

Design and Structure of Various Courses for semester based credit System to be implemented from - 2010

Department	Semester	Course			No. Of hours per week				Course Credit
		NO	Type	Name	Lectures	Other	Practicals	Totals	
Physical Education (MPE)	1	MPE401	Core	Philosophical Foundation of Physical Education	3	1	-	4	4
		MPE402	Core	Research Methodology in Physical Education	3	1	-	4	4
		MPE403	Core	Applied Statistics in Physical Education	3	1	-	4	4
		MPE404PR	Core	Practical – Skills Proficiency (Athletics)			9	9	6
		MPE405PR	Core	Practical – Officiating in Athletics			9	9	6
		<b>Total</b>				<b>9</b>	<b>3</b>	<b>18</b>	<b>30</b>
	2	MPE406	Core	Sports Psychology in Physical Education	3	1	-	4	4
		MPE407	Core	Sports Medicine	3	1	-	4	4
		MPE408E	Elective	Professional preparation in Physical Education	3	1	-	4	4
		MPE409PRE	Elective	Practical – Skill Proficiency (in one Major Game)			9	9	6
		MPE410PRE	Elective	Practical - Officiating in one Major Game			9	9	6
		<b>Total</b>				<b>9</b>	<b>3</b>	<b>18</b>	<b>30</b>
	3	MPE501	Core	Coaching methods of Sports Training	3	1	-	4	4
		MPE502	Core	Test & Measurement in Physical Education	3	1	-	4	4
		MPE503E	Elective	Sports Bio-Mechanics	3	1	-	4	4
		MPE504PRE	Elective	Practical – Coaching lessons in Athletics (Track Events)			9	9	6
		MPE505PRE	Elective	Practical – Coaching Lesson in Athletics (Field Event)			9	9	6
		<b>Total</b>				<b>9</b>	<b>3</b>	<b>18</b>	<b>30</b>
	4	MPE506	Core	Sports Management	3	1	-	4	4
		MPE507	Core	Information technology in Physical Education	3	1	-	4	4
		MPE508	Core	Yoga & Physical Education	3	1	-	4	4
		MPE509PRE	Elective	Coaching Lesson (One Game Specialization)			9	9	6
		MPE510PRE		Practical Yoga			9	9	6
		<b>Total</b>				<b>9</b>	<b>3</b>	<b>18</b>	<b>30</b>

# Gujarat University, Ahmadabad.

## Physical Education (Academic) Department

### Master of Physical Education Course

General objectives of masters of physical education (M.P.E).

- The purpose of this course is to prepare highly qualified teachers and leaders in the field of physical education, sports, health & recreation.
- To enable prospective teacher educators to understand the nature, purpose and philosophy of physical education.
- To develop competencies necessary for physical training and coaching.
- To serve as center of excellence in physical education to promote research and disseminate research knowledge.
- To promote the capacity to organize games, sports and recreation activities.
- To enable them to prepare good athletes.
- To provide necessary infrastructure to develop knowledge, skill & competencies necessary for imparting professional training to develop persons as teachers in the field of physical education, sports, health & recreation.
- To provide interest in physical education and appreciate its role in school & society and inculcate the spirit of sportsmanship.
- To develop an understanding and appreciation of indigenous approaches to physical education, exercise, games and sports.

#### ❖ Choice Based Credit System

- Regulation relating to the revised course for the Degree of Master of Physical Education (M.P.E).
  - Any person who has taken the degree of physical education (B.P.E /B.P.Ed/D.P.Ed. ) of this university or degree of another university or state government recognized B.P.E / B.P.Ed / D.P.Ed as equivalent thereto may be admitted to the examination for the degree of master of physical education (MPE) after having fulfilled the requirement as laid down in the following ordinance and regulation.
  - Total Seat : - 25 Seats Regular  
                  15 Seats High Payment  
                  40 Totals
- Duration of course: - Four semester (each semester 6 months) for MPE Course.
- Attendance required: - 80% of the Total Lectures/ Practical
  - Examination:
  - Admission Criteria and Selection process:

# Master of Physical Education M.P.E

## Syllabus

SEMESTER- 1

S. No.

SUBJECT

MPE401

### PHILOSOPHICAL FOUNDATION OF PHYSICAL EDUCATION

**Unit: - 1**

#### **Philosophy**

- Meaning, nature of philosophy of education and physical education.

**Unit: - 2 Physical education and Education**

- Aim & objective of physical education.
- Relationship & contribution of physical education to education.

**Unit: -3 Major principle of the following school of philosophy & their implication.**

- Spiritualism & physical education.
- Idealism & physical education.
- Naturalism & physical education.
- Pragmatism & physical education.

**Unit: -4 Receptions**

- Meaning, Definition and Characteristics of Recreation.
- Importance of Recreation.
- Misconception about Recreation.
- Scope of Recreation.

**Unit: -5 Programmes in Recreation.**

- Criteria and principles of selecting a programme.
- Classification of Recreational activities.
  - Indoor & Outdoor activities.
  - Cultural activities.
  - Adventure activates.
  - Nature & Outing activities.

❖ **REFERENCES: -**

- ® Adams, A.C. Foundation of physical education, Exercise, Sports Science – Lea & Fibiger , Philadelphia London – 1991.
- ® Principles of physical education, A.P. publishers. Jalandar. – 1986
- ® Beashel, Paul and Taylor, John : Advance studies in physical education and sports , Thomas Nelson and Sons LTD I.T.P. surrey U.K – 1996

- ® Cowell C.C. and Wuest D.A: Foundations of physical education and sports (10<sup>th</sup> s.d.). St. Louis, Toronto Santa Clara -1987.
- ® Shivers J.S, " Principle & Practices of Recreational Services , London: Mac Melon Company – 1964
- ® Bright Charles K.G Harold .C. Meyer : "Recreational Test & Readings " Eaglewood Cliff New Jersey Prentices Hall inc – 1953

## **MPE402     RESEARCH METHODOLOGY IN PHYSICAL EDUCATION**

### **Unit: -1            Research in physical education**

- Meaning, need, importance & scope of research in physical education.
- Classification of research.

### **Unit: -2            Research Problems**

- Concept, locating problem, source of problem, criteria of selecting problem, statement of problem, delimitation & limitation of problem.

### **Unit: -3            Sampling**

- Meaning & definition, importance & types of sampling, sources, characteristics.
- Concepts of population & sampling.
- Techniques of sampling.

### **Unit: -4            Types & Methods of research**

- Fundamental, applied & action research.
- Historical Research.
- Descriptive research: survey, case study, genetic, causal comparative & case studies.
- Experimental research.

### **Unit: -5            Tools of Research**

- Questionnaire, interview, attitude scale, tests, schedule, rating scale, observation, appraisal procedure.

### **✚ REFERANCE: -**

- ® Best, J.W and Kahn J.V: Research in education (7<sup>th</sup> E.d) Englewood cliffs. M.J. prentice hall New Delhi - 1996.
- ® Clarke & Clarke: Research process in Health, physical education & Recreation, Englewood, cliffs M.J. prentice hall Inc -1984.
- ® Sharma, R.A.: Fundamentals of education research. Loyal Book Depot Delhi – 1997.
- ® Kamlesh, M.L: Methodology of research in physical education & Sports. Delhi – 1985.
- ® Sharma Yoginder p: physical education & Research methods reliance, New Delhi -1997.
- ® Shaw. D. and Tomar R: Doctoral Research in physical education in India since independence khel sahitya Kendra, Delhi.

**Unit: -1 Introduction of statistics**

- Meaning, definition and importance of statistics.
- Statistical process.

**Unit: -2 Elementary statistical & Graphical Methods.**

- The frequency distribution –score--date-- limit--selecting the size of each interval--mid-point—tabulation and construction.
- Measure of central tendency—mean—median—mode.
- Quartiles, Deciles & Percentiles.

**Unit: -3 linear correlations.**

- Meaning & Definition
- Limits & limitation of linear correlation.
- Partial correlation first order.
- Multiple correlation first order.
- Limitation of partial and multiple correlations.

**Units: -4 Normal Distribution.**

- Definition of Normal Curve.
- Condition for obtaining normal curve.
- Properties of normal curve.
- Skewness and Kurtosis.
- Problem based on normal curve.
- Developing norms in the form of grading based on normal distribution.
- Percentile scale.

**Unit: -5 Tests of significance**

- Procedure of testing hypotheses.
- Critical region & acceptance region.
  - T -- Test
  - Z -- Test
  - F -- Test

**☞ REFERENCE: -**

- ® Garret, H.E and wood worth, R.S: Statistics in psychology and education, New York, David MC Kay Co – 1966.
- ® Guildford, J.P and Frachter Baryamin: Fundamental Statistics in Psychology and Education, MC Grow hill book Co. New York, Inc – 1956.
- ® Haskins, M.J: Statistical Evaluation in physical Education, Dubuque, WMC Brown - 1971.

- ® Morehouse: Statistical principles and procedure with application for physical education, Henry, kimton, London -1975.
- ® Rothstein, A.L: Research design and statistic for physical education Prentice hall, Englewood cliffs, New jersey – 1985.
- ® Shaw, Dhananjay : Fundamental statistics in physical Education & sports science, sports publication New Delhi – 1998.

**MPE404PRE**

**PRACTICAL – SKILLS PROFICENCY (ATHLETICS)**

**1. Focused Athletics:** - Running, Jump (long & triple), Throws (Shot-put, Javelin & Discuss.

**2. Athletics Assignment/ Journal Work:** -

- History & modern trends in athletics.
- Events training & technical preparation.
- Training process.
- Preparation & management for injuries.
- Skills analysis (5 skills of athletics event).

**3. Practical work:** -

- Different techniques of event.
- Warming up & cooling down.
- Supplementary exercise for selecting skills event & footwork, drills.
- Visit to a stadium or facilities of athletics.

**MPE405PRE**

**ATHLETICS OFFICATING IN ATHLETICS.**

**1. Athletics assignment/ Journal work:** -

- Officials of the meet.
- Officiating Technique.
- Athletics rules & check list for the meet.
- Track & field marking.
- Track & field score sheet.
- Duties and responsibilities of officials.
- Mechanism of officiating & scoring.
- Meet organization.

**2. Practical work:** -

- Planning for meet.
- Working officials (run, jump, throw) official duties.
- Play field preparation guide.
- Officiating in the schools & college athletics.
- Procedure for ceremonies.
- Programme booklet.

**Unit: -1 Psychology of physical education.**

- Meaning, nature and scope of psychology, its importance in physical education.
- Meaning and nature of sports psychology, its importance in sports.
- Sports psychology in India.

**Unit: -2 learning in physical education.**

- Nature, theories, types and laws of learning, factors affecting on learning.
- Transfer of learning as applied to physical education.
- Motor Learning: - Nature of motor skills learning, Information processing model, stages in motor skill Learning, conditions and principles of motor skill learning.

**Unit: -3 Motivation.**

- Meaning of motivation, Motives, Drive & Need.
- Level of aspiration, achievement motivation.
- Types and techniques of motivation in physical education.
- Conditions and factors influence the process of motivation in physical education.

**Unit: -4 Personalities.**

- Meaning, theories and types of personality.
- Role of physical education in personality development.
- Personality difference of sportsman & non-sportsman.
- Relationship of personality to sports performance.
- Personality difference among various sports groups.
- Personality measures for athletes.

**Unit: -5 Emotional states and sports performance.**

- Meaning and theories of emotions.
- Effect of emotions on organism's life.
- Training of emotions.
- Stress, anxiety, aggression, arousal & sports performance.

**Unit: -5 Psychology of completion.**

- Meaning of competition.
- Motivation and competitions.
- Competition and cooperation.
- Sports audience and their effects on the performance of the sportsman.

- Need of psychological preparation/Mental preparation.
- Technique of mental preparation:- concentration, stress management, positive attitude, feedback, bio-feedback, hypnosis, visualization etc.

**REFERENCE: -**

- ® Bucher, C.A. & Wuest D.A.: Foundation of physical education & sports (10<sup>th</sup> Ed) St. Louis, time Mirror/ MOSBY College Pub. - 1987.
- ® Cratty B.J.: Movement behavior & motor learning (3<sup>rd</sup> Ed) Philadelphia, Lea & Febiger – 1973.
- ® Foss. D.E & Tropamann R.J.: Effective coaching – A psychological approach, New York, Macmillan pub. Company – 1985
- ® Jitendra, Mohan chadha, N.K. et. Al.: Psychology of SPORTS, DELHI, FRIEND PUB.-1990
- ® Kamlesh M.L.: Psychology of physical education & Sports, New Delhi, Metropolitan - 1983.
- ® Kane .J.: psychological aspects of physical education & sports London and Boston. Rout ledge and Keg an Paul – 1972.
- ® Singh, Agyajit: Sports psychology, Delhi Friends publication -1992.

**MPE407****SPORT MEDICINE****Unit: -1 Sports Medicine**

- Introduction, definition, meaning and concept of sports medicine.
- Scope and importance of the subject. Short history of sports medicine & modern times.
- Its aim and objects.

**Unit: -2 Physical fitness.**

- Concept, definition, measurement & Maintenance of physical fitness.
- Factors influencing fitness, types of fitness.

**Unit: -3 Pathological Aspects.**

- Injuries in relation to sports.
- Types of sports injuries.
- Pathology of soft-tissues-injuries such as Sprain, Strain, Contusion, Abrasion. Causes, symptoms & their First-aid.
- Fractures – Kinds, causes, symptoms and First-aid.
- Dislocations – shoulder, knee, elbow, wrist, fingers. Causes, symptoms and principle of management.
- Other common injuries.

**Unit: -4            Physiological Aspects.**

- Bio-chemical changes during exercise in following systems:-
  - ☑ Cardio-vascular system.
  - ☑ Respiratory system.
  - ☑ Muscular system.
- Neuro- Muscular Mechanism.
- Physiology of strength, endurance and fatigue.

**Unit: -5 Prevention, Management and Rehabilitation of Sports-Injuries.**

- Mechanism of injury protection in sports and preventable measures role of physical educator.
- Sports safety- meaning, concept and importance.
- General principles of safety in Sports.
- The need for protective equipment in sport.
- Prevention of injury – principle of prevention of injuries in sport.
- Doping and drug hazards in sports.
- Sports hygiene. Personal hygiene – clothing, skin care, social hygiene, equipment and apparatus care and cleaning.

**REFERENCE:-**

- ® Ryana: J and Fred L. Allaman, (Edu.) sports medicine. New York Academic Press -1974.
- ® Williams J.G.P. and P.N.Sprryan (Edu.) Sports medicine London, Edward Arnold Publication.-1976 (Edition)
- ® Williams J.G.P. Medical Aspects of Sport and physical fitness. London. Pergamon Press. - 1965.
- ® Armstrong and Tucker: injuries in Sports, London, Staples Press – 1964.
- ® Pande P.K. and Gupta L.G.: Outline of sports Medicine. New Delhi, Jaypee Brother. – 1997.
- ® Kent, Michael: Oxford Dictionary of Sports Science and Medicine. Friends' publication. – 1997.
- ® R.K. Sharma : Vyam Kriya Vigyan Auvm Khel Chiktsha Shastra. Krida sahitya pub.-1999.

**MPE408E**

**PROFESSIONAL PREPARATION IN PHYSICAL EDUCATION**

**Unit: -1            Physical Education as Profession.**

- Meaning, definition and criteria of profession.
- Accreditation and certification – A state subject.
- Historical review of professional preparation in India & abroad.
- Comparative analysis of professional preparation program in U.S., Europe, China.

**Unit: -2                    Physical Educators Qualification, Duties & Services.**

- Qualification for teaching courses of professional preparation in physical education.
- Specific qualification for physical educator.
- Evaluation in the preparation of professional personal.
- Duties and services of physical education teachers.
- Experiences through movement Education including games, sports and other activities.
- Professional preparation programs, health, safety, recreation, camping and outdoor education.

**Unit: -3                    Physical Education And Professionalism.**

- Concept and meaning of profession, professional and professionalism.
- Physical education as a profession.

**Unit: -4                    Role of Various Agencies in Professional Preparation.**

- Role of central & state government in professional preparation.
- Role of non-official agencies in improving Professional preparation.

**Unit: -5                    Employment Trends.**

- Job specification.
- Professional preparation in allied areas. (Education, labour welfare, youth welfare, counseling, dean of students, extent of responsibilities for placement graduates)

**✚ REFERENCE:-**

- ® Gupta Rakesh, Sharma Akhilesh and Sharma Santosh, professional preparation and curriculum design in physical education & sports sciences, New Delhi, Friends Publication,-2004.
- ® Sandhu kiran, professional preparation and career development in physical education, New Delhi, Friends publication.- 2004.
- ® Sandhu kiran, Trend and development in professional preparation in physical education, New Delhi, Friends publication.- 2006.
- ® Adams Williams c.: Foundation of physical education Exercise and sports sciences. Philadelphia. – 1991.
- ® Brown C. and theory in physical education Philadelphia, Cassidy .R. Lea and Faebiger. – 1963.

**MPE409PRE                    PRACTICAL – SKILL PROFICIENCY (in one major Game).**

1. Major game skills proficiency ( one to be selected from the list): -1. Kabaddi 2. Kho-Kho, 3. Basketball 4. Volleyball 5. Handball 6. Cricket 7. Football 8. Badminton 9. Tennis.
2. Selected (one) games Assignment/ Journal work.
3. Practical work.

**1. Selected games Assignment/ Journal work: -**

- Games rules.
- Ground marking.
- Games score sheet.
- Duties and responsibilities of officials.
- Mechanism of officiating & scoring.

**2. Practical work: -**

- Planning for game.
- Officiating as various positions.
- Match preparation.
- Officiating at school & college game.

**Unit: -1 Sports training & coaching:**

- Meaning and definition of sports training and coaching.
- Aim, task and characteristics of sports training.
- Principle of sports training.

**Unit: -2 Training load.**

- Important features of training load (Intensity, density, duration and frequency).
- Principles of training load.
- Relationship between load and adaptation, condition of adaptation.
- Principle of over load, cause and symptoms –Tackling of over load.

**Unit: -3 conditioning of individual & team sports.**

- Concept and need of physical fitness, motor fitness and conditioning.
- Basic methods of conditioning.
- Training methods for strength, endurance, flexibility, agility and speed.

**Unit:-4 Planning, periodisation and evaluation of training.**

- Importance of Planning.
- Principle of planning.
- System of planning.
- Periodisation and its types.
- Contents for various periods of training.
- Evaluation of Training (Criteria, Techniques, Presentation format.)

**Unit: -5                      Competition Planning & Preparation.**

- Importance of Competition.
- Competition planning & preparation.
- Direct preparation for an important Competition.

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**REFERANCE: -**

- ® Bunn. John W.: Scientific principle of coaching .E and EN. Span, London.-1986.
- ® Beashel, Paul and Taylor John: Advance Studies in physical education and sports, Thomas nelson and sons ltd. Nelson house, surrey, U.K.- 1996.
- ® Dick, Franck W.: Sports training principles, 7, light place. Lighten Rd. London NW 52QL, Henry Kimball pub. 1980.
- ® Hardayal Singh, Science of sports training P.V.S. publication 100 J.K. Girinagar, Kalkaji, New Delhi. - 1991.
- ® Hardayal Singh : sports training General theory and methods, NIS of sports, Patiala, India -1984.
- ® Movich, M.M. and Buddy Taylor : Training and conditioning of athletes. Lea and Febiger, Philadelphia.

**MPE502**

**TEST & MEASUREMENT IN PHYSICAL EDUCATION.**

**Unit: - 1                      Introduction**

- Meaning, nature, scope of evaluation, need and importance of evaluation in the field of physical education.
- History of test and measurement in physical education.

**Unit: -2                      Selections, Construction and Administration.**

- Criteria of Test selection:
  - ☑ Technical standards: Reliability, Validity, Objectivity and Norms.
  - ☑ Administrative consideration: feasibility, equipment, time, facility, money, simplicity & interpretability.
- Principle of test construction in physical education:-
  - ☑ Knowledge test (written tests)
  - ☑ Sports skill tests.
- Administration of test.

**Unit: -3 Measurement of organic function, motor-fitness, general motor ability and motor educability.**

- Organic function:
  - Foster test.
  - Harward step test.
  - Balk's Tread mill test.
- Motor fitness:
  - AAPHER youth fitness test.
  - J.C.R test.
  - National physical efficiency test.(NPE –TEST)
- General Motor ability.
  - MC clay general Motor ability test.
  - Larson test.
  - Bar roe's motor ability test.

**Unit: -4 Sports Skill's Test:**

- Application of the following skill tests:
  - Lockhart and MC Bherson Badminton test
  - Miller Volley test.
  - Johnson Basketball test.
  - Lei Lich Basketball test.
  - Dyer Tennis test.
  - Russell and Lange test of volleyball.
  - AAPHER Volleyball test.
  - Goal shooting test in Hockey.

**Unit:-5 Strength test.**

- Kraus- waber test.
- Physical fitness index.
- Sargents test.
- Roger's strength index.
- Fisherman's battery on basic fitness test.

**REFERENCE: -**

- ® Andrew and Jackson: instructor's Manual, Measurement for evaluation in physical education. Atlanta. Dallas, Geneva. – 1981.
- ® Clarke Harrison and Clarke H.David : Application of Measurement in physical education, Prentice Hall, Englewood Cliff, New Jersey. – 1987.
- ® Kansal, Devinder K.: Test and Measurement in Spots and physical education. D>V>S pub.100. T.K. Girinagar, Kalkaji, New Delhi – 1996.
- ® Scott, G.M.: Measurement and evaluation in physical education. W.M.C. Brown Co. Iowa. - 1972.
- ® Larson L.A & Y u com R.D Measurement and evaluation in physical health and Recreation education, S. Louis C.V. Mosby co.

**Unit: -1 Introduction**

- Meaning of Biomechanics.
- Importance of Biomechanics in physical education.
- Movement analysis – Kinesiological analysis, mechanical analysis and Biomechanical analysis.

**Unit: -2 Fundamental movements at the various joints.**

- Aim, definition – flexion, extension, abduction, adduction, rotation, circumduction.
- Joint wise movement.

**Unit: -3 Definitions and Principle of Application derived from the following Concept.**

- Motion: - Rectilinear motion, Circular motion, Inertia, Newton's Laws of motion, acceleration, speed, velocity, linear to rotator motion.
- Force, Work, Power, Mass, Weight, Force of gravity, projectiles, centripetal, centrifugal force and momentum.
- Lever – parts and Principles. Uses and characteristics of body levers.
- Friction – kinds and law of co-efficient of friction, Air- resistance, spinning, swerving, curbing, water resistance.
- Elasticity – Law of Impact.
- Equilibrium, Balance and Energy.

**Unit: -4 Kinesiology.**

- Concept, history, scope and importance of kinesiology in physical education.
- Neuromuscular basic of Kinesiology – Structural classification of muscles, kind of muscle contraction.
- Concept of posture.
- Criteria of a good posture.
- Postural deformities.
- Corrective measures for postural deformities.

**Unit: -5 Mechanics of Skills and related Elementary mathematical Problems.**

- Mechanics of fundamental skills of walking, running, jumping, throwing, catching, pulling, rolling, climbing, swimming, crewing & lifting.
- Elementary mathematical problems related to motion, speed, velocity, acceleration, force and projectiles.

## REFERENCE:-

- ® Breer Martin R: Efficiency of human movement, W.b. Saunder, London. – 1980.
- ® Bunn, John W.: scientific principle of coaching. Englewood Cliffs. N.J. prentice hall, inc. – 1972.
- ® Dale W. Spenceley and Febigen: Essentials of Kinesiology, Philadelphia.- 1975.
- ® M.J. Mc Clury Anderson: Human kinetics and Analyzing body movement.
- ® Jensen clanne R. and Gordon W. Schultz: Applied Kinesiology. Mc Grew-hill book company, New York. – 1977.

**MPE504PRE**

### **PRACTICAL – COACHING LESSON IN ATHLETICS (TRACK EVENT)**

1. 3 Lesson for Internal.
2. 2 Lessons for External.

**MPE505PRE**

### **PRACTICAL- COACHING LESSON IN ATHLETICS (FIELD EVENTS)**

1. 3Lesson for Internal.
2. 2 Lessons for External.

**MPE506**

### **SPORTS MANAGEMENT**

#### **Unit: -1 Management Process.**

- Concept, definition, purpose, scope and Importance of sports management.
- Basic skills and functions of sports Management.
- Principle of sports management and different levels in sports management.
- System of management organization.
- Management of physical education and sports at schools, college, universities, clubs, associations, state & national level.
- Making and implementing decision, their principles and methods and forming sound policies.

#### **Unit: -2 Planning and Personal management.**

- Planning: - meaning, characteristics of planning, types, steps in planning, importance of planning in sports & physical activities based programme.
- Personal management: - Meaning, definition, recruitment, selection, training and development.
- Techniques of management.
- Institutional planning.

**Unit: -3 Management of competition and participation.**

- Intramural, inter-collegiate, inter- school and special child/handicapped competitions.
- Management of equipment and supplies, need, selection, purchase, storing, issuing, maintenance and suppliers.
- Legal aspects of management: - Legal implication for requiring physical education, legal liability, rights, school code and cooperation, code relate to physical education & sports.
- Qualification and qualities of sports manager

**Unit: -4 Directions and Coordination in Sports.**

- Direction: -Definition, principle, characteristics of directing, importance of directing in physical education.
- Co-ordination: - Definition, principle, technique and means of co-ordination.
- Group atmosphere in school and college and sports.
- Communication: -Forms of communication, barriers of effective communication.

**Unit: -5 Budgeting, Supervision & Evaluation in Management.**

- Budget management: - Definition, principle, types, steps of construction, presentation of budget and financial management.
- Supervision: - Definition, need, importance, methods and principles of supervision.
- Evaluation procedure & technique.

**Unit: -6 Leadership in sports.**

- Meaning, definition, personal trait.
- Leader behavior in coaching.
- Qualities of leaders.

**Unit: -7 Office management and Facility management.**

- Office management: -concept, meaning, function and element of office management.
- Layout and principles of office layout.
- Facility Management: -
  - ☑ Factor affecting planning facility for sports and activity based programme.
  - ☑ Criteria for planning facility for sports and activity based programme.
  - ☑ Developing multipurpose indoor and outdoor facility.
  - ☑ Developing fitness facility.

REFERANCE: -

1. Bucher Charles A. Management of phy.edu. and Athletics programmes, C.V Mosby co. louis. – 1979
2. Bucher Joseph & Earnest Koenigaraber: Scientific inventory management, NEw Delhi. Practice hall of India pvt. Ltd. – 1986.
3. Roy S.S sports management, Friends publication Delhi.
4. Irwin L.W and Humphery I.H: Principle and techniques of supervision in physical education.
5. Dr. Samiran chakaborty: sport management Sport publication et. al. Delhi – 1996.
6. zeigler Earle F. and Bawie Gary W: Management development in sports an physical education. Philadephia, w Lea and Febiger. – 1993.

**MPE507**

**INFORMATION TECHNOLOGY IN PHYSICAL EDUCATION**

**Theory – 70 Marks**

**Practical – 30 Marks**

**Unit: – I**

**Brief history of development of computers**

Computer System concepts, Computer System characteristics, capabilities and limitations Types of computers – Analog, Digital, Hybrid, General, Special purpose, Micro, Mini Main frame, super, Generations of Computers. Types of PCs – Desktop, Laptop, Notebook, workstation etc. Basic components of computer System – Memory, RAM, ROM, and other type of memory.

Need of Software, Type of Software's – System Software, Application software, System Software operating System, Utility Program, Programming Languages, Assemblers, compilers and Interpreters, Types of Virus , Virus Deduction and Prevention .

Keyboard, mouse, joystick, digitizing, scanners, digital camera, MICR, OCR, OMR, Bar Code Reader, Voice reorganization, light Pen, Touch Screen, Monitors, Printers – Dot-matrix, Inkjet, Laser, Line Printer, Sound card & Speakers, Storage Fundamentals – Primary Vs Secondary data Storage and retrieval methods – sequential, direct and index sequential, various storage devices, Magnetic disks, Hard disk drives , Floppy disks, Optical Disk, CD, VCD, CD-R, CD-RW, Zip Drive , Binary number System.

**Unit: – II**

**Introduction to Windows**

Using Mouse and moving Icons on the screen, my computer, recycle bin, status bar, start menu, Selection, Running and application , Window Explorer to view files, folder and directories , creating and renaming of files and folders, operating and closing of different windows, minimizing, restore and maximizing forms of Windows, basic components, desktops, frames, title bar, menu bar, status bar, scroll bar, using right button of the mouse, creating shortcut, basic windows accessories: notepads, paint, calculator, WordPad, using clipboard.

### **Unit: - III Introduction to Word Processor.**

Types of word processor, creating and saving a document, editing and formatting a document including changing color, size, font, alignment of text. Formatting paragraph with line or paragraph spacing, adding header and footer, numbering pages, using grammar and spell check utilities etc. Printing a document, inserting a word art, clip art and pictures, page Setting, Bullet and numbering, borders and shadings , format painter, find and replace, inserting tables, mail merge.

### **Unit: - IV Introduction to Presentation Graphics.**

Understanding the concepts of slide Shows, Basic elements of a Slide, Different types of Slide Layouts, creating and saving a presentation, different: Normal View, Slider Sorter View and Slide Show, editing and formatting slide: adding titles, subtitles, text, background, header and footer, numbering slides and inserting pictures and sound in slides.

Inserting pictures from files, animating pictures and text with sound effects, timing pictures and slides, rehearse timing, ungrouping and grouping pictures from clip art.

### **Unit: – V Internet**

Evolution, protocols, interface concepts, internet Vs Intranet, growth of internet, ISP, Connectivity – Dial-up, Lease line, VSAT etc. URLs, domain name, application. E-mail: Concept POP and WEB based, E-mail, merits, basic of sending and receiving, e-mail protocols, mailing list, free e-mailing service.

Telnet concept, remote logging, protocols, terminal emulation. Message board, internet chatting- Voice Chat, Text Chat.

WORLD WIDE WEB (WWW)- History, working, web browser. Its functions, searching the web, HTTP, URLs, Web server, Web Protocols.

Web Publishing concepts, domain name registration, and space on host server for websites, HTML, Design Tools, HTML Editors, Image Editors, and Issues in Web Creations and maintained. FTP Software for upload websites.

Concepts of Hypertext, Version of HTML, Elements of HTML.Syntax, head and body sections, building html documents. Interesting texts, images, hyper links, back grounds and color controls, different html tags. Table layouts and presentation use of font size and attributes.

### **REFERENCE:-**

- ® Computers Network: Ten lop & Endual L. prints hall of India. New Delhi.
- ® M.S. office 2000 – Computer word.
- ® Internet basic reference from A to Z – Flock BPP.
- ® Teach yourself HTML in 24 hours – Oliver Tak Media.
- ® Mastering Web Design – Marcoy –BPP.
- ® G.W.W. Design with HTML, C. Xavier, Tata Eak hill – Delhi.

Theory: - 70%

Practical: - 30%

**Unit: -1 Introduction.**

- Meaning, definition, purpose, scope and limitations of the subject.
- Importance of Yoga in education & other fields

**Unit: -2 History of Yoga.**

- History background of the development of yoga.

**Unit: -3 Yoga, Physical education and Integration of Personality.**

- Aim and objectives of yoga and physical education on the basis of broad concept of education as a common ground.
- Problem of integration of personality dealt with in yoga.

**Unit: -4 Health and Yoga.**

- Concept of health.
- Factor affecting health.
- Relation of exercise with health.
- Role of yoga in relation to health.

**Unit: -5 Exercise and Yoga.**

- Concept of exercise in physical education and its comparison with yogic exercise.
- Principle governing various exercise in yoga like Asana, pranayam, Bandha, Mudra, Kriya and Meditation.

**Unit: -6 Application of yoga and its anatomy and physiology.**

- Application of yoga in sports and physical education.
- Therapeutic application of yoga.
- Anatomy and physiology of Asana and Pranayams.

**☞ REFERENCE: -**

- ® Aurobindo: The synthesis of yoga, Aribido Ashram, Pondicherry. – 1972.
- ® Bhole M.V.: Abstracts and Bibliography of article on yoga, Kaivatgadham. Lonavala. – 1985.
- ® Bucher Charles S.S.: Foundations of physical education C.C. Mosby. – 1964.
- ® Datey K.K., Gharote, M.I. and soli puvri: Yoga and Your heart, jalico Mumbai.

- ® Worthington, Vivian: History of yoga. Rontledge and Kegan Paul Ltd London. – 1982.
- ® Rajan M.: Yoga stretching and Relaxation for sportsman allied publisher, Delhi. – 1985.
- ® Gore M.M.: anatomy and Physiology of yogic practices, kanchan prakashan, Lonavala, - 1984.
- ® Gharote M.L. Yogabhyas margadarshan (Hindi) Medha publication. Lonavala.
- ® Anand, Omprakash. Yoga Kaya kalp, Kanpur a, Sewasth sahitya prakashan. – 2001.
- ® Sarin .N.Yoga darwara rogoon ka upchar, khel sahitya Kendra. – 2003.

**PRACTICAL: -**

- Prayer
- Asana, Pranayama, Shatkarma, Bandha (as theory) .
- Yoga \_ Indra/relaxation techniques.
- Visit to yoga center.

**MPE509PRE**

**COACHING LESSON**

4 Coaching lesson on (one selected) Major Game.

**MPE510PRE**

**PRACTICAL YOGA**

**1.Philosophical foundation of yoga: -**

- Pre-vedic and Vedic period, Upnishada, Sutra period, Patanjati yoga Sutra, hatha yoga Tantra.

**2.Sytematization of Training Process:**

- Asana \_ Pranayam \_Shatkarma \_bandhas.

**3.Nutrition:**

- Meaning, definition, classification and components of nutrition, nutrients.
- Yogic diet.
- Role of fluids sports drinks & minerals etc: pre, during, and past competition.

**✦ REFERANCE FOR ALL PRACTICALS: -**

**ATHLETICS: -**

- ® Chauhan B.S. Khel Jag at Mein Athletics, Jalandhar: A.P. Pub. –1999.
- ® Gothi, Ekta, Teaching & Coaching Athletic, ND: sports Pub. – 1997.
- ® Renwick .G.R. Play Better Athletics, Delhi: sports Pub.-.2001.
- ® Turbull .S. Sports view Guide Athletics. London: David & Charles. - 1989.

**BASKETBALL: -**

- ® Ambler, V. How to Basketball, Delhi, Paper ball. – 1984.
- ® Prutti, Jim, Play better Basketball, Match play Books. – 1984.
- ® Thani, Yagraj, Coaching successfully Basketball, sports Pub. – 2002.

**HANDBALL: -**

- ® Lohar, A.R. Handball Basic technology Bombay, the marine sports Pub. Division. – 1998.
- ® Kumar Ashok, Handball, New Delhi, Discovery Pub. House. – 1999.
- ® Schmottach, N. Mcmanama, J. physical education Handball. 9<sup>th</sup> Edition, London, Allyn & Bacon. – 1997.

**KABADDI:-**

- ® Rao C.V. Kabaddi, New Delhi Oxford press. - 1982.
- ® Rao E.P. Modern coaching in Kabaddi, D.V.S Pub. 1994.

**KHO-KHO: -**

- ® Chakrabarty .G. Kho-Kho Aveloken Delhi, Khel sahitya Kendra. – 2002.
- ® Panday .L. Kho-Kho Sarvaswa, New Delhi Metropolitan. – 1982.

**VOLLEYBALL: -**

- ® American....Program. Coaching youth Volleyball, campaign H.K. 1996.
- ® FIVB, Backcourt spiking in modern volleyball, Chennai: FIVB 1996.
- ® Saggar, S.K. cosco Skills Stactics \_ Volleyball, Delhi, sport Pub. – 1994.
- ® Scates, A.E. Winning Volleyball< WC Brown. – 1993.