

M.Phil. (Physical Education)

Prospectus No.2010169

संत गाडगे बाबा अमरावती विद्यापीठ

SANT GADGE BABA AMRAVATI UNIVERSITY

(Faculty of Education)

PROSPECTUS

OF

M.Phil. IN PHYSICAL EDUCATION

Session 2008-10

& Onwards



2008

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SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI
SPECIAL NOTE FOR INFORMATION OF THE STUDENTS

- (1) Notwithstanding anything to the contrary, it is notified for general information and guidance of all concerned that a person, who has passed the qualifying examination and is eligible for admission only to the corresponding next higher examination as an ex-student or an external candidate, shall be examined in accordance with the syllabus of such next higher examination in force at the time of such examination in such subjects papers or combination of papers in which students from University Departments or Colleges are to be examined by the University.
- (2) Be it known to all the students desirous to take examination/s for which this prospectus has been prescribed should, if found necessary for any other information regarding examinations etc., refer the University Ordinances Booklet the various conditions/provisions pertaining to examination as prescribed in the following Ordinances.

Ordinance No. 1	:	Enrolment of Students.
Ordinance No. 2	:	Admission of Students
Ordinance No. 4	:	National cadet corps
Ordinance No. 6	:	Examinations in General (relevant extracts)
Ordinance No. 18/2001	:	An Ordinance to provide grace marks for passing in a Head of passing and Improvement of Division (Higher Class) and getting Distinction in the subject and condonation of deficiency of marks in a subject in all the faculties prescribed by the Statute NO.18, Ordinance 2001.

Ordinance No. 9	:	Conduct of Examinations (relevant extracts)
Ordinance No. 10	:	Providing for Exemptions and Compartments
Ordinance No. 19	:	Admission of Candidates to Degrees.
Ordinance No. 109	:	Recording of a change of name of a University student in the records of the University.
Ordinance No. 138	:	For improvement of Division/Grade.
Ordinance No.19/2001	:	An Ordinance for Central Assessment Programme, Scheme of Evaluation and Moderation of answerbooks and preparation of results of the examinations, conducted by the University, Ordinance 2001.

Dr.K.G.Khamare
 Registrar
 Sant Gadge Baba Amravati University

SANT GADGE BABA AMRAVATI UNIVERSITY

%ORDINANCE NO.164

Examination leading to the Degree of Master of Philosophy (M.Phil.) तत्त्वज्ञान पारंगत in the Faculty of Arts/Social Sciences/Commerce/ Science / Education/Home-Science.

1. The Examination leading to the Degree of Master of Philosophy(M.Phil.) in the Faculty of Arts/ Social-Sciences/ Commerce/Science/Education /Home-Science shall be held annually on the date as decided by the Board of Examinations.

Provided that, the examination of M.Phil. (Physical Education) shall be held twice a year at such places and on such dates as may be appointed by the Academic Council.

2. Subject to compliance with the provisions of this Ordinance and of other Ordinances in force from time to time an applicant for admission to the Master of Philosophy (M.Phil.) Degree Examination shall have:-

(i) Passed the Master's Degree with atleast 55% marks or its equivalent grade in the subjects comprised in the Faculty concerned of the University or any other Examination recognised by the University as equivalent thereto and good academic record :

Provided that candidates who are teachers in the University shall be given preference for admission to the course :

Provided further that the condition of Master's Degree in the relevant subject with atleast 55% marks or its equivalent grade and good academic record may be relaxed for those who are already recognised as University or College Teachers; and

(ii) Prosecuted a regular Vacation full time course of approximately 180 periods of 45 minutes each distributed as under:-

- 3 weeks in the Winter Vacation (First Term)
- 6 weeks in the Summer Vacation after the First Term (Second Term)
- 3 weeks in the Winter Vacation after the Second Term (Third Term) and
- 6 weeks in the Summer Vacation after the Third Term (Fourth Term)

OR

(iii) Prosecuted a regular full time course of one academic session as a student of a College or a Department of the University.

3. Without prejudice to the other provisions of Ordinance No. 6 relating to Examinations in General ,the Provisions of paragraphs 5,8,10 and 32 of the said Ordinance shall apply to every collegiate candidate.

- (1) The fee for the Examination shall be Rs. 202/- plus Rs 20/- Per Practical Examination.
 - (2) The candidates desiring to take M.Phil. Examination either through Vacation Course or Regular Course Shall submit their applications with full fee at least three months prior to the date of the Examination.
- (1) The scope of the subjects shall be as indicated in the syllabus.
 - (2) The medium of instruction and Examination shall be English only except for the courses in languages.
 - (3) Examinees shall have option to write their answers through either Marathi, Hindi or English medium.
 - (4) A candidate may opt to write his dissertation in any of the three media (English, Marathi, Hindi)
 - (5) The question papers for M.Phil. Examinations in the faculties of Social Sciences and Commerce shall be set in English, Marathi and Hindi Languages.
- (1) The Examination shall consist of the Theory Paper, Practical, College Assessment and Dissertation with the maximum and minimum pass marks as shown in the respective Appendices to this Ordinance for the Examinations in the Faculties concerned.
 - (2) The minimum pass standard for the Examination except for Dissertation shall be 50% in each paper including the Sessional. The Dissertation shall be graded at two levels either Pass or Fail. Examiners (including revaluer) of dissertation should submit their detail reports regarding acceptance or rejection of dissertation. Passing in each Paper in M.Phil., shall be compulsory.
 - (3) The norms relating to internal assessment in each M.Phil. paper excluding the Dissertation shall be as under:

(a) Tutorial/Home-assignment -	8 Marks
(b) paper presented by the Student at the Seminar, Participation in discussion at the Seminar, Group discussion etc.	7 Marks
(c) Interview by the M.Phil. Committee of the Deptt. /College in which regularity in attendance, performance of the student in the class-room, his library work, participation in class-room, general performance, etc. to be taken into account .	5 Marks

% As made by the Executive Council, dated 27/28-4-1979 and amended vide Ordinance Nos. 17 of 1979,78 of 1981, 3 of 1982,7 of 1983,19 of 1983, 9 of 1986, 5 of 1987, 5 of 1990,3 of 1991, 8 of 1994, 1 of 1996 and 1 of 1997, 3/1999, 5/2000.

- (d) The Dissertation Committee means a Committee constituted in the College/Deptt. for any particular subject for approving the subject of dissertation, appointing recognised guide/Supervisor and to conduct the M.Phil. Programme. It shall maintain the complete information of the titles of the dissertations subject-wise for future reference for the M.Phil. students and the Dissertation Committees for subsequent years, and the College/Deptt. shall also send a copy thereof to the Asstt. Registrar (Exams.)who shall maintain a register with the complete information of the titles of the Dissertation subject-wise in each Faculty, for future reference of the examinees and others concerned.
- (e) No Supervisor shall guide at a time more than 5 students for Dissertation.
7. (1) The Principal/Head of the Institution /Department shall forward to the University the record of Internal Assessment/Sessional Marks of Examinees one month before the Commencement of the Examination.
- (2) The Principal of the College or Head of the Deptt. where the M.Phil. Course is conducted shall submit to the University a list of students in each subject with the titles of their dissertations indicating specialised branch of the subject against each dissertation for information of the appointment of Examiners Committee for making appropriate appointments.
- (3) A candidate who has offered thesis for Ph.D. in a particular subject can offer the same subject for dissertation in M.Phil.
- (4) A Candidate can not offer an identical subject for dissertation in the same year which has been offered by another M.Phil. candidate at his or other places.
8. (1) The candidate desiring to take M.Phil. Examination shall submit two copies of his dissertation containing material of about 125 typed papers. (Full Scape, double space) or its equivalent neatly handwritten in a tidy form to the University through his Supervisor and the Principal /Head of the Institute/Department at least a fortnight prior to the date of commencement of the written examination.
- (2) A candidate shall submit with his Dissertation a certificate from his Supervisor to the effect:
- (i) that the candidate has satisfactorily conducted research for not less than one academic year; and

- (ii) that the Dissertation is the result of the Candidate's own work and is of sufficiently high standard to warrant its presentation for examination.
9. Provision of Ordinance No. 7-A relating to the condonation of deficiency of marks for passing an examination shall apply to the examinations under this Ordinance.
10. There shall be no classification of examinees successful at the Examination.
11. (a) If a candidate has successfully passed in Dissertation, he shall not be required to submit the dissertation again for subsequent readmission to the examination as ex-student.
- (b) If a candidate has successfully passed in all theory papers separately and simultaneously, but has failed in dissertation he shall not be required to appear again in theory papers for subsequent readmission to the examination as an ex-student for clearing the dissertation.
- (c) If a candidate fails in dissertation, on application by the candidate with a fee Rs.150/- within 20 days of declaration of result, the dissertation will be sent to two other examiner for reassessment. Majority decision of the two examiners(including the first) will be final.
12. As soon as possible but within 45 days from the Last date of examination, the Board of Examinations shall publish a list of Successful Examinees. Only such Examinees who have secured minimum aggregate pass marks in the Papers as indicated in the respective Appendices and have been declared "pass" in the Dissertation shall only be declared successful.
13. Notwithstanding anything to the Contrary in this Ordinance, no person shall be admitted to an Examination under this Ordinance if he has already passed this examination or an equivalent examination of any Statutory University.
14. Successful Examinees shall on payment of the prescribed fees receive a Degree in the prescribed form signed by the Vice-Chancellor.

APPENDIX - F

Examination leading to the Degree of Master of Philosophy (M.Phil.)
(Physical Education) in the Faculty of Education

Sr. Subject No.	Paper / College Assessment	Maximum Marks	Minimum Pass Marks
1. Research Methods & Statistics	Paper	80	
	College	100	50
	Assessment	20	
2. Current Trends & Issues in Physical Education & Sports	Paper	80	
	College	100	50
	Assessment	20	
3. Optional papers (Any One)	Paper	80	
	College	100	50
	Assessment	20	
I. Kinanthropometry & Biomechanics in Sports			
II. Measurement & Evaluation in Physical Education.			
III. Philosophy of Physical Education.			
IV. Training for Competitive Sports & General Fitness			
V. Olympic Movement & Modern Issues			
VI. Management of Sports Facilities.			
4. Dissertation.			

- Notes:-**
- The approach to Dissertation should be with a stress more on depth rather than on width.
 - The Dissertation will be graded as either pass or fail.

DIRECTION

No.32/2006

Date : 19.10.2006

Sub : The Examination leading to the Degree of Master of Philosophy (M.Phil.) in the Faculty of Arts/ Social Sciences / Commerce / Science / Home Science / Education.

Whereas, Ordinance No.164 relating to the Examinations leading to the degree of Master of Philosophy is provided for the M.Phil. Courses.

AND

Whereas Para 7 of Statute No.2/2001, in respect of Implementation of the revised pay scales of teachers and other measures for maintenance of standards in Higher Education for University/College teachers and University Officers Statute, 2001, provides under the title Recruitment and qualifications for appointment of teachers that "A relaxation of 5% may be provided, from 55% to 50% of the marks, at the Master's level for the SC/ST category."

AND

Whereas, the UGC has relaxed the eligibility qualification for SC/ST candidates for appearing the NET/SET examinations.

AND

Whereas, it is necessary to relaxed the percentage for admission to M.Phil.Courses for SC/ST category candidates from 55% to 50%.

AND

Whereas, matter is required to be regulated by Ordinance.

AND

Whereas, the amending Ordinance No.164 is a time consuming process

AND

Whereas, admission of the students for the Vacational M.Phil.Courses for the sessions 2006-2008 are to be finalised.

AND

Whereas, to finalise the admission for M.Phil. Courses, it is necessary to provided relaxation for SC/ST category.

Now, therefore, I, Dr.Kamal Singh, Vice-Chancellor of Sant Gadge Baba Amravati University, Amravati in exercise of powers conferred upon me under sub-section (8) of the Section 14 of the Maharashtra Universities Act,1994, hereby direct as under :-

1. This direction may be called "Examinations leading to the Degree of Master of Philosophy (M.Phil.) (तत्त्वज्ञान पारंगत) in the Faculty of Arts/ Social Sciences / Commerce / Science / Education/Home Science, Direction 2006".
2. This direction shall come into force from the date of its issuance.
3. The conditions of atleast 55% marks at Master's Degree or its equivalent grade in the subjects comprised in the Faculty concerned of the University or any other examinations thereto, shall be relaxable from 55% to 50% marks at the Master's level for the SC/ST category candidates.

Amravati

Date : 18.10.2006

Sd/-
(Kamal Singh)
Vice-Chancellor

**SYLLABUS
PRESCRIBED FOR
M.PHIL.(PHYSICALEDUCATION)**

PAPER-I : RESEARCH METHODS AND STATISTICS

- Unit-I :** (a) Meaning, Nature Need and Scope of Research in Physical Education. Classification of Research-Basic Research, Applied Research and Action Research. Difference between fundamental and Action Research.
- (b) The Problem: Locating the problem and criteria in selecting a problem, statement of the Problem, Delimitations and Limitations. Literature Search.
- Unit-II :** (a) Non-Laboratory studies :
Historical Research ; Philosophical Studies, Surveys (Questionnaire, Interview) Case study.
- (b) Laboratory Research :
Experimental Design-
Principles of Experimental enquiry (Mith Corron): Control of Experimental factors, Instrumentation. Establishing the Research laboratory.
- Unit-III :** (a) Preparation of Research Report :
Organisation of Thesis Report, tables, figures, footnotes and bibliography.
- (b) Introduction to the use of calculators and computers in analysis of data.
Available equipment/ instrument and their specific uses for research in Physical Education and sport.
- Unit-IV :** (a) Review of elementary statistical concept.
Measures of Central tendency, measures of variability, scales-Zscale, or (Sigma) Scale, T-scale, Hull scale.
- (b) Analysis of variance.
Need for analysis of variance.
One way analysis of variance.
Post Hock Test of significance.
Analysis of co-variance, (No Problem to be given in this area)
- Unit-V :** (a) Partial and multiple correlation.
Meaning and limitation of partial correlation and multiple correlation. Computation of first - partial correlation and multiple correlation.

- (b) Special correlation and non-parametric Methods :
Chi-square
Rank-Difference method of correlations.
Biserial correlation, Tethachoric correlation.
Phi-coefficient, contingency coefficient.

Reference Books for paper I :

Part-I- RESEARCH METHOD

1. Aggarwal J.C. educational Research - An Introduction, New Delhi Arya Book Depot, 1966.
2. Best, John Research in education, New Delhi-Preatice Hall of India (Pvt.) Ltd, 1977.
3. Clarke David, H. And Clarke, H.Harrison, Research Process in Physical Education, Recreation and Health, Eaglewood Cliffs, New Jerney; Practice Hall. Inc 1984.
4. Galfo, Asned Jaud Earl, Miller, Interpreting Educational Research . I.O.W.A. ; W.M. Brown Co.,
5. Moule George, J. The Science of Educvational New Delhi Eurasia Publishing House (Pvt.) Ltd, 1973.
6. Huffard, A.W. Research Methods in Health- Physical Education and Recreation. AAHPER. Publication, Washington D.C., 1973.
7. Cohen, Louis and Marion, Lawrence-Research Methods in Education, Croans Helm Ltd. 2-10-St. John's Road, London 1980.
8. Best, John W. and Khan, janes V-Research in Education, New Delhi Preatice Hall of India (Pvt.) Ltd., 1986.
9. Sharma, R.A. Fundamental of Educational Research, International publishing House: Meerut (U.P.) India -1984-85.

PART II-RESEARCH STATISTICS

1. Bloomers, paul and Lundguist, E.F. Statistical Methods in Psychology and education, Calcutta: Oxford Book Co., 1960.
2. Clarke, David H and Clarke, H. Harrison- research Process in Physical education, recreation and Health : Eaglewood Cliffs New Jeraly: Preatice Hall Inc., 1984.
3. Clarke, H.H. and Clarke D.H. Advanced Statistics with application to Physical education- London : Preatice hall, Inc.
4. Garret, H.E. and Woodworth, R.S. Statistics in Psychology and education- Bombay : Allied Pacific Co., Ltd., 1966.
5. Guiford, J.P. Fundamental Statistics in Psychology and education, New York, MC Graw Hill Book Co 1960
6. Steel, Robert, G.D. and Torie, manes A. Principles and Procedures of Statistics, New York; MC Graw Hill Book Co. 1960.

7. Mendenhall, W. Mc Clave, J. T. and Raney, M. Statistics for Psychology-Woodworth Publishing Company, Inc., Belmont; California, 1977.
8. Gupta, S.P. Practical Statistics : S. Chand and Company Ltd., Ram Nagar, New Delhi-1979.

**PAPER-II : CURRENT TRENDS AND ISSUES IN PHYSICAL
EDUCATION & SPORTS**

CURRENT TRENDS:

Unit-I: Existing Organisations relating to Sports and Physical Education.

1. Indian Olympic Association.
2. Sports Authority of India.
3. N.C.E.R.T.
4. U.G.C./A.I.U.
5. Indian Association of Sports Medicine.
6. Sports Psychology Association of India.
7. Indian Association of Sports Scientists and Physical Educational list.
8. National Association of Physical Education and Sports.
9. Sports Journalists Association of India.
10. Youth Hostels Association of India.
11. All India Association of University Directors of Physical Education & Sports.

Unit-II: Current Problems.

- a) Student Unrest.
- b) Teachers discontent.
- c) Examination systems.
- d) Physical Education as examination subject.
- e) National Physical Fitness Programme.
- f) Physical Education Syllabus for Secondary Schools.
- g) Collegiate Physical Education Programme.
- h) Sports Talents.
- i) Sports Facilities.

Unit-III: Special Topics

- 1) International Olympic Movement.
- 2) Professionalism in Sports.
- 3) National Sports Policy.
- 4) National Youth Policy.
- 5) Sports and Legislation.

- 6) Sports and Media.
- 7) Non-Competitive Sports-Bharatiyam.
- 8) Women and Sports.

Unit-IV : Academic Enhancement.

- a) Seminars and Conferences in Physical Education & Sports Sciences.
- b) Scientific Research in Sports and Physical Education
- c) Post Graduate Courses in Physical Education & Sports.
- d) Text-books and periodicals in Physical Education and Sports Science.
- e) Commissions and Committee on Physical Education & Sports their recommendations.
- f) International cooperation in Sports and Physical Education.
- g) Growth of allied subjects.
- h) Standard Norms & Criteria for the Training College of Physical Education.

Unit-V : Issues

1. Issues dealing with Health and fitness.
2. Issues dealing with Philosophy and purposes of Physical Education and Sports
3. Issues dealing with Profession of Physical Education.
4. Issues dealing with professionalism and Amateurism.
5. Issues dealing with Sports coaches and Physical Education teachers.
6. Issues dealing with Voluntary institutions in Physical Education & Sports.
7. Issues dealing with Bureaucratic decision making in Sports.
8. Issues dealing with International relations in Sports & Physical Education.
9. Issues dealing with Sports competition-International and National perspective.

BOOKS RECOMMENDED :

- 1) Marionatics Sanborn Betty G.Hartman Issues in Physical Education.

REFERENCES :

- 1) Indian Daily New Papers.
- 2) Indian Weeklies.
- 3) Indian Periodicals, Fortnight, Monthly, Quarterly, Biannually.
- 4) Yoga.

- 5) Journal of Yoga.
- 6) University News.
- 7) University Sports.
- 8) Bulletin of Sports Medicine (H.V.P.M.)
- 9) Sportsweek.
- 10) Sportstar
- 11) Snipes.
- 12) Bulletin of Aurobics.
- 13) Yoga- Mimansa.
- 14) Vyayam vidnyan.
- 15) Balwan.
- 16) Kustigir.
- 17) Krida-Vishwa.
- 18) Kridangan
- 19) Yogarakash.
- 20) Education Quarterly.
- 21) Yoga-Vidya.
- 22) Khelkhilladi.
- 23) Athletic Journal.
- 24) American Journal for Health, Phy. Edu. & Recreation.
- 25) Bulletin of Physical Education.
- 26) AAPHER.
- 27) F.I.E.P.Bulletin
- 28) Gymnastic (International Journal of Physical Education)
- 29) ICHPER
- 30) International Gymnast.
- 31) Journal of Sports Medicine and Physical Fitness.
- 32) Medicine and Science in Sports and Exercise.
- 33) Olympic Review.
- 34) Scholastic Coach.
- 35) Swimming Times.
- 36) Sports and Recreation
- 37) Track Technique.
- 38) Sports in U.S.S.R.
- 39) Research Quartely
- 40) Table Tennis
- 41) Squash.
- 42) Badminton
- 43) JOHPER.

LIST OF REFERENCE BOOKS :

PAPER-II - CURRENT TRENDS AND ISSUES IN PHYSICAL EDUCATION AND SPORTS

1. HALSEY ELIZABETH "INQUIRY AND INVENTION IN PHYSICAL EDUCATION LEA & FEBIOER, PHILADELPHIA" 1964.
2. BUCHER CHARLES A 'DIMENSIONS OF PHYSICAL EDUCATION' 2nd Edition. THE C.V.MUSBY COMPANY Saint Louis. 1974.
3. Lockhart, Aileens S. and Slusher, Howard S. : Contemporary Reading in Physical Education ; Third Edition, Wm. C. Brown Company Publishers Dubugue Iowa: 1975.
4. Sanbron, Murion Alica & Hariman Betty G. 'issues in Physical Education : 2nd Edition, Lea & Febiger, Philadelphia : 1970.
5. Morgan, R.E. ' Concerns and Values in Physical Education' G.Bell & Sons Ltd, London : 1974.
6. Cooper Kenneth H: 'The New Acrotrics': M.Evans and Company, Inc New York : 1970.
7. Zeigler, Earbf. 'Physical Education and Sports Philosophy: Prentice-Hall Inc. Englewood Cliffs, N.J. 1977.
8. Miller, Donna, MAE & Russell, Kuthryn R.E., 'Sport A Contemporary View' Lea & Bebiger, Philadelphia ; 1971.
9. Ogleshy, Carole A : 'Women and Sport ; from myth to reality' Lea & Febiger, Philadelphia; 1978.
10. Geadelman, Patricial L : Equality in Sport for Women' AAPHER PUBLICATION : Washington : 1977.
11. Gerber Ellen W: Sport and the Body : A Philosophical Symporium ' Lea & Febiger. Philadelphia. 1974 (Repunled)
12. William Morgan And Klaus V Meier (Editors) 'Philosophy Inquiry in Sport' Human Kinetics Publishers. Inc, Champaign, Illinois; 1988.
13. John D. Massengale, (Editor). 'Trends towards the Future in Physical Education. 'Human Kinetics Publishers, Inc. Champaign, Illiois 1987.
14. Curry, Timpothy J & Jiobu Robert M: sports A Social Perspective Prentice-Hall, Inc. Englewood Cliffs, N.J. : 1984.
15. Donald Chu : Jeffrey O. Segrave; and Beverly.J. Becker, (Editors). 'Sport and Higher Education'. Human Kinetics. Publishers, Inc. Champaign Illinois, 1985.
16. Hemery David : 'Sporting Excellence: A Study of Sports Highest Achievers. Willow Books. Collins. 8.Grafton Street London WI. 1986.
17. Bruca Davies and Geoffrey Thomas (Editors). Science and Sporting Performance. Management or Manipulation? Clarendon press Oxford. 1982.
18. Best David ; 'Expression in Movement & The Arts; A Philosophical Enquiry' Lepus Books. 205 Gt. Portland St. London W; n6LR. 1974.

OPTIONAL PAPER (III)**1) KINANTHROPOMETRY AND BIO-MECHANICS OF SPORTS.**

- Unit-I :** (a) Kinanthropometry-Definition, concept and scope of the subject. Biomechanics-Definition, concept and its application in health fitness and sport.
 (b) Body-Size-Shape and composition. parameters, techniques and methods of measurement of the parameters, Review of Research studies.
- Unit-II :** (a) Anthropometry-meaning and significance in health sport and fitness, Methods of morphometric measurements. Research studies in morphometric measurements applied to sports, health and fitness.
 (b) Somatotyping techniques & Heath-Carter technique somatograph. Its use in the study of physique Sheldon's classification of body type.
- Unit-III :** (a) Biomechanics-components related to sports skills. Motion forms-Linear or Translation motion, Nonlinear Motion, Rotary or Angular motion.
 (b) Linear Kinematics-Distance & Speed Displacement and Velocity, Acceleration, De-acceleration, Units in Linears Kinematics.
- Unit-IV :** (a) Angular kinematics - Angular distance and Angular Displacement Angular speed and velocity Angular Acceleration units in Angular kinematics.
 (b) Linear kinematics -Inertia; Mass, Force-Internal and external forces Movementum, Newton's Laws of Motion units of Linear kinetics.
- Unit-V :** (a) Angular kinetics-Eccentric force, couple, moment, Resultant moment Equilibrium, Lever, Centre of Gravity, methods of Measurement of C.G. Centrifugal and Centrifugal forces.
 (b) Fluid Mechanics-Floatation, Buoyant force, fluid resistance, specific gravity, relative motion.

REFERENCE BOOKS :

1. Bio-mechanics IV proceedings of the IV international seminar on Bio. Vol I Edi R.N. Nelson & C.A. More house. International series on sports Sciences.
2. Biomechanics-IV International Series on Sports sciences Voll Proceedings of the IV international Seminar on Biomechanics Edi. R.C. Nelson and C.A. More house. Macmillan and Co. 1974. (Chapter: Kinanthropometry & Biomechanics PP. 537-550)
3. Dainty D.A. Standardizing Biomechanical Testing in sport Human Kinetics publication 1987.

4. Hay, J.G. The Biomechanics of Sports Techniques : London. Prentice Hall Inc 1973.
5. Kinanthropometry-III Proceedings of the VIII Commonwealth and International Conference on Sport. Physical Education, Dance, Recreation & Health ; Edi. T. Reilly J. Watkins, & J. Borrns 1986.
6. Mass G.D. The Physique of Athletes Leiden: Leiden University press. 1974.
7. Sports Science-Health Fitness & Performance Edi. L.S. Sidhu et.al. Indian Association of Sports Scientists & Physical Educationists, Patiala 1987.
8. Tricker R.A.R. and B.J.K. Tricker. The Science of Movement: London Mills & Boon Ltd. 1967.
9. Physical Structure of Olympic Athletes-Part-I & II nd. E. Jokl & M. Hebbelink S. Karger. Busel Medicine & Sports Science Series Vol 16, 1982. and Vol 18, 1984.
10. Crony John, Anthropometry New York Van Nostrand Reinhold Co. 1981.

OPTIONAL PAPER-(III)**2) MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION.**

- Unit-I :** (a) Measurement and Evaluation as a course of Study.
 Place of M. & E. In Phy. End.
 Basic Priciples of M.& E.
 Brief History of M. In Phy. Education.
 Trends in M.& E.
- (b) Evaluation of performance Tests
 Need for selecting appropriate tests.
 Criteria for test selection. Content.
- a) Validity :
 construct validity, predictive validity.
 Concurrent validity.
- b) Reliability: Repeated scroes for a single person,
 Relative position within the group. Item statistical,
 Reliability, Logical Reliability
- c) Objectivity.
 d) Economy
 e) Costs.
 f) Time.
- Unit-II :** (a) Administration of Tests
 Advance preparation.
 Duties during Testing.
 Duties after testing.

- (b) Test construction :
- Written Tests:
- Preparing the preliminary form
 - Testing for validity (Item analysis)
 - Preparing the final form.
 - Testing for reliability
 - Preparing Norms.

Physical Performance Tests

- Selecting the Criterion.
- Selecting the test items.
- Reliability and objectivity
- Validating the test.
- Inter Correlations
- Multiple correlations
- Regression equation
- Norms.

- Unit-III:**
- Rating scale in physical education.
Steps in the construction of Rating Devices
Rules for using Ratings
Types of Rating devices.
 - Philosophy of Evaluation in Physical Education
 - Philosophy
 - Mechanics of grading system.
- Unit-IV:**
- Critical appraisal of Basic performance.
Test for motor components : Strength
Muscular Endurance Cardio-respiratory endurance
 - Pauses, Agility Balance, speed and esthetic sense.
- Unit-V:**
- Socio Psychological measures
 - Social measure
 - Attitude measures.
 - Self concept measures.
 - Measures of health knowledge and habits.
 - Use of tests in meeting the individual need
 - Presentation, Interpretation and use of
 - Test results
 - The teacher
 - The Parents
 - The Student
 - The administrator

Reference Books :

- Clark H.Harrison Application of Measurement to Health and Physical Education, New Jersey - Prentice Hall. Eaglewood, Cliffs, 1976.
- Philips, Aller D.and Haraak Jemes, E.Measurement and evaluation in Physical Education, New York, John Wiley & Sons 1979.
- Mathew Denoid. K.Measurement in Physical Education Philadelphia, W.B.Saunders Company, 1978.
- AAHPER Research Methods in Health, Phy.Edn. and Recreation Aahper.
- Vevdetoe, Feand M. : Measurement Concepts in Physical Education St.Louis the C.V.Morby Company, 1980.
- James S. and Custatossa William. E-Measurement and evaluation in Physical Education Fitness and Sports Eaglewood cliffs, New Jersey : Prentice Hall Inc. 1983.
- Barrow, Harold M.and MC Gee Rosemary A Practical Approach to Measurement in Physical Education Philadelphia Leo & Fibiger 1979.
- Mayers, Calton R.Measurement in Physical Education. The Ronald Press, Company New York 1974.
- Eckert. H.M.Practical Measurement of Physical Performance. Lea and Febiger, Philadelphia, 1974.
- Safrit, M.J.Introduction to Measurement in Physical Education and Exercise science - Time Mirror/Morsby College Publishing st.Louis 1986.
- Baumgartner, Ted. A & Jackson A.S. Measurement for Evaluation in Physical Education Honglton Miffin Company Boston, 1975.

Optional Paper (III)

3) Philosophy of Physical Education

- Unit-I:**
- Philosophy as Action :-
Getting Under way : Searching for Reasoned Belief; Thinking : the Vehicle; Avoiding Predicament process.
 - Philosophy as Heritage :
Searching for the sources and Meaning of western philosophy Exploring the Formal Content of Philosophy Idealsim; Realism; Pragmetism; Other ways of Thinking.
 - Philosophy as Quest :-
Needed Ethical Guidelines for Amateur Sport; Humanistic Education; Another Bandwagon? some Reflections on the Athletics Physical Education Problems; Phenomanology.
- Unit-II:**
- Philosophy on Discovery :
Presuppositions A Barrier to "Know Thyself" The Administration and the Philosopher, Philosophy in the

Eastern World, Leisure lost and found?

- 2) Sport; How?
How is sport organised and administered? How is sport taught and/or learned? Essentialistic ideas for the conduct of sport. Eclectic possibilities for conducting sport.
- 3) Why is the individual attracted to Sport?
Culture demand social theory; outlet for aggression; Surplus energy supposed physical values; General incompetence; pursuit of excellence; stimulating form of recreation; summary.

- Unit-III:**
- 1) Why does the Group promote sport?
The Significance of subtle group dimensions; Group density and sport; impermeability among sport groups stability of a sport group; the natural group in sport ; striving for internal cohesion.
 - 2) Why sport Physical Values?
The vagueness of physical fitness; Essentialistic prejudices with regard to physical fitness; The concept of flexibility; The concept of agility; The concept of coordination; why not cardiovascular efficiency?

- Unit-IV:** Why Sport? Cognitive Values?
- 1) Acquiring knowledge through sport participation; potential for the body of knowledge in sport.
 - 2) Why Sport? Attitudinal Values?
Why what is an attitude? Analysis of claims for uniqueness of sport; Scientific studies of sport and attitudes; Current basic of speculation.

- Unit-V:**
- 1) Systematic Philosophies and some Persistent Problems in Physical, Health Education and Recreation.
Introduction; progress in Physical; Health and Recreation Education; Politics and Nationalism; Economics; Method of Instruction; The Role of Administration; Professional Preparation; The Healthy Body; Physical Education and Recreation for Women Dance in Physical Education and Recreation; The Use of Leisure; Amateur; Semi-professional and professional sport conclusion.
 - 2) The Possibility Consensus :
The importance of a continuing Search for More Agreement; some Common Denominator in Education; Some Common Denominators in Physical, Health, and Recreation Education; Issues that stand in the way of Greater Consensus; Concluding Statement.

Books Recommended :

1. Eale F.Zeigler : Philosophical Foundations for Physical, Health, and Recreation Education.
2. Harper, Miller, Park Davis : The Philosophic process in Physical Education.
3. Harold J.Vanderswoag : Toward a Philosophy of Sport.
4. Paul Weiss : Sport - A Philosophic Inquiry.
5. Earle F.Zeigler : Problems in the History and Philosophy of Physical Education and sport.
6. Earle F.Zeigler : Physical Education and Sport Philosophy.
7. Ellen W.Gerger, William J.Morgan : Sport and the Body; A Philosophical Symposium.
8. D.JO' Connon : An Introduction to the Philosophy of Education.

OPTIONAL PAPER-III

4) Training for Competitive Sports & General Fitness

- Unit-I:**
1. General Principles of athletic training : An introduction to athletic training, the trainer, responsibilities and relationship, Mechanisms of athletic injuries, Scientific bases for conditioning and training. Physical conditioning for the prevention of athletic injuries. The influence of interest and other aids on athletic Performance, Psychogenic factors in athletics, Training for girls and women.
 2. Theory and Practice of Strength Development STRENGTH maximum strength; elastic strength, strength endurance; absolute and relative strength; external resistance and the athlete's ability to express force; static muscular activity; dynamic muscular activity, STRENGTH RELATIVE TO MOVEMENT auxotonic muscular activity DEVELOPMENT OF STRENGTH strength development training; notes on strength training.
 3. Theory and Practice of Speed Development SPEED IN SPORT DEVELOPMENT training for speed development and barrier; endurance and speed training.
 4. Theory and practice of Endurance Development; TRAINING METHODS duration; repetition, competition and testing endurance sports and the female athlete.
 5. Theory of practice of Mobility Development; MOBILE CLASSIFICATION factors influencing mobility; role of mobility, MOBILITY TRAINING mobility unit construction; mobility derivatives.
- Unit-II:**
6. Periodising the year; PREPARATION PERIOD, COMPETITION PERIOD, TRANSITION PERIOD.

7. Variations in Periodisation; SETTING OUT THE TIME SCALE SINGLE AND DOUBLE, PERIODISATION.
8. Units, Microcycles and Macrocycles; THE TRAINING UNIT, THE MICROCYCLE, MACROCYCLES.
9. Adaption to loading : DEFINITION intensity of loading; density in loading; duration of stimulus in loading; extent of loading; progressive loading.
10. Training v/s straining.
11. Competition period, COMPETITION, training competitions; principal competitions COMPETITION V/S TRAINING Competition frequency competition preparation.
- Unit-III :**
 12. Responsibilities of Training Personnel.
 13. Responsibilities of the Term Physician.
 14. Equipment and the Equipment Room.
 15. The Training Room.
 16. Conditioning of Athletes.
 17. Nutrition of Athletes.
 18. Drugs in Sports.
 19. Prevention and Treatment of Athletic Injuries.
 20. Field Examination and Decisions.
 21. Training Room Tips.
- Unit-IV :**
 22. Research in strength Development, Dynamic Strength Training. Isometric Training : Its Effects on Dynamic Strength; Isometric Isotonic Training; Their Effects on Limb Speed, Relationships of Muscular Strength to Endurance, Biochemical Research in Muscle Development.
 23. Competitive Olympic Lifting; International Competition, Great American Lifters, Strength Fitness for Olympic Lifting, Techniques of Olympic Lifting, the Beginning Training Programms. The Advanced Training Program. Training for the Jerk, Training for the Snatch and Clean (quick lifts) Establishing Training Loads, The K-Value System.
 24. University Level Strength Training Courses; The Beginners' Course, The Intermediate Course, Acrobic Weight Training, The Advanced Course.
 25. Detraining the off-Season Training Programs; Introduction, Physical Detraining, off-Season Training Programs.
- Unit-V :**
 26. Environmental Factors and Athletic Performance; Introduction Variation in Temperature and Humidity,

- Altitude, Diving.
27. Ergogenic Aids; Introduction, Drugs and Hormones, Nutrition Oxygen, Blood Doping, Warm-up and Temperature Variations, Social and Psychological Factors.
28. The Female Athlete; Introduction. Body Build and Composition, Strength Cardiovascular Endurance, Motor Skills and Athletic Ability Menstrual and Gynecological Considerations.
29. Physical Activity for Health and Fitness; Introduction, Diseases of Modern Living, The Prescription of Exercise, The Exercise Program, General Guidelines for an Exercise Program, Energy Expenditure and Physical Activity.

Books Recommended :

1. Carl E. Klafs Deniel D. Amhsim; Modern Principles of athletic training.
2. Frank W. Disk : Sports Training Principles
3. Max M. Novich Buddy Taylor : Training and Conditioning of Athletes.
4. John Patrick O'Shea: Scientific Principles and Methods of Strength Fitness.
5. Jack H. Wilmore : Athletic Training and Physical Fitness.
6. Clayne R. Hensen A, Garth Pisher; Scientific basis of athletic conditioning.
7. Jack R. Leighton Progressive Weight Training.
8. Gane Hooks; Wright Training in Athletics and Physical Education.
9. O. William Dayton : Athletic Training and Conditioning.
10. Jay Bender, Edward J. Shea : Physical Fitness; Tests and Exercises.
11. Perry B. Johnson, Wynn F. Updyke, Donald C. Stolberg, Maryellon Schaefer; Physical Education A problem solving Approach to Health and Fitness.
12. Bud Getchell : Physical Fitness.
13. Anthony A. Annarino : Developmental Conditioning for women and men.
14. Vermon S. Barney Cynthia C. Hirst, Clayne R. Henson; Conditioning exercises. Exercises to improve Body form and Function/ Third Edition.
15. Mabel Lee Miriam M. Wagner; Fundamentals of Body Mechanics Conditioning.

OPTIONAL PAPER-III**5) OLYMPIC MOVEMENT & MODERN ISSUES**

- Unit-I :** 1. The Ancient Olympic Games.
2. The Modern Olympic Games.
- Unit-II :** 3. Foundation and Growth
4. International Olympic Committee.
- Unit-III :** 5. Summer Olympic Games : 1896; Athens, 1900; Paris 1904; St. Louis, 1906; Interim Olympic Games; 1904 London, 1912 Stockholm, 1920; Antwerp 1924; Paris 1928; Amsterdam, 1932; Los Angeles, 1936; Berlin 1936, London 1948, London 1952, Helsinki, 1956 Melbourne, 1960 Rome, 1964; Tokyo, 1968; Mexico City, 1972; Montreal 1976, Moscow, 1980.
6. Winter Olympic Games : 1924 Chamonix, 1928; St. Moritz, 1932; Lake Placid, 1936; Garmisch, 1936; St. Moritz, 1952; Oslo, 1956; Cortina 1960; Squaw Valley, 1968 Innsbruck, 1968 Grenoble, 1972; Sapporo, 1976; Innsbruck.
- Unit-IV :** 7. The Administration of An Olympic Games; The Organising Committee, Art in the Games, Accommodation, Attachés, Booklets Ceremonial, Entertainment Terms), Entry Form (I.O.C. Article 35) International Federation Identity Cards and their Privileges the Language barrier, Medical, National, Olympic, Committee, Organisation of News Media departments, Section I, Approved International Agencies.
- Written and Photographic press, Section II, The 'Visual' and 'Spoken' News Media Namely TV and Radio, the Official report, and films, Olympic rings and emblems, Questionnaires, Sports Programmes and Venues, Duties, of N.O.C. of Host Country and of its National Sports Federations Stands and Seating in Stadium, Tickets, Torch Relay, Transport, Uniforms, the Olympic Village, Olympic winter Games, Youth Camps.
8. The International Olympic Academy
- Unit-V :** 9. Genetic and Anthropological Studies of Olympic Athletes.
10. Modern Issues; The Olympic Movement in the Service of peace and brotherhood, Women and the marathon, Sport and the young Physically handicapped person, Sports and sportsmanship by Jal D. Pardiwala, Sport an extension of childhood by Raymond Piffet, Sport by Chairman Garrigues, Olympic Solidarity action of the IOC by Giulio Onesti, Broadcasting

of the Olympic Games by Alain Coupt, Ferminity tests at the Olympic Games, by Dr. Eduardo Hay, Olympic in mourning. The Work of the Executive Board on the origin of the Olympic Games by Sheik Gabriel Gameyel, Transport of the Olympic Flame Innsbruck 1976. The Olympic Games Museum by Conrado Durantez Corral. Age and Peak Performance by Dr. Ursula Weiss, Women and sports Administration Second part : The National Olympic Committee, Germany and Olympism: from its origin to 1945. The Federal Republic of Germany and Olympism. Victorian 'Muscular christianity'. Prologue to the Olympic Games Philosophy by John A. Lucas.

Books Recommended :

1. Dr. Ferenc Mezo : The Modern Olympic Games.
2. Richard D. Mandall : The Nazi Olympics.
3. John Kieran and Arthur Delay : The Story of the Olympic Games 776 B.C. to 1972.
4. Alfonso L. De Garay. Louis Levine, J.E. Lindsay Carter, Genetic and Anthropological Studies of Olympic Athletes.
5. Martin Tyler and Phil Soar; The History of the Olympics.
6. Olympic Committee Athens : 1971, The International Olympic Academy
7. Committee International Olympic : Olympic Review 1974 onward.
8. Committee International Olympic; The Administration of An Olympic Games.

OPTIONAL PAPER-III**6) MANAGEMENT OF SPORTS FACILITIES**

- Unit-I :** 1. PLAY AND MOVEMENT IN THE EDUCATION OF CHILDREN. Psychomotor Development play Equipment objectives, Design considerations.
2. EQUIPMENT AND ACTIVITY IDEAS FOR ENHANCING STABILITY ABILITIES - Low Balance Beam, Balance Board, Bouncing Board, Newspaper Mats, Adjustable Stills, Coffee Can Stills, Barrels, Ladder, Pre-Trampoline.
3. EQUIPMENT ACTIVITY IDEAS FOR ENHANCING LOCOMOTOR ABILITIES - Jump Ropes, Ankle Jump, Scooters, Bamboo poles (Tinkking), Hurdles, jump and Crawl standard, Collapsible Tunnel, Carpet Squares, Giant Maps.
4. EQUIPMENT AND ACTIVITY IDEAS FOR ENHANCING MANIPULATIVE ABILITIES - Beanbags, Hoops, Yarn Balls, Stocking Paddles, paper Bat, Balls, Automobile Tires,

- Balloons, Scoops, Mr. Clown.
5. EQUIPMENT IDEAS FOR ENHANCING RHYTHMIC ABILITIES : Rhythm sticks, Shakers, Cymbals, Drums, Wooden xylophone, Sandpaper Blocks, Paper for Greeting Dramas.
- Unit-II :** 6. CREATIVE OUTDOOR PLAY EQUIPMENT :- Climbing and Crawling Cubes, Telephone poles, Inclined Balance Beam, Rebound Net, Spools, Teepee Tower, Striking Frame, Climbing Tower, Bouncing Buddy, Metal Barrel Pyramid, Climbing Frame, Cargo Climber, Tiles, Tether Ball Frame.
7. GENERAL PLANT FEATURES : Part-I:- The School Physical Education Office. The General Office Suite for Colleges, Central Equipment supply Room, Costume Control and Dressing Facilities, The Laundry, The Shower Baths, Facilities for Competitive Athletics, The Training Room, Squad Meeting Room.
8. GENERAL PLANT FEATURES : Part-II : Ventilation, Artificial Illumination, Acoustical Consideration, Heating and ventilation, Airconditioning and Climate Control. Floors for Indoor Areas, Classrooms, Audio-Visual Room, Walls and ceiling, General Consideration, Toilet-Provisions, Concession Booths, Communication Equipment.
- Unit-III :** 9. LONG RANGE PLANNING FOR ATHLETIC FACILITIES MAKING IN ENVIRONMENTAL ANALYSIS:-
10. Administrative strategies for building athletic facilities.
11. DESIGNING AND EVALUATING ATHLETIC FACILITIES :- Evaluating Your Athletic Facilities.
- Unit-IV :** 12. ADMINISTERING ATHLETIC EQUIPMENT AND SUPPLIES
13. THE PHYSICAL EDUCATION PLANT : Need for familiarity with the problem, Importance of teaching Stations, Indoor Physical Education Facilities. Field house-arena-activity center. The main gymnasium, Auxiliary gymnasium, Wrestling room, Gymnastic room, Dance studio, other specialized Areas, storage, Location of building. Room dimensions. Traffic control, Materials and construction. Indoor surface materials. Locker unit. Apparatus, Elementary school gymnasium. The swimming pool. Indoor-versus outdoor Pool - Preliminary planning considerations. water circulation and treatment, outdoor activity areas. Site selection. Activity area for secondary

- schools. Activity areas for elementary schools. General features. Athletic Field and court layouts.
14. THE PURCHASE AND CARE OF EQUIPMENT : Importance, Provision of equipment by school, purchasing equipment, How to buy from Local dealers, Approval of equipment by the national federation. Ordering equipment considerations in selecting athletic equipment, purchasing specific items of equipment. The care of equipment. Equipment room management. Care of specific types of equipment. Cleaning uniforms. Repairing equipment. School Laundry.
- Unit-V :** 15. **Budget Making and Finance :** Importance of efficient financial management. The Budget. Line item budget, Planning Programming Budgeting System (PPBS) The physical education budget. Source of financial support. Steps in preparing the Physical Education budget. The athletic budget. Support of inter-school athletics. Sources of athletic income in high schools. Procedure in preparing the athletic budget. Sources of athletic income in colleges and Universities, The concessions. Increasing grants receipts. The Control of finances. Special procedures in large cities. Budget Making procedure in making budget. Administering the budget. A practical budget. The Accounting procedure. Expense reports. Interscholar financial agreement. Handling school funds. Game reports. Petty cash fund.

Books Recommended :

1. D. DAUGHTREY & WOODS : Physical Education and intramural programs.
2. RESICK/SEIDEL/MASON/MODERN Administrative Practices in Physical Education and Athletics, Second edition.
3. EDWARD F. VOLTME, ARTHUR : Esslinger, Betty Foster Moeckel, Kenneth G. Tillman, The Organization and Administration of Physical Education.
4. CHARLES A. BUCHER : Administration of Physical Education and athletic Programs.
5. ROBERT A. PESTOLEST, WILLIAM ANDREW SINCLAIR : Creative Administration in Physical Education and Athletics.
6. HARRY A. SCOTT : From Program to Facilities in Physical Education.
7. J. FRANK BROYLES AND ROBERT D. HAY : Administration of Athletic Programs A. Managerial Approach.

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**SYLLABUS
PRESCRIBED FOR
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