पुणे विद्यापीठ

वा. प. जोगळेकर
एम.ए.
उपकुलसचिव

फोन : कार्यालय--३३६०६१, ६२, ३३१०६३
टेलेक्स : १४५ ७१९ युनिप इन
फॅक्स : ०२१२ ३३३८९९

निवास :
'बिल्वपुरी', १२९४ (बी), सदाशिव पेठ,
(श्री चिमण्या गणपतीसमोर), पुणे--४११०३०.

क्र.५वेश/डीआर/उमावि/5128

दि.८ जून १९९२

मा.कुलगुरु,
उत्तर महाराष्ट्र विद्यापीठ,
टपाल पेटी क्र.८०
जळगाव -४२५००१.

यासी न.वि.वि,

आदरणीय महोदय,

आपल्याशी झालेल्या चर्चेनुसार एम.एड.(शारीरिक शिक्षण) अभ्यासक्रम सोबत पाठवून देत आहे.कृपया पोच द्यावी ही विनंती.

धन्यवाद.

आपला

(श्री.प.जोगळेकर)
उपकुलसचिव

सोबत: वरीलप्रमाणे.
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पोच द्या
आभार मानणे

Exam
14/7/92

UNIVERSITY OF POONA.

MASTER OF EDUCATION (PHYSICAL EDUCATION)

Rules and Regulations of the Course.

1. Any person who has taken the degree of Bachelor of Education (Physical Education) [B.Ed.(Phy.Edn.)] of this University or a degree of another University recognised as equivalent thereto or a Diploma in Physical Education recognised as equivalent thereto, may be admitted to the examination for the degree of Master of Education (Physical Education) after having fulfilled the requirements as mentioned in the following rules.

2. Candidates desiring to appear for the M.Ed.(Phy.Edn.) Examination must attend a college or any other institution recognised for the purpose and shall keep two terms to the satisfaction of the head of the college or the institution.

3. The structure of M.Ed.(Phy.Edn.) course shall be as follows :

OBJECTIVES : The general objectives of the M.Ed. (Phy.Edn.) course are :-

i) to prepare teachers of physical education for schools and colleges and Universities.

ii) to prepare professional personnel required for staffing of colleges of Physical Education.

iii) to prepare Administrators and Supervisors for positions of responsibilities in the Directorate of Sports and Institutions engaged in Physical Education, Research and Planning.

iv) to provide well qualified leadership in specific areas of specialisation.

v) to create interest in research in the field of Physical Education.

COMPULSORY PAPERS

		Duration	Marks
1. Paper I -	Philosophical & Scientific basis of Phy.Edn.	3 hours	100
2. Paper II -	Psychology of Physical Education & Sports.	3 hours	100
3. Peper III -	Elements of Research in Physical Education.	3 hours	100
4. Paper IV -	Physiology of Exercise.	3 hours	100
5. Paper V -	Principles of Coaching.	3 hours	100

(Note:- The Principal of the College where the candidates studies will have to certify that every candidate has written to his satisfaction a short Research Paper, showing his acquaintance with Methods of Research studied by him for the Compulsory Paper No.III.)

...2

6. Paper VI - (Optional) Any one paper to be offered from the following papers.

	Duration	Marks.
A) Tests & Measurements in Physical Education.	3 hours	100
B) Professional Preparation in Physical Education.	3 hours	100

Practical Work :

I.	One advanced coaching lesson	...	100
II.	Coaching Programme (Year work)	...	100

(Assignments & sessional work will be in addition).

4. There shall be at least four tutorials in each paper.

5. Each candidate shall attend at least 75% of lectures and practicals separately.

6. Standard of passing.

i) to pass the examination a candidate must obtain at least 30% in each paper in Part I and at least 40% in aggregate in Part I & II separately.

ii) candidates securing at least 45% marks in each part and 50% in aggregate shall be declared to have passed in Second Class.

iii) candidates securing at least 55% marks in each part and 60% in aggregate shall be declared to have passed in first class.

iv) candidates securing 65% marks in each part separately and 70% in aggregate shall be declared to have passed with Distinction.

7. Exemption : A candidate who fails to pass the whole examination at one and the same time will be allowed to reappear for the examination without keeping terms. He may be allowed to claim exemption in papers in which he has secured at least 45% marks. A candidate claiming such exemption will not be entitled to any class.

...3

DETAILED SYLLABUS

Philosophical and Scientific Basis of Physical Education.

OBJECTIVES :

1. To acquaint the student with the general philosophical back-ground of education and Physical Education.

2. To help the student to understand the Biological and sociological foundations of Physical Education.

3. To acquaint the student with social dimentions of sports.

UNIT I - Philosophical Foundations of Physical Education.

i) Philosophy of Education.
ii) Philosophy of Physical Education.

UNIT II -

i) Physical Education as Art and Science
ii) Philosophy of Yoga - Related to Physical practices (Yogasanas & Pranayam).

UNIT III -

Educational Philosophies in relation to Phy.Edn.

i) Progressivism (ii) Perenialism
iii) Essentialism (iv) Reconstructionism
v) Educational Philosophical spectrum.

UNIT IV -

i) Development of Democratic values
ii) National integration through sports & Phy.Edn.
iii) Aesthetics of Sports and Physical Education.
iv) Phy.Edn.& Sports for the physically handicapped.

UNIT V - Sociological Foundations of Physical Education.

i) Social enviroment for the development of personality.
ii) Social Motivation; group dynamics.
iii) Leadership; social welfare
iv) Competition and co-operation
v) Socio-economic status and Physical Education.

UNIV VI - Biological Foundations of Physical Education.

a) Evolution, the interplay of structure and function, growth and development, big muscle-activities, health of the organism, adaptation.

b) Mechanisation and Autamation of work, play and industry.

c) Biological Weaknesses -

d) Anatomical & Physiological basis.

UNIT VII - Social Dimentions in Sports

i) Culture and Sports.
ii) Social status and mobility
iii) Spectators and their influence on performance
iv) Race and Ethnic differences in Sports.

..4

UNIT VIII - Contribution from other sciences.

i) Kinesiology and development of motor skills-
ii) Padagogical principles.

Books Recommended :

1. Bucher,C.A.: Foundations of Physical Education, (Saint Louis C.V.Mosby Co.(7th Edition 1975).
2. Barrow Harold; Man & Movement. Principles of Physical Education, (Philadelphia Lea & Febiger, 2nd Edn. 1977).
3. Frost, Reuben B. "Phy.Edn.Foundations, Practices - Principles", (London, Addison, Wesley Publishing Co.1975)
4. Singer Robert N. Physical Education : Foundations, (New York, Holt-Renehan & Winstone 1976).
5. Richard S.Rivenes : Foundations of Phy.Edn. (Houghton Mifflin Co. Boston).
6. Cowell,C.C.& France, W.C. Philosophy & Principles of Phy.Edn. (Englewood Cliffs,Prantice Hall).
7. Zeigler E.F. Philosophical Foundations for Phy. Edn.,Health & Recreation, (Englewood Cliffs,N.J.Prentice Hall).

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PAPER II

Psychology of Physical Education & Sports.

OBJECTIVES :-

1. To acquaint the student with the knowledge of psychological facts for effective teaching and coaching.

2. To develop in him the ability to apply the principles of psychology of Physical Education and Sports to various situations.

3. To acquaint him with some of the psychological features which influence the professional growth and mental health of the teacher.

UNIT I - Meaning & Nature of sports psychology. General factors affecting sports learning & programme.

UNIT II - Learning.

a) Theories of learning
b) Motor learning & coordination of movements.
c) Reinforcement, Retention of motor skills.
d) Psychology of conditioned -
e) Extinction, Excitation and inhibition.

UNIT III - Perception in Sports.

1) Chain from motor movement to perception.
2) Mental practice and perception.
3) Kinesthetic sense and perception.
4) Perceptual development and factors affecting perceptual discrimination.
5) Development of highest level of performance as effect of motor skill and perception.

...9

UNIT IV - Emotions & Adjustment.

a) Emotions -
   i) Theories of emotions.
   ii) Relation between sports & emotions.
   iii) Activation, Agression and Anxiety.

b) Adjustment -
   i) Conflicts & frustration Competitions.
   ii) Effect of exercise and sports on mental and social health.

c) Adjustment for the Handicapped -
   i) Injuries & psychological adjustments.
   ii) Adjustment to physical impairment.
   iii) Play and physical education diagnosis and treatment of maladjusted.

UNIT V - Motivation & Sports

i) Physiology of activation.
ii) Sports competitions & motivation
iii) Praise, blame - incentives
iv) Level of aspiration
v) Sources of motives for better performance.

UNIT VI - Group Dynamics

i) Individual & group interaction.
ii) Group aspirations & Achievement needs.
iii) Stability of group membership, communication and size, composition & structure of groups.
iv) Competition within & between the groups.
v) Leadership & fellowmen attitudes.

UNIT VIII - Personality & Sports.

i) Personality theories
ii) Personality measures for athletes
iii) Personality traits.
iv) Personality of the coach.

UNIT VIII - A behavioural Analysis of Sports.

Definition of term participation, professionalism, punishment in sports, the Extinction Process in Sports Omission Training, competition and co-operation, Agression, Attitudes towards sports.

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Books Reommended :

1. Bryant J.Cratty — Psychology in contemporary sports (Prentice Hall Englewood).
2. Pisher A Craig. — Psychology of Sports, (Mayfield Pub.Co.)
3. Dorcas Susan Butt. — Psychology of Sports
4. John D.Lawther : — Sports Psychology.
5. John Dichinson : — A Behavioural Analysis of Sports
6. R.B.Alderman : — Psychological Behaviour in Sports.
7. Singer Robert N. — Myths and truths in sports psychology, (Harper & Row. New York).

...6

PAPER III

Elements of Research in Physical Education.

OBJECTIVES :

1. To acquaint the student with the tools, techniques, and methods of Research in Physical Education.

2. To enable the student to use various statistical measures in interpreting results of research in Physical Education.

3. To enable the student to be a better consumer of research.

UNIT I - Nature, need, and scope of research in Phy.Edn.

UNIT II - Different areas and sources of research in Phy.Edn.

UNIT III - Steps involved in conducting research in Phy.Edn.

UNIT IV - Types of research in Physical Education.

i) Historical
ii) Philosophical
iii) Descriptive
iv) Experimental (General Experimental research work, liboratory research - photographical, Cinematographical, Anthropometry, Body Mechanics, Movement analysis, applied physiology, applied Psychology).
v) Case studies
vi) Genetic and longitudinal studies.

UNIT V - a) Collection of data, sampling procedures, Library techniques, Testing Techniques, Laboratory Planning.

b) Analysis and Interpretation of data.

UNIT VI - a) Mechanics of writing the report of research.

b) Evaluation of the reported research.

(Note :- Statistics done at B.Ed.(Phy.Edn.) Course should be received before starting the following topics).

UNIT VII- Normal curve :- its properties and applications.

UNIT VIII- Ogive, percentiles and percentile ranks.

UNIT IX - Concepts of Standard error and significance and their application to means and difference between means.

UNIT X - Correlation : Its calculation by product moment method - Its interpretation and applications.

(No calculation of 'r' from scatter-gram is expected in the examination).

UNIT XI - The importance of design in Physical Education experiments. Different types experimental designs.

...7

Books Recommended :

1. Scott C.M. — Research Methods applied to Health, Phy.Edn.& Recreation - (Washington, D.C.,A.A.H.P.E.R.)
2. Clarke & Clarke — Research Processes in Health, Physical Education & Recreation.
3. Best, John W. — Research in Education, (Englewood Cliffs, N.J.Prentice Hall).
4. Walter P.Kroll : — Perspectives in Physical Education (Academic Press, New Delhi).
5. Turahian, Kate, L.A. — Manual for writers of Term papers, Thesis and Dissertations, Chicago; University of Chicago Press.
6. Garrett : — Statistics in Psychology and Education, (Vakil Ferrer and Simons Ltd.,Bombay)
7. Lindquist : — Statistical Analysis in Educational Research (Oxford & IBH Pyb.Co.Bombay).
8. Ferguson : — Statistical Analysis in Psychology & Education, (McGraw Hill Kogakusha Ltd. Bombay).

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PAPER IV

Physiology of Exercise

OBJECTIVES :

1. To acquaint the student with the preperties and functions of muscles.
2. To familiarize the student with the changes in body during exercise.
3. To introduce the student to the basic concepts in sports medicine in general and the preventive aspect of sports medicine in particular.

1. a) Revision of gross anatomy of skelectal muscle in relation to function, movement and maintenance of posture. (No question should be set on this topic in the Exam.)

   b) Miscroscopic structure of muscle-striated, smooth, cardiac.

   c) Nerve supply of muscle.

2. Neurmouscular junction and the role of acetycholine.

   a) Blood supply of skeletal muscle and the regulation of blood supply during exercise.

   b) Structure of myofibril and the molecular basis of contraction of skeletal muscles.

...8

3. Mechanism of voluntary movement and mechanism of maintenance of posture and equilibrilum.

4. a) Biophysics of muscle-bioelectric potential and electrical changes during contraction.

   b) Thermodynamics of muscle contraction - thermal changes during muscular contraction.

5. Endocrines and their role in muscular contraction.

6. Physiological changes in the various systems of the body during physical exercise and as a result of training.

7. i) work capacity under various environmental conditions work cost in various sports activities.

   ii) Fatigue.

   (N.B.:- The following portion is covered in paper V :

   Warming up, conditioning, physiological aspects of the development of strength endurance and skill).

8. Definition, meaning and scope on sports medicine.

9. Pathological Aspects :

   1. Injuries in relation to sports.
   2. Pathology of Soft-tissue injuries - such as sprain, strain, contusion abrasion - causes, symptomas and their first aid.
   3. Fractures -
   4. Dislocations -

   Shoulder, knee, elbow, wrist, fingures causes, symptomas and principles of management.

   5. Other common injuries.

10. Prevention, Management and Rehabilitation of Sports injuries :

   a) Biomechanics of injury production in Sports and preventable measure. Role of Physical Educators coaches and trainors in prevention of injuries.

   b) Sports Safety - meaning, concept and importance.

   c) General principles of safety in Sports.

   d) The needs for protective equipment in Sports.

   e) Prevention of Injury - Principles of prevention of injuries in Sports.

Details of physiology Practicals and Demonstration work.

(a) Demonstration work :

1. To draw the simple muscle curve.
2. To demonstrate the effect of repeated Stimuli.
3. To demonstrate the effect of fatigue on a simple muscle nerve preparation.
4. To demonstrate the effect of temperature on a simple muscle-nerve preparation.
5. To demonstrate the effect of load on muscular contraction.

...9

Demonstration work - contd...

6. To draw the curves of incomplete and complete tetanus.
7. To determine the volume and capacity of lungs.
8. To record the chest movements by means of pneumograph.
9. To study the effects of rate of and movement, load and obstruction to blood supply on the onset of fatigue by means of Ergograph.
10. To find out reaction time.
11. To examine the urine before and after exercise.

    (a) Turbidity
    (b) Specific Gravity
    (c) Reaction (Acidity)
    (d) Chemical tests for sugar and uric acide.

12. To find the percentage of haemoglobin in human blood.

13. To study the minute structure of skeletal, smooth and cardiac muscle under the miscroscope.

(b) Practical Work

1. Taking blood pressure in human beings.
2. To study the effect of muscular exercise on pulse rate.
3. To demonstrate reflex action, i.e. knee jerk.

Books Recommended :

1. David G.Clarkke : Exercise Physiology.
2. Vaughan Thomas Exercise of Physiology. (Crosby Lockwood Staples London)
3. Karpovich, Peter, V. Physiology of Muscular Activity (Philadelphia, W.B.Saunders Co.)
4. Adrian Gordon Gould: Exercise and its Physiology (A.S.Barness Co.)
5. Ryan A.J.& Fred L.Allman: (Edn) Sports Medicine (New York, Academic Press)
6. Williams,J.G.P.and P.N. Sporryan (Edn)Sports Medicine, (London, Edgard Arnold Pub.1976 2nd Edn.)
7. Bourne, G.H. The Structure & Function of Muscle (Vol.1,2,3,4). London,Academic Press.
8. AAHPER : Sports Safety: (Washington).

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PAPER V

1. To acquaint the student with the principles of advance coaching and factors affecting performance.

2. To enable the student to conduct a lesson of adgance coaching in a selected sports.

3. To enable the student to use his knowledge in selecting proper athletes for specific sports and to handle them on the field.

...10

PART I

Mechanical Principles & their application to Sports.

1. The need for and the scope of Mechanical analysis of movements in athletics and sports.

2. Review of the portion done under body mechanics in B.Ed.(Phy.Edn.) course with special reference the following concepts.

Force, motion, Newton's Laws inertia equilibrium, centre of gravity, leaverage, speed, velocity, accelera-tion momentum, angular momentum, centripetal and contrifugal forces, force of gravity, mass, weight, Projectiles, potential energy, spinning and curving.

N.B. : (No question to be set on this portion in the examination).

3. Definition and principles of application derived from the following concepts :-

Acceleration momentum, angular momentum, moment of force, axis of rotation, axis of displacement, air resistance, water resistance, work, power, energy, Kinetic, Energy, Potential Energy, elasticity, laws of impact.

4. Analysis of the techniques of different activities and principles of application for optium performance. The discussion be guided as per the line followed in the part II of the book "Principles of Scientific Coaching" by Prof. J.W.Bunn. (choice of activities should invariably be given in questions on this topic).

5. Elementary mathematical problems to make the concepts clear involving the following formula and operations F = ma.

Relationship between velocity, distance, time and acceleration :-

$S = ut + \frac{1}{2} at^2$

$V = u + at$

$2 - u^2 = 2 as$

Resolution and combinations of vector quantities like force and velocity -

Problems in projectiles, calculating distances covered and time taken in long jump, high jump, diving and throws.

...11

$P \times PA = R \times RA$

$M = mv$

$e = \frac{v_2 - v_1}{u_1 - u_2}$

$e = \sqrt{\frac{h_2}{h_1}}$

$m_1 u_1 = m_2 u_2 = m_1 v_1 + m_2 v_2$ for elastic bodies.

2) For imperfect elastic bodies.

i) $m_1 u_1 + m_2 u_2 = m_1 v_1 + m_2 v_2$

ii) $v_1 = u_1 - \frac{m_2}{m_1 + m_2}(u - u) \quad (1 + e)$

iii) $V_2 = U_2 - \frac{m_1}{m_1 + m_2}(u_2 - u_1)(1 + e)$

For inelastic bodies

$m_1 u_1 + m_2 u_2 = (m_1 + m_2) \times v$

Moment of force = F X d turning movement in starting gymnastic event.

$$F = \frac{mv^2}{r}$$

$$\text{Tan } 0 = \frac{v^2}{gr}$$

Relationship of angular motion to liner motion.

$v = rw$

$W = fd$

$P = W/t = F \times V$

$P.E. = mgh$

$K.E. = \frac{1}{2} mv^2$

Problems height jumped in relation to force applied.

Coefficient of Friction $C = \frac{F = F}{W \quad R} = \text{Tan } 0$

PART II

6. Sports Training & Coaching.

Definition, Aim, Tasks, and characterstics of Sports Training - a long term and a short term process. The training of the talented athletes. The training of Top level athlete, pre-requistes and conditions of attaining high sport performances.

...12

7. The development of Conditioning in athletes.

Definition and characterstics of conditioning performance Form. Means to develop conditioning. The training load. The development of conditioning through Training Load. Important components of load. Relation between the load and adaptation. Overload and its effects. Principles of administering load. Principles of periodication and Rhythmical loading.

8. Principles and Methods of developing strength, Endurance, Speed, Flexibility and Agility.

Principles and methods of strength training. Characteristics of strength. Control of strength development. Strength training for Children, Youth and Women. Principles and methods of Endurance Training. Specific demands of Endurance in various sports. Principles and methods of Speed Training. Characterstics of Speed. Specific demands of speed in various sports. Speed Training for Games. Principles and Methods of developing Flexibility. Control of Flexibility. Principles and Methods of developing agility. Characterstics and importance of agility. Pre-requisites - For developing agility.

9. Learning and perfection of sports techniques. Role and importance of techniques in various sports, Pre-requisites for learning sports techniques.

10. Principles of Sport Tactics and Tactical Training. Aim, Tasks and characteristics of tactical training. The cretical and practical Training of Tactics. Planning of practical Training.

11. Planning and organisation of Training Process. Importance and functions of training plans. Forms of Training plans. Performance, Control and tests. The Training Unit or lessons. Pre and post consideration of a training Unit.

12. Special Problems of appearing for competitions. Competitions and development. General principles in preparing for competitions. Preparation for the Main Competitions.

13. Hygiene and Diet for Athletes.

1) Hygienicmeasures for competitions.
2) Use of medicament in Training competitions.
3) General diet of the athlete.
4) Diet on competition day.
5) Care of equipment and apparatus.

Books Recommended :

1. Bunn, John W. — Scientific Principles of Coaching, (Englewood Cliffs, N.J.Prentice Hall)
2. Frank W.Dick. — Sports Training Principles.
3. Donna MaeMiller : — Coaching the female Athletic.
4. Broer,Zernicke R. — Efficiency of Human Movement, (London,W.B.S.under Co.)
5. Dyson Geoffrey H.G. — The Mechanics of Athletics,(London, University of London Press Ltd.)
6. Sundor Rajan: — Biomechanics of Sports and Games.
7. James G.Hay. — Biomechanics of Sports Techniques.
8. Bucher : — Biomechanics of Sports Techniques.

..13

PAPER VI - OPTIONAL PAPER 'A'

TESTS & MEASUREMENTS IN PHYSICAL EDUCATION

OBJECTIVES :

1. To acquaint the student with different types of tests in Physical Education and the steps involved in the construction of a test.

2. To enable the student to select a proper test for a specific purpose and to administer it.

3. To enable the student to construct and validate a test.

UNIT

1. Modern development in Physical Education Measurements; Broad Survey of sometotyping and Anthropometry.

2. Need for and use of tests and measurements in Physical Education.

3. Principles of test construction :

   a) Use of test classification, achievement, prediction, grading, diagnosis, motivating evaluation of programmes, guidance, research.

   b) Selecting test items, trying out of items, standardising administering procedures, selecting, normative group, preparing test norms, alternative forms of tests.

   c) Validation of a test with respect to criteria, reliability, objectivity, normative group with special reference to motor fitness, motor skills and other measurable factors in physical education.

   d) Test profile - The historic development in test construction with respect to items in physical education like physical fitness and the requirements for constructing tests to measure a single of cluster of factors.

   e) Test Batteries (Combination of tests).

4. Construction of Achievement tests :

   a) Revision of the theory of Evaluation done at B.Ed. (Phy.Edn.):- Objectives, Specifications, Essay & Objective types of tests. The merits and limitations of different types of objective tests.

   b) Principles of setting an essay test and grading it.

   c) Speed and power type of tests.

   d) Principles of selecting items.

   e) Item analysis discrimination index, difficulty index, Quality of tests with respect to objective and test administration.

   f) Scores analysis (Mean, Variance, reliability, validity, percentiles).

   g) Norms, standard and derived scores.

...14

5. Criteria for selecting tests :

Validity, reliability-objectivity-Administrative feasibility Economy, Norms, Standard forms, Simplicity, Standaridised directions Accuracy and interpretability.

6. Critical review of various tests available with respect to their technical criteria and practical considerations and choosing the most appropriate test for a given situation. (1) Physical fitness tests.(2) Motor fitness tests (3) Cardiovascular tests (4) General Motor Ability tests (5) Motor Educability (6) Sports skills Testing (7) Sports Knowledge Tests.

7. Analysis and interpretation of test results.

a) Regression and prediction, Interpretation of correlation.

b) Concepts of partial and Multiple co-relation, (No question involving calculations will be set).

c) Significance and realiability of difference between two statistical measures (Chapter 8,9,10 - Garrett).

PRACTOCA: WPRL :

The practical work will involve preparing administering, scoring, interpreting, evaluting and modifying one test in physical education.

Books Recommended :-

1. Barrow & Mogee — A Practical approach to measurement in Physical Education, (Lea & Febiger Philadelphia 1979).

2. Mathews : — Measurement in Phy.Edn. W.B.Saunders Co.England).

3. Garrett H.E. — Statistics in Psychology & Edn. Allied Pracific Private Ltd.,Bombay)

4. H.Harrison Clarke. — Application of Measurement to health & Phy.Edn.

5. Lindquist, E.F. — Design & Analysis of Experiments in Psychology and Education. (Boston : Houghton Muffin Co.)

6. Baumgartner & Jackson — Measurement for Evaluation in Phy-Edn. (Houghton Miffilin Co.,Boston)

7. Furst Edward J.S. — Constructing Evaluation Instruments. (David Mckay Co.,New York).

8. Anastitasi : — Psychological Testing (Mac Millan Co., New York).

...15

PAPER VI - OPTIONAL PAPER B

PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION.

OBJECTIVES :

1. To help the student to understand effect of various forces on educational policies. (viz. special religions economic etc.)
2. To acquaint the students with role of the Central Govt. State Govt. and Voluntary Associations - promoting Physical Education.
3. To acquaint the students with a brief historical perspective of teacher training especially in Physical Education.

UNIT I - Foundations of professional Preparation :

1. Education, a force for democratic living, education for decision making in a democratic society. Opportunity for self realization for every citizen of a democracy. Creative education as facilitised by democratic procedure in education, democratic skills fostered by education.
2. The ideals of Indian Democracy as stated in the preamble to our Constitution and our Philosophy of Education.
3. Contribution of Physical Education, Health Education and Recreation to Education.
4. Forces and factors affecting educational policies and programmes - Social, religious economic and political.
5. Education and Professional Preparation in Phy.Edn. A state subject.
6. Accredition and certification - A State subject.
7. Role of the Control Government in Education and Professional Preparation - relationship of Central and State Govt.
8. Role of non-official agencies in improving professional preparation.
9. a) Voluntary Accreditating agencies.
   b) Professional Associations.
10. Leadership and promotion of profession.
    a) Criteria of a profession.
    b) Scientific and Philosophical basis.
    c) Selection of Leaders.
    d) Types & qualities of leaders & leadership.
    e) Ways and means to cultivate the qualities.

....16

UNIT II - Under-Graduate Preparation of Professional Personnel :

Areas of Health Education, Physical Education and Recreation Purposes of Under-Graduate Preparation - Administration - Guidance of students - Curriculum. Laboratory experiences, field experiences, teaching practices-professional competencies to be developed, facilities, special resources (Library, Laboratory, research) - staff placement and follow-up guidance and follow-up accreditating authorities - State Education Board, Universities.

UNIT III - Post-Graduate Preparation of Professional Personnel :

a) Purposes of Post-Graduate studies, admission requirements, Curriculum, area of specialization or concentration and co-areas, Research requirement, Methods of instruction, Special qualifica--tions of staff teaching at Post-Graduate levels, professional relations.

b) General principles of management of School and Service rendered by the Schools, apprenticeship on the job projects, surveys and reports, critical appraisal of existing types of post-Graduate Programmes.

c) Comparative study of professional preparation in Physical Education in India with those in U.S.A.,U.S.S.R. and U.K.

d) Evaluation in the preparation of professional personnel:

Importance of evaluation - steps in Evaluation process and its application in professional preparation.

Promotion of professional competence.

a) Professional competencies - Jackson's Mill Conference.
b) Personal Competencies.
c) Study of self evaluation card - as follow up.
d) Specialized skills.
e) Service motive.
f) Physical Fitness & Preparation for leisure.
g) Programme re-curriculum in Physical Education.

UNIT IV.- In-Service Education of Professional Personnel :

Nature and scope of In-Service Education - Responsibility for in-service training. Role of Administration, Physical Education Training Institutes, Supervising Inspectors, Specialist teachers, the profession and In-Service Training Programme In-Service Education through individual efforts.

UNIT V - Sports - Physical Education and other activities in other than educational institutes.

1) Importance of sports and Recreative activities in an industrial areas.

Sports festivals in industrial areas. Recreative activities as per the groups of workers & kinds of jobs. Sports facilities in factories and industrial estates.

Sports as means of industrial developments.
Clubs, parties and social gatherings.

...17

UNIT VI - Students, school and Community & Phy.Edn.

Profession and pedagogical principles.

a) Class management - modern methods.
b) Pedagogical principles and guidelines.
c) Profession of Physical Educators and Community.
d) Health, Physical Education and recreation, personnel and community involvement.
e) Developing leadership in community.
f) Certain programmes in community development.

UNIT VII - Sports - Physical Education and other activities in other than educational institutes.

1) Importance of sports & recreative activities in other than areas.
2) Use of sports for bringing the personnel together of different cadre level.
3) Sports festivals in industrial areas.
4) Recreative activities as per groups of workers and kinds of jobs.
5) Sports facilities in factories and industrial estates.

Sports as means of industrial development.

Books Recommended :

1. Harold M.Barrow : Man & Movement - Principles & Practices (Lea & Febiger - Part VIII).
2. Reuben B.Frost : Phy.Edn. - Foundation - Practices & Principles (Addission Wesley Services in Phy.Edn.)
3. Snyder, R.& Scoot H.A. Professional Preparation in Health, Physical Education & Recreation, (New York, New Crow Hill Book Co.)
4. Voudien, C.I.& Nixon J.E. The World Today in Health, Phy.Edn. & Recreation. (Englewood Cliffs, N.J.Prentice Hall).
5 Irwin, Leslie W Curriculum in Health & Phy.Edn. (St.Louis, The C.V.Mosby Co.)
6. Cowell, C.C. & W.L. France : Philosophies & Principles of Phy.Edn. (Englewood Cliffs, N.J.Prentice Hall)
7. Bucher C.A. Foundations of Phy.Edn. St.Louis, The C.V.Mosby Co.
8. Davis, Elwood & Earl, L.Wallia. Towards Better Teaching in Phy.Edn. (Englewood Cliff, N.J.Prentice Hall).

PRACTICAL WORK

a) Study of institutions organising Physical Education Programme.

b) Preparing self evaluation card for teachers of Physical Education.

....18

PRACTICAL WORK - Contd...

Coaching in one Sport.

Any one of the following sports may be taken up for intensive study from the point of view of advanced coaching.

Athletics, Badminton, Basket Ball, Cricket, Foot-Ball, Gymnastics, Hockey, Lawn Tennis, Swimming, Table Tennis, Volley Ball, Kabaddi, Kho-Kho, Wrestling (for men only). The syllabus in each sport will be as follows :

I. History and development of the Sport.

(a) In India
(b) In Asia
(c) In World.

II. Organisation of the game.

(a) At National Level.
(b) At International Level.

III. Organisation & Officiating.

(a) Rules and their interpretation.
(b) Equipment-specifications.
(c) Organisation of tournaments.

IV. Techniques of the Sport, fundamental skills and their application.

V. Tactics and Strategy.

VI Training procedures.

VIII Planning coaching schedules.

VIII Tests and measurements & Evaluation.

(Points for a coaching lesson.

1) Warming up & conditioning.
2) Techniques of the Sport.
3) Training & Coaching
4) Tactics and Strategy)
5) Officiating & Organisation.

Distribution of 200 marks for Practical Work.

University Examination 100 Marks.

One advance Coaching lesson in the sport selected.

a) Viva 25 marks. The student is to produce his record book at the time of Viva.

b) Actual lesson 75 marks.
(5 on for lessons)
(On a small group of B.Ed.(Phy.Edn.) students.

...19

2) The distribution of 100 marks (Internal) will be as follows :

1) Advance Coaching Lessons (5)	...	: 50 marks.
2) Skills Tests 2	...	20 "
3) Observation & Evaluation of the Coaching lessons of the groupmates	...	10 "
4) Organisation & Officiating (Clinics)	....	10 "
5) Yearly turnout of the student	...	10 "
	Total...	100 Marks

For the sport selected for coaching the related book from the list given below be referred.

1. Fundamentals of Track and Field Coaching; L.Millersen and John M.Cooper.
2. Track & field for Coach and Athlete : Jesse P.Mortenson.
3. Let us Coach Soccer, J.P.Thomas.
4. Scientific Weight-training for Games and Sports; J.P. Thomas.
5. Volley Ball for Men & Women; V.Hubert, Dhanaraj.
6. Lawn Tennis : Louis T.Stanley.
7. Books of Rules of Games and Sports : YMCA College staff.
8. Modern Track and Field : Kenneth Doherty.
9. Field Hockey for Girls ; Jo:yhine Lee.
10. Hockey Practice and Tactics and D.S.Miffer.
11. Teach Yourself Hockey : F.A.S.Greek.
12. The M.C.S.Cricket Coaching Book L.M.C.C.
13. The Foot Ball Association Coaching Manual
14. Swimming : T.J.H. Kiphuth.
15. How to play and Teach Volley Ball K.Admund Welch.
16. Basket Ball series : Clair Bee.
17. Wrestling : Konney and Law.
18. Teach yourself Series in different games.

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VMK/-