

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

Prospectus No.2015168

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 Examinations of Winter 2014 &**

**Semester-II & IV Examinations of Summer 2015**



2014

(Visit us at [www.sgbau.ac.in](http://www.sgbau.ac.in))

Price Rs. ....../-

PUBLISHED BY  
**Dineshkumar Joshi**  
Registrar  
Sant Gadge Baba  
Amravati University,  
Amravati 444 - 602

₹ 'या अभ्यासक्रमिकेतील (Prospectus)कोणताही भाग संत गाडगे बाबा अमरावती विद्यापीठाच्या पूर्वानुमती शिवाय कोणासही पुनर्मुद्रित किंवा प्रकाशित करता येणार नाही.'

© No part of this prospectus can be reprinted or published without specific permission of Sant Gadge Baba Amravati University. "

**INDEX**  
**Syllabus Prescribed for**  
**M.P.Ed. (Semester I, II, III & IV)**  
**PROSPECTUS NO. 2015168**

<b>Sr.No.</b>	<b>Subject</b>	<b>Page No.</b>
1.	Special Note for Information of the students.	1 - 2
2.	Ordinance No. 8 of 2011	3 - 8
3.	Regulation No. 5 of 2011	8-10
4.	Direction No. 6 of 2012	10-14
5.	Direction No. 14 of 2014	14-15
<b>Syllabus</b>		
<b><u>Semester I :</u></b>		
4.	Paper-I : Research Methodology	16-18
5.	Paper-II : Statistics and Computer Application in Physical Education	18-20
6.	Paper-III : Science of Sports Training	20-22
7.	Practical Examination	22-23
<b><u>Semester II :</u></b>		
8.	Paper-IV : Exercise Physiology	24 - 26
9.	Paper-V : Measurement and Evaluation Techniques in Physical Education	26 - 28
10.	Paper-VI : Professional Preparation in Physical Education	28 - 30
11.	Paper-VII : Curriculum Designs in Physical Education	30 - 31
12.	Practical Examination	31 - 32
<b><u>Semester III :</u></b>		
13.	Paper-VIII : Sports Medicine	32 - 34
14.	Paper IX :Health Education	34 - 36
15.	Paper-X : Sports Psychology	36 - 38
16.	Practical Examination	39
<b><u>Semester IV :</u></b>		
17.	Paper-XI : Sports Sociology	39 - 41
18.	Paper-XII : Management in Physical Education	41 -43
19.	Practical Examination	43-44

**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 deficiency of marks in a subject in all the faculties prescribed by the Statute NO.18, Ordinance 2001.
- Ordinance No.9 : Conduct of Examinations (relevant extracts)
- Ordinance No.10 : Providing for Exemptions and Compartments.
- Ordinance No.19 : Admission of Candidates to Degrees.
- Ordinance No.109 : Recording of a change of name of a University Student in the records of the University.

Ordinance No.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**

**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	6
2.	M.P.Ed. Semester-II	M.P.Ed. Semester-II	1/3 <sup>rd</sup> of Theory Papers in Semester-I.
3.	M.P.Ed. Semester-III	M.P.Ed. Semester-III	2/3 <sup>rd</sup> 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 <sup>rd</sup> 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 15<sup>th</sup> of October of that Academic Session.
14. Last date for submission of Dissertation to the University shall be 15<sup>th</sup> 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)
    - a) Title of the subject of the Dissertation.
    - b) Name of the Candidate.
    - c) Name of the Guide.
    - d) 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 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 (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.

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  
**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 & Computer Application in Physical Education	II	50	--	10	60	30
Science of Sports Training	III	50	10	--	60	30
Practical Exam		40		--	40	20
<b>Total</b>		<b>190</b>	<b>20</b>	<b>10</b>	<b>220</b>	<b>110</b>

**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
<b>Total</b>		<b>240</b>	<b>40</b>	<b>280</b>	<b>140</b>

**M.P.Ed. (Semester-III)**

Subject	Sr.No. of Paper	Maximum Marks	Internal Assessment	Total Marks	Minimum Passing Marks
Sport Medicine	VII	50	10	60	30
Health Education	IX	50	10	60	30
Sport Psychology	X	50	10	60	30
Practical Exam		50		50	25
<b>Total</b>		<b>200</b>	<b>30</b>	<b>230</b>	<b>115</b>

**M.P.Ed. (Semester-IV)**

Subject	Sr.No. of Paper	Maximum Marks	Internal Assessment	Total Marks	Minimum Passing Marks
Sport Sociology	XI	50	10	60	30
Management in Physical Education	XII	50	10	60	30
Practical Exam		50		50	25
Dissertation		100		100	50
<b>Total</b>		<b>250</b>	<b>20</b>	<b>270</b>	<b>135</b>

**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
	<b>Total</b>	<b>10 Marks</b>

**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

Semester III & IV

External Assessment 50 Marks

\*\*\*\*\*

**DIRECTION**

**No. : 6/2012**

**Date : 21/2/2012**

**Subject :** Schemes of Examinations in respect of the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education ( M.P.Ed.) for Semesters 0I,II,III and IV

Whereas, Ordinance No. 8 of 2011 in respect of Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education ( M.P.Ed.) (Semester Pattern) , Ordinance, 2011, is in existence in the University,

AND

Whereas, Regulation No. 5 of 2011 in respect of Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education ( M.P.Ed.) (Semester Pattern) , Regulation, 2011, is in existence in the University,

AND

Whereas, the Academic Council in its meeting held on 13.1.2012, vide item No. 14 6) B) R-2 has accepted the revised Schemes of Examinations and revised syllabi for Semesters 0I,II,III and IV for the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) (Semester Pattern),

AND

Whereas, the Schemes of Examinations for Semesters 0I,II,III and IV are required to be regulated by the Regulation,

AND

Whereas, the process of making the Regulation is likely to take some time,

AND

Whereas, the Schemes of Examinations for Semesters 0I & III and for Semesters-II & IV are to be implemented for Winter-2012 and Summer-2013 examinations respectively,

AND

Whereas, the revised syllabi for Semesters-I, II, III & IV of the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) is required to be made available for the students who will be admitted in the Academic Session 2012-2013,

Now, therefore, I, Dr. Mohan K. Khedkar, Vice-Chancellor of Sant Gadge Baba Amravati University 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 shall be called 0Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education ( M.P.Ed.) (Semester Pattern) , Direction, 2012.0
2. This Direction shall come into force from the date of its issuance.
3. The Schemes of Examinations for Semesters 0I,II,III and IV for the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education (M.P.Ed.) (Semester Pattern) shall be as per 0Appendix-A0 appended with this Direction.

Amravati.

Date : 21/2/2012

Sd/-

(Mohan K. Khedkar)  
Vice-Chancellor



**Appendix-A**

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  
**M.P.Ed. (Semester-I)**

Subject	Sr.No. of Paper	Maximum Marks	Internal Assessment	Total Marks	Minimum Passing Marks
Research Methodology	I	50	10	60	30
Statistics & Computer Application in Physical Education	II	50	10	60	30
Science of sports training	III	50	10	60	30
Practical Exam (Games)		30		30	15
Practical Exam ( Computer)		20		20	10
<b>Total</b>		<b>200</b>	<b>30</b>	<b>230</b>	<b>115</b>

**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 & 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 ( Game)		30		30	15
<b>Total</b>		<b>230</b>	<b>40</b>	<b>270</b>	<b>135</b>

**M.P.Ed. (Semester-III)**

Subject	Sr.No. of Paper	Maximum Marks	Internal Assessment	Total Marks	Minimum Passing Marks
Sports Medicine	VIII	50	10	60	30
Health Education	IX	50	10	60	30
Sports Psychology	X	50	10	60	30
Practical Exam ( Sports Medicine)		30		30	15
Practical Exam. (Sports Psychology)		20		20	10
<b>Total</b>		<b>200</b>	<b>30</b>	<b>230</b>	<b>115</b>

**M.P.Ed. (Semester-IV)**

Subject	Sr.No. of Paper	Maximum Marks	Internal Assessment	Total Marks	Minimum Passing Marks
Sports Sociology	XI	50	10	60	30
Management in Physical Education	XII	50	10	60	30
Practical Exam ( Game)		50	-	50	25
Dissertation		100	-	100	50
<b>Total</b>		<b>250</b>	<b>20</b>	<b>270</b>	<b>135</b>

**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:** Records of internal assessment marks be maintained by concerned subject's teacher:

**The examination under practical will be consist of :****Semester -I**

External assessment (Computer) : 20 marks

**Semester –I & II**

External assessment (Games) : 30 marks

**Semester-III**

External assessment : 50 marks

1) Sports Medicine : 30 Marks

2) Sports Psychology : 20 Marks

**Semester-IV**

External Assessment (Games) : 50 Marks

\*\*\*\*\*

**DIRECTION**

**No. : 14/2014**

**Date : 9/6/2014**

**Subject :** Corrigendum to Direction No.6/2012 regarding Scheme of Examination in respect of the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education ( M.P.Ed.) for Semesters 0I,II,III and IV.

Whereas, Ordinance No. 8 of 2011 in respect of Examinations leading to the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education ( M.P.Ed.) (Semester Pattern) , Ordinance, 2011, is in existence in the University,

AND

Whereas, Regulation No. 6/ 2012 in respect of Schemes of Examinations of the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education ( M.P.Ed.) for Semester I, II, III & IV is in existence in the University,

AND

Whereas, the Schemes of Examinations for M.P.Ed. Semesters 0 I,II,III and IV are provided under Appendix-A, which are appended with the above said Direction.

AND

Whereas, the Academic Council in its meeting held on 17.2.2014, vide item No. 22 5) B) R-2 has resolved to accept the correction in. In Appendix-A of Direction No. 6 / 2012 under the Scheme of Examination of M.P.Ed. (Semester - IV)

AND

The corrections in the scheme of Examination are to be implemented from the Academic session 2014 - 2015

AND

Whereas, making corrections in the scheme of Examination is required to be regulated by the issued corrigendum to the existing Direction No. 6 / 2012.

AND

Whereas, making amendment in respective Regulation is time consuming process.

Now, therefore, I, Dr. J.A. Tidke, Vice-Chancellor of Sant Gadge Baba Amravati University 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 shall be called 0 Corrigendum to Direction No. 6/ 2012 regarding Scheme of Examinations in respect of the Degree of (शारीरिक शिक्षण पारंगत) Master of Physical Education ( M.P.Ed.) (M.P.Ed.) for semester- I, II, III and IV, Direction, 2014.0
2. This Direction shall come into force from the Academic Session 2014- 2015.
3. In Appendix - A of Direction No. 6/2012 under the Scheme of Examination of M.P.Ed. (Semester-IV), the words "(Scientific Teaching/ Coaching of the specialized Game)" be added after the words Practical Examination (Game), under column No.4 of the Scheme of Examination of M.P.Ed. (Semester-IV), and the words "External Assessment (Game)" be substituted by the words " External Assessment (Examination of Scientific Teaching/ Coaching of the Specialized Game")

Amravati.

Date : 9/6/2014

Sd/-

(Dr. J.A. Tidake)  
Vice-Chancellor

**Syllabus prescribed for M.P.Ed. (Semester Pattern Course)**  
**(Effective from the Academic Session 2012-2013)**  
**M.P.Ed. (1st Sem.)**

**PAPER-I**

**RESEARCH METHODOLOGY**

**UNIT-I : Introduction**

- 1.1 Definition of Research
- 1.2 Types of research
- 1.3 Methods of research
- 1.4 Characteristics of research
- 1.5 Scope, Need, Importance of research in Physical education and sports

**Research Problem**

- 1.6 Meaning of research Problem
- 1.7 Formulation of research Problem
- 1.8 Location and Criteria of selection of the research Problem
- 1.9 Limitations and Delimitations of research Problem

**Research Hypothesis**

- 1.10 Meaning and Importance of Hypothesis
- 1.11 Types of hypothesis
- 1.12 Formulation of Hypothesis

**UNIT-II : Survey of related Literature**

- 2.1 Need for surveying related Literature
- 2.2 Kinds of related Literature
- 2.3 Sources of related Literature
- 2.4 Importance of surveying related Literature
- 2.5 Preparation of Abstract

**Historical Research**

- 2.6 Meaning and Definition of Historical Research
- 2.7 Scope of Historical research in Physical education
- 2.8 Sources of Historical Data
- 2.9 Validity of Historical Data
- 2.10 Evaluation of Historical Data

**UNIT-III : Formulating the Methods**

- 3.1 Need 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 of questionnaire
- 3.7 Interview
- 3.8 Procedure of conducting interview

**UNIT-IV : Case Study**

- 4.1 Meaning, definition, Objectives and Types of case study
- 4.2 Characteristics of case study
- 4.3 Methods of data collection in case study

**Philosophical Research**

- 4.4 Meaning of Philosophical research
- 4.5 Tools of Philosophical Research

**Experimental Research**

- 4.6 Meaning, Nature and Scope of Experimental research
- 4.7 Types of experimental designs
- 4.8 Validity in experimental factors
- 4.9 Control of experimental research

**UNIT-V : Sampling, Research proposal and Research Report Sampling-**

- 5.1 Meaning of Population and Sample
  - 5.2 Sampling Techniques
  - 5.3 Types of Errors in sampling (Type I and Type II error)
  - 5.4 Factors affecting on reliability of sampling
- Preparation of research Proposal and research report-**
- 5.5 Purpose of report writing
  - 5.6 Problems on preparation of report
  - 5.7 Characteristics of a report
  - 5.8 Procedure of report writing
  - 5.9 Methods 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).

**PAPER-II****STATISTICS AND COMPUTER APPLICATION IN PHYSICAL EDUCATION**

- UNIT-I:** A: 1.1 Meaning and definition of statistics  
1.2 Nature of statistics  
1.3 Need and importance of statistics in physical education and sports  
1.4 Frequency distribution  
1.5 Graphical representation of statistical data
- B: 1.6 Probability & Methods of computing probability  
1.7 Equality likely and mutually exclusive cases.  
1.8 Binomial expansion.  
1.9 Problems on dice.
- UNIT-II:** A: 2.1 Definition of normal curve  
2.2 Properties of Normal curve  
2.3 Conditions for obtaining Normal curve  
2.4 Relationship between binomial and normal curve  
2.5 Percentile and standard scales
- B: 2.1 linear correlations.  
2.2 Limits of linear correlation

- 2.3 Partial correlation.  
2.4 Multiple correlations  
2.5 Limitations of partial and multiple correlations.

- UNIT-III:** A: 3.1 Scientific and Statistical hypothesis  
3.2 Procedure of testing a hypothesis  
3.3 Degree of freedom  
3.4 Level of significance  
3.5 T test & Z test
- B: 3.6 Analysis of variance (ANOVA)  
3.7 Chi-square Test

- UNIT IV :** A: Computer:  
4.1 Definition, Characteristics and Classification of computer  
4.2 Basic units of computer  
4.3 Need and importance of computer in physical education and sports sciences.  
4.4 Different levels of languages.  
4.5 Storage Devices

- B: M.S. office,  
Creating, editing Formatting, document**  
4.6 Creating presentation with power point  
4.7 Creating tables  
4.8 Creating worksheets in excel

- UNIT - V :** A 5.1 Working with internet  
5.2 Serenity web  
5.3 Searching data online  
5.4 Building web page with front page
- B: 5.5 Communicating with E-mail  
5.6 Computer technology and security  
5.7 Application of software for sports management

**REFERENCES:**

1. Prakash J. Verma ðA text Book on Sports Statisticsö. (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.)
6. Pankaj S, "The World of Internet" (AHP pub. Corporation, New Delhi).
7. Intel Tech To Future Booklet Inte Asia incorporation, Bangalore.
8. [www.microsoft.com/india/education/pil](http://www.microsoft.com/india/education/pil)
9. [www.educationoninindia.net](http://www.educationoninindia.net)
10. [www.learninglinksindia.org](http://www.learninglinksindia.org)

**PAPER-III**  
**SCIENCE OF SPORTS TRAINING**

**UNIT-I:A Introduction of sports training**

- 1.1 Definition of terms; Conditioning and training
- 1.2 Meaning, definition and characteristics of sports Training.
- 1.3 Aim and principles of sports training.

**B. Training load**

- 1.4 Features of training load
- 1.5 Important Features of training load
- 1.6 Principles of training load
- 1.7 Over load, meaning, causes, symptoms and Tackling of overload.

**UNIT-II: A: Training for strength and endurance**

Forms, characteristics of strength and endurance, principles of strength and endurance training, methods of strength and endurance.

**B. Training for speed, Flexibility and Coordinative abilities**

Forms, characteristics, principles of speed, Flexibility and Coordinative abilities, methods of speed, Flexibility and Coordinative abilities.

**UNIT-III : Technique, Tactics and Strategy**

**A: Technique:**

- 3.1 Definition of Skill and Style
- 3.2 Characteristics of technique
- 3.3 Factors affecting technique

- 3.4 Methods of Technical Training
- 3.5 Causes and correction of faults

**B: Tactics and Strategy :**

- 3.6 Definition of Tactics and Strategy
- 3.7 Basic tactical concept of Offensive and high performance
- 3.8 Control of tactical training

**UNIT IV : A Periodisation, planning and competitions**

- 4.1 Meaning & types of periodisation. Contents of training for different period
- 4.2 Importance and principles of planning
- 4.3 System of planning

**B: Competition:**

- 4.4 Importance of competition
- 4.5 Competition frequency
- 4.6 Direct preparation for an competition

**UNIT-V: A: Evaluation of Training and Biomechanical Aspect**

- 5.1 Item to be include in evaluation of training programme
- 5.2 Uses of graphs and principles of graphical representation
- 5.3 Rules governing performance checks

**B : Bio-mechanics:**

- 5.4 Definition and principles of lever, types of lever, Coefficient of friction, angle of friction, impact and elasticity, Laws of impact
- 5.5 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 Hardy, Science of Sports Training, New Delhi, DVS Publications, 1985.
7. Wilimofe, U.M., Athletic Training and Physical Fitness, Allyn and 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 game selected by the examinee. The examinee has to select any one game 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              | 10marks  |
| 3) Officiating of the game         | 5 marks  |
| 4) Project report                  | 5 marks  |

#### **Total**

**30 marks**

The contents of the game are below

History of the game, Measurement and preparation of the field, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, System of play, Rules and regulations of game, Method of coaching, Officials and their signals, Modern trends in the game, Latest record of the game awards.

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

#### Practical Examination (Computer)

The Examination will be conducted in any two items selected by examiner and any two choice items of the examinee from the following contents.

The contents of the Computer practical as follow:

**M.S. Word:** Copy file & paste, Create file, Create folder, File open, Font size & styles create table.

**M.S. Excel :** Create table, insert border, Ascending and descending number, Sum, Average & percentage

**M.S. Power point;** Create slides, background colour, slide effect, Hide slide, presentation

**E-mail:** Create E-Mail address; send E-mail, Receive Email ID

**Internet:** Searching web. side, download

#### Distribution of marks:

Told by Examiner choice (Any two)	10 marks
Candidate choice ( any two)	10marks

#### **Total**

**20 marks**

#### Score Sheet :- Computer Practical

Roll No.	Examiner Choice		Candidates Choice		Total 20 Marks
	Ist Item 5 Marks	IInd Item 5 Marks	Ist Item 5 Marks	IInd Item 5 Marks	

Place:

Date :

Signature of External Examiner

Signature of Internal Examiner

**EXERCISE PHYSIOLOGY****UNIT-I : Introduction**

- 1.1 Definition and importance Physiology and exercise Physiology
- 1.2 Role of exercise Physiology in Physical education and sports

**Muscle**

- 1.3 Structure, Types (voluntary, involuntary and cardiac) and Functions of muscle
- 1.4 Theories of muscular contraction-Sliding filament theory
- 1.5 Molecular mechanism of muscular contraction
- 1.6 Types of muscle fiber (Red and White muscle)

**UNIT-II : Bio energetic-**

- 2.1 Fuel for Muscular work(ATP)
- 2.2 Energy of muscular contraction
- 2.3 Various changes during muscular contraction
- 2.4 Aerobic and Anaerobic muscular activity

**Neuro-muscular junction and co-ordination of muscular activity**

- 2.5 Neurons and motor unit
- 2.6 Neuro muscular junction and transmission of nerve impulse
- 2.7 proprioception and kinesthesia-tone, posture and equilibrium

**UNIT-III : Physiological changes due to exercise**

- 3.1 Effects of exercise on cardio-respiratory, Muscular and thermo-regulatory systems

**Effects of conditioning, exercise and training on :**

- 3.2 Heart and circulatory, Respiratory system
- 3.3 Other systems during rest, sub-maximal and maximal work
- 3.4 Oxygen dept, forced expiratory volume, breathing capacity, recovery rate
- 3.5 Blood supply and regulation of blood flow during exercise

**Other Physiological aspects of exercise and sports-**

- 3.6 Concept of physical fitness, physical training, warming up, conditioning and fatigue.

- 3.7 Physiological aspects of Development of various fitness components

**UNIT-IV : Sports and Nutrition**

- 4.1 Basic concept of balance diet
- 4.2 Appropriate diet before, during and after Athletic performance
- 4.3 Effects of alcohol, drugs and smoking on athletic performance
- 4.4 Meaning and definition of energy cost
- 4.5 Methods to assess energy cost

**UNIT-V : Work and Environment**

- 5.1 Work capacity under different environment, conditions (Hot, humid, cold and high attitude)
- 5.2 Definition and types of obesity
- 5.3 Problems of obesity
- 5.4 Body weight control and its Principles

**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.
4. Bourne, Geoffery H. The Structure and Function of Muscles (London Academic Press) -1973
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).
10. Katch L. Victor. Katch I. Frank and Mcardle D. William, Exercise Physiology (Williams & Wilkins, A Waverty Company, 1996).

11. Mooren C. Frank and Volker Kalaus -Molecular and cellular exercise physiology, (Human Kinetics, Division of sports distributory Nz Ltd, 2005).
12. Tiwari Sendhya, Exercise Physiology, (Sports publication Ashok Vihar, Delhi), 1999.

**PAPER-V**  
**MEASUREMENT AND EVALUATION TECHNIQUES IN**  
**PHYSICAL EDUCATION**

**UNIT-I : Introduction:**

- 1.1 Meaning of Test ,Measurement and Evaluation
- 1.2 Classification of tests-Standardized & teacher made test (Objective & sub)
- 1.3 Need and importance of measurement and evaluation in the field of physical education
- 1.4 Nature and Purpose of evaluation
- 1.5 Principles of Evaluation

**UNIT-II:A. Selection and construction of test:**

- 2.1 Criteria in selection of a good test
- 2.2 Factor affecting Scientific Authenticity (Reliability, Validity, Obj. Norms)
- 2.3 Procedure to established to Scientific Authenticity
- 2.4 Construction of Test- Knowledge test and Skill test

**B. Administration testing programme:**

- 2.5 Advance preparation of testing programme
- 2.6 During testing programme
- 2.7 Post test function

**UNIT-III: Measurement of physical performance test**

**A. Organic Functions test:**

- 3.1 Cardiovascular and respiratory function
- 3.2 Cooper 12 minute continuous Run-Walk test & modification
- 3.3 Harvard step test and its modification ( High school, & college level)
- 3.4 Hymen;s Cardio Pulmonary Index Test (CPI)

**B : Motor fitness and General Motor Ability:**

- 3.5 Oregon Motor fitness test.
- 3.6 J.C.R test
- 3.7 Canadian Fitness test
- 3.8 AAHPER youth fitness test
- 3.9 Indiana motor fitness test
- 3.10 Mc Cloy's General motor ability
- 3.11 Metheny Johnson test

**UNIT-IV:A. Measurement of Health Related Fitness:**

- 4.1 Definition and types of Strength
- 4.2 Kraus-weber Muscular fitness
- 4.3 Instrument for measuring strength
- 4.4 Roger's Physical Fitness Index and suggested changes in the PFI Test

**B. Sports Skill Test:**

- 4.5 Brady's Volley Ball Test
- 4.6 Johnson Basket ball Test
- 4.7 McDonald Soccer test
- 4.8 Lockhart McPherson Badminton test
- 4.9 Harbans Field Hockey test
- 4.9 Dyer Tennis Test

**UNIT-V:A. Anthropometry measurement and body composition**

- 5.1 Girth Measurement: Upper arm, Fore arm, Calf, Chest
- 5.2 Width Measurement: Biacromial, Chest, Bicristal, Bicondylar of Femur and Humerus
- 5.3 Height Measurement: Standing and sitting
- 5.4 Skin-fold measurement: Biceps, Triceps, Sub scapular Calf, Thigh, Chest, Supra-iliac

**B : Measurement of Social efficiency and Psychological factors:**

- 5.5 Social Efficiency and Attitude scales
- 5.6 Socio metric Status scale
- 5.7 Self Motivation Inventory



**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. Johnson L. Barry and Nelson K. Jack. "Practical Measurement for Evaluation in Physical Education", 1st Indian Reprint. (Delhi, Surjeet Publication, 1982, ed. 3rd
5. Larson L.A. and Yown R.C. "Measurement and Evaluation in Physical Health and Recreation Education", (St. Louis L.C.V. Mosby Corn, 1957).
6. 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).
7. Mathews, Donald K. "Measurement in Physical Education" (London W.B. Saunders Co.,1973) Edn. 5
8. 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 : Foundation of Professional Preparation**

- 1.1 Ideal of Indian Democracy: Contribution of physical education
- 1.2 Factor affecting educational policies and programme, social, Religious, economics and political
- 1.3 Role of central Govt. in 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 Physical education is a profession
- 2.2 Historical Review of professional preparation in India

- 2.3 professional preparations in physical education in India, U.S.A, U.K., Germany

**UNIT-III : Under Graduate professional preparation in physical education**

- 3.1 Areas of health education, Physical education and recreation
- 3.2 Purpose of under graduate preparation
- 3.3 Admission requirements and procedure
- 3.4 Professional Competencies to be developed- Facilities and special resources for the Library

**UNIT-IV : Post Graduate professional preparation in physical education**

- 4.1 Purpose of post graduate studies
- 4.2 Admission requirements and procedure
- 4.3 Sports Specialization and concentration on core areas
- 4.4 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 Special provision for development of girls programme

**Recommendation of various committees about physical education**

- 5.4 U.G.C.
- 5.5 K.P.Singh Dev Committee
- 5.6 N.C.TE.

**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", 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 : Curriculum design**

- 1.1 concept of curriculum
- 1.2 curriculum Organization
- 1.3 Importance of curriculum development
- 1.4 Role of teacher in curriculum development
- 1.5 Factors affecting on curriculum development
- 1.6 Steps in curriculum construction
- 1.7 Curriculum implementation

##### **UNIT-II : Learning affecting factors**

- 2.1 Influence of community
- 2.2 Facilities and Equipment
- 2.3 Scheduling Patterns

##### **Developmental characters of learner**

- 2.4 Psychomotor, cognitive and affective development
- 2.5 Classification of activities in physical education

##### **UNIT-III : Principles of planning and its Foundations**

- 3.1 Goal setting
- 3.2 Development of instructional objectives
- 3.3 Foundation of curriculum development and design, Philosophical, Psychological, Cultural, Sociological, Political, Biological and Educational

##### **UNIT-IV : Teaching styles and strategies**

- 4.1 Definition and Importance of teaching styles
- 4.2 Factors in selection of teaching style
- 4.3 Importance of communication skills, Effective presentation and effective demonstration

##### **UNIT-V : Development of programme and Evaluation in physical education-**

- 5.1 Kindergarten, Elementary, middle school, College and University
- 5.2 Special Institution, Technical school, Orphan hostel, Physical challenge and Mentally retarded children

##### **Evaluation:**

- 5.3 Role of evaluation in physical education
- 5.4 Type of evaluation, informal evaluation, Objectives and subjective evaluation, Norm reference evaluation.

##### **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 game 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	5 marks
4) Project report	5 marks
<b>Total</b>	<b><u>30 marks</u></b>

**The contents of the game are below.**

History of the game, Measurement and preparation of the field, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, System of play, Rules and regulations of game, Method of coaching, Officials and their signals, Modern trends in the game, Latest record of the game awards.

The student will submit the project to game incharge in hard 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 5 Marks	Project Report 5 Marks	Total 30 Marks

Place : \_\_\_\_\_ Signature of External Examiner

Date : \_\_\_\_\_ Signature of Internal Examiner

**M.P.Ed (3 rd Sem.)**

(Effective from the Academic Session 2012-2013)

**PAPER-VIII****SPORTS MEDICINE****UNIT-I : Introduction:**

- 1.1 Meaning and concept of sports medicine
- 1.2 Aims & objectives of Sports medicine
- 1.3 Need & scope of sports medicine in physical education & sports sciences
- 1.4 History of sports medicine in India & abroad
- 1.5 Concept of athletic trainer & sports physician
- 1.6 Role of physical education teacher/ coaches in athletes card & rehabilitation

**UNIT-II : Injury in Sports:**

- 2.1 Definition of macro & micro trauma, Tissue response to stress, Inflammation & steps of wound healing, sex problems in athletics
- 2.2 Low back and neck problems and their management
- 2.3 Common regional injuries (Head, Neck, Face, Thorax, Abdomen, Pelvis, Upper & Lower limbs and joints)
- 2.4 Overuse problems and their management, sports medical problems of Athletes and their rehabilitation.
- 2.5 Injuries in: Football, Track & Field, Wrestling, Weight lifting, Judo, Boxing, Gymnastics & Basketball.

**UNIT-III : Therapeutic Modalities & Rehabilitation:**

- 3.1 Brief description of therapeutic modalities & their uses in rehabilitation
- 3.2 Forms of Hydrotherapy and Thermo therapy, Hydrocollateral packs, Whirlpool, Contrast & Paraffin bath, Infra-red, Short wave Diathermy and Ultra sound, electrical muscle stimulator, Dialups and laser therapy & their indications and Contra indications
- 3.3 Definition, concept & approaches of athletic rehabilitation
- 3.4 Role of ice in treatment of sports injuries

**UNIT-IV : Fitness exercises on Pregnancy & aging:**

- 4.1 Fitness exercises and Pregnancy
- 4.2 Advantage & disadvantages exercise before, during & after pregnancy
- 4.3 Common old age problems (arthritis, Heart diseases & Diabetes) and role of Exercises for their rehabilitation.
- 4.4 Concept of health club, Sauna, Steam & Jacuzzi bath & therapeutic specific massage

**UNIT-V : Doping and Athletic Nutrition:**

- 5.1 Definition, classification, sign and symptom of doping, abuses of drugs, role of management & Coaches in controlling doping problems
- 5.2 Concept of WADA & NADA
- 5.3 Aims, objectives & functions of WADA
- 5.4 Factors affecting on athletes diet, planning & justification of diet for different sportsperson

- 5.5 Mall Nutrition amongst athletes & its management, role of water & Vitamin-B of athlete
- 5.6 Massage ó Types & techniques of massage, Use of massage for remedial purpose

**REFERENCES:**

1. Reider Bruce, ðSports Medicineö (W.B. Saunders Company: A division of Hurcourt Brace & Company, Philadelphia 1996.)
2. Million B. Morris ðOffice Sports Medicineö (Hanley & Belfins Inc. Philadelphia, 1996).
3. Scuderi K. Giles anu MC. Cann D tæicr Sports ivieucinne A comprehensive approachö (Elsevicr Mosby, Burtis Center, Philadelphia, 2005).
4. Scurderi R. Giles. Mc cann D. Peter and Brun J. Peter -Sports Medicine: Principles of Primary Curcö(Moshy A Ilarcourt Health Sciences Company St. Louis. 1997).
5. Upprian Werier ðPhysical Therapy for sportsö (W.B. Saunders Company A. Division of liar courts Brace & Company. Curtis Centers Philladelfia. 1995).

**PAPER IX**  
**HEALTH EDUCATION**

**UNIT-I : Health:**

- 1.1 Concept of Health
- 1.2 Spectrum of health
- 1.3 Various level of health care in India
- 1.4 Role of Heredity and Environment in achieving positive health
- 1.5 Medical care in Rural and Urban areas

**Health education**

- 1.6 Meaning of health education
- 1.7 Aims and contents of health education
- 1.8 Principles of health education
- 1.9 Latest trends in health education
- 1.10 Communication in health education
- 1.11 Audiovisual Aids and Methods for Individual, Group and Mass approaches of health education.

**UNIT-II : School health services and School health Programme**

- 2.1 Meaning and objectives of school health services and school health programmes

**Aspects of school health services :**

- 2.2 Health appraisal
- 2.3 Medical examination
- 2.4 Medical checkup
- 2.5 Common childhood diseases and their control
- 2.6 First aid
- 2.7 School health records

**Healthful school environment-**

- 2.8 Meaning of healthful school environment
- 2.9 Points to be kept in mind for healthful school environment
- 2.10 Role of physical education teacher in relation to school health services and healthful School environment

**UNIT-III: Nutrition and Nutritional diseases**

- 3.1 Meaning Food, Nutrition and Nutrients
  - 3.2 Brief description of different nutrients and their role
  - 3.3 Balanced diet
- Nutritional diseases :**
- 3.4 Food hygiene
  - 3.5 Malnutrition, Food adulteration and food additives

**UNIT-IV : Community and Environmental sanitation**

- 4.1 Housing, Water pollution, air pollution, noise and temperature and their Problem on Health
- 4.2 Population policy, Population dynamics and Population explosion
- 4.3 National family welfare programme
- 4.4 Sex education
- 4.5 Drugs and Alcoholism on health

**UNIT-V : Communicable and Non Communicable diseases**

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

**Non Communicable diseases**

- 5.3 Meaning of Non communicable diseases
- 5.4 Brief description of the following Non communicable diseases and their Prevention:  
Heart diseases, Cancer and 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 Relationship of sports psychology to other sports science
- 1.3 Role of sports psychologist before, during & after competition
- 1.4 Importance of sports psychology for coaches, physical educator, sports administrator and sports persons

**UNIT-II : Cognitive process in physical activity;**

- 2.1 Meaning of cognition
- 2.2 Characteristics of cognitive process of sports
- 2.3 Role of sensation and perceptions thinking, imagination, and memory in physical activity.
- 2.4 Mental activity and its role of sports related goals.
- 2.5 Meaning of attention, Strategies of developing Attention

**Motivation and Emotion:**

- 2.6 Meaning of motive, need, attitudes and interest and its role in physical Education

- 2.7 Theories and techniques of motivation

**Emotions:**

- 2.8 Meaning and types of emotion, influence of emotions on level of aspiration and achievement
- 2.9 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 Stage of action regulation process
- 3.4 Factor affects Action regulation in sports

**Personality Issues in Sports:**

- 3.5 Meaning and theories of personality
- 3.6 Causes of personality difference among sports groups
- 3.7 Personality and sports performance

**UNIT-IV : Anxiety, Arousal and sports performance;**

- 4.1 Definition of anxiety, arousal and stress
- 4.2 Anxiety and arousal relationship
- 4.3 Role of arousal and anxiety in sports performance

**Aggression in Sports:**

- 4.4 Concept and causes of aggression in sports
- 4.5 Role of aggression in sports performance
- 4.6 Methods of controlling aggression

**Sociological Aspect of Sports:**

- 4.7 Meaning and theories of leadership
- 4.8 How to increase the influence /power of the leader

**Cohesion in sports;**

- 4.9 Defining group cohesion
- 4.10 Factors affecting group cohesion

**UNIT V: Spectators and sports Performance:**

- 5.1 Types of spectators
- 5.2 Causes of spectators influence on performance

**Psychological Preparation for competition:**

- 5.3 Definition of competition
- 5.4 Psychological aspects of long term and short term training preparation for Competition

- 5.5 Relaxation Techniques: Autogenic, Progressive, Relaxation and meditation
- 5.6 Activation Techniques: Mental Imagery, Pep talk and Self verbalization

**Morale & Ethics Issues in Sports:**

- 5.7 Moral & Ethics in sports

**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. Cratty, 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 Routledge 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 Deaniel 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 (Sports Medicine) :**

Following Experiment to be conducted and Experiment Note Book be maintained.

**Contents:**

Pulse rate, Heart rate, Blood Pressure, Heamoglobin, Vital Capacity and Anthropometric measurements.

**External Examination : 30 Marks**

**Marks Distribution :**

- 1) Conduct of tests (two) : 20 Marks  
(each test 10 Marks)
- 2) Practical Note Book : 05 Marks
- 3) Viva-Voce : 05 Marks

**Practical Examination (Sports Psychology) :**

Following Experiment to be conducted and Experiment Note Book be maintained.

**Contents:**

Reaction time, Hand eye coordination test, Stability Platform test, Finger Dexterity test, Depth Perception test, I.Q. test, Motivation, Anxiety test, Attitude test & Personality Profile test.

**External Examination: : 20 Marks**

**Marks Distribution :**

- 1) Conduct of test (one) : 10 Marks
- 2) Practical Note Book : 05 Marks
- 3) Viva-Voce : 05 Marks

**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 Sport as a social phenomenon
- 1.3 Sociological analysis of sport and sports sociology
- 1.4 Social factors and their influences on participation and performance in sports.

**UNIT-II : Sports and micro and macro social system**

- 2.1 Study of sports groups
- 2.2 Group interaction, competition & co-operation
- 2.3 Behaviour, characteristics, qualities and future sport leaders

**Sport macro social system**

- 2.4 Relationship between sport and socialization institution
- 2.5 Inter-relationship between and regulating institution (politics and economy)
- 2.6 Socialization through games & sports

**UNIT-III : Sports and culture**

- 3.1 Sports and social institution
- 3.2 Sport as an element of culture and a culture 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 social reference to socio-economic classes and women
- 4.3 Sports 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 sports
- 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 & SPORTS****UNIT-I : Management**

- 1.1 Modern concept and scope of Management
- 1.2 Functions and Importance of Management
- 1.3 Qualities and responsibility of Manager
- 1.4 Base of philosophy in Management
- 1.5 Competency approaches and implementation in physical education and sports Management Progressive concepts of management
- 1.6 General Administration theories
- 1.7 Personnel and Material management, Management for instruction and activities programming.
- 1.8 Hierarchy of education administration in centre, State and Local authorities of India

**UNIT-II : Financial management in Physical education and Sports**

- 2.1 Financial management of education, sports in schools, Colleges and Universities
- 2.2 Cost Accounting and controlling

- 2.3 Funds, discretionary funds and Auditing
- 2.4 Criteria of a good Budget, Steps of budget preparation

**UNIT-III : Management and sports organisation**

- 3.1 Organisational management of Indian Olympic association, International Olympic Committee and sports authority of India.
- 3.2 Management of Physical education programme planning in schools, colleges and Universities
- 3.3 Problems on schools, colleges and Universities programme Management
- 3.4 Performance standard management
- 3.5 The reward and Punishment system

**UNIT-IV : Supervision in Physical education and sports**

- 4.1 Concept and techniques of supervision
- 4.2 Principles and functions of Supervision
- 4.3 Personality trait of Supervision
- 4.4 Nature, need and concept of Evaluation, Follow-up
- 4.5 Role of evaluation in the field of management

**Leadership**

- 4.6 Concept and importance of leadership
- 4.7 Qualities and role of leadership in physical education and sports
- 4.8 Leadership in communication and Global context

**UNIT-V : Marketing, Sponsorship and Future trends of Management**

- 5.1 Concept of Marketing,
- 5.2 Marketing management of competitive sports
- 5.3 Factors effecting on marketing programme
- 5.4 Advertisement and Multimedia
- 5.5 Role of sponsorship in sports management
- 5.6 Concept and need of system approach and its implementation in physical education and sports

**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.

**M.P.Ed. : IVth 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) Hockey
- 2) Badminton
- 3) Basket Ball
- 4) Hand Ball
- 5) Kho-Kho
- 6) Athletics

**Score Sheet I:**

**Lesson on specialized Game**

Roll No.	Lesson Plan	Teaching Ability	Presentation of Lesson	Students Creativity/ Ability	Total
	5 Marks	15 Marks	15 Marks	15 Marks	50 Marks

Place:

Signature of Examiner

Date :



**Score Sheet II:****Consolidation Score Sheet of Game**

Roll No.	First Examiner 50 Marks	Second Examiner 50 Marks	Total 100 Marks	Out of 50 Marks

Place:

Signature of External Examiner

Date :

Signature of Internal Examiner

\*\*\*\*\*