

** Department of Physical Education **

University of Pune

Syllabus for M.Ed. (Physical Education)



“ Play as if your Life depends on it..”

Semester and Credit System

Department of Physical Education

Near Administration Building,

University of Pune, Pune – 411007

Contact No. : 020 – 25601281 / 020 – 25690343

E-mail : dpe@unipune.ac.in / dpeadmin@unipune.ac.in

Website : www.unipunedpe.in / www.unipune.ac.in

General Instructions :

- 1) In semester I, II, III & IV the first two courses (PE-101, PE-102, PE-201, PE-202, PE-301, PE-302, PE-401, PE-402) are compulsory.
- 2) Out of the list of optional courses in the semesters two courses each are to be offered.
- 3) A student has to successfully complete 16 courses for the masters degree.
- 4) A student can choose all the 16 courses in the Department of Education & Extension or 14 courses in Department of Education & Extension and 2 courses in any other Department/s as interdisciplinary courses to complete his M.Ed. Physical Education courses.
- 5) Dissertation and open course in addition to a wide range of options the syllabus provides for
 - i) Dissertation and
 - ii) Open course.

The facility of Dissertation provides for students interests in doing research on the topic of his / her choice. The topic and the plan of the dissertation is decided in consultation with of faculty member and is approved by the Departmental committee. The departmental committee considers the applications of the students to write a dissertation in view of the merits of the student and his / her research plan.

The facility of an Open course provides for presentation of a faculty members current research mainly in order to acquaint the student with some developing areas of research. The syllabus of the open course is prepared by the teacher and approved by the departmental committee before the course is offered by the department for the respective semester.

- 6) The lists of reading and references will be updated by the department and by the respective teachers from time to time.

Rules & Regulations

The M.Ed. Physical Education degree will be awarded to a student who completes a total of 64 credits (4 x 4 =16 credits per semester) in a minimum of two years taking 04 courses per Semester.

Each paper will be of 4 credits, the evaluation of which will be decided by the teacher. 04 credits Course will have 100 marks.

A student may take a minimum of 56 credits and a maximum of 64 credits in his / her department.

In case a student wishes to take all courses from the department of registration he / she can also do so.

Eligibility for registering for courses other than the department of registration will be decided by the department.

Each course will have

1. 50 % of marks as semester end examination
2. 50 % marks for internal assessment

Each core unit will have an internal (continues) assessment of 50 % of marks and a teacher may select a minimum of two of the following procedures:

- Written Test
- Term Paper
- Mid Term Test
- Journal / Lecture / Library Notes
- Seminar Presentation
- Short Quizzes
- Assignments
- Extension Work

- ❖ To pass a student shall have to get minimum aggregate 30% marks in each head of passing (i.e. Internal assessment and semester end examination) and minimum aggregate 40% marks in each course.
- ❖ Revaluation of the end of semester and exam answer scripts but not of Internal assessments paper according to Ordinance No. 134 A & B.
- ❖ Internal assessment answer book may be shown to the students concerned but not the semester - end examination answer scripts.
- ❖ While marks will be given for all examinations, they will be converted into grades. The Semester end and final grade sheets and transcripts will have only grades and grade-points average.
- ❖ To pass a student shall have to get minimum aggregate 40% marks (E and above on grade point scale) in each course.
- ❖ The system of evaluation will be as follows: Each assignment/ test will be evaluated in terms of marks. The marks for separate assignment and the final (semester end) examination will be added together and converted into a grade and later grade point average. Results will be declared for each semester and the final examination will give total marks, grades, grade point average.

<u>Marks</u>	<u>Grade</u>	<u>Grade point</u>
75 to 100	O : Outstanding	06
65 to 74	A : Very Good	05
55 to 64	B : Good	04
50 to 54	C : Average	03
45 to 49	D : Satisfactory	02
40 to 44	E : Pass	01
00 to 39	F : Fail	00

The formula for conversion of Grade point average (GPA) into the final grade

05.00	-	06.00	-	O
04.50	-	04.99	-	A
03.50	-	04.49	-	B
02.50	-	03.49	-	C
01.50	-	02.49	-	D
00.50	-	01.49	-	E
00.00	-	00.49	-	F

$$\text{GPA} = \frac{\text{Total Amt. Of Grade Points Earned} \times \text{Credits hrs. for each course}}{\text{Total Credit Hours}}$$

- ❖ If a student misses an internal assessment examination he/she will be given second chance with permission of the teacher concerned.
- ❖ Students who have failed and who have been absent for the entire course may reappear at the semester-end exam. Their internal marks will not change. S/he can also repeat during the 5th / the 6th semester whichever is applicable.
- ❖ The description for each of the grades will be as follows:

<u>Grades</u>	<u>Proposed Norms</u>
O : Outstanding	Excellent Analysis of the topic Accurate knowledge of the primary material, wide range of reading, logical development of ideas, originality in approaching the subject, neat and systematic organization of content, elegant and lucid style.
A : Very Good	Excellent Analysis of the topic Accurate knowledge of the primary material, acquaintance with seminal publication, logical development of ideas, neat and systematic organization of content, effective and clear expression.

B : Good	Good analysis and treatment of the topic Basic knowledge of the primary material, logical development of ideas, neat and systematic organization of content, effective and clear expression.
C : Average	Some important points covered basic knowledge of the primary material, logical development of ideas, neat and systematic organization of content, good language or expression.
D : Satisfactory	Some points discussed basic knowledge of the primary material, some organization, acceptable language or expression.
E : Pass	Any two of the above
F : Fail	None of the above

- ❖ There will be an evaluation of each course by the students at the end of every semester.

Academic integrity and Plagiarism

It is the department task to encourage ethical scholarship and to inform students and staff about the institutional standards of academic behavior expected of them in learning, teaching and research. Students have a responsibility to maintain the highest standards of academic integrity in their work. Students must not cheat in examination or other forms of assessment and must ensure they do not plagiarise.

The Department has adopted the following definition of Plagiarism:

Plagiarism is the act of misrepresenting as one's original work, the ideas, interpretations, words of creative works of another. These include published and unpublished documents, designs, music, sound, image, photographs, computer codes and ideas gained through working in a group. These ideas, interpretations, words or works may be found in print and / or electronic media.

The following are the examples of plagiarism where appropriate acknowledgement or referencing of the author or source does not occur:

- ❖ Direct copying of paragraphs, sentences, a single sentence or significant part of a sentence;
- ❖ Direct copying of paragraphs, sentences, a single sentence or significant part of a sentence with an end reference but without quotation marks around the copied text;
- ❖ Copying ideas, concepts, research results, computer codes, statistical tables, designs, images, sounds or text or any combination of these;
- ❖ Paraphrasing, summarization or simply rearranging another persons words, ideas, etc without changing the basic structure and/or meaning of the text;
- ❖ Offering an idea or interpretation that is not one's own without identifying whose idea or interpretations it is;
- ❖ A 'cut and paste' of statements from multiple sources;
- ❖ Presenting as independent, work done in collaboration with others;
- ❖ Copying or adapting another student's original work into a submitted assessment item.

List of the courses offered by the Department

Compulsory Courses :

- Research Methodology and Statistics
- Research Methodology and Statistics in Physical Education and Sports.
- Fundamentals of Sports Training.
- Principles of Advance Coaching
- Measurements and Evaluation in Physical Education and Sports.
- Professional Preparation
- Practical Coaching assignment and Advance coaching lesson
- Dissertation

Optional Courses :

- Sports Biomechanics
- Kinetics of human motion / Qualitative Biomechanics
- Athlete's care and rehabilitation (Sports medicine)
- Exercise Physiology
- Sports Psychology
- Sports Sociology
- Health Education
- Sports Nutrition
- Management in Physical Education and Sports
- Health and Fitness Management
- Personality Development Program and Life Skills
- Yoga Science
- ICT
- Recreation and Leisure time management
- Open course
- Open course

SEMESTER – I

Compulsory Courses :

- PE – 101 : Research Methodology & Statistics
- PE – 102 : Fundamentals of Sports Training

Optional Courses : (any two of the following)

- PE – 103 : Kinetics of Human motion
- PE – 104 : ICT
- PE – 105 : Personality Development Program and Life Skills
- PE – 106 : Sports Sociology

SEMESTER – II

Compulsory Courses :

- PE – 201 : Research and Statistics in PE and Sports
- PE – 202 : Principles of Advance Coaching

Optional Courses : (any two of the following)

- PE – 203 : Sports Biomechanics
- PE – 204 : Health Education
- PE – 205 : Management in Physical Education and Sports
- PE – 206 : Yoga Science

SEMESTER – III

Compulsory Courses :

- PE – 301 : Measurement & Evaluation in PE
- PE – 302 : Practical Coaching Assignments and Advanced Coaching lessons

Optional Courses : (any two of the following)

- PE – 303 : Sports Nutrition
- PE – 304 : Athlete's care & Rehabilitation (Sports Medicine)
- PE – 305 : Exercise Physiology
- PE – 306 : Open course

SEMESTER – IV

Compulsory Courses:-

- PE – 401 : Professional Preparation and Curriculum construction in PE and Sports
- PE – 402 : Dissertation

Optional Courses:- (any two of the following)

- PE – 403 : Sports Psychology
- PE – 404 : Health and Fitness Management
- PE – 405 : Recreation and Leisure time management
- PE – 406 : Open course

PE – 101 : Research Methodology & Statistics

Credit – 1 : a) Concept , Types and Methods of Research
b) Formulation of Research problem

Credit – 2 : a) Hypothesis Formulation
b) Tools and Techniques for Data collection

Credit – 3 : a) Meaning of Statistics
b) Normal Distribution
c) Norms & Scaling of the tests.

Credit – 4 : Statistical Measures

- Measures of central tendency
- Measures of Variance
- Measure of Relationship

Books for Reference :

- ✓ Best , John W. **Research in Education**, New Delhi : Prentice Hall of India (P) Ltd. 1963.
- ✓ Campbell , William , G. **Form and Style in the Writing**, Brston : Houghteen Moffin company , 1954
- ✓ Good V. Carter and Scates, **Methods of Research**, Appleton – Century – Crofts : New yourk, 1954
- ✓ Mouly, George J., **The Science of Educational Research**, New Delhi. Eurasia Publishing house (P) 1963
- ✓ Blommers Paul and Lindquist, E. F. **Statistical Methods in Psychology and Education**, Calcutta : Oxford book Co. 1958
- ✓ Guilgord J. **Fundamental Statistics in Psychology education**, New York : Mograw hill book co.inc.1956
- ✓ Steel, robert G. D. and Torrie, James A. **Principals and Procedure of Statistic**, New Yourk, Grsm hill Booj Co. 1950

PE – 102 : Fundamentals of Sports Training

Credit – 1 : Sports Training

- Definition & meaning of the term Training, Conditioning and Coaching.
- Aim and Characteristics
- Principles of Sports Training

Credit – 2 : Training Load

- Features of Training Load
- Principles of Training Load
- Overload- Causes, Symptoms and Tackling of Overload

Credit – 3 : Training for Strength & Endurance

- Forms, Characteristics of Strength & Endurance.
- Principles of Strength & Endurance Training.
- Means & Methods

Credit – 4 : Training for Speed, Flexibility & Coordinative abilities

- Forms & Classification
- Means & Methods

Book for Reference :

- ✓ Harre, Dietrich, **Principles of Sports Training** (Berlin : sportelag (1982)
- ✓ Dick w. Frank, **Sports Training Principles** (London : Jecus Book, 1980)
- ✓ Jenson, R Clyne and Fisher A. G. **Scientific Basic of Athletics conditioning** (Phi;adelphia : Lea and febiger, 1979, Second Edition)
- ✓ Singh, R. **Sports Training. General Theory and Methods** (Patila : NSNIS, 1984)
- ✓ James Crossely, **Personal Training Theory & Praticce**, Hodder Arnold, 2006 (British Library)
- ✓ Arrayal Singh , **Science of Sports Training** . D.V.S. Publications New Delhi, 1991
- ✓ A.K. Uppal , **Principles of Sports Training** Friends Publications (India) 2001.
- ✓ fraink W. Dick , **Sports Training Principles** , A.& C . Black London , 2002.

- ✓ Chulich , **Circuit Training For All Sports** , Friend Publications (India) 2003.
- ✓ J. Hartmann , H. Tunnemenn , **Fitness and Strength Training for All Sports Theory Method , Programmes.** Friends Publication (India) 2000.
- ✓ K. Chandrashekar , **sports Training** , Vivak Thani Khel Sahitya Kendra, 2004
- ✓ Hartmann , **Strength Speed and Endurance For Athletes** , Friends Publications (India) 2003.

PE – 103 : Kinetics of Human motion

Credit – 1 : External Forces:- Its effect on the body & its movement

- a) Linear, Angular & General Motion
 - Distance & Displacement
 - Speed & Velocity
 - Acceleration
- b) Application of Newton's Laws of Motion
- c) Centripetal & Centrifugal Forces

Credit – 2 : a) Force, Friction & Pressure

- b) Work, Power & Energy
- c) Moment of Force & Inertia
- d) Levers

Credit – 3 : a) Freely falling bodies, Projectile, momentum & Impulse

- b) Stability- static & Dynamic
- c) Spin , Impact & Elasticity
- d) Fluid Mechanics, Air & Water resistance

Credit – 4 : Internal Forces: - Its effect on the Body & its Movement

- a) Mechanical Properties of Musculoskeletal System
- b) The skeletal System:- Bones & Joints
- c) The Muscular System:- Muscle structure and action & muscle contraction force.
- d) The nervous system: - Motor Unit, Receptors & Reflexes

Book for Reference :

- ✓ Viadimir M. Zatsiorsky, **Kinetics of Human Motion**, Human Kinetics 2002
- ✓ William C. Whiting & Stuart Rugg, **Dynatomy-Dynamic Human Anatomy**. Human Kinetics 2006
- ✓ A K Uppal & V. Lawrence, **Kinesiology in Physical Education & Exercise Science**, Friends Pub. India,2004.
- ✓ 4. Robert S.Behnke, **Kinetic Anatomy**, Freinda Pub. 2006

PE – 104 : Information and Communication Technology

Credit – 1 : Working with Multimedia

- Using Point
- Logo
- Creative Presentation with Power Point

Credit – 2 : Creating, editing, formatting, word document

- Creating Tables
- Creating worksheets in Excel
- Creating Publications with Publisher

Credit – 3 :

- Working with Internet
- Serenity Web
- Searching data online

Credit – 4 :

- Building web page with front page
- Communicating with E-mail
- Computer Technology & Security
- Application software for sports management

Books & Web sites Reference :

- ✓ **Partners in Learning**, Project shiksha core Text book, Microsoft
- ✓ **Intel Tech to future booklet Intel Asia incorporation**, Bangalore
- ✓ Pankaj S., **The World of Internet**, APH Pub. Corporation, New Delhi
- ✓ www.microsoft.com/india/education/pil
- ✓ www.educationonindia.net
- ✓ www.learninglinksindia.org
- ✓ www.cemca.org

PE – 105 : Personality Development Program (PDP) & Life Skills

- Credit – 1 :**
- a) Personality: Concept & Importance of PDP
 - Presenting one self -Body Language, Dress code
 - Leadership skills
 - b) Time management
 - c) Personal Hygiene & Grooming
 - d) Development Of positive attitude
 - e) Boosting Self- confidence

- Credit – 2 :** Communication Skills
- General English (Spoken)
 - Writing (Letters, Applications, Notice, Minutes, Poster , Resume)
 - Voice Culture
 - Telephone Manners
 - Handling Group Discussions
 - Mock Interviews
 - Participation in Debate & Extempore

- Credit – 3 :**
- a) Life skill- Introduction, need & Importance
 - b) Self awareness and appropriate social interactions
 - c) Decision making & problem solving.
 - d) Functional reading & research

- Credit – 4 :**
- a) Self management and stress management skills
 - b) Awareness of personal and community safety issues
 - c) Nutritional concept
 - d) Awareness of community service providers
 - e) Basic home sanitation and maintenance

Book for Reference :

- ✓ UNESCO, **Life skills in Non-formal Education**, UNESCO & INC New Delhi.
- ✓ www.hs.sportsylvania.k12.va.us

- ✓ Shaffer, D. **Social and Personality Development**, Belmont, CA Wadsworth/Thomas learning.
- ✓ Shaver, P. **Living Styles May be Determined in Infancy**, APA Monitor Washington
- ✓ Cartledge, G. **Teaching Social Skills To Children And Youth-Innovative Approach**, Boston MA: Allyn And Bacon.

PE – 106 : Sports Sociology

Credit – 1 : Introduction

- Nature, Scope & Methods of Sociology
- Sport as a Social Phenomenon &
- Social factors & its influence on Participation and performance in sports

Credit – 2 : Sports and Micro Social Systems

- Sports groups
- Group interaction, competition & co-operation
- Behavior Characteristics, Qualities.
- Role of Sport leaders

Credit – 3 : Sports and Macro Social Systems

- Relationship between sport & socializing Institutions (Family, School etc)
- Inter-relationship between regulating Institutions (Politics & Economics)
- Sport & Cultural Institutions (Religion & Art)
- Socialization through Games & Sports

Credit – 4 : a) Sports and Culture

- Sports as Social Institutions
- Sports as an Element of Culture & cultural Product
- Manipulative Socialization and coerced conformity

b) Social Factors concerning sports in society

- Social Stratification
- Discrimination & democratization in sports
- Sports Aggression & Violence in sports
- Problems regarding Professionalization & children in sports.

Book for Reference :

- ✓ Loy John W. Kenyan, Gerald S. and Mopherson, Barry D., **Sports culture & Society** , Philadelphia: Lea & Fabiger, 1981
- ✓ Ball, Denald W.and Loy John W., **Sports and social order contribution to the sociology of sports**, London Addision Wesley Pub. Co. 1975
- ✓ Loy John & W. Mc Pherson , **Sports and Social system**, London Addision Wesley Pub. Co. 1978
- ✓ Edwerd & Larry, **Sociology of Sports**, Illinois, the dorsi press 1973.

PE – 201 : Research and Statistics in PE and Sports

Credit – 1 : a) Need & importance of Research and Statistics in PE & Sports
b) Review of related literature

Credit – 2 : a) Population and Sampling Techniques
b) Design of the study

Credit – 3 : a) Analysis & Interpretation of Data
b) Procedure of Report writing

Credit – 4 : Formulation and Presentation of Research Proposal

Book for Reference

- ✓ Donald H. McBuray ' **Research Methodology** " friends Publications , New Delhi, 5th Edi.
- ✓ D.K. Bhattacharyya " **Research Methodology** " Excell Book , New Delhi .
- ✓ D.S. Shriram Krishanan " **Statistics for Physical Education** , Friends Publications , New Delhi .
- ✓ S.R. Sharma : " **Research Methodology In Physics Education :** " Friends Publications (Ind) New Delhi .
- ✓ A.M. Moorthy : **Research Methods in Physical Education** , Friends Publications (India) new Delhi.
- ✓ Willam J. Vincent : " **Statistics in kinesiology Human Kinetics** .
- ✓ John W, Best . & Jems V. Kahar " **Research in Methodology in Education** " (9th edition) Prentice Hall of India . New Delhi .

PE – 202 : Principles of Advance Coaching

- Credit – 1 :**
- a) Technical Training
- Definition of skill, technique and Technical training
 - Characteristics of technique
 - Methods of technique training
 - Causes and correction of faults
- b) Tactics & Strategies
- Definition of tactics & strategy
 - Basic tactical concepts (offensive, defensive etc.)
 - Methods of tactical training
 - Control of tactical Knowledge
- Credit – 2 :**
- a) Planning & organization of training.
- Importance & principles of Planning
 - Periodization
- b) Competition planning and preparation
- Importance of competition
 - Frequency of the competitions
 - Main & Build-up competitions
 - Direct preparation for an important competition
- Credit – 3 :**
- a) Evaluation of training
- b)Talent Identification
- Importance & Procedure
 - Various schemes of Talent Identification in India.
- Credit – 4 :** Preparation and presentation of training schedule for Advance coaching assignment.

Book for Reference :

- ✓ Roy A. Clumpher , ' **Sport Progressions : Includes 256 Activities & Lead up Games . (Human Kineties)** western Washinton University , 2003.
- ✓ Hardayal Singh , **Science of Sports Training .** D.V.S. Publication , New Delhi, 1991
- ✓ A.K. Uppal , **Principles of Sports Training** friends Publications (India) 2003.
- ✓ Frank W. Disk , **sports Training Principles ,** A& C. Black : London , 2002.
- ✓ Dr. P. channappa Reddy , **Scientific Principles of Coaching Publications (I)**
- ✓ Bunn, John W. , **Scientific Principles of coaching,** Englewood Cliffs N.J. Prentice hall 1981

PE – 203 : Sports Biomechanics

- Credit – 1 :**
- a) Definition & meaning of Sports Biomechanics
 - b) Need and Importance of Biomechanics in PE & Sports
 - c) Organization of Mechanics
 - d) Basic dimensions & units of measurement used in Mechanics

- Credit – 2 :**
- a) Movement Analysis
 - Kinesiological Analysis
 - Mechanical Analysis
 - Biomechanical Analysis
 - b) Video Film Analysis
 - c) Tools for Biomechanical Analysis

- Credit – 3 :** Analysis of Fundamental Skills:
- Walking
 - Running
 - Throwing
 - Lifting
 - Pulling
 - Pushing
 - Catching
 - Climbing

- Credit – 4 :** Analysis of Sports Skills of the following :
- Athletics
 - Gymnastics
 - Swimming
 - Football
 - Hockey
 - Basketball
 - Cricket

Book for Reference :

- ✓ William C. Whitting , Stuart Rugg, **Dynatomy- Dynamic Human Anatomy**, Friends Pub. 2006
- ✓ Peter McGinis **Biomechanics of sports and exercise**, Friends Pub. 2005
- ✓ T. McClurg Anderson, **Biomechanics of Human Motion**, Lokesh Thani Sports Pub. 2003
- ✓ Vijayalakshmi, **Biomechanics of body Movements in sports**, Vivek Thani Khel Sahitya Kendra 2005
- ✓ Bunn, John W. , **Scientific Principles of coaching**, Englewood Cliffs N.J. Prentice hall 1981
- ✓ Hay James G., **The Biomechanics of Sports techniques** , Englewood Cliffs N.J. Prentice hall 1981

PE – 204 : Health Education

- Credit – 1 :**
- a) Concept of Health & Health education
 - b) Health Education-Aims, Principles, Contents and Methods
 - c) Levels of Health Care in India, 3-Tier system of health care
 - d) Positive health : Meaning & Spectrum
 - e) Role of Heredity & Environment

- Credit – 2 :**
- a) Nutrition :
 - Proximate Principles
 - Balance diet
 - Malnutrition
 - b) Ill effects of Smoking, Drugs and Alcohol
 - c) School Health services & Program
 - Aspects
 - Role of the P. E. Teacher, Principal and Doctor

- Credit – 3 :** Community & Environmental Health
- Pollution:- Its causes & effect on health
 - i. Air Pollution
 - ii. Water Pollution
 - iii. Noise Pollution
 - Occupational Hazards
 - Housing
 - Population :- Policy, explosion, dynamics & family welfare program

- Credit – 4 :**
- a) Epidemiology of Communicable Disease
 - Small & Chicken Pox
 - Tuberculosis
 - Measles & Mumps
 - Malaria, Dengue and Chickengunia
 - Rabies, Jaundice & Yellow fever
 - H1N1 (Swine Flu)

b) Epidemiology of Non-Communicable Disease

- Coronary Heart Disease (CHD)
- Cancer
- Diabetes
- Hypertension

a) Sexually Transmitted Diseases (STD)

Book for Reference :

- ✓ Park J.E. Park K. **Text Book of preventive and social Medicine** (Jabalpur :
Message Banarasidas Bhanet 1980) Edn.8
- ✓ Turner , C.E. The **School Health and Health Education** (st. Louis : The C.V.
Mosby Co .1952) Edn.2
- ✓ Bedi , Yashpal , **Social and preventive Medicine** (Delhi : Atamaram & Sons
1983)
- ✓ Ghosh B.N. **A Treaties of Hygiene and Public Health** (Calcutta : Scientific
Publication Co . 1952) Edn.2.
- ✓ Hamlon J . John . **Principles of Public Health Administration** (st. Louis : C.
Mosby Co. 1969) Edn.5.

PE – 205 : Management in Physical Education and Sports

Credit – 1 :

- a) Concept of Management, Philosophical & Historical Background.
- b) Terminology in modern management & Applicable models of management
- c) Competency based approaches and implementation in PE & Sports
- d) Problems in management

Credit – 2 :

- a) Management of sports at school, college & Universities
- b) Management of Physical education Program
- c) International & Indian Olympic Associations (IOC & IOA)
- d) Sports Authority of India (SAI)

Credit – 3 :

- b) Hierarchy of Education Administration at Central & State Level
- c) Responsibilities & training of general Administrator
- d) Supervision- Techniques, Functions & Evaluation

Credit – 4 : Event Management

- a) Planning & Organization
- b) Marketing & Sponsorship
- c) Advertising & mass media
- d) Follow –up

Book for Reference:

- ✓ Prof. Jose James, Dr. G.P. Gautam **Administration Of Physical Education** Frinds Publications [India]
- ✓ K. Chandrashekar **Sports Administration** Vivek Thani Khel Sahitya Kendra
- ✓ Dr. Rameshwari Devi, Dr. Iswar Singh, Dr. Sultana Khan **Management Of Sports and Physical Education** Frinds Publications [India]

- ✓ Dr. Akhilesh Sharma, Dr. Rakesh Gupta, Dr. H.R. Lunge **Techniques Of Supervision In Physical Education** Friends Publications [India]
- ✓ Earle F. Zeiglet & Garry W. Bowie . **Management Competency Development in Sports and Physical Education** (9 Philadelphia W. Lea and Febiger 1993)
- ✓ Joseph Bucher and Earnest Koenigerberg , **Scientific inventory Management** (New Delhi : Prentice Hall of India Pvt. Ltd. 1968)
- ✓ Ashton D. **Administration of Physical Education for Woman** (New York : The Ronald press C. 1968)
- ✓ Bucher C.A. **Administration of Physical Education and Athletic Program** (st. Louis : The C.V. Mosby co. 1979) 7th Edition.
- ✓ Daughtery G. and Woods J.D. **Physical Education and Intramural Programs : Organization and Administration** (Philadelphia U.S.A. W.B. Saunders Co. 1976) 11th ed.
- ✓ Fersythe C.E. and Duncan R.C. **Administration of Physical Education** (New Yourk : Prentice Hall Incl. 1951)

PE – 206 : Yoga Science

- Credit – 1 :** a) Concept & History of Yoga
b) Anatomy & Physiology of Yogic exercises

- Credit – 2 :** Traditional Yoga
- Literature of Yoga (Yoga sutra, Gita, hathapradipika etc.)
 - Vital points of the body & Panchikarana prakriya
 - Limbs Of Yoga
 - Kumbhkas:- Meaning & types
 - Asthang Yoga (awakening of the Kundalini, Nada, chakra, Pratyahara, Dharna, Dhyana, Samadhi)
 - Mudras & Bandhas
 - Satkarma & Siddhis

- Credit – 3 :** Yoga & Mental Health
- Mental health & Hygeine: Yogic & Medical perspectives
 - Yoga & Modern psychology, Concept of normality.
 - Emotional Disorders, Conflicts, Frustration
 - Personal & interpersonal adjustments through yoga
 - Yamas. Niyamas,Asanas & Pranayams : its contribution to Physical & Mental health.
 - Prayer- Its significance in yogic Practices

- Credit – 4 :** a) Yoga Health & Fitness
- Meaning, Yoga dimensions of health related fitness
 - Role of Nostril dominance in Brain function & activity
 - Scientific reasoning behind the Various Asanas.
 - Mechanism of Yoga , Diet for preventive & Curative aspects of health
 - Researches done in Yoga :- An overview
- b) Practical Training
- Demonstration and Performance of Yogic Practices
 - Practice of Yoga Teaching

Book for Reference :

- ✓ B.K.Ayenger , **Yog Deepika**, Orient Longman Pvt. Ltd. Mumbai
- ✓ Swami S.S. , **Asana, Pranayam, Mudra Bandha**, Bhargava Bhushan Press, Varanasi
- ✓ Gore M.M., **Anatomy & Physiology of Yogic Practices**, Kanchan prakashan
- ✓ Ross K., **The Mannual Of Yoga**, Rupa & Co.
- ✓ Swami Kuvalayananda, **Yogic Therapy –Its basic Principles and Methods**, CHEB New Delhi

PE – 301 : Measurement & Evaluation in PE

- Credit – 1 :** a) Concept of Measurement & Evaluation
b) Selection & construction of test.
c) Classification of test
- Credit – 2 :** Meaning and assessment of Physical fitness, Motor fitness, Motor ability & Motor educability
- Credit – 3 :** a) Testing of skills of various sports & games
b) Testing of psychological Variables
- Credit – 4 :** a) Anthropometric measurements & Somatotype
b) Test & measurement assignment.

Book for Reference

- ✓ Charles Harold Mc Cloy **“Health and Physical; Education”** Friends Publication, 2004.
- ✓ Dr. Shyamal Koley , Dr. Jaspal Sandhu **“An Introduction to Kinanthropometry”** Friends Publication, 2005
- ✓ Dr Devender K.Kansal **“In Sports and Physical Education”** D. V. S. Publications 1996
- ✓ Sonawane Sanjeev, **Manual of Fitness Testing**, Friends Publication.
- ✓ Larson, L. A. and Yown, R. D. **“Measurement and Evaluation in Physical, Health and Recreation Education”** (st. Louis, C. V. Mosby Co. 1975)
- ✓ Mathwe, Donald K. **“Measurement in Physical Education”** (London : W. B. Saunders Co. 1973) End 5
- ✓ Clarke, H. David and Clarke Harison, H. **“Application of Measurement to Physical Education”** (Englewood-cliffs, Parentice Hall, Inc. 1987) End 6
- ✓ Hubbard W. Alfred (Ed) **“Research Method in Health Physical Education and Recreation, 3 Revision Edn.”** (Washington : D. C. America Associates of Health Physical Education and Recreation 1973)
- ✓ Larson L. A., **“Encyclopedia of Sports Sciences and Medicine”** (New yourk : Macmilan Co. 1971)

- ✓ Bosco S. James and Gustafson F. William, **“Measurement and Evaluation in Physical Education, Fitness and Sports”** (New Jersey : Englewood Cliffs, Prentice hall, 1983)
- ✓ Philips D. Allen and Honark E. Jems, **“Measurement and Evaluation in Physical Education”** (9 Philadephia : Lea febiger, 1979) Edn. 3
- ✓ Arrow, M. Harold and Mcghee, Rosemary **“A Practical Approach to Measurement in Physical Education”** (Philadelphia : Lea and Febiger, 1989)
End 3
- ✓ Cohnson L. Barry and Netson K. Jack **“Practical Measurement for Evaluation in Physical Education Ist Indian Reprint”** (Delhi, Surjeet Publication, 1991)
- ✓ Sodhi, H. S. **“Anthropometry (A Kinathropometric Approach) ANOVA** Publication, 1991

PE – 302 : Practical Coaching Assignment &
Advance coaching lessons

Each student should coach a team in his specialized sport/ game and submit its report along with training schedule.

Each student will conduct 4 advance coaching lessons in his specialized sport/ game.

PE – 303 : Sports Nutrition

Credit – 1 : Sports nutrition –

- Introduction & Guidelines
- Impact of Science and Technology
- Digestion Process
- Nutritional Disorders

- Credit – 2 :
- a) Energy systems
 - b) Cardiovascular integration & O₂ Utilization for Exercise
 - c) Muscle anatomy & Physiology

- Credit – 3 :
- a) Body Fuels
 - Carbohydrates
 - Fat/Lipids
 - Proteins
 - Vitamins & Minerals
 - b) Role of Water (Dehydration & Re hydration over hydration)
 - c) Micro-nutrients
 - d) Appropriate Diet Before, during & after the Competition

- Credit – 4 :
- a) Body composition & Weight Management
 - b) Energy Balance
 - c) Fluids & temperature regulation
 - d) Nutritional Assessment

Book for Reference :

- ✓ Manore M and Thompson J. 2000. **Sport Nutrition for Health and Performance. Human Kinetics**, Windsor, ON. ISBN: 9780873229395.
- ✓ Mark Kern, **Sports Nutrition**, Tayloy & Francis Group 2005
- ✓ Carolyn D. Berdanier, CRC Desk **Reference for Nutrition**, CRC Press 1998
- ✓ Judy A. Driskell & Ira Wolinsky, **Sports Nutrition**, friends Pub. 2006
- ✓ James Groff, **Advanced Nutrition and Human metabolism**, Wadsworth 2000.

PE – 304 : Athlete’s care & Rehabilitation
(Sports Medicine)

- Credit – 1 :**
- a) Introduction- History, concept, aim & objectives and need & importance
 - b) Role of Physician, Athlete trainer and coaches
 - c) Team Medical Care – Concept & approaches.

- Credit – 2 :** Injury and Tissue Response :
- Micro & macro trauma
 - Tissue response to stress
 - Inflammation and different steps of wound Healing
 - Overuse Trauma.
 - Common regional injuries & their management (head, neck, face, thorax, abdomen, Pelvis, Upper & lower limbs)

- Credit – 3 :** Therapeutic Modalities & Rehabilitation
- Hydrotherapy, Cryotherapy
 - Thermotherapy
 - Diathermy, Infra-red, Ultra sound
 - Contrast & Paraffin bath
 - Approach to rehabilitation

- Credit – 4 :**
- a) Inactivity Problems & Management
 - Low back problems & their management
 - Pregnancy & exercise
 - Common old age problems (Arthritis, Heart disease)
 - b) Concept of Health Club
 - Sauna, steam bath
 - Therapeutic Massage
 - c) Dopes and Athletic Nutrition

Book for Reference :

- ✓ Ray, Steven & Irwin , **Sports Medicine**, Prentice hall 1983
- ✓ Armstrong and Tucker, **Injuries in sports**, London : Staples press.
- ✓ Pande P.K. **Outline of Sports Medicine**, New Delhi Jaypee Bros. 1987
- ✓ Michael Hutson, **Sports injuries recognition & management** , Oxford University Press 3rd Ed. 2001
- ✓ Dr. Govindaraju, **Sports Medicine**, Friends Pub.
- ✓ Ronald P. Pfeiffer & Brant Mangus , **Concepts of Athletic Training**, Jones & Bartlett Pub. 2nd Ed. 1993

PE – 305 : Exercise Physiology

Credit – 1 : a) Introduction & Importance of Exercise Physiology

b) Muscle :- Structure, Types and Function

c) Theories of Muscular Contraction

- Sliding Filament Theory
- Molecular Basis of Muscular Contraction
- Chemical Composition of Muscle
- Muscle Fiber Types

Credit – 2 : a) Bio-Energetics & Recovery Process

b) Neuro- muscular Junction & Co-ordination Of Muscular activity

Credit – 3 : a) Physiological Changes due to Exercise an Training on the following systems-

- Circulatory System
- Respiratory System
- Muscular System

b) Oxygen Debt, Vo₂ Max., Forced Expiratory Volume, Breathing capacity, Recovery rate

c) Blood Supply & Regulation of blood flow during exercise.

d) Physiological aspects of development of various Fitness components

Credit – 4 : a) Sports & Nutrition

- Balance diet
- Diet before, during and After the athletic performance
- Effect of Drugs, Alcohol and Smoking on performance

b) Obesity & Weight Control

c) Energy Cost :- Meaning & Methods of assessment

d) Work Capacity under different Environment (hot, humid, cold & High Altitude)

Book for Reference :

- ✓ **Human fitness**” Friends Publication, 2nd edn, 2006
- ✓ Dr. S.Shivaramkrishann **“Anatomy and Physiology for Physical Education”** Friends Publication,2006
- ✓ William D.Mcarald, Frank I.Katch, Victor L.katch **“Exercise Physiology”** Friends Publication, 4th edn 1996
- ✓ Brian J Sharkey, Steven E.Gaskill **“Sports Physiology for Coaches”** Friends Publication, 2006
- ✓ Aurther Vander, James Shereman, Dorothy Luciano **“Human Physiology – The Mechanism of the Body Function”** WCB/Mc Graw – Hill, 7th edn, 1976
- ✓ Shemsher Singh, **“Introduction to Anatomy and Physiology”** Friends Publication, 2006.
- ✓ George A.Brooks, Thomas D. Fahey, Timothy P.White, **“Exercise Physiology human Bioenergetics And its Applications”** Friends Publication, 2nd edn 1987
- ✓ P.E. di Pampero **“Physiological Chemistry of Exercise and training”** Friends Publication, vol. 13 Medicine and sports, 1981.
- ✓ Astrand , P.O. and Rodahl . Karre . **Text Book of Work Physiology , Tokyc.**
- ✓ Mathew , D.K. and Fox E.L. **Physiological basis of Physical Education and Athletics (philadelohia : W.B. Saunders Company 1976)**

PE – 306 : Open Course

The Facility of open course provides for presentation of a faculty member’s current research or specialized academic interest. The title and syllabus will be framed by the faculty member. The course will be given on approval by the Departmental Committee.

**PE – 401 : Professional Preparation and Curriculum
construction in PE and Sports**

Credit – 1 : a) Foundation of professional preparation
b) Professional preparation in Physical Education

Credit – 2 : a) Undergraduate Professional preparation
b) Postgraduate Professional preparation

Credit – 3 : Curriculum construction and development

- Principles and factors affecting Curriculum Development
- Role of the teacher
- Selection of methods and materials.
- Developmental program for different level

Credit – 4 : a) Co-education in physical education
b) State & national sports policy
c) Committee recommendations (NCERT, CBSE, UGC, NAAC)

Book for Reference :

- ✓ Dr. Rakesh Coupta, Dr. Akhidesh Sharma, Dr. (Mrs) Santosh Sharma, Friends publication (India), printed at : Exced prints, New Delhi (2004)
- ✓ Kiran sandhu , **Erends and Developments in professional preparations in physical Education**, Friends Publication (India)
- ✓ J. Krishna Murthy, **Curriculum construction in Phy. Education and Sports**, Published by Ajay Varma : for commonwealth publishers (2005).
- ✓ Dr. Rakesh Gupta, **Hand Book of Teachers Training in Phy. Education**, Friends Publication (India) 2005.
- ✓ Prof. Jose Jarnes. **Curriculum Design in Phy. Education and Sports**, Friends Publications (India) 2005.
- ✓ Pape A. Laurence, Means, E. Louis **A Professional Career in Physical Education”** (Englewood Cliffs, N. J. Prentice hall Inc. 1963)

- ✓ Agarwal J. C. **Education Adminsitartion School Organization and Supervision** (New Delhi : Agra Book dept. 1967)
- ✓ Jrwin, W. Lestia **The Curriculum in Health and Physical Eduaction** (st. Louis : The C. V. Mosby Company, 1984)

PE – 402 : Dissertation

The facility of dissertation provides for student's interest in doing research on a topic of his/her choice. The topic and the plan of the dissertation is decided in consultation with the Faculty member and is executed on approval by the Departmental committee

PE – 403 : Sports Psychology

- Credit – 1 :**
- a) Introduction
 - Meaning ,Scope and Development of Sports Psychology
 - Relationship of Sports Psychology with other sports sciences.
 - Needs & Importance of Sports Psychology
 - b) Cognitive process in Physical Activities:-Meaning & Characteristics

- Credit – 2 :**
- a) Sensation & perception, Thinking, Imagination, memory.
 - b) Attention- Meaning, dimensions
 - Distractibility in Attention
 - Strategies to develop attention
 - c) Motor Learning
 - Meaning & Factors affecting motor learning
 - Motor development in various periods of childhood & dolescence.

- Credit – 3 :**
- a) Psychological aspects of action regulation
 - b) Personality-Meaning, traits & relation with sports performance
 - c) Motivation-Meaning, Types, Techniques and Attitude & Interest
 - d) Emotions- Meaning, Type and its influence on sports performance.

- Credit – 4 :**
- a) Psychological aspects of competition
 - b) Psychological aspects of long term & short term preparation for competition
 - c) Social Facilitation- Presence of others, Audience & Coaction effect
 - d) Methods of investigation in Sports Psychology

Book for Reference :

- ✓ Dr.P.M. Algegonkar, '**Sports Psychology**' pune vidyarthi griha prakashan
- ✓ Dr. M.L. Kalmesh, **Educational Sports Psychology** M/S Friends Publications [India]
- ✓ Matt Jarvis, **Sports Psychology A students handbook** Friends Publications [India]
- ✓ Cratty Bryant J. **Psychology & Physical Activity**, Prentice Hall 1965
- ✓ Buit Susan Dorcas, **Psychology of Sports**, Van Nostrand reinhold Co. II Edn.

PE – 404 : Health and Fitness Management

Credit – 1 :

- a) Introduction to a Positive Health Lifestyle
 - Understanding wellness
 - Fitness concerns and needs in India
- b) Principles of Physical Fitness
 - Concept & Components of physical fitness (Health & Motor skill related)
 - Personal physical fitness programs
 - General principles of training

Credit – 2 :

- a) Cardiovascular Endurance and Fitness (aerobic exercise)
 - Introduction to heart structure & Cardiac cycle
 - Energy production and system
 - Aerobic exercise prescription & programs
 - Benefit/risk factors
- b) Muscular Strength/Endurance
 - Principles and development of muscular strength and muscular endurance
 - Weight training programs and alternatives

Credit – 3 :

- a) Flexibility
 - Factors influencing flexibility
 - Flexibility related to health and wellness
 - Measurement & Development of flexibility
- b) Body Composition :
 - Concept and assessment

Credit – 4 :

- a) Development of Individualized Fitness Program
 - Exercise prescription
 - 2. Individualized workout
- b) Nutrition
 - Basic nutritional information

- b. Determining caloric intake and expenditure
 - c. Meal planning and diets
- c) Weight Management
- Weight loss/gain and body composition
 - b. Weight management and lifestyle
- d) Stress Management
- Stress related disease and disorders
 - b. Stress and physical exercise

Book for Reference :

- ✓ Bouchard, C., Shephard, R.J., Stephens, T., Sutton, J.R., and McPherson, B.D. (Eds) (1990). **Exercise fitness and health:**
- ✓ Larry M.Leith, **Exercising your way to better Mental Health**, Friends Pub. India.
- ✓ Hoffman, R. and Collingwood, T. **Fit for Duty**, Human Kinetics.
- ✓ Werner V.K. Hoeger, **Fitness and Wellness**, Wadsworth, Thomas learning
- ✓ **A consensus of current knowledge. Champaign, IL:** Human Kinetics.
- ✓ Gordon Edlin, **Health & Wellness**, Jones and Bartlett Pub. Massachusetts

PE – 405 : Recreation & Leisure time Management

Credit – 1 : a) Fundamentals of Recreation

- Concept & Meaning of Recreation
- Need & Importance
- Principles & Theories of Recreation & Play

- ### **Credit – 2 :**
- a) Therapeutic Recreation (Theoretical and philosophical foundations of therapeutic recreation, behavioral, therapeutic use of activity; recreative interaction-intervention techniques)
- b) Recreation for the life –span (role of recreation and leisure on human development and its impact on healthy fetal development from conception until death. Examination of the diverse, multicultural perspectives on recreation and leisure)

- ### **Credit – 3 :**
- a) Recreational Sports Programs and Administration (Organization and administration of intramural sports on elementary, secondary, college, and university levels. Program planning, facilities, equipment and financing of intramural sports and Leisure activity program.
- b) Program for different Category
- Men / Women
 - Child / Youth/ adult/ Old age
 - Physically/ mentally challenged
- c) Recreational Facilities and Area Design

- ### **Credit – 4 :**
- a) Current Issues in Recreation
- Recent research and management developments in recreation
 - Latest trends in recreation and Leisure time management
 - Employment opportunities and procedures for employment.
- b) Practical (Conducting & organizing recreation & leisure time activity program for any of the above mentioned categories.)

Book for Reference :

- ✓ Robert Hoffman & Thomas R.Collingwood, **Fit for Duty** , Human Kinetics.
- ✓ Larry M.Leith, **Exercising your way to better Mental Health**, Friends Pub. India.
- ✓ Gordon, S. & Garrett, W. **Sports and Exercise in Midlife** American academy of orthopedic surgeons.
- ✓ Bucher, & Wuest, **Foundations of Physical Education and Sport** B.I.Publications Pvt. Ltd.
- ✓ Smith, R.And Austin, D. **Inclusive and special Recreation: Opportunities for persons with Disabilities**. Human Kinetics
- ✓ Russell, R. **Leadership in Recreation**, McGraw Hill.
- ✓ Mull, R. and Bayless, K. **Recreational Sports Management**. Human Kinetics.

PE – 406 : Open Course

The Facility of open course provides for presentation of a faculty member's current research or specialized academic interest. The title and syllabus will be framed by the faculty member. The course will be given on approval by the Departmental Committee