to be opted which was opted in the previous semester.

REFERENCES :

1. Singh, Gurdayal,, " Fundamentals of men,s Gymnastics" Friends Publications, New Delhi, India, 1994
2. Cavendish Marshall," Skills and Tactics of Gymnastics", Cavendish House, Hongkong , 1982
3. Govindarajulu, " Marking of Track and Field", Friends Publications, New Delhi, India, 2007
4. Guthrie, Mark,"Coaching Track and Field Successfully",Human Kinetics, Champion IL, 2006.
5. Hekmati, Deniz, :Foundations of Strength Training for Swimmers", Available at AMAZON, 2020.

Suggestive digital platforms web links:

<https://www.training.gov.au> > Training
<https://www.Aboutswim.com>
<https://www.svoem.org>.
<https://www.shiksha.com>> articles

This course can be opted as an elective by the students of the following subjects:-
Any student can opt for it .

Suggested Continuous Evaluation methods (CIE):

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INTERNAL ASSESSMENT (25):

Course related Assignment - 10marks

MCQ Examinations- 10 marks .

Attendance : 05 Marks

PRACTICAL ASSESSMENT (75):

Practical – 50 marks

VIVA – 15marks

Record Book and Chart – 10 marks

Course Prerequisites: To study this course , a student must have had the subject in class 12/
certificate/ diploma.
Bachelor in Physical Education

Suggested equivalent online courses :

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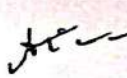
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SEMESTER X, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PRACTICAL 02

Program/ Class: Bachelor With Research	Year: -05	Semester:- X
SUBJECT : PHYSICAL EDUCATION – PRACTICAL		
Course Code : E021008P	Course Title : Game Specialization	
Course Outcomes : This course would help students to gain the knowledge of the game/ sport. After the completion of the course student would be fully acquainted with the layout and marking for the concerned game/ sport. She would be able to demonstrate and develop the skills to teach rules, regulations, fundamental skills strategies, general and specific training a particular game/ sport.		
Credits : 06	Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(in hours per week): L-T-P: 0-0-2		
SAME AS IN IX SEMESTER WITH AMPLE OFFICIATING CLASSES		
This course can be opted as an elective by the students of the following subjects:- Students with bachelor degree with physical education.		
<u>Suggested Continuous Evaluation methods (CIE):</u> <u>INTERNAL ASSESSMENT (25):</u> Course related Assignment - 10marks MCQ Examinations- 10 marks . Attendance : 05 Marks <u>PRACTICAL ASSESSMENT (75):</u> Practical – 50 marks VIVA – 15marks Record Book and Chart – 10 marks		
Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma. Bachelor in Physical Education		
<u>Suggested equivalent online courses:</u>		

Further Suggestions:

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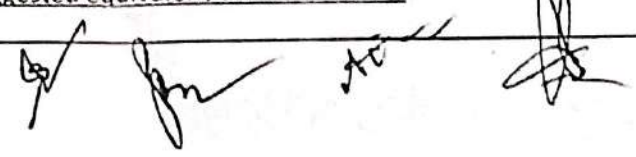
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SEMESTER X, SYLLABUS FOR M.A. IN PHYSICAL EDUCATION, PROJECT WORK,

Program/ Class: Bachelor With Research	Year: -05	Semester:- X
SUBJECT : PHYSICAL EDUCATION		
Course Code : E021009R	Course Title : Project Work	
Course Outcomes : This course would enable the students to develop scholarly, critical and inquisitive attitude towards a problem/issue , involving a systematic approach of gathering of data and its analysis. All this would lead to presentation of a structured report.		
Credits : 06	Max. Marks : 25+75	Min. Passing Marks: 10+25
Total no. of Lectures – Tutorials-Practical(In hours per week): L-T-P: 0-04-02		
<p>Student need to submit her synopsis and get it approved by the supervising teacher. She will have to submit her complete work one week prior to the final examination. She has to face the VIVA- VOCE conducted by the department.</p>		
This course can be opted as an elective by the students of the following subjects:-		
<u>Suggested Continuous Evaluation methods (CIE):</u> <u>INTERNAL ASSESSMENT (25):</u> Course related Assignment - 20marks Attendance : 05 Marks <u>PRACTICAL ASSESSMENT (75):</u> VIVA –65 marks Record Book and Chart – 10 marks		
Course Prerequisites: To study this course , a student must have had the subject in class 12/ certificate/ diploma. Bachelor in Physical Education		
<u>Suggested equivalent online courses :</u>		

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Further Suggestions:

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