

M.P.Ed.(Sem. I, II, III & IV)

Prospectus No.2012168

संत गाडगे बाबा अमरावती विद्यापीठ

SANT GADGE BABA AMRAVATI UNIVERSITY

शिक्षण विद्याशाखा

(Faculty of Education)

PROSPECTUS

OF

Master of Physical Education (Sem. I, II, III & IV)

Semester-I & III Examination of Winter 2011 &

Semester-II & IV Examination of Summer 2012



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SANT GADGE BABA AMRAVATI UNIVERSITY
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 Ordinance Booklet the various conditions/provisions pertaining to examinations 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 : Examination 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 defficiency 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.6 of 2008 : 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.

Dineshkumar Joshi
Registrar
Sant Gadge Baba Amravati University

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M.P.Ed. (Semester I, II, III & IV)
PROSPECTUS NO. 2012168

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**Syllabus prescribed for M.P.Ed. (Semester Pattern Course)
(Effective from the Academic Session 2010-2011)
M.P.Ed. (1st Sem.)**

PAPER-I

RESEARCH METHODOLOGY

UNIT-I: Introduction

- 1.1 Definition of Research.
- 1.2 Characteristics of Research.
- 1.3 Need and Importance of Research in Physical Education and Sports.
- 1.4 Scope of Research in Physical Education
- 1.5 Classification of Research-Basic, Applied and Action Research.
- 1.6 Types of Research-Analytical, Descriptive, Experimental and Qualitative.

Research Problem

- 1.7 Meaning of the Research Problem.
- 1.8 Formulation of Research Problem.
- 1.9 Location and Criteria of Selection of research Problem.
- 1.10 Limitations and Delimitations.

Research Hypothesis

- 1.11 Meaning and importance of hypothesis
- 1.12 Type of Hypothesis
- 1.13 Formulation of hypothesis

UNIT-II : Survey of Related Literature.

- 2.1 Need for surveying related literature.
- 2.2 Kinds of related literature.
- 2.3 Literature Sources-Primary & Secondary.
- 2.4 Library Reading.
- 2.5 Preparation an abstract

Historical Research.

- 2.6 Meaning and Definitions of Historical Research.
- 2.7 Scope of Historical Research in Physical Education
- 2.8 Sources of Historical Data.
- 2.9 Historical Evidences and validity of Historical data
- 2.10 Evaluation of Historical Data.
- 2.11 Pit faults is Historical Research

UNIT-III : Formulating the Method:

- 3.1 Needs of present methods.
- 3.2 Steps of presenting methods.

Survey Studies.

- 3.3 Meaning of Survey.
- 3.4 Tools of Survey Research.
- 3.5 Questionnaire
- 3.6 Construction, Appearance and development of Questionnaire.
- 3.7 Interview
- 3.8 Procedure of conducting interview.
- 3.9 Suggestion to enhance response.
- 3.10 Normative Survey Meaning and factors affecting normative survey.

UNIT-IV: Case Study

- 4.1 Meaning, Definition and Types of case study.
- 4.2 Characteristics of case study.
- 4.3 Objectives of Case Studies.
- 4.4 Methods of Data collection in case study

Philosophical Research

- 4.5 Meaning of Philosophical Research.
- 4.6 Tools of Philosophical Research.
- 4.7 Steps in Critical Thinking.

Experimental Research.

- 4.8 Meaning, Nature and Scope of Experimental Research.
- 4.9 Validity in experimental research.
- 4.10 Control of experimental Factors
- 4.11 Types of Experimental Designs.

UNIT-V: SAMPLING, RESEARCH PROPOSAL AND RESEARCH

REPORT

Sampling

- 5.1 Meaning of Population and Sample.
- 5.2 Sampling Techniques (simple, stratified, random, cluster, systematic, and sequential sampling)
- 5.3 Types of Errors in Sampling (Type I and Type II error)
- 5.4 Factors affecting on reliability of sampling (size of sample, sampling cycle, Representativeness).

Preparation of Research Proposal and of Research Report

- 5.5 Purpose of report writing.
- 5.6 Problems of preparation of report.
- 5.7 Characteristics of a good report.
- 5.8 Parts of a Research report.
- 5.9 Method of Preparing Research Proposal in Physical Education

REFERENCES :

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2. Bose N.M., Research Methodology (Shri Niwas Publication, Jaipur (India),2005).
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5. Thomas R. Jerry, Nelsonk. Taek. Research Method in Physical Activity (Human Kinetics, 01).
6. Clark H. David, Clarke Harrison H, Research Processes in Physical Education Recreation and Health (Prentice Hall Inc. Englewood Cliffs, New Jersey, 1970).
7. Fern F. Adward. Advanced focus group research.(Saye Publication, New Delhi, 2001).
8. Silverman David, Doing qualitative research. (Save Publications, New Delhi, 2000).

PAPER-II**STATISTICS AND COMPUTER APPLICATION IN
PHYSICAL EDUCATION****UNIT – I: Introduction**

- 1.1 Meaning and Nature of statistics. Its Definition and use.
- 1.2 Need and importance of statistics in Physical Education and Sports Science.
- 1.3 Nature of Statistics
- 1.4 Probability and Methods of Computing Probabilities.
- 1.5 Equality. Likely and Mutually Exclusive cases.
- 1.6 Binomial Expansion
- 1.7 Problems on dice.

Normal Distribution

- 1.8 Definition and principles of Normal Curve.
- 1.9 Conditions for obtaining Normal Curve.
- 1.10 Properties of Normal Curve.
- 1.11 Relationship between binomial and Normal Curve.
- 1.12 Skewness and Kurtosis (Divergence form normality)
- 1.13 Problems based on Normal Curve.
- 1.14 Developing Norms in the form of grading based on Normal Distribution.
- 1.15 Scoring Scales :- Percentile and standard scales. Construction of scale. T scale. Sigma and Null Scale.

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- 2.7 Why sample is preferred over population
- 2.8 Size of the sample.

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- 3.2 Computing Reliability. Limits of mean and S.D. at 05. level.
- 3.3 Scientific and Statistical Hypothesis.
- 3.4 Null and alternative hypothesis.
- 3.5 Degree of freedom
- 3.6 One and Two tailed tests.
- 3.7 Level of significance.

Tests of Significance.

- 3.8 Procedure of testing a hypothesis.
- 3.9 Critical region and acceptance region.
- 3.10 T test.
- 3.11 Z test.
- 3.12 F test.

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- 4.1 Types of Computers.
- 4.2 Classification of Computers.
- 4.3 Need and Importance of computer in Physical Education and Sports Sciences
- 4.4 Block diagram of Computer.
- 4.5 Different levels of languages.
- 4.6 Saving and Loading a Programme.
- 4.7 Printer controls, Comma, Semicolon. Tab using and Locate control.
- 4.8 Sub-scripted variables and dimension.
- 4.9 Introduction of MS Office, – Chart Making, MS-Excel, MS Power Point.

UNIT – V: Application of various software (like SPSS in Analysis of Data)**REFERENCES:**

1. Prakash J. Verma “A text Book on Sports Statistics”. (Menu Publication, Gwalior (India). 2000).
2. Arun Arthur, Arwn N. Elaine. 'Statistics for psychology'. (Prentice

- Hall, Upper Saddle River INJ, 1999).
3. Wright E. Susan, "Social Science Statistics" (Allyn and Bacon Inc. 1986).
 4. Garrett E. Henery "Statistics in Psychology and Education" (Vakils, Feffer and Simons Ltd., Bombay, 1981).
 5. Raja Raman, "Fundamentals of Computers" (Prentice Hall of India Private limited, New Delhi, 1999.)

PAPER-III

SCIENCE OF SPORTS TRAINING

UNIT – I: Introduction to Sports Training

- 1.1 Meaning, definition and Nature of Sports Training and Coaching.
- 1.2 Aims and Tasks of Sports Training.
- 1.3 Characteristics of sports Training.
- 1.4 Principles of Sports Training.
- 1.5 Training Means.
- 1.6 Definition of terms: - Conditioning, Training and Coaching.

Training Load

- 1.7 Features of training load
- 1.8 Important features of training load: - Intensity, Density, Duration and Frequency.
- 1.9 Principles of Training Load
- 1.10 Over Load, Meaning, Causes, Symptoms and Tackling of overload.
- 1.11 Adaptation process and condition of Adaptation.

UNIT – II: TRAINING OF MOTOR COMPONENT FOR SPORTSPERSONS, CHILDREN AND WOMEN

- 2.1 Strength: - Forms of strength, characteristics of strength, Principles of strength, strength training-means and methods, strength training for children and women.
- 2.2 Endurance:- Forms of endurance, characteristics of endurance, Principles of endurance, endurance training-means and methods.
- 2.3 Speed: - Forms of speed, characteristics of speed, Principles of speed, basics of speed, speed training- means and methods.
- 2.4 Flexibility: - Forms of flexibility, characteristics of flexibility, Principles of flexibility, basics of flexibility, flexibility training-means and methods.
- 2.5 Coordination Abilities: - characteristics of coordination,

Principles of coordination, basics of coordination, coordination training-means and methods.

UNIT – III: TECHNIQUE, TACTICS AND STRATEGY

Technique:

- 3.1 Definition -Skill and Style
- 3.2 Characteristics of Technique
- 3.3 Factor affecting Technique
- 3.4 Phases of skill acquisition
- 3.5 Methods of Technical Training
- 3.6 Causes and correction of faults

Tactics and Strategy: -

- 3.7 Definition of tact and strategy
- 3.8 Basic tactical Concept-Offensive, Defensive and high performance.
- 3.9 Methods of tactical training.
- 3.10 Control of tactical training.

UNIT – IV: Periodisation, Planning & Competitions.

- 4.1 Periodisation-Meaning & types of Periodisation, contents of training for different period.
- 4.2 Importance and Principle of planning
- 4.3 System of Planning
- 4.4 Importance of Competition
- 4.5 Competition frequency
- 4.6 Direct preparation for an competition

UNIT – V: EVALUATION OF TRAINING AND

BIOMECHANICAL ASPECT

- 5.1 Items to be include in evaluation of training Programme
- 5.2 Uses of Graphs and Principles of graphical representation
- 5.3 Forms of Diagrams used for evaluation for checking progress.
- 5.4 Rules governing performance checks and motor tests.
- 5.5 Definition and Principal of Lever, types of Lever, Co-efficient of friction, angle of friction, impact and elasticity, Laws of impact.
- 5.6 Air resistance, water resistance, kinetic energy and potential energy.

REFERENCES:

1. Cratty, S. "Perceptual & Motor development in infants and children" Prentice Hall 1979.
2. Dick. F.T. "Sports training Principles" Lepus, London, 1980.
3. Jenson, C.R., Fisher A.G. "Scientific basis of Athletic conditioning"

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4. Matveyew, L.P. "Fundamentals of Sports Training" (Translation from Russian) Mr. Publisher, Moscow, 1981.
 5. Singh, H. "Sport Training, General Theory and Methods" N.I.S.Patiala, 1984.
 6. Singh Hardyal, "Science of Sports Training", New Delhi, DVS Publications, 1985.
 7. Wilimofe, U.M., "Athletic Training and Physical Fitness", Allynand Bacon, Inc. Sydney, 1977.
 8. Bunn John, Scientific Principal of Coaching, N.J. Prentice Hall Inc., 1960.

M.P.Ed. : Ist Semester

Practical Examination.

The examination will be conducted in any one games selected by the examinee. The examinee has to select any one games for the examination. At least one game should be selected from the following games for the examination.

- (1) Badminton
- (2) Basket Ball
- (3) Cricket
- (4) Kho-Kho
- (5) Hand Ball
- (6) Swimming

Distribution of marks for game examination is given below.

| | |
|-------------------------------------|-----------|
| (1) Knowledge of Fundamental Skills | 10 Marks. |
| (2) Playing Efficiency | 10 Marks. |
| (3) Officiating of the Game | 10 Marks. |
| (4) Project Report | 10 Marks. |
| Total | 40 Marks. |

The contents of the Game are below.

History of the game, Measurement and Preparation of the Fields, Equipments and materials required, Fundamental skill, Lad up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials an their signals, Modern trends in the game, latest record of the game awards.

The student will submit the project report to game incharge in hard copy and soft copy.

M.P.Ed (2nd Sem.)

PAPER-IV

EXERCISEPHYSIOLOGY

UNIT - I: Introduction

- 1.1 Definition - Physiology and Exercise Physiology
- 1.2 Importance and Role of Exercise Physiology in the field of Physical Education and Sports

Muscle

- 1.3 Structure and Function
- 1.4 Comparative Study of different types of muscles i.e. Voluntary. Involuntary and Cardiac
- 1.5 Theories of muscular contraction
- 1.6 Sliding filament Theory
- 1.7 Molecular mechanism of muscular contraction
- 1.8 Chemical composition of skeletal muscle
- 1.9 Muscle fiber type (Red and White muscle)

UNIT – II: Bioenergetics

- 2.1 Fuel for muscular Work (ATP)
- 2.2 Energy of muscular contraction
- 2.3 Various changes during muscular contraction
- 2.4 Heat production and thermodynamics of muscle contraction
- 2.5 Aerobic and Anaerobic muscular activity

Neuro-muscular junction and co-ordination of Muscular Activity

- 2.6 Neurons and Motor Unit
- 2.7 Transmission of nerve impulse Bio- electric potentials
- 2.8 Neuro- muscular junction and transmission of nerve impulse across it
- 2.9 Propioception and kinesthesia — tone, posture and equilibrium.

UNIT – III: Physiological changes due to Exercise:

- 3.1 Immediate effect of exercise on various systems of body. Cardio- respiratory. muscular and thermo- regulatory systems.

Effect of conditioning, Exercise and training on:

- 3.2 Heart and circulatory systems, Respiratory System
- 3.3 Brief discussion on other system during rest, sub-maximal And maximal work.
- 3.4 Oxygen dept forced expiratory volume, breathing capacity, Recovery rate.
- 3.5 Blood supply to skeletal muscle and regulation of blood flow during exercise (Microcirculation)

Other Physiological aspects of Exercise and Sports.

- 3.6 Concept of Physical Fitness and Physical training, warming up conditioning and fatigue.
- 3.7 Physiological aspects of development of strength, endurance, skill, speed, agility and coordination.

UNIT – IV: Sports and Nutrition

- 4.1 Basic concept of a balanced diet.
- 4.2 Appropriate diet before, during and after athletic performance.
- 4.3 Effect of Alcohol, Drugs, and Smoking on Athletic Performance Energy cost of various sports activity
- 4.4 Definition of Energy cost.
- 4.5 Energy cost of various sports activities assessing them.
- 4.6 Various Direct and Indirect Methods to assess Energy Cost.

UNIT – V: Work and Environment

- 5.1 Work capacity under different environment, Conditions (Hot, Humid, cold & high attitude)
- 5.2 Obesity and Weight control
- 5.3 Definition of obesity
- 5.4 Types of Obesity. Problems of Obesity,
- 5.5 Measurement of body fat by various methods (under water weight and skin fold measurement)
- 5.6 Body weight control and Principles of body weight control
- 5.7 Positive and Negative energy balance.

REFERENCE:-

1. Guyton, Arthur C. “Text Book of Medical Physiology” (Philadelphia W.B. Saunder Company, 1976)
2. Morehouse, LE and Miller, A.T. “Physiology of Exercise” (Saint Louis)Mousby Company, 1976)
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5. Astrand, P.O. and Rodahi Karre, “Text Book of work Physiology”, (Tokyo Mc Graw Hill Xogakusha, Ltd, 1979)
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7. Wilmore H. Jack and Costill L. Pavid, “Physiology of Sports and Exercise”, Human Kinetics, 2004).

8. Roberys A. Robert and Robert O. Scott. “Fundamental Principles of Exercise Physiology” (Mc. Grew Hill Companies, Inc.2000).
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11. Mooren C. Frank and Volker Kalaus ‘Molecular and cellular exercise physiology’, (Human Kinetics, •Devision of sports distributory Nz Ltd, 2005).
12. Tiwari Sendhya, “Exercise Physiology”, (Sports publication Ashok Vihar, Delhi), 1999.

PAPER-V**MEASUREMENT ANDEVALUATION TECHNIQUES IN PHYSICAL EDUCATION****UNIT – I: Introduction**

- 1.1 Meaning of Test, Measurement and Evaluation
- 1.2 Nature and scope of evaluation Programme.
- 1.3 Need and importance of evaluation in the field of Physical Education.
- 1.4 Principles of evaluation.

UNIT – II: Selection and Construction of Tests

- 2.1 Criteria of Test Selection.
- 2.2 Factors affecting Scientific Authenticity.(Reliability, Validity, Objectivity, and Norms)
- 2.3 Procedure to establish Scientific Authenticity.
- 2.4 Classification of tests —standardized and teacher made test (objective and subjective).
- 2.5 Construction of Tests-knowledge test and skill tests.
- 2.6 Suggestions for Administering test
 - 2.6.1 Medical Examination
 - 2.6.2 Testing Personal
 - 2.6.3 Time of Testing
 - 2.6.4 Economy Testing
 - 2.6.5 Test Records
 - 2.6.6 Preparation of Reports
 - 2.6.7 Construction of Table Groups
 - 2.6.8 Purpose of Reporting
 - 2.6.9 Justification of Particular Phases of the Programme
 - 2.6.10 Worth of a change in Methodology

UNIT – III: Measurement of Physical Performance**Organic Functions Test:**

- 3.1 Cardiovascular and respiratory function.
- 3.2 Cooper's 12 minutes continuous run-walk test and modifications.
- 3.3 Tuttle's pulse Ratio Test
- 3.4 Harvard step test and its modifications (High School and College level (Men and Women).
- 3.5 Hymen's Cardio pulmonary Index Test (CPI)

Motor Fitness:

- 3.6 Oregon Motor Fitness Test.
- 3.7 JCR Test.
- 3.8 Canadian Fitness Test.
- 3.9 AAHPER Youth Fitness Test.
- 3.10 Indiana Motor Fitness Test

General Motor Ability

- 3.11 Mc Cloy's General Motor Ability
- 3.12 Methany Johnson Test.

Measurement of Health Related Fitness.**UNIT – IV: Measurement of Strength and Skill**

- 4.1 Kraus-Wcher Muscular fitness.
- 4.2 Instrument for measuring strength.
- 4.3 Roger's Physical Fitness Index and suggested changes in the PF1 Test.

Skill Test

- 4.4 Volleyball: - Brady Volleyball, Russell and Lange test.
- 4.5 Basketball: - Johnson test, Knox test.
- 4.6 Soccer- McDonald test, and Johnson test
- 4.7 Badminton: - Miller Volley Test, Lockhart McPherson Test.
- 4.8 Hockey: - Harbans Singh Field Hockey Test
- 4.9 Tennis: - Broar Miller Test, Dyer's Tennis Test

UNIT - V: Measurement of Posture and Anthropometry.

- 5.1 Measures of Posture-IOWA Posture Test (Cureton's)
- 5.2 Anthropometric Measurement.
- 5.3 Girth Measurement-upper arms, fore arm. Calf chest.
- 5.4 Width Measurement-Biacromial, Chest, Iliocrestal, Epicondyle of Femur and Humerus.
- 5.5 Height Measurement-Standing and sitting height.
- 5.6 Somalotype Sheldon's Technique of body classification.

Measurement of Social Efficiency and Psychological Factors

- 5.7 Social Efficiency and Attitude Scales:

- 5.8 Socio metric Status Scale.
- 5.9 McMohan Sportsmanship Scale.
- 5.10 Neilson Sports Leadership Scale.
- 5.11 Psychological factors:
- 5.12 Anxiety Scale SCAT (Martens and others)
- 5.13 Personality Questionnaire Sybielberger competition anxiety Scale.
- 5.14 Self Motivation Inventory (SMF), Need, Achievement, Motivation test
- 5.15 Socioeconomic Techniques.

REFERENCES:

1. Barrow M: Hareld and Mc Ghee, "Rosemary A Practical Approach to Measurement in Physical Education". (Philadelphia Lea and Febhiger, 1979), Edn.3rd
2. Bosco S. James and Gustafson F. William, "Measurement and Evaluation in Physical Fitness and Sports", (New Jersey, Englewood Cliffs, Prentic Hall, 1983).
3. Clarks, H. David and Clarke Hanson. H., "Application of Measurement to Physical Education", (Englewood Cliffs, Prentice Hall Inc., 1987), Edn.6
4. Hubbard W. Alfred (D.), "Research Method in Health, Physical Education and Recreation", 3rd revised edition (Washington, D.C. American, Association of Health Physical Education and Recreation.
5. Johnson L. Barry and Nelson K. Jack. "Practical Measurement for Evaluation in Physical Education", 1st Indian Reprint. (Delhi, Surjeet Publication, 1982, ed. 3rd
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9. Phillips D. Allen and Honark E. James "Measurement and Evaluation in Physical Education", New York, Wiley and Sons, 1973.

PAPER-VI**PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION****UNIT – I: FOUNDATIONS OF PROFESSIONAL PREPARATION**

- 1.1 Ideals of Indian Democracy- Contribution to Physical Education
- 1.2 Forces and Factors a fleeting educational Policies and programme, Social, Religious, Economics and Political.
- 1.3 Role of the Central Govt. in Educational and Professional Preparation in Physical Education.
- 1.4 Professional Association and Their contribution in Professional Preparation in Physical Education.

UNIT – II: HISTORICAL AND COMPARATIVE REVIEW OF PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION:

- 2.1 Why Physical Education is a Profession.
- 2.2 Historical Review of Professional Preparation in India.
- 2.3 Comparative Study of Professional Preparation in Physical Education in India with those of USA., U.K., Australia and China.

UNIT – III: UNDER GRADUATION PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION**Undergraduate Preparation of Professional Personnel:**

- 3.1 Areas of Health Education, Physical Education and Recreation
- 3.2 Purpose of undergraduate preparation.
- 3.3 Admission requirements and procedure
- 3.4 Laboratory Experience
- 3.5 Field Experience
- 3.6 Teaching Practice
- 3.7 Professional Competencies to be developed- Facilities and special resources for the library

UNIT - IV: POSTGRADUATE PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION**Postgraduate Preparation of Professional Personnel:**

- 4.1 Purpose of Postgraduate Studies.
- 4.2 Admission requirements and procedure
- 4.3 Laboratory Experience
- 4.4 Field Experience
- 4.5 Teaching Practice
- 4.6 Sports Specialization and concentration on core areas
- 4.7 Research Requirements

- 4.8 Professional Competencies to be developed- Facilities and special resources for the library

UNIT - V: CO-EDUCATION IN PHYSICAL EDUCATION AND COMMITTEE RECOMMENDATIONS**Co-education in Physical Education: -**

- 5.1 Integrating the programme for boys and Girls
- 5.2 Activities suitable for co-education needs
- 5.3 Level at which co-education is desirable
- 5.4 Special provision for development of girls programme

Recommendations of Various committee about Physical Education

- 5.5 N.C.E.R.T.
- 5.6 C.B.S.E.
- 5.7 U.G.C.
- 5.8 K.P.Singh Dev committee
- 5.9 N.C.T.E.

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2. Cratty, B.J., “Career Potential Physical Activity”
3. Page and Means,” Professional Career in Physical Education
4. Synder and Scott, “Professional Preparation in Health Education, Physical Education and Recreation”
5. Agarwal, “Education Administration, School Organization and Supervision”
6. Harper and Brother, Cassidy R, “Curriculum Development in Physical Education”, New York, 1954.
7. Bucher C.A., “Foundations of Physical Education”, St. Louis, The C.V. Mosby Co., 1968.
8. Wilgoose Carl E., “The Curriculum in Physical Education”, Englewood Cliffs, N.J. Prentice Hall Inc.
9. Irwin Laslia, “Curriculum in Health and Physical Education”, St. Louis, the C.V. Mosbey Co., 1984.

PAPER-VII**CURRICULUM DESIGNS IN PHYSICAL EDUCATION****UNIT – I: Definition, Meaning of term Curriculum**

- 1.1 Curriculum Organization
- 1.2 Curriculum Models
- 1.3 Role of Teacher in Curriculum development

Importance of Curriculum Development:

- 1.4 Factor a fleeting Curriculum
- 1.5 Changing Need of Student
- 1.6 National and Professional Policies

Approaches Curriculum Development

- 1.7 Models of Curriculum Development
- 1.8 Steps in curriculum Construction
- 1.9 Curriculum followed in colleges of physical education for U.G. and P.G. Courses in India.
- 1.10 Curriculum Implementation

Classification of Physical Education Activities as per Age, Group, and Sex.

- 1.11 Understanding the capacity characteristics and needs of the learner.

UNIT – II: LEARNING

Factors Affecting Learning

- 2.1 Influence of Community.
- 2.2 Location.
- 2.3 Facilities and Equipment.
- 2.4 Scheduling Patterns
- 2.5 Faculty.

Developmental Characteristics of the Learner

- 2.6 Psychomotor Development.
- 2.7 Cognitive Development
- 2.8 Affective Development.
- 2.9 Classification of activities in Physical Education
- 2.10 The outcome of each class of Activity.
- 2.11 Progress in curriculum, Cultural Influence in the choice of activities, Flexibility of programme material

UNIT- III: Principles of Planning and its Foundations.

- 3.1 Goal Setting
- 3.2 Development of instructional Objectives.
- 3.3 Learning Domains
- 3.4 Foundation of curriculum development and design, Philosophical, Psychological, Cultural sociological, Political Biological and Educational.

UNIT – IV: Teaching styles and strategies:

Definition and importance of teaching Styles.

- 4.1 Teaching Styles.
- 4.2 Factors in Selection of a Teaching Styles.
- 4.3 Importance of Communication skills, Effective Presentation, and Effective Demonstration.

- 4.4 Strategies to enhance student Motivation.
- 4.5 Disciplinary Strategies in Physical Education.
- 4.6 Grouping of students for Instruction, Lectures, Project activities, demonstration, Block period, Total time allotment for a given activity, teaching aids, conditioning, special gadgets for development of particular skills, prerequisite for learning a activity, provision for individual differences.

UNIT - V: Development of Programme and Evaluation in Physical Education

- 5.1 Kindergarten, Elementary School, Middle School, Colleges and Universities
- 5.2. Special Institutions, Technical School, orphan Hostel, Physically challenged and Mentally retarded children.
- 5.3. Special Days, National Days.

Evaluation in Physical Education

- 5.4 Role of Evaluation in Physical Education.
- 5.5 Types of Evaluation, Informal Evaluation, Objective, Evaluation, Subjective Evaluation and Norm Reference Evaluation.
- 5.6 Evaluation and Follow up.

REFERENCES:

1. Synder Albert Raymond & Scott, "Professional Preparation in Health, Physical Education & Recreation" (Greenwood press publisher, 1954).
2. Well Jenifer, Murray Kanij, "Children & Movement: Physical Education in Elementary School" (W.M.C. Brown publishers, Dubvge, 1990).
3. Cowell C. Charles, Hazelton W.HJ.er., "Curriculum Designs in Physical Education", (Englewood Cliffs N.J., Prentice Hall. Inc., 1995.)
4. Wessel A. Janet, Kelly Zuke, "Achievement Based Curriculum Development in Physical Education" (Leas Febiger, Philadelphia, 1986)
5. Gupta Rakesh, Sharma Akhilesh and Sharma Santosh, "Professional preparation and Curriculum Designs in Physical Education & Sports", (Fiends Publications (India) 2004).
6. Sandhu Kiran, "Professional Preparation & Lureer Development in Physical Education & Sports", (Friends Publication (India) 2004)

M.P.Ed. : IInd Semester

Practical Examination.

The examination will be conducted in any one games Selected by the examinee. The examinee has to select any one games for the examination.

At least one game should be selected from the following games for the examination.

- (1) Foot Ball
- (2) Volley Ball
- (3) Table Tennis
- (4) Kabaddi
- (5) Hockey.

Distribution of marks for game examination is given below.

| | | |
|-----|---------------------------------|-----------|
| (1) | Knowledge of Fundamental Skills | 10 Marks. |
| (2) | Playing Efficiency | 10 Marks. |
| (3) | Officiating of the Game | 10 Marks. |
| (4) | Project Report | 10 Marks. |
| | Total | 40 Marks. |

The contents of the Game are below.

History of the game, Measurement and Preparation of the Fields, Equipments and materials required, Fundamental skill, Lad up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards.

The student will submit the project report to game incharge in hard copy and soft copy.

Model of Score Sheet for Practical Examination

Table No. 1

| Roll No. | Knowledge of Fundamental Skill 10 Marks | Playing Efficiency 10 Marks | Officiating of the Game 10 Marks | Project Report 10 Marks | Total 40 Marks |
|----------|--|--------------------------------|-------------------------------------|----------------------------|-------------------|
| | | | | | |

Model of Score Sheet for Practical Examination for the Paper-II, prescribed for 1st semester.

Table No. 2

| Roll No. | Practical 5 Marks | Viva 5 Marks | Total 10 Marks |
|----------|----------------------|-----------------|-------------------|
| | | | |

M.P.Ed (3rd Sem.)

(Effective from the Academic Session 2011-2012)

PAPER-VIII SPORTS MEDICINE

UNIT – I: Introduction to Sports Medicine

- 1.1 Meaning and concept of Sports Medicine.
- 1.2 Aims and Objectives of Sports Medicine.
- 1.3 Need and Scope of Sports Medicine in Physical Education and Sports Sciences.
- 1.4 History of Sports Medicine in India and Abroad.
- 1.5 Concept of Athletic Trainer and Sports Physician.
- 1.6 Role of Physical Education Teacher/Coaches in Athlete's Card and Rehabilitation.

UNIT – II: Injury in Sports

- 2.1 Definition of Macro trauma and Micro trauma Tissue response to stress Inflammation and different steps of wound healing Overuse trauma, common sites and the management.
- 2.2 Low back problem and management, stretching and strengthening exercise for back problems. sex problems in Athletics, differences between two sexes.
- 2.3 Common regional injuries and their management (Head & Neck, Face, Thorax, Abdomen, Pelvis, Upper Limbs and Lower Limbs (Specific injuries to Shoulder, Elbow, Wrists, Hip, Knee and Ankle joints).
- 2.4 Important overuse problems and their management, sports medical problems of Athletes and their rehabilitation.
- 2.5 Brief Account of Injuries in: Football, Volley-ball, Swimming, Track & Field, Wrestling, Judo, Weight Lifting, Tennis, Boxing, Gymnastics and Basketball.

UNIT – III: THERAPEUTIC MODALITIES & REHABILITATION

- 3.1 Brief Description of therapeutic modalities and their use in rehabilitation.
- 3.2 Different forms of Hydrotherapy and Thermotherapy Hydrocollateral Packs (Hot and cold packs), Whirlpool, Contrast bath, paraffin bath, Infrared. short wave Diathermy and Ultra soundbath. paraffin bath, Infrared, Electric Muscle Stimulator and combination of Ultrasound and Electric Muscle Stimulator, short wave, Diathermy and Ultra sound Indications & Contra indications, of each modality.
- 3.4 Brief, concept of electrical muscle, stimulator. dialups and laser therapy.

- 3.5 Definition concept & approach in athletic Rehabilitation. Action plan of athletic rehabilitation.
- 3.6 Role of ice in treatment of sports Injury

UNIT - IV: BENEFITS OF FITNESS ON PREGNANCY AND AGING

Pregnancy and exercises

- 4.1 Pregnancy and exercises
- 4.2 Advantages and disadvantages of Exercise before, during, and after exercise

Common old age Problems

- 4.3 Common old age problems namely Arthritis, heart diseases and diabetes a role of exercise in rehabilitation.
- 4.4 Concept of health Club, Sauna bath, Steam bath, Jacuzzi Bath and health specific massage (leaf massage Kansa soap massage).

UNIT – V: Doping and Athletic Nutrition

- 5.1 Dope history, definition, classification, sign and symptoms, procedure of sampling at National and International level uses and abuses of drugs, Role of Manager and Coaches in controlling the dope problems.
- 5.2 Introduction about WADA and NADA
- 5.3 Aims, Objectives, and functioning of WADA

Athletic Nutrition

- 5.4 Athletic Nutrition factors affecting the athlete's dietary requirement. Planning and justification of; athletic diet for different categories of Sports.
- 5.5 Malnutrition amongst athletes and its Management Environmental stress Role of water and vitamin B for the athletes.
- 5.6 Massage, types and techniques of Massage, use of Massage for remedial purpose.

REFERENCES:

1. Reider Bruce, "Sports Medicine" (W.B. Saunders Company: A division of Harcourt Brace & Company, Philadelphia 1996.)
2. Million B. Morris "Office Sports Medicine" (Hanley & Belfins Inc. Philadelphia, 1996).
3. Scuderi K. Giles and MC. Cann D t'cier Sports medicine A comprehensive approach" (Elsevier Mosby, Burtis Center, Philadelphia, 2005).
4. Scuderi R. Giles. Mc Cann D. Peter and Brun J. Peter "Sports Medicine: Principles of Primary Care" (Mosby A Harcourt Health Sciences Company St. Louis. 1997).

5. Upprian Werier "Physical Therapy for sports" (W.B. Saunders Company A. Division of Harcourt Brace & Company. Curtis Centers Philadelphia. 1995).

PAPER IX HEALTH EDUCATION

UNIT – I: Health:

- 1.1 Concept of Health
- 1.2 History of Health in India
- 1.3 Various levels of Health Care in India
- 1.4 Role of heredity and genetics in achieving positive health
- 1.5 Medical Care in Rural and Urban areas. Primary Health Centre Concept. Three tier system of health Care.
- 1.6 Health for All by 2010 A.D.

Health Education

- 1.7 Meaning of Health Education
- 1.8 Aim and contents of Health Education
- 1.9 Principles of Health Education
- 1.10 Approaches of Health Education
- 1.11 Latest trends in Health Education
- 1.12 Communication in Health Education
- 1.13 Use of Audiovisual Aids, methods of individual. Group. Mass approaches of Health Education
- 1.14 Interrelationship between different component of Health and spiritual Health.
- 1.15 Role and responsibility of individual, and Community.
- 1.16 State of Health and Spectrum of Health
- 1.17 Role of Heredity and Genetics in Achieving Positive Health.

UNIT - II: SCHOOL HEALTH SERVICES AND SCHOOL HEALTH PROGRAMME IN RELATION TO THE FOLLOWING:

- 2.1 Meaning and objectives of school Health Services and School Health Programme.

Aspects of School Health Services

- 2.2 Health Appraisal (Meaning, Aims and Objectives)
- 2.3 Medical Examination
- 2.4 Common Childhood diseases and their control.
- 2.5 First-aid and Accident Prevention.
- 2.6 Nutritional Services.
- 2.7 Mental health, Dental health and Eye health.
- 2.8 School Health records.

Healthful School Environment

- 2.9 Meaning of 1-healthful School Environment.
- 2.10 Points to be kept in mind for healthful School environment.
- 2.11 Role of Physical Education Teacher.
- 2.12 Role of Physical Education Teacher in relation to school health services and healthful school environment.

UNIT – III: NUTRITION AND NUTRITIONAL DISEASE

- 3.1 Meaning of food, nutrient and nutrition.
- 3.2 Brief description of different nutrients and their role.
- 3.3 Balanced diet.
- 3.4 Nutritional diseases.
- 3.5 Food Hygiene
- 3.6 Malnutrition, adulteration and food additives.

UNIT – IV: COMMUNITY AND ENVIRONMENTAL SANITATION

- 4.1 Housing and its problems and Health Aspect, Water Pollution, Air Pollution, Noise and Temperature

Population policy, Population Dynamics and population explosion.

- 4.2 National Family Welfare Programme.
- 4.3 Sex Education.
- 4.4 Drugs and Alcoholism.

UNIT – V: Communicable and Non Communicable Diseases.

- 6.1 Meaning and epidemiological approach of communicable diseases.
- 6.2 Brief description of following communicable diseases and their prevention.
Tuberculosis,
Chicken Pox, Measles and Mumps,
Malaria and Filarial
Rabies
STD and AIDS
Hepatitis (Jaundice)

Non-communicable diseases.

- 6.3 Meaning of Non-communicable diseases.
- 6.4 Brief description of following non-communicable diseases and their prevention
- 6.5 Heart Disease
- 6.6 Cancer
- 6.7 Diabetes

REFERENCES:

1. Park. J.E. and Park. K. "Preventive and Social Medicines". Jabalpur -1988.
2. Bedi, Yashpal 'Social and preventive Medicine', Atmaram and Sons, New Delhi, 1985.
3. Ghosh, S.N. "Hygiene and Public Health", Calcutta Scientific Publishing C, 1989
4. Anderson, C.L. and Chewell, William H. "School Health Practice", St. Louis: The .M. Mosby Company, 1986.
5. Pandey. P.K. and Gangopadhyay, S.R. "Health Education for School Children, Friends publication, New Delhi, 1995.

PAPER-X
SPORTS PSYCHOLOGY

UNIT – I: Introduction:

- 1.1 Meaning, Nature & importance of Sports Psychology as an applied science.
- 1.2 Historical development of Sports Psychology.
- 1.3 Relationship of Sports Psychology to other sports science..
- 1.4 Role of Sports Psychologist.
- 1.5 Importance of Sports Psychology for coaches, physical educator, sports administrators and sports persons.

UNIT – II: COGNITIVE PROESS IN PHYSICALACTIVITY:

- 2.1 Meaning of cognition
- 2.2 Characteristics of cognitive process in sports
- 2.3 Role of sensation and perceptions thinking, imagination, and memory in Physical Activity
- 2.4 Mental activity of Athletes. Mental activity and sports related goals.
- 2.5 Meaning of Attention. Dimensions of Attentions. Strategies of Developing Attention

MOTIVATION AND EMOTIONS:**A. Motivation:**

- 2.6 Meaning of motive, need, drive, role of motives, attitudes and interest in physical activities.
- 2.7 Meaning & theories of motivation.
- 2.8 Concept of Achievement motivation.
- 2.9 Techniques of motivation.
- 2.10 Importance of relationship between intrinsic and motivation

B. Emotions:

- 2.11 Meaning and types of emotion influence of emotions (success and failure) on level of aspiration and achievement.
- 2.12 Anxiety, fear, frustration, conflict and its effect on sports performance.

UNIT – III: Action Regulation in Sports

- 3.1 Meaning of Action regulation in Sports.
- 3.2 Psychological classification of action in sports.
- 3.3 Role of various cognitive functions in action regulations.
- 3.4 Stage of Action Regulation Process.
- 3.5 Factors which affects action regulation in sports.

Personality issues in sports

- 3.6 Meaning and theories of Personality
- Psycho dynamic.
 - Social learning.
 - Trait theories.
- 3.7 Causes of personality difference among sports groups.
- 3.8 Personality and sports performance.
- 3.9 Measurement of Personality.

UNIT – IV: Anxiety arousal and sport performance

- 4.1 Definition of anxiety, arousal and stress.
- 4.2 Trait and state anxiety and their relationship.
- 4.3 Arousal anxiety relationship-hypothesis and theories.
- 4.4 Anxiety arousal and peak performance.
- 4.5. Aggression in Sport
- 4.6 Concept of aggression.
- 4.7 Causes of aggression.

Theories of aggression.

- 4.8 Aggression and sport performance.
- 4.9 Methods of controlling aggression.

Motor Learning:

- 4.10 Meaning of Motor learning
- 4.11 Factors affecting motor learning
- 4.12 Motor development in various periods of childhood and adolescence.

SOCIO PSYCHOLOGICAL ASPECTS OF SPORT

A. Leadership in sport

- 4.13 Meaning of leadership
- 4.14 Theories of leadership.
- 4.15 Leadership effectiveness.
- 4.16 How to increase the influence/power of the leader

B. Group Cohesion in sport

- 4.17 Defining group cohesion.
- 4.18 Development of group cohesion.
- 4.19 Factors affecting group cohesion.

UNIT - V: Spectators and sport performance.

- 5.1 Types of spectators.
- 5.2 Causes of spectators influence on performance.
- 5.3 Management of spectator's negative effect.

Psychological preparation for competition

- 5.4 Definition of competition.
- 5.5 Long term Psychological preparation-Psychological skills training..
- 5.6 Short term Psychological training.
- 5.7 Psycho-regulative techniques:
- 5.8 Relaxation techniques: -Autogenic, Progressive, relaxation and Meditation.
- 5.9 Activation techniques:-Mental Imagery, Pep talk and Self verbalization.

Morale & Ethical Issues in sports

- 5.10 Concept of Moral Development & Stages of development.
- 5.11 Ethics in Sports.
- 5.12 Growing ethical crisis in sports.
- 5.13 Sports Burnouts and their causes.

REFERENCE:

1. B.J. Cratty- "Psychology of contemporary sports", Human Kinetics Publishers, Champaign Illinois.
2. John M. Silva & Roberts, "Psychological Foundations of Sport", Human Kinetics Publishers, Champaign Illinois.
3. Diane Gills, "Psychological Dynamics of sports", Human Kinetics Publishers, Champaign Illinois.
4. Cox, "Sports Psychology", Human Kinetics Publishers, Champaign Illinois.
5. Richard M. Sumin, 'Psychology in Sports, Methods & Application', Surjeet Publication, Kolhapur Road, Kamla Nagar, New Delhi-07
6. But. Lusan Dorcas. 'Psychology of Sports' (Network: Van Nostrand Reinhold Company) :Edn.2
7. Crattv, Bray nat. .1.. "Moenient Behaviour and Motor Learning" (Philadelphia: Lea and Febiger, 1973.), Edn.3
8. Kamlesh M.L. "Psychology of Physical Education and sports" (London. Boston Routleoge and Kegan Paul. 1972).
9. Linda K. Binket, Robert .1. Ratella and Ann. S. Really Sports. Psychology, Psychological Consideration "Maximizing Sports

- Performance” (C. Brown Publishers Dubugne Jowa).
10. Rober S. Weinberg and Deanal Godd “Foundation of Sports and exercise Psychology” (Human Kinetics, Division of sports distributors Nz Ltd.,2003).
 11. Cronbach J. Lee “Essentials of Psychological Testing” (Hurper Colins Publishers, 1990).
 12. Mohan J., Chadda K.N. and Akhtar Sultan .S. “Psychology of Sports: The Indian Perspective” (Friends Publications India)-2005.

M.P.Ed. : IIIrd Semester

Practical Examination.

A student has to conduct a Scientific teaching, Coaching lesson on any activity of his/her specialization for one hour period.

- (1) Foot Ball
- (2) Volley Ball
- (3) Table Tennis
- (4) Kabaddi
- (5) Cricket.
- (6) Swimming

M.P.Ed (IV th Sem.)

PAPER-XI

SPORTS SOCIOLOGY

UNIT –I: Introduction

- 1.1 Definition, Meaning, Nature and scope of sports sociology
- 1.2 Sports as a social phenomenon.
- 1.3 Sociological analysis of sport and sport sociology as an academic discipline.
- 1.4 Social factors (appearance, sociability, aspiration level and audience) and their influences on participation and performance in sports.

UNIT –II: Sport and Micro Macro Social Systems.

- 2.1 Study of Sport groups.
- 2.2 Group interaction, competition & Co-operation.
- 2.3 Behavior characteristics, qualities and future sport leaders.
- 2.4 Sports and Culture.

Sport and Macro-social System

- 2.5 Relationship between sport and socializing institution (Family, School and educational System)
- 2.6 Inter-relationship between and regulating institution

(Politics and economy)

- 2.7 Sport and cultural institutions (religion and art)
- 2.8 Socialization through games and sports.

UNIT – III:Sports and Culture

- 3.1 Sport as a Social institution.
- 3.2 Sport as an element of Culture and a Cultural product.
- 3.3 Manipulative Socialization.
- 3.4 Relationship between sport and culture.

UNIT –IV: Social Factors Concerning Sport in Society.

- 4.1 Social stratification in sport and Sports as a stratification system.
- 4.2 Discrimination and democratization in sport with special reference to socio-economic classes and women.
- 4.3 Sport and aggression, violence in sports.
- 4.4 Problem regarding professionalization and children in sports.

UNIT – V: Philosophical aspect of Physical Education

- 5.1 Philosophy different schools of philosophy.
- 5.2 Philosophy as mother of all sciences.
- 5.3 Components of philosophy and their application in the field of physical Education.
- 5.4 Use of schools of philosophy in teaching skills in sports.
- 5.5 Philosophy of olympism in sports and its impact on sports movement.

REFERENCE:

1. Loy, John, W. Kenyon, Gerald 5, & Mc Pherson. Barry D. “Sports Culture and Society” (Philadelphia Lea & Fehiger, 1981).
2. Ball. Donald W. and Low John W “Sport and Social order contribution to the sociology of sport” (London, Addison wesely publishing co, Inc. 1975)
3. Loy John W. Mc Pherson, Barry D, and Kenyon Gerald , “Sport and Social System” (London Addison Wesley Publishing Company Inc 1978)
4. Edward Larry “Sociology of Sport” (Ilihois: The Dorsey Press, 1973).
5. Carry, Brayant J. “Social Dimensions of Physical Activity” New Jersey:Englewood Cliffs. Prentice Hall In. 1967)
6. Singh Kanwaijeet and singh Inderjit “Sports Sociology” (Friends Publications India. 2000).
7. Walkley Jay “Sports in Society” (Mc Graw Hill, Companies, Inc. 2001).
8. Bhushan Vidya, Sachdeva R.D. “An Introduction Sociology” (Kitab Mahal, Allahabad, 2005).

9. Singh Bhupinder Sports Sociology, "An Indian perspective" (friends publications (India, 2004).
10. Jam Rachna "Sports Sociology" (Khel Sahitya Kendra Ashok vihar, Delhi, 2004).

PAPER-XII

MANAGEMENT IN PHYSICAL EDUCATION

UNIT – I: Introduction

Nature of Management:

- 1.1 Concept of management administration.
- 1.2 Philosophical and historical background and status of Management
- 1.3 Terminology in modern management
- 1.4 The purpose of management.
- 1.5 The scope of Management.
- 1.6 Essential skills of Management
- 1.7 Base for philosophy in Management.
- 1.8 Competency based approaches and implication in physical education and sports.

Progressive concepts of Management:

- 1.9 Administration, general administration theories, Personnel and material management, programming for instruction and activities.
- 1.10 Hierarchy of education administration in Central, State and Local authorities and individual institutions in India.

UNIT – II: Financial management in Physical Education

- 2.1 Education & Sports in Schools Colleges and Universities.
- 2.2 Strategic Management.
- 2.3 Fiscal Management.
- 2.4 Accounting-Cost accounting, control
- 2.5 Auditing.
- 2.6 Funds, Discretionary funds.
- 2.7 Criteria of good Budget, Steps in Budget making.

MANAGEMENT OF SPORTS IN SCHOOLS, COLLEGES AND UNIVERSITIES:

- 2.8 Inter-University, District, State and National level.
- 2.9 Indian and International Olympic Committee, Sports Authority of India.

Unit – III: Sports Management in Schools, Colleges and Universities

- 3.1 Planning a school, colleges and University sports Programme.

- 3.2 Directing of school, colleges and University sports programme.
- 3.3 Controlling a school, college and university Sports programme.
- 3.4 Developing performance standard.
- 3.5 Establishing a reporting system.
- 3.6 Evaluation.
- 3.7 The reward/punishment system.

RESPONSIBILITIES AND TRAINING OF ADMINISTRATORS:

- 3.8 Responsibilities of - General Administrator, Technical Expert, Educational Administrator, Professional Educator and Specialist.
- 3.9 Training of Administrator- Liberal Education, Group Dynamics and Subject Specialization.

UNIT – IV: Supervision in Physical Education & Sports.

- 4.1 Concept of Supervision, Style and Techniques.
- 4.2 Principles of supervision.
- 4.3 Functions of Supervision : Supervision, Administration, Planning, Programme development, Demonstration and lecture, research and Evaluation.
- 4.4 Evaluation of supervision. : Meaning, Method and need for evaluation, Criteria for evaluation, Follow-up.
- 4.5 Functions of Supervisors in field Management
- 4.6 Training of Supervisors
- 4.7 Personal trait of supervisors
- 4.8 Relationship of the supervisors to Administrative officers and Teachers

Structures of Good Leaders : Dealing with People

- 4.9 Dealing with People at various Levels
- 4.10 Human Nature
- 4.11 'Mahamantra' for Dealing with People.
- 4.12 Communication : to know People.
- 4.13 Leadership Styles.
- 4.14 Leadership in Global Context.
- 4.15 Dealing with colleagues.
- 4.16 Dealing with the Boss.
- 4.17 Dealing with People : Exercise.

UNIT – V: PROBLEMS IN MANAGEMENT; FUTURE TRENDS IN SPORTS MANAGEMENT MARKETING & SPONSORSHIP:

- 5.1 Selected problems in- Management/Administration, Professional Preparation, Professional Ethics, Class

Changes process, Theory and Technique.

- 5.2 Factors associated with successful change.
- 5.3 Plan for an organizational change.(Appraisal phase, Transition phase, Continuation phase).
- 5.4 System approach in physical education and sports in the concept and need for system approach and sports and its implication in physical education and sports.
- 5.5 Marketing Management for competitive sports: Concept of marketing, Factors affecting marketing programme, Positive and negative influence of marketing in sports in India.
- 5.6 Role of Sponsorship in Sports Management.

REFERENCES:

1. Earle F, Zeigler & Gary Bowie, "Management Competency Development in Sports & Physical Education", Lea & Febiger, Philadelphia, 1983.
2. Rensis Likert, "New Patterns of Management", McGraw Hill, Kogakusha Ltd, New Delhi, 1961.
3. Ashton D., "Administration of Physical Education for Women", The Ronald Press Co., New York, 1968.
4. Barrow H.M. "Man and Movement : Principles of Physical Education," Lea & Febiger, Philadelphia, USA, 1977 (Ch. II)
5. Bucher C.A., "Administration of Physical Education & Athletic Programmers", 7th edition, St. Lovis, the C.V. Mosby Co., 1979.
6. Bucher C.A., "Administration of School & College Health & Physical education Programme", fourth edition, St. Louis, The C.V. Mosby Co., 1967.
7. Bucher C.A., "Foundations of Physical Education & Sports", 9th edition, St. Louis, The C.V. Mosby Co., Toronto London, 1983, (Esp. for Ch. 11 P.P. 16-36)
8. Burton W.H. & Bruckner L.J., "Supervision : A Social Process", Appleton - Century - Croits, Inc. New York, Third Edition, 1955.
9. Dr. M.L. Chibber, "Leadership - Book for Youth, Parents and Teachers", Prashanti Nilayam : Sri Satya Sai Books and Publication Trust, 2004.
10. Harry Scott and Richard B. West Kamper-'From Programme to faculties in Physical Education',Harper and Brother, New York.

Practical Examination.

A student has to conduct a Scientific teaching, Coaching lesson on any activity of his/her specialization for one hour period.

- (1) Hockey
- (2) Badminton
- (3) Basket Ball
- (4) Hand Ball
- (5) Kho-Kho.
- (6) Athletics.

Ordinance No. 8 of 2011**Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.)(Semester Pattern) Ordinance, 2011.**

Whereas, it is expedient to make an Ordinance in respect of Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) (Semester Pattern) Ordinance, 2011 for the purposes hereinafter appearing, the Management Council is hereby pleased to make the following Ordinance.

1. This Ordinance may be called "Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) (Semester Pattern) Ordinance, 2011".
2. This Ordinance shall come into force;
 - (i) from the academic session 2010-2011, for semester-I & II and
 - (ii) from the academic session 2011-2012, for semester-III & IV
3. The following shall be the examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education, namely:-
 - (i) The (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.), Semester-I Examination.
 - (ii) The (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.), Semester-II Examination.
 - (iii) The (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.), Semester-III Examination.
 - (iv) The (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.), Semester-IV Examination.
4. There shall be four examinations for the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) i.e. Semester-I, II, III & IV in two academic years.
5. The examinations for each semester shall be held twice a year at such places and on such dates as may be appointed by the Board of Examinations.
6. The candidate shall submit the prescribed application form to the University separately for each examination.
7. Subject to his/her compliance with the provisions of this Ordinance and of any other Ordinances in force from time to time, an applicant for admission to :-
 - (A) The (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) Semester-I Examination shall have passed not less than one academic year previously:-
 - (i) (a) The examination for the Degree of Bachelor of Physical Education of three years duration of this University or an examination recognised as equivalent thereto:

OR

- (b) the examination for Post-Graduate Diploma in Physical Education of not less than one year's course of an Indian University or of a Board appointed by the Education Deptt. of the State;

OR

- (c) the examination for a Degree in Physical Education of not less than one year's course of a recognised University after graduation; and
- (d) With 50% marks in aggregate in theory including internal assessment in the qualifying examination mentioned in (i) (a), (i) (b) and (i) (c) above.

OR

- (e) With 48% marks in aggregate in theory excluding internal assessment in the qualifying examination mentioned in (i) (a), (i) (b) , (i) (c) above for the students played at recognised international, National and inter University level tournaments.

- (ii) Prosecuted a regular course of study in a college for a period of not less than one semester. He/She shall also, without prejudice to the other provisions of Ordinance No. 6 relating to Examinations in General comply with provisions of Paragraphs 5,8, 10 and 32 of the said Ordinance.

- (B) The applicant shall be admitted to next semester as per the following eligibility table.

Eligibility Table

| Sr.No. | Name of Examination | The students should have completed the term satisfactorily. | The students should have passed in all the subjects of the examination of |
|--------|----------------------|---|---|
| 1. | 2. | 3. | 4. |
| 1. | M.P.Ed. Semester-I | M.P.Ed. Semester-I | — |
| 2. | M.P.Ed. Semester-II | M.P.Ed. Semester-II | 1/3 rd of Theory Papers in Semester-I. |
| 3. | M.P.Ed. Semester-III | M.P.Ed. Semester-III | 2/3 rd of Theory Papers (including Semester-I and Semester-II) (Fraction shall be round up to next higher figure) + Practical Examination of Semester-I. |
| 4. | M.P.Ed. Semester-IV | M.P.Ed. Semester-IV | M.P.Ed. Semester-I and Semester-II + 1/3 rd Theory Papers of Semester-III. |

8. The students may appear for practicals examinations of the preceding semester in the next semester as per the eligibility norms for admission to next semester.
9. The fee for the examinations shall be as prescribed by the University from time to time.
10. Every applicant for admission to Semester-I, II, III and IV examinations shall be examined in subjects, papers and practicals as indicated in the Regulation.
11. (i) The scope of the subjects shall be as indicated in the Syllabus.
(ii) The medium of instruction for the examination shall be Marathi or Hindi or English and the question papers shall be set in Marathi or Hindi or English. Translations of the papers shall be provided in the other two languages also other than in which the paper is set.
12. Minimum 60 periods shall be taken for each theory paper in each semester.
13. The Title of Dissertation shall be submitted to the University on or before 15th of October of that Academic Session.
14. Last date for submission of Dissertation to the University shall be 15th April of that Academic Session.
15. A candidate shall submit a synopsis to the University as per the guidelines given below. The synopsis should be submitted under the following heads with details of each head.
- I. (Cover Page/First Page)
- Title of the subject of the Dissertation.
 - Name of the Candidate.
 - Name of the Guide.
 - Name of the College / Institution / Department through which it has been submitted for approval of the subject of Dissertation, also mentioning month and year.
- II. Synopsis Heads :
- Introduction of the subject.
 - Introduction of the main area of study and special area of Research.
 - Statement of the problem.
 - Purpose of the Study
 - Significance of the study.
 - Hypothesis (if necessary).
 - Delimitations and Limitations.
 - Operational Definitions of Scientific and Specific terms.
 - Review of literature.
 - Methods and Material.

- d) Methods of Analysis
- e) Summary conclusions and recommendations.
- f) Bibliography.
- g) 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.

III. The size of the synopsis papers should be A-4.

IV. The synopsis and dissertation must be written in the medium opted for the examination.

16. The candidate shall conduct research in his/her subject of dissertation during the fourth semester.
17. If the candidate finds that he/she cannot submit the dissertation by the due date, he/she shall apply for extension of time to the University through Principal/ Head of P.G. Teaching Department of the University.
18. The dissertation shall be submitted through the Supervisor of the candidate and the Principal/Head of P.G. Teaching Department of the University together with five copies .
19. Minimum 05 copies of dissertation shall be submitted by the candidate to the College/ P.G. Teaching Department of the University.
20. A candidate shall submit with his/her dissertation a Certificate from his/her Supervisor to the effect:-
 - (i) that the candidate has satisfactorily conducted research during the fourth Semester;
 - (ii) that the dissertation is the result of the candidate's own work and is of a sufficiently high standard to warrant its presentation for examination.
 - (iii) that it is satisfactory in respect of literary presentation.
21. The candidate shall indicate the sources from which the information is taken, the extent to which he/she has availed of the work of others and the portion in his/her dissertation which he/she claims to be original.
22. The maximum marks for the dissertation shall be 100. The final assessment of the dissertation shall be done after the Viva-voce Examination.
23. Notwithstanding anything to the contrary in this Ordinance and in any other Ordinances in force from time to time the following shall be the procedure for appointment of examiners for M.P.Ed. Dissertation.
 - (a) Dissertation submitted by the candidates of M.P.Ed. Examination shall be examined by a pair of External and Internal Examiners;
 - (b) Each pair of external and internal examiners shall examine maximum eight dissertations;

- (c) The pair of examiners shall send their preliminary reports separately as per instructions provided to them within a period of three weeks from the actual date of receipt.
 - (d) Final assessment shall be done after viva-voce of the candidate.
 - (e) University approved Post Graduate Teacher / Ph. D. Degree holder will do valuation of Dissertation.
 - (f) The external examiner shall have knowledge of the medium of instructions for examine of the dissertation.
24. (i) The number of papers, practicals and internal assessment with the maximum marks assigned to each and the minimum marks which an examinee shall obtain in order to pass the examination shall be as indicated in the Regulation.
 - (ii) The Principal /Head of the P.G. Teaching Department shall forward to the University the record of internal assessment/ sessional marks of examinees, one month before the commencement of the examination, in a tabulated form showing marks obtained under different heads.
 25. (I) There shall be no classification of successful examinees at Semester I, II, III Examinations.
 - (II) Examinees who are successful at the Semester-IV Examination and who have obtained not less than 60% marks in the aggregate prescribed for the Semester-I, II, III and IV Examinations taken together shall be placed in the First Division, those obtaining less than 60 % marks but not less than 55% marks in Higher Second Division and those obtaining less than 55% marks but not less than 50% marks in the Second Division.
 26. As soon as possible after the examination, the Board of Examinations shall publish a list of successful examinees arranged in three Divisions. The names of examinees passing the examination as a whole in the minimum prescribed period and obtaining the prescribed number of places shall be arranged in Order of Merit as provided in Examination in General Ordinance No. 6.
 27. Provisions of ordinance No. 18 of 2001 relating to 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, and of ordinance No. 10 relating to Exemptions and Compartments shall apply to the examinations under this Ordinance.
 28. Notwithstanding anything to the contrary in this Ordinance, no person shall be admitted to an examination under this ordinance if he/she has already passed the same examination or an equivalent examination of any other Statutory university.

29. There shall be no Vacation Course for M.P.Ed. Degree.
30. Successful examinees at (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.), Semester-I, II and III Examinations shall be entitled to receive a Certificate signed by the Registrar and those successful at the (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.), Semester-I, II, III and IV Examinations shall on payment of the prescribed fees, receive a Degree in the prescribed form, signed by the Vice-Chancellor.

Regulation No. 5 of 2011

Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) (Semester Pattern) Regulation, 2011.

Whereas, it is expedient to make a Regulation in respect of Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) (Semester Pattern) Regulation, 2011 for the purposes hereinafter appearing, the Management Council is hereby pleased to make the following Regulation.

1. This Regulation may be called "Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) (Semester Pattern) Regulation, 2011".
2. This Regulation shall come into force with effect from
 - i) the Academic Session 2010-11, for M.P.Ed. Semester-I and Semester-II, and
 - ii) the Academic Session 2011-12, for M.P.Ed. Semester-III and Semester-IV.
3. The Schemes of Examinations in respect of the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.), for Semester-I, II, III and IV, shall be as provided under Appendix-A appended with this Regulation.