

M.P.ED.(Sem I & II)

Prospectus No.2011168

ॐ नमो भगवते वासुदेवाय

SANT GADGE BABA AMRAVATI UNIVERSITY

ॐ नमो भगवते वासुदेवाय

(Faculty of Education)

PROSPECTUS

OF

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Dineshkumar Joshi
 Registrar
 Sant Gadge Baba Amravati University

Syllabus prescribed for M.P.Ed. (Semester Pattern Course)

(Effective from the Academic Session 2010-11)

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 :

1. Best W. John, Research in Education (Prentice Hall of India private Limited New Delhi, 1981).
2. Bose N.M., Research Methodology (Shri Niwas Publication, Jaipur (India),2005).
3. Kamlesh M. L., Methodology of Research in Physical Education & Sports, (Metropolitan, New Delhi. 1994).
4. Gay R.L. Airasian Peter, Educational Research. (Merrill. Prentice Hall, 1996).
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).

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.

UNIT-II Correlation

- 2.1 Linear Correlation
- 2.2 Limits and Limitations of Linr Correlation.
- 2.3 Partial Correlation first order.
- 2.4 Multiple Correlation first order
- 2.5 Limitations of Partial and Multiple Correlations.
- 2.6 Different methods of sampling.
- 2.7 Why sample is preferred over population
- 2.8 Size of the sample.

UNIT – III Estimation

- 3.1 Interval Estimation.
- 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.

UNIT – IV Computer Fundamentals

- 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”. (Menus 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).

M.P.Ed (1st Sem.)**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 of 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" Lea & Febiger, Philadelphia: 1972.
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. : I st 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****EXERCISE PHYSIOLOGY****UNIT - 1 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 Proprioception 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)
3. Karpovich, P.V. and Sinning, Wayne E. "Physiology of Muscular Activity" (Philadelphia: W.B. Saunders Company, 1971) 7th Edition.
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5. Astrand, P.O. and Rodahi Karre. "Text Book of work Physiology" (Tokyo Mc Graw. Hill Xogakusha, Ltd. 1979) ____
6. Mathew. D.K. and Fox, E.L. "Physiological Basis of Physical Education and Athletics" (Philadelphia W.B. Saunders Company, 1976),
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).
9. Adams M. Gene Exercise Physiology : Laboratory Manual, (WCB Mc Grew-Hill Companies, Inc,1998).
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11. Mooren C. Frank and Volker Kalaus 'Molecular and cellular exercise physiology' (Human Kinetics, •Devison of sports distributory Nz Ltd, 2005).
12. Tiwari Sendhya "Exercise Physiology" (Sports publication Ashok Vihar, Delhi) 1999.

M.P.Ed (2 nd Sem.)

PAPER-V

MEASUREMENT AND EVALUATION 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-know ledge 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.3nd
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 ed3rd
6. Larson L.A. and Yown R.C. "Measurement and Evaluation in Physical Health and Recreation Education" (St. Louis L.C.V. Mosby Corn 1957).
7. Larson. L.A. "Encyclopedia of Sport of Sports Sciences and Medicine Education and Recreation" 3rd Revised Edn. (Washington D.C. American (Association of Health, Physical Education and Recreation, 1973).
8. Mathews, Donald K. "Measurement in Physical Education" (London W.B. Saunders Co. 1973) Edn 5
9. Phillips D. Allen and Honark E. James "Measurement and Evaluation in Physical Education", New York: Wiley and Sons, 1973.

M.P.Ed (2 nd Sem.)

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 UNDERGRADUATION 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.

REFERENCES:

1. Clayn-Jenson. "Administration Management of Physical and Athletic Programme".
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" Newyork 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.

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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, Dubvgve. 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 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.

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 Ist Semester

Table No. 2

Roll No.	Practical 05 Marks	Viva 5 Marks	Total 10 Marks

DIRECTION

No. : 14/2010

Date : 18/5/2010

Subject: Examinations leading to the Degree of (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) Master of Physical Education (M.P.Ed.) (Semester Pattern)

Whereas, Ordinance No. 155 in respect of Examinations Leading to the Degree of (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) Master of Physical Education is in existence in the University,

AND

Whereas, the Academic Council in its meeting held on 20.2.2010 vide item No. 16(7)B)R-1 has resolved to accept the semester pattern system, Schemes of Examinations and other details for M.P.Ed. Degree, to be implemented from the Academic Session 2010-2011,

AND

Whereas, the Academic Council in its meeting held on 20.2.2010 vide item No. 16(7)B)R-1 has further resolved to refer the matter to the Ordinance Committee for framing the Ordinance,

AND

Whereas, framing the new Ordinance is time consuming process,

AND

Whereas, the syllabus and other details for Master of Physical Education (M.P.Ed.), Semester Pattern Course are to be implemented from the Academic Session 2010-2011 for Semester-I & II examinations,

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 Section 14 of the Maharashtra Universities Act, 1994, do hereby direct as under :-

1. This Direction may be called, "Examinations leading to the Degree of (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) Master of Physical Education (M.P.Ed.) (Semester Pattern) Direction, 2010".
2. This Direction 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 (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) Master of Physical Education, namely:-
 - (i) The (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) Master of Physical Education (M.P.Ed.), Semester-I Examination.
 - (ii) The (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) Master of Physical Education (M.P.Ed.), Semester-II Examination.
 - (iii) The (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) Master of Physical Education (M.P.Ed.), Semester-III Examination.
 - (iv) The (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) Master of Physical Education (M.P.Ed.), Semester-IV Examination.
4. There shall be four examinations for the Degree of (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) 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 Direction and of any other Ordinances in force from time to time, an applicant for admission to :-
 - (A) The (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) (मॅट्रिकुलेशन) 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 academic year. 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 can appear for practicals examinations of the preceding semester in the next semester as per the eligibility norms for Admission to next semester as per eligibility table.
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 :

- a) Introduction of the subject.
 - i) Introduction of the main area of study and special area of Research.
 - ii) Statement of the problem.
 - iii) Purpose of the Study
 - iv) Significance of the study.
 - v) Hypothesis (if necessary).
 - vi) Delimitations and Limitations.
 - vii) Operational Definitions of Scientific and Specific terms.
- b) Review of literature.
- c) 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 Direction 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.

DIRECTION

No. : 13/2010

Date : 18/5/2010

Subject: Schemes of Examinations for Semester-I & II Examinations of the Degree of (११०१००) एम.पी.एड. (Semester Pattern)

Whereas, Regulation No. 3 of 1987 regarding Examination Leading to the Degree of (११०१००) एम.पी.एड. (M.P.Ed.) Regulation, 1986 is in existence in the University,

AND

Whereas, the Academic Council in its meeting held on 20.2.2010 vide item No. 16(7)B)R-1 has resolved to accept the semester pattern system and Schemes of Examinations for M.P.Ed. Degree, to be implemented from the Academic Session 2010-2011,

AND

Whereas, the Scheme of Examination is regulated by the Regulation,

AND

Whereas, the Academic Council in its meeting held on 20.2.2010 vide item No. 16(7)B)R-1 has further resolved to refer the matter to the Ordinance Committee for framing the Regulation,

AND

Whereas, framing the new Regulation is time consuming process,

AND

Whereas, the Schemes of Examinations and Syllabus of Master of Physical Education (M.P.Ed.), Semester Pattern Course are to be implemented from the Academic Session 2010-2011 for Semester-I & II examinations,

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 Section 14 of the Maharashtra Universities Act, 1994, do hereby direct as under :-

1. This Direction may be called, "Schemes of Examinations for Semester-I & II Examinations of the Degree of (११०१००) एम.पी.एड. (Semester Pattern) Direction, 2010".
2. This Direction shall come into force from the academic session 2010-2011, for semester-I & II Examinations.
3. The Schemes of Examinations, Internal Assessment for Theory and External Assessment for Practical for Semester-I & II Examinations of the Degree of (११०१००) एम.पी.एड. (M.P.Ed.), shall be as given below.

M.P.Ed. (Semester-I)

Subject	Sr. No. of Paper	Maximum Marks	Internal Assessment	Practical Exam.	Total Marks	Minimum Passing Marks
Research Methodology	I	50	10	—	60	30
Statistics and Computer Application in Physical Education	II	50	—	10	60	30
Science of Sport Training	III	50	10	—	60	30
Practical Exam		40		—	40	20
Total		190	20	10	220	110

M.P.Ed. (Semester-II)

Subject	Sr. No. of Paper	Maximum Marks	Internal Assessment	Total Marks	Minimum Passing Marks
Exercise Physiology	IV	50	10	60	30
Measurement and Evaluation Techniques in Physical Education	V	50	10	60	30
Professional Preparation in Physical Education	VI	50	10	60	30
Curriculum Design in Physical Education	VII	50	10	60	30
Practical Exam		40		40	20
	Total	240	40	280	140

Internal Assessment for Theory :

Distribution of Internal assessment marks will be as below.

- | | |
|-------------------------------------------|-----------------|
| a) One assignment on each paper | 5 Marks |
| b) One Internal Examination on Each Paper | 5 Marks |
| Total | 10 Marks |

Note : Record of Internal Assessment Marks be maintained by concerned subject Teacher.

The Examination under Practical will be consist of :

Semester I & II

External Assessment 40 Marks

Amravati.

Date : 17/5/2010

Sd/-

(Kamal Singh)

Vice-Chancellor

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**SYLLABUS
PRESCRIBED FOR
M.P.Ed. (Semeter I & II)**

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