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॥ अंतरी पेटवू ज्ञानज्योत ॥



**NORTH MAHARASHTRA UNIVERSITY,
JALGAON.**

**Syllabus for M.P.ED.
(TWO YEARS COURSE).**

(W.e.f. June, 2003)

NORTH MAHARASHTRA UNIVERSITY, JALGAON.

M.P.Ed. GENERAL RULES

1. ADMISSION

- A. Who has taken the degree of Bachelor of Education (Physical Education)/ B.P.E. / B.Sc. (Physical Education)/ B.P.Ed. of this university or degree of another recognised university.
- B. After obtaining a post- graduate Diploma in Physical Education of atleast one year duration awarded by the Indian University of a board appointed by the Education Department of state or after obtaining foreign qualifications recognised as equivalent to those mentioned in (A) or (B) above by the North maharashtra University shall be admitted to the first year (Previous Year) Examination for the degree of Master of Physical Education.

2. Examination :- The Examination for the degree of M.P.Ed. shall consist of two parts.

- i First year part - I
- ii Second year part - II

3. The medium : The medium of Instructions and Examination shall be English , Marathi, Hindi.

4. WRITTEN EXAMINATION :- There shall be eight Theory papers for M.P.Ed. Examination for Ist Year 4 Papers for IInd Final year -4 Papers each paper shall carry 100 marks.

5. ATTENDANCE :- Each candidate shall attend at least 75 % of lectur and Practical separately.

NORTH MAHARASHTRA UNIVERSITY, JALGAON

Syllabus for the degree of Master of Physical Education

(M. P. ED. PART-I AND M. P. ED. PART-II)

M. P. ED. PART -I (W.E.FROM JUNE,2003)

Sr. No.	Subjects	Paper	Maximum Marks	Minimum Pass Marks
A	1. Foundation of Physical Education	I	100	50
	2. Research Methods in Health, Physical Education & Research	II	100	50
	3. Test and Measurement in Physical Education	III	100	50
	4. Scientific Principles of Coaching and Methods of Coaching	IV	100	50
	Total		400	200
B.	Practicals		200	100
	Total		600	300

M. P. Ed. B Practical

- | | |
|--|----------|
| A - Project (Internal) | 20 Marks |
| B - Performance Annual Examination | 40 Marks |
| C - Production and Compilation of Athletic Notebook and Viva | 20 Marks |
| D- Skill Test and Game of Specialization | 20 Marks |

- A) Project To be Internally Assessed 20 Marks**
 The College shall provide facilities and guidance for organization of any one of the following project. (Tour, study the sports facilities), Seminar, Workshop or Clinic.
 Students shall be required to submit the report of the project within 15 days after the completion of project.

- B) Performance Annual Examination :- 40 Marks**
 The external and internal examiners appointed for performance examination shall jointly examine the candidates at the time of performance examination
- Performance**
- | | |
|-----------------------------|----------|
| 1. 100 mts/ 200 mts Run | 10 Marks |
| 2. long Jump/ high jump | 10 Marks |
| 3. shot put/Discus/ Javelin | 10 Marks |
| 4. 800 mt Run / 400 mts Run | 10 Marks |

- C) Production and compilation of Athletic Notebook :- 10 Marks**
 Required for officials in any three event one from each - Running, Jumping, Throwing
 (To be internally assessed)
Viva -Voice of Athletic NoteBooks 10 Marks

Note : Athletic Note Book should include the following :

History, Measurement of Jumping pits, Throwing sectors areas, Rules and their interpretation technique and skills training procedure, officials and their duties, Diagrams of standard track : Jumping pits, throwing sectors, start and finish of races.

- D) Skill Test and Game of Specialization** **20 Marks**
 Skill Test in the game and specialization will be conducted as follows :
 Candidate will be examined of five skills, three skills of candidates choice and two of the choice of examiner. Each skill will carry 4 Marks (Total 20 Marks)
- Practice Teaching (5 Lessons) 50 Marks
 - Annual Lesson (1 Lesson) 50 Marks
 (1 lesson of one clock hours)

Total Marks in M. P. Ed. Part-I

	Maximum	Minimum Passes
Theory	400	200
Practical	200	100
Total	600	300

M. P. Ed. Part-II
A - Theory Part & B - Practical Part

Sr. No.	Subjects	Paper	Maximum Marks	Minimum Pass Marks
A.	1. Professional Preparation in Physical Education	I	100	50
	2. Sports Coaching Psychology	II	100	50
	3. Prevention & Rehabilitation of Sports Injuries	III	100	50
	4. Optional (Any one)	IV	100	50
Theory	1. Professional Management in Physical Education and sports 2. Health Fitness and Nutrition 3. Bio- Mechanics & Anthropometry in Sports			
	Total		400	200
B.	Practicals Examination		200	100
	Total		600	300

M. P. ED. PART-II

- | | |
|---|---------------|
| A) Theory | Max. Mark 400 |
| B) Practical | Max. Mark 200 |
| B Practical : | 50 |
| 1. Dissertation | 50 |
| 2. Advance Coaching Lesson (1 Lesson of 1 clock hours) | 100 |
| 3. Practical Examination | |

SYLLABUS

Prescribed for

Master of Physical Education Part - I & Part - II

M. P. Ed. Part - I Exam.

PAPER - I

FOUNDATIONS OF PHYSICAL EDUCATION

UNIT - I : Philosophical Foundation :

1. Meaning of philosophy, components of philosophy and its application in the field of physical education, traditional and modern philosophies and their implication in the programme of Education.
2. Aims and objectives of physical education, contribution of physical education to general education, physical education as an art and science.

UNIT - II : Biological Foundation :

1. Evolution, The internal structure and function, growth and development, Big muscle activities.
2. Health of organism, perceptual motor activities ; effect of stress, strain, Training and conditioning on the health of organism.

UNIT - III : Sociological Foundation :

1. Social Environment for the development of individual personality, social motivation group dynamics.
2. Leadership, delinquency, social welfare.

UNIT - IV : Psychological Foundation :

1. Learning theories, Motivation, Individual differences, adjustment, preception.
2. Contribution from other sciences :
Aesthetics of sports, cultural values of sports; Historical determinants.

UNIT - V :

1. Philosophy of Olympism and its impact on sports movement in India.
2. Current Trends in physical education :
Organisation (Federation and Association) Teaching and coaching (Courses and Coaching Centres), Policies (Central Govt. State Govt.), Training Institution and sports club,
Participation of women.

5. Reference Book Recommended :

1. Bucher, C. C. : Foundation of physical education ; Saint Louis C. V. Mosby Co. 7th Edition, 1975)
2. Barrow, Harold M. : Man and his Movement ; Principles of Physical Education, Philadelphia, 7 Febiger.
3. Forst, Ruben B : Physical Education Foundations Practice & Principle : London Addison wesby publishing Co. 1975.
4. Singer Rober N. : Physical Education Foundation : New Youk, Hoyt Richart and Winston, 1976.
5. Cowell, C. C. : Philosophy and principles of physical education, Eagle & France, W. C. Wood Cliffs, Prentice Hall Inc. 1963.
6. Steinthaus, A. M. : Towards and understanding of health and physical education Dubypue Iowa : W. M. C. Brown Co. 1963.
7. Zengler E. F. : Philosophical Foundation for physical education health education and recreation Engle Wood Cliffs, N. J. Prentice Hall, Inc. 1964.
8. H. T. A. Whiting & D. W. : Masterson (Edn.) : Reading in the Aesthetics of sports London, lepus Book 1974.

PAPER - II

RESEARCH METHODS IN HEALTH PHYSICAL EDUCATION AND RESEARCH

UNIT - I :

1. Need, Nature and scope of research in health physical education and recreation.
2. Relationship of research to curriculum.

UNIT - II :

1. Selection and definition of a problem (Location of a problem, criteria for an acceptable problem sources for problem specifying the variables.)
2. Scientific method of study.

UNIT - III :

1. Types of Research - Historical experimental (General experimental leading to laboratory work, laboratory research) Photographical, Cinematographical, Anthropometry body mechanics, movement analysis applied psychology.
2. Descriptive methods (Survey, Questionnaire Interview, Visitation, Case studies, genetics, Longitudinal studies, Philosophical.

UNIT - IV :

1. Methods of writing research reports.
2. Outline mechanics or writing final form of the report abstract writing scientific paper writing.

Note : A group project report in bound form is to be submitted by maximum 4 students. This will be assessed internally.

Reference Books Recommended :

1. Scott, G. M. (Ed) : *Research Methods applied to health physical education and recreation* 2nd Washington. D. C. A. A. H. P., E. R. D. 1959
2. Campbell W. C. : *Format and style in Thesis writing* ; Boston : Houghto Mifflin.
3. Turabin : *Manual for writing or Research papers, thesis and Dissertation*, Kate, I. A. Chicago, University of Chicago press, 1967.
4. Best, John, W. : *Research in Education*, cliffs, N. J. Prentice Hall, Inc. 1963.
5. Good Cater, V & Douglas, E. S. Carts, : *Methods of Research : Educational psychological and Sociological* New Yorks, Appleton cent, crofts, 1954.
6. Hillway, Tyrus : *Introduction to research*, Boston Houghton Mifflin Co. 1956.
7. Smith, H. L. : " *Education Research : Principle and practices* " Bloomington, Indian Educational Pub, Inc 1944.
8. Wgutebety, F. L. : *The Elements of Research*, New York, Prentice Hall, Inc. 1961.

PAPER - III
TEST AND MEASUREMENT IN PHYSICAL EDUCATION.

UNIT - I

1. History of Test and measurement in physical education and sports.
2. Meaning of test, measurement and Evaluation, The inter - relationship of Test, Measurement and Evaluation, The Education Cycle.
3. Place of Measurement & Evaluation in physical Education and sports, basic principle of measurement and evaluation.
4. Recent Trends in Measurement and Evaluation.
 - a) The need for selecting appropriate Tests in physical Education and Sports.
 - b) Criteria for selecting a Test . Technical standards:

Objectivity, reliability, validity, Norms, Mathematical procedure to find the above Four, Technical standards.

Administrative Considerations :

Equipment, Time, Money, Utility, Facility, Feasibility,

Development Values, Physical Mental Social, Emotional.

UNIT - II

- * Test of Physical performance Components of Performances Speed, ability, Balance, Strength, Endurance Flexibility.
- * Test of physical fitness : Basic fitness Test, AAHPER youth Fitness Test, physical fitness Index, Harvard step Test, North California Motor fitness Battery, sergeant, Test, J. C. R. Test, National physical efficiency tests, Indiana Motor fitness test, Test for High School and College men, Kraus Weber Test, Schneider Test.
- * General Motor ability, Factors use of motor General Ability Tests, classification indices.
- * Test of general Motor Ability : Newton Motor ability Test, Mc'Cloy General Motor ability Tests, Larson Test, Cozen test, Barrow Motor ability Test.
- * Test of MOTOR EDUCABILITY ; Components of motor educability, Iowa Brace test, Johnson Test.

UNIT - III

- * Sports skill Test : Application of skill Tests, fundamental of Measuring Techniques in sports, Lokhart - McPnerson Badminton Test, Miller Wall Ball Test, Johansson Basket ball Test, Reath and Rodoben Soccer Test, McDonald soccer Test, Goal shooting Test in hockey.
- * Sports Knowledge Test : Principle of writing Knowledge test, Determination of validity and Reliability of sports Knowledge Test, Simple Knowledge Test, Physical Education Knowledge Tests.
- * Principles of Tests construction in physical Education. Establishment of criteria mentioned in it.
- * Construction of Knowledge Tests.

UNIT - IV

- * Elementary statistics, Orientation in basic mathematics. Measurement Scales : Nominal Scales, Intervals Scales, Ratio Scales.
- * Introduction of statistics : Its meaning Definition, Merits, Demerits Characteristics of Statistics, its relation with Algebra, logic & Graphics, Character set (Symbols) of statistics, Measurements of Central Tendency, Arithmetic Mean, Median & Mode Harmonic and Geometric Mean and Frequency Table.
- * Measurement of percentiles, Deciles Measurement of Variability : range, Average Deviation, standard Deviation & Probable errors.
- * Standard Scores : Z - Score T - Score T - Score Sigma Score etc. Characteristics of Normal probability Curve.

UNIT - V

1.
 - a) Measurement of co-relation : products Moment Correlation, Rank Difference Correlation.
 - b) The concept of population & Sampling. The concept of Hypothesis & its testing the Difference of two means. Concept of various Tests Degree of freedom & Level of significance.
2.
 - a) The Chi- Square Test : An Introduction to ANOVA & ANCOVA.
 - b) Principles of statistical Analysis Graphical representation of statistical Data and Results.

Reference Books :

1. Baumgartner T. A. Measurement for Evaluation in physical education & Exercise Science, Dubuque : W. C. Brown Publishers 1991
2. Kirkendall D. R. J. J. Gruber and R. E. Johnson Measurement and Evaluation for physical Educators ; Illinois : Human Kinetics Publishers, Inc 1982.

PAPER - IV
SCIENTIFIC PRINCIPLES OF COACHING & METHODS OF COACHING.

UNIT - I

- * Definition, Mechanical analysis of movements, Need, Scope & importance of mechanical analysis of movements in athletics & sports.
- * Definition & factors & principles of equilibrium, and its application in sports.
- * Definition of motion, Types of motion laws of motion, Definition of speed, velocity, acceleration.

UNIT - II

- * Definition of force ; Types of forces, moments of force, moment of force definition of friction, angle of friction coefficient of friction, lever, types of lever.
- * Impact & Coefficient of elasticity ; laws of Impact.

UNIT - III

- * Special factors affecting performance ; Air Resistance, Water resistance, Spin, human characteristics.
- * Work and Energy : Definition of work & energy; Kinds of energy, relation between work and energy.
- * Mechanical analysis of fundamental skills in Running, Jumping, Throwing, Catching Football, Hockey ; Volley ball, Basket Ball.

UNIT - IV

- * Definition & Principles of Coaching' Brief history of coaching profession with special reference to India.
- * Coaching schemes of Federation, Schemes under Sports Authority of India.
- * Nature of coaching profession, duties and function of coach, training and service conditions of coach.

UNIT - V

- * Training Methods, Fartlek ; Interval, Isotonic Training ; Tempotraining, Scouting methods for different games.
- * Planning of Training :
 - (i) Long term training, Short term of Season, early season, mid season, Competitive training plans.
 - (ii) Motivation, Incentives, Awards & Recognition Evaluation of training plans.

Reference Books :

- * Bunn, J. W. Scientific Principles of coaching ; Englewood Cliffs, N. J. Prentice Hall inc. 1960
- * Breer, Marison, R. : Efficiency of human movement ; London, W. B. Saunders Co, 1966
- * Dyson ; Geoffrey H. 6 : The Mechanics of Athletics : London, University of London Press Ltd. 1963
- * Whiffs Harvey E : Modern College Physics : New York : Mostared inc. 1966 .
- * Lawther ; J. D. Psychology of coaching ; New York, Printice Hall 1985
- * Rounder J. B. ; How to be a successful coach ; New York, Prentice Hall 1961.

SYLLABUS
FOR M. P. Ed. Part - II EXAMINATION
PAPER - I
PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION & SPORTS,

UNIT - I :

Meaning Nature and Criteria of profession, Physical Education as a profession. Aims and objective of General Education contribution of professional preparation to the purpose of education. Forces and Factors affecting the policies and programmers of professional preparation :Educational, Social, Political Economical, Religion etc. Accreditation and Certification.

UNIT - II :

1. Qualification for teaching course of professional preparation in physical Education.
2. Specific Qualification for physical educators.
3. Teacher Evaluation.
4. Duties and services of physical education teachers.
 - a) Experience through Movement education including games, sports and other activities.
 - b) Professional preparation programmes - Health, safety recreation, camping and outdoor education
 - c) Coaching
 - d) Conducting Research
 - e) Administrative functions.
 - f) Measurement and Evaluation.
 - g) Community Responsibilities.
 - h) Professional Leadership.

UNIT - III :

1. Role of Central and state Government in professional preparation.
2. Role of Non Government agencies in improving professional preparations.
3. Historical perspective of Teachers Training in physical education in India.

UNIT - IV : In service education of professional personnel

1. Nature and scope of in service education.
2. Need of in - Service Education.
3. Role of Administration in - service education.
4. Professional Organization and Associations.
5. Career opportunities in physical education.
6. Co- Education Meaning, need and factors affecting co-education in physical education levels at which co- education is desirable.

UNIT - V

1. Allied subjects-their meaning, concept and scope, Sports psychology, Sports Sociology, Sports Philosophy, Sports Mechanics, Kinesiology, Physiology, Sports Medicine, Health Education.
2. Sports and other field.
 - a) Sports and politics.
 - b) Sports and Culture.
 - c) Sports and Economics (Commerce)

Reference Book recommended :

1. Bucher, Wuest : Foundation of physical education and sports.
2. Seidle Reseck : Physical education : An Overview (2nd Edn)
3. Richard S. Revenes : Foundation of Physical Education.
4. Bucher, Charles A : Foundation of physical Education st. Louis, the Mosby Co. 1979
5. Zeigher Earle A : Physical Education and Sports.
6. Barrow Harold M. : Man and Movement (3rd Edn.)
7. Lumpkin : Physical Education and Contemporary education.
8. Albert Raymond, Snyle, r Scoot Harry Alexander : Professional preparation in health, Physical Education and recreation.
9. Pape Laurence A. and Louis E. Means : A professional career in a physical education Englewood, cliffs, N. J. Prentice Hall Inc. 1952.
10. Vendien, C. L. ans Nixon J. E. : The world Today in Health, physical education and recreation cliffs N. J. prentice Hall Inc. 1963
11. Bruce, Bennett, Maxwell, Howell, Uriel sinri : Comparative physical education and sports (2nd Edn.)
12. National plan of physical education and recreation : 1956 Ministry of Education, Govt of India.
13. Report of the 4 all India seminar of physical education for principle of physical education institution, 1950 Ministry of education, Govt. of India.
14. Report of the University education committee (2 Vols) 1946 Delhi, Manager of publication, Govt. of India. 1951.
15. A Brief History of physical education in India by K. Rajagopalan.
16. History of Physical Education by E. A. Khan.

PAPER - II

SPORTS COACHING PSYCHOLOGY

UNIT - I :

1. Determiners of success in coaching, personal qualities, human relation, personal experience, formal education.
2. Some General Factors affecting sports : learning performance, age, early maturation, sex difference, from problems for beginners, aspects of high level performance, development and transfer, plateau individual fluctuation.

UNIT - II :

1. Growth, development and maturation, Heredity and environment, phenomenon of growth, individual difference, achieving maturity, perceptual development, organism and behavioral changes at various age levels.
2. Growth and development factors and coaching : General consideration, Elementary School Athletics, Junior High School athletics, College Athletics, post colleges athletics, optional age for achievement the aging process.

UNIT - III :

- * Practice factors in coaching : practice sessions, practice for perfection, warm up improvement as a result of practice, fatigue.
- * Training factors in coaching -
- * Knowledge of results, Drills, whole method versus part method Mental practice, process versus products, application of principle habit interferences, Guidance, demonstration, instruction, psychological, tolerance, cues and aids.

UNIT - IV :

1. Achievements in sports : Approach and avoidance motives, Theoretical context, level of task difficulty, Expectancy of success, level of aspiration.
2. Affiliation in Sports : definition and types of affiliation, social isolation Anxiety, self evaluation and self esteem through affiliation in sports.

UNIT V :

1. The coach : Impression on Athlete, predicting success in athletics with the aid of psychological research, coach as an individual, successful coach.
2. The Coach : "Treatment of individual players, Treatments of winning & losing teams, Mental attitude and preparation for the contest.

Reference Book :-

1. John D. Lawther : Sports psychology, prentice Hall Inc. Englewood Cliffs, New Jersey.
2. R. B. Alderman, psychological Behaviours in sports W. B. Sanders company, Philadelphia.
3. Rewben B. Frost, psychological concepts Applied to physical education and coaching . addision - Wesley publishing company London.
4. Robert N. Singer, coaching athlete and psychology, McGraw Hill Book company, New Delhi.

PAPER - III

PREVENTATION AND REHABILITATION IN SPORTS INJURIES

UNIT - I : Preventive aspects of sports medicine :-

1. Sports Hygiene - Meaning, concept & scope
2. Relationship with health and fitness.
 - * Personal hygiene
 - * Bodily cleanliness.
 - * Personal Belongings.
 - * Health Hazards in sports.

UNIT - II : Safety in sports :

Gymnasium Safety, Play ground Safety, Swimming pool Safety.

Safety appliances in sports and their uses, Provision of safety rules in competitive sports.

Principles of safety education.

UNIT - III : Sports Injuries :

1. Nature and scope of injuries in sports programme. Classification of injuries, Causes of injuries in sports.
2. First - aid box and its requirements on the play field. Qualifications and duties of trainer and coach in First - aid. Sports Medicine clinic - An outline.

UNIT - IV : Management of sports injuries.:

Gymnasium Safety, Play ground Safety, Swimming pool Safety..

1. a) Soft tissues injuries
 - i) Injuries to skeletal muscles and Tendons strain, pull, cramp, tear myositis, tendon injuries.
 - ii) Injuries to skull - abrasion, cuts, boils.
 - iii) Injuries to ligaments & Cartilage sprain, synovitis.
 - iv) Injuries to other vital organs.
- b) First - Aid Management and rehabilitation programme.
2. a) Fractures - types and nature, First aid to fractures.
- b) Dislocation - common joints involved in dislocation.
3. Drowning and water hazards -
 - a) Life saving in water sports.
 - b) First - aid management of water - hazards.

UNIT - V : Physiotherapy and its use in the treatment and rehabilitation in sports injuries :

1. a) Exercise therapy.
- b) Principle of the prescription of exercise therapy.
2. a) Massage - Types & Techniques of massage.
- b) Indication and counter indication of massage therapy.

3. Heat Therapy -
 - a) Hot water fomentation : Its use and effects.
 - b) Ice cold treatment : Its use and effects.
4. Electrotherapy : General introduction, working knowledge of following instruments.
 - a) Ultra - Violet
 - b) Infrared Lamp
 - c) Ultra sonic
 - d) Short wave diathermy

Reference Books Recommended :

1. Borozne, Joseph & Pechar Stanley : Safety in individual & Dual sports, Washington, Aahper pub, 1977
2. Dornon C. F. & Wisconsin, Madison : Accident surveillance system for sports, Washington, Aahper pub, 1977.
3. Boronize Joseph & Pechar Stanley : Administration & Supervision for safety in sports, Washington, Aahper pub 1977,
4. Boronze, Joseph & Pechar, Stanley : Safety in the Elementary school, Washington, Aahper pub., 1977
5. Vost Charles Peter : Teaching safety in the Elementary Schools, Washington Aahper pub., 1977
6. Clarke Kenneth S. : Drugs and the coach Washington AAHPER Pub. 1977.
7. AAHPER Publication : Professional preparation in Dance physical education recreation education safety education and school health education, Washington AAHPER Pub. 1977.
8. AAHPER Pub. Professional in safety education and school health education, Washington AAHPER Pub. 1974.

OPTIONAL PAPER - IV

PROFESSIONAL MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS

UNIT - I : The Management Process :

1. Definition, Need, Importance, Scope, Functions and Theories of Management.
2. Qualification, Training and Theories of leadership/ Manager.
3. Principles of Management.

UNIT - II : Management Organization and structure.

1. Systems of Management Organization.
2. Management of physical education and sports at school, College, University, Club, Association, State and National levels.
3. Making & Implementation decisions, their principles & methods & Forming sound policies.

UNIT - III : Management Techniques :

1. Management skills and procedures :
Communicating staff meeting, Office Managements & Automation, Policies & Procedure, Committees & Conference.
2. Personal Management -
 - a) Employments of personnel - Recruitment, Selection Appointment
 - b) Utilization of staff orientation, Assignment & Delegation of Duties, work load stress & Turnout.
 - c) Tenure and Dismissal
 - d) Salary & Benefit
 - e) In-service Training
 - f) Right & Privileges
3. Financial Management s-
 - a) Importance & Function.
 - b) Budgeting - Types of Budget, criteria of good Budget Organization, source & Methods of fund raising, estimating receipts & expenditures, Budget preparation and adaptation Budget Management & Appraisal, Budget reports budget accounting & Audits.
4. Public Relation : Definition, Scope, purpose importance principles medias & methods of public relations.

UNIT - IV : Management of programme, facilities, Equipments and supplies Legal Aspects of Management :

1. Programme Management : Instructional Managements : Selecting Teaching Activities, Selection Teaching aid and materials, Class Managements, Grouping of students, Dress, Roll Call, Class Size Time allotment, Scheduling Criteria for evaluating the Instructional Programme, Problems of instrumental Programme, Student Leadership areas.
2. Management of competitions & Participations intramural Intercollegiate, Interschool and Handicapped.

3. Management of Equipments and supplies - Need, Selection, Purchase, Storing, Issuing and Maintenance of equipment & Supplies :
4. Legal implications in physical education, legal liability, Rights. School, Code, College Code, University Code, & Co-operation Code related to physical education and sports.
5. Use of computer in management.

UNIT - V : Supervision & Evaluation Techniques in Management :

1. Meaning, Need, Importance, Principles of Supervision.
2. Supervisory duties pertaining to instruction, co-curricular programme, student and teacher welfare, administration, Visitation, Demonstration, Conducence Facilities, equipments & Professional.
3. Methods of supervision.
4. General methods of supervision.
5. Evaluation procedure & Techniques.

Reference Books Recommended :

1. Charles A. Bucher : Management of physical Education and Athletics programmes.
2. Revben B. Frost, Barbara Day Lockhart Stanley, J. Marshall : Administration of physical education and Athletics : Concepts and practice.
3. Clayne R. Janesen : Administration management of physical education & Athletics programmes.
4. Irwin L. W. and Humphrey J. H. : Principle and Technique of supervision in physical education.
5. University ordinance Books.
6. School Code.
7. Municipal Corporation Code
8. Robert A. Estolesi, William Andrew Sindair : Vreative administration in physical education & Athletics.
9. Edward F. Voltmer & Arthur A. Esslinger : The Organisation and Administration of physical education.
10. M. C. Resick : Modern administration practice in physical education.
11. C. A. Bucher : Administration of Health of physical education programme.

PAPER - IV
HEALTH, FITNESS AND NUTRITION

UNIT - I : Health :

1. a) Concept of Health b) Dimension of Health c) Characteristics of Healthy Individual
d) Factors influencing Health - Exercise, diet, climate, age, surrounding, occupation and heredity.

UNIT - II : Fitness :

1. Concept of Fitness and its Significance b) Dimension of Fitness - physical & Mental fitness
c) Components of physical Fitness - General specific. d) Relationship with health and heredity.
2. Factors influencing fitness : i) Age ii) Sex iii) Climate iv) Diet v) Exercise vi) Training
b) Muscular Fitness : i) Primary & other components of muscular fitness ii) Exercise, fitness
and weight control.

UNIT - III : Fitness and Health :

1. Medical Fitness : a) Medical Examination b) Harvard Step Test, c) Stress Test d) General
Physical fitness test Batteries - i) AAHPER Yough Fitness Test ii) Fleishman's Battery
of physical fitness.

UNIT - IV : High Performance Fitness :

1. a) Components of HPF i) VO₂ Max ii) Anaerobic Endurance iii) Muscular strength
iv) Speed and Agility v) Quick reflexes and Reaction Time vi) Other factors.
2. Psychological Requirements of HPF :
A) i) Stress ii) Achievements Motivation iii) Personality & Fitness iv) Relaxation v) Mental
Conditioning.
B) Psychological Monitoring of HPF i) Stress Management ii) Mental Fatigue prevention
techniques & Nutrition iii) high morale, poise equilibrium.

UNIT - V :

1. Energy Requirement.
a) Caloric measurement of energy requirement
b) Sports - wise caloric requirement.
2. Source of energy
a) Aerobic b) Anaerobic.
2. Nutrition Regulation -
a) Caloric value of different nutrients.
b) Management of diet and nutrition - during competition period, during off season.

Reference Books Recommended :

1. Ryan A. J. & Fred L. Allman : (Edn) sports medicine New York, Academic Press 1974.
2. Williams J. G. P. & P. N. Spyrim : (Edn.) sports medicine, London, Edward Arnold Pub, 1976 2nd Edition)
3. Williams J. G. P. : Medical Aspects of sports & Physical Fitness, London, pergamon press, 1965
4. Morehouse L. E. & Resch : Sports Medicine for Trainers London, W. R. Saunders company 1974 2nd Edn.
5. Johanson W. R. (edn) : Science & Medicine of Exercise & Sports New Yorks, Harper & Row pub 1960.
6. Brain J. Sharkey : Physiology of Fitness (3rd edn) Human Kinetic plb, Champaign, Illinois 1990.
7. Mac Dargall J. D. et al : Physiological testing of the High performance Athlete, Human Kinetic Books Illinois 1991.
8. Katch F. I. (edn) Sports Health & Nutrition, Human Kinetics Books Illinois 1991.
9. David Henery : the pursuit of sporting excellence, Willow Books Colline London 1986.
10. Ghosh Alok : Hand book of sports medicine & Physical Fitness, Calcutta, Alkalied Books Agency 1980.
11. Eisenman, Patricia & Johanson, Dennis : Coaches Guide to Nutrition & Control Human Kinetics publishers champaign, Illinois 1982.
12. Sundrarajan, G. S. : Sports Medicine, Ludhiana Tondon Pub.
13. Olympic solidarity of the International Olympic committee : International Olympic committee Olympic solidarity Basic Book of sports Medicine, Olympic solidarity of the International Olympic committee 1978.
14. Maxdalchie Grey R. : essebtl of sports medicine, New York, Churchil Wingstone 1986.
15. Shephard R. J. & Parizkova J : Human Growth physical fitness & Nutrition, Tokyo, Karger 1984, (Vol 31)
16. Simopoulos A. P. : Impacts of Nutrition & Health, Tokyo, Karger, 1991, 9 Vol 65)
17. Levitt, Eugene E. & Lubin, Bernard : depression, New York springer pub co. 1975.
18. Falls Harold B : Exercise physiology New York academic press 1968.
19. Haymes, Emily M. & Wells, Christine I. : Environment and Human performance, Human Kinetics Pub. Inc Champaign Il 1986.
20. Singer, Robert : Coaching atheletics & pshchology, New York, McGrow Hill Books, Co. 1972.
21. Bunker, Kinda K. reilly Armas, : Sports psichology, New York, Sandy sharpe, 1985.
22. Orlick, terry, : In Pursuit of Excellance, Human Kinetics pub champaign Illinois, 1990 (2nd Edn)
23. Prentics William E : Therapeutic Modatities in sports medicine, Times Mirror / Mosby College pub 1986.
24. Surgeons A. A. O. : Athleatics Training & Sports Medicine American Academy of orthopaedic Surgeons, 1984.
25. Kuprion werne : Physical therapy for sports, Tokyo W. B. Saunders Co. 1982.

PAPER - V
BIO MECHANICS AND ANTHROPOMETRY OF SPORTS

UNIT - I :

1. Meaning, Concepts and scope of Biomechanics.
2. Anthropometrics - Meaning, Scope and importance in sports.

UNIT - II :

1. Biomechanical forces and factors affecting performance : Inertia, motion. Friction, Gravity, Resistance, Spin, Whirl Aerodynamics angle.
2. Laws of motion and their application to sports skills.

UNIT - III : Analysis of sports Movement

1. Fundamental of Analysis
2. Techniques of Analysis.
 - * Anatomico - Kinesiological Technique
 - * Cinematographic Technique
 - * Electromyography Technique
 - * Computer Analysis.

UNIT - IV : Morphological Measurements.

1. a) Body composition, physique
b) Instrument used in measurement
2. a) Procedure of Measurements
b) Kinesology of posture - Statics & Dynamic posture.

UNIT - V :

1. a) Somoto - typing
b) Shelodon classification.
c) Kreschner classification.
d) Somotograph.
2. a) Anthropometric norms of international sportsmen.
3. b) Review of research in sports anthropometrics.

Reference Books Recommended :

- * Lee M. and M. M. Wagner : Fundamentals of Body Mechanics and conditioning New York, Greenwood press pub 1949.
- * Breer, Marion R : Efficiency of Human Movements London, W. B. Saunder, Co. 1966/
- * Dyson, Geoffery H. G. : The mechanics of Athletics London, University, London press Ltd. 1963.
- * Hay, James G. : The Biomechanics of sports technique 3rd Edn. N. J. : Englewood cliffs prentice Hall 1985.
- * Miller Doris, I : Biomechanics of sports, Philadelphia lea * Frbiger, 1973.
- * Diash C. B. : The physics of Ball Games, London, The English University, press Ltd. 1972.
- * Frankel V. H. and M. Nordin : Basic Biomechanics of the skeletal systems, Philadelphia lea & Febiger, 1980, Alfonso L. de Garayetal, (Edn.) Genetic and Anthropological studies of Olympic Athletics, New York Academic Press 1974.

AREA OF PRACTICAL EXAMINATION.

1. Planning
 - i) Facilities
 - ii) Budget
 - iii) Instructional classes.
 - iv) Visits
2. Organization
 - i) Competition
 - ii) Demonstration.
 - iii) Picnic
 - iv) Camp
 - v) National Functions.
 - vi) Play days
 - vii) Exhibitions.
3. Conducting Teaching and Coaching Classes
4. Organization of professional Business
 - i) Seminar
 - ii) Conference
 - iii) Workshop
 - iv) Clinic
5. Conduxt of Meetings :
 - i) Staff Meetings.
 - ii) Parent Meetings
 - iii) Students's Council Meeting.
6. Office Management :
 - i) Attending Visitors.
 - ii) Attending office routine.
7. Preparing Report :
 - i) Tournament Report
 - ii) Annual Report
 - iii) Demonstration.
 - iv) Seminar Conference.
 - v) Workshop
 - vi) Visits
 - vii) Play Days.
8. i) Correspondence
9. ii) Documentation
- Collection of Action photographs, paper, clippings, postal stamps, albums, and classified information and their presentation in the form of exhibition.
10. Preparing Notices and Announcements :
 - i) General information to students & staff
 - ii) Assembly Announcement.
11. Conducting Tests & Examinations. :
 - i) Practical Skill and performance test.
 - ii) Knowledge Test (Paper Setting.)

PRACTICAL EXAMINATION

- | | |
|-----------------------------------|-----------|
| A) Internal Assessment | 40 Marks |
| B) External Assessment | 160 Marks |

Note:

- A) **Internal Assessment** - A student has to conduct ten practicals at least one practical from each group given in the syllabus under the supervision of a teacher. Each practical for FOUR Marks assessed by the Supervisor Teacher. Student should maintain Practical Journal which will contain 10 reports and practicals conducted. It will be certified by the Supervisor Teacher. **40 Marks**
- B) **External Assessment** - A student has to select one Major Foreign Game and one major Indian game for skill test and viva marks will be as follows :
- a) 1. **Major Foreign Game** **20 Marks**
i) Three skill (Student choice) and two skill (choice examiner) **10 Marks**
ii) Viva **10 Marks**
2. **Major Indian Game** **20 Marks**
i) Three skill (Student choice) and two skill (choice examiner) **10 Marks**
ii) Viva **10 Marks**
- b) **Practical Dissertation** - **50 Marks**
A candidate admitted to the M. P. Ed. Part IInd in the Academic year will have to obtain for observation. The dissertation should will be carried out under the supervisor of a teacher, and will be submitted of evaluation. In the academic year in which he/ she is admitted to the course, submit a synopsis as per the guideline given below to the Registrar for consideration of the sub- committee constituted under the provision of para 9 below. The synopsis should be submitted under the following heads with details of each head.
(Cover Page/ First Page
1. Title of the subject of the Dissertation.
2. Name of the candidate.
3. Name of the Guide.
4. Name of the College/Institution/ Dept. Through which it has been submitted for approval of the subject of Dissertation. Also mentioning month and year.

Review of literature.
Methods of Material
Methods of Analysis
Summary conclusions and recommendations.
Bibliography.
Approved and signed by the supervisor (who should be a university approved post graduate teacher) and also countersigned by the Head of the Institution/ Department.
The size of the synopsis papers should be (21 * 28 cm) in size of dissertation.
The dissertation must be written in the medium opted for the examination.
- c) **Advance Coaching Lesson** **50 Marks**
(1 Lesson of 1 clock hours)
