

Swarnim Gujarat Sports University, Gandhinagar

Established by Government of

Gujarat Act No. 22 of 2011

&

Recognized by UGC u/s (2f) of the UGC Act 1956

Rules

for

Master Degree

in

Physical Education and Sports

Effective From June 2016

Government Commerce College Campus, Opp: Youth Hostel, Near G-4,
Sector-15, Gandhinagar-382016.

SWARNIM GUJARAT SPORTS UNIVERSITY

GANDHINAGR

Choice Based Credit System (CBCS)

Rules

(For the Masters in Physical Education and Sports Regular Programs)

R.M.P.E.S.-1 Eligibility:

I. For Admission:

A candidate seeking admission to M.P.E.S. programme must fulfill the following conditions.

(A) He/She must be B.P.Ed., B.P.E. or B.Sc. (Health & Physical Education) from Swarnim Gujarat Sports University or any other University recognized as equivalent for the purpose.

(B) He /She must have obtained at least 55% marks in B.P.Ed., B.P.E. or B.Sc. (Health & Physical Education). The reservation in seats and relaxation in the qualifying marks for students of reserved categories shall be as per the rules.

(C) Admission shall be made on merit on the basis of marks obtained in the entrance test (written test, sports proficiency test, & marks obtained in the qualifying examination) or any other selection process as per the policy of university with due weight for physical fitness test.

II. For the M.P.E.S. Degree:

The candidates shall have subsequently undergone the prescribed course of study in the University Department or a College affiliated to this University for a period of not less than two academic years & shall have passed the examinations prescribed & shall have fulfilled such conditions as have been prescribed therefore.

R. M.P.E.S. 2. Duration:

The P.G. M.P.E.S. Programme is for a period of two years. Each academic year shall comprise of two semester's viz. Odd and Even semesters. Odd semesters shall be from June / July to October / November and Even Semesters shall be from November / December to April / May. There shall be not less than 90 working days which shall comprise 480 teaching/Practical Activity clock hours for each semester. (Exclusive of the days for the conduct of University examination or external end-semester examinations). A candidate

can avail a maximum of 10 Semesters (5 Years), in a continuous stretch of 5 Years from the date of admission to complete Master's Degree.

R. M.P.E.S. 3. The CBCS System:

All Programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

R. M.P.E.S. 4. Course in Programme:

The M.P.E.S. Programme consists of a number of courses, the term 'Course' is applied to indicate a logical part of the subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses for the M.P.E.S. Programme.

Core Course: 501, 502, 503, 507, 508, 509, 601, 602, 603, 607, 608, 609

Elective Course: 504EA & 504EB, 510EA & 510EB, 604EA & 604EB, 610EA & 610EB

Practical Course: 505, 506, 511, 512, 605, 606, 611, 612

R. M.P.E.S.5. Semesters:

An academic year is divided into two semesters. In each semester, courses are offered in 15 teaching weeks and the remaining 5 weeks are to be utilized for the conduct of examinations and evolution purposes. Each week has 36 working hours spread over 6 days a week.

R. M.P.E.S. 6. Credits:

The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing the M.P.E.S. programme is 96 credits and for each semester- 24 credits.

R. M.P.E.S. 7. Course:

Each course is designed variously under lectures, lessons, practical, Instructional Work, seminar, Workshop, assignment, term paper, Book Review, Project Work, Viva etc., to meet effective teaching and learning needs of teacher.

R. M.P.E.S. 8. Examinations:

(i) There shall be examinations at the end of each semester, for first & third semester in the month of October/November; for second & fourth semester in April/May. A candidate who does not pass the examination in any course(s) shall be permitted to appear

in the exams for such course(s) in the subsequent examinations to be held in October/November or April/May.

(ii) A candidate should get enrolled / registered for the first semester examination. If enrollment / registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, the candidates are not permitted to move to the next semester. Such candidates shall re-do the semester in the subsequent turn of that semester as a regular student; however, a student of First Semester shall be admitted in the Second Semester, if he / she has successfully kept the term in first semester. To move in the Third Semester, a student has to clear all Credits of first semester. Likewise, to move in the Fourth Semester, a student is required to obtain all the credits of second semester. For the promotion in the said semester as described above, the candidate must have satisfactorily kept the term of the previous semester.

R. M.P.E.S. 9. Condonation:

Students must have 75% of attendance in each course for appearing in the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee (Rs.100/Course). Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination. It is further clarified that the students, who have 75% or more of attendance shall be given five out of five marks in internal evaluation. Students (if condoned), who have 74% to 65% of attendance shall be given 3 to 4 marks in the internal evaluation. Students (if condoned), who have 64% to 50% of attendance shall be given 1 to 2 marks in the internal evaluation.

R. M.P.E.S. 10. External Evaluation; Question Paper and Practical Exam Pattern:

Each question paper for external evaluation shall have five questions. The pattern will be as follows:

Question No.	Description	Marks
1	Answer in detail (Long Question) Or Answer in detail (Long Question)	14
2	Answer in detail (Long Question) Or Answer in detail (Long Question)	14
3	Answer in detail (Long Question) Or Answer in detail (Long Question)	14
4	Answer in detail (Long Question) Or Answer in detail (Long Question)	14

5	Write short notes: any two out of four	14
Total		70

Practical Exam Pattern for external evaluation:

Skill/Skills of Examiner's choice	20%
Skill/Skills of Student's choice	20%
Performance	40%
Viva-voce	20%

R. M.P.E.S. 11. Grading:

Once the marks of the CIA (Continues Internal Assessment) and end – semester examinations for each of the courses are available, they will be added. The marks thus obtained will then be graded as per details provided in R. M. P. E. 3. From the First semester onwards the total performance within a semester and continuous performance starting from the first semester are indicated respectively by Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

Where 'Ci ' is the Credit earned for the Course i in any semester; 'Gi' is the Grade Point obtained by the student for the Course i and 'n' is the number of Courses passed in that semester. CGPA = SGPA of all the Courses starting from the first semester to the current semester.

R. M.P.E.S. 12. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Master of Physical Education in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion.. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

$$\sum_{i=1}^n C_i G_i$$

$$i = 1$$

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$\sum_{i=1}^n C_i$$

$$i = 1$$

R. M. P. E.13. Course Structure:

- I. The M.P.E.S. programme is full time two years Post Graduate Programme. The medium of instruction shall be English, Hindi and Gujarati. The students are allowed to write the answers in respective languages as offered in the examinations.
- II. The programme consists of Four Semesters - Semester I and II in the First Year of the Programme and Semesters III and IV in the Second Year of the programme.
- III. The total programme consists of 96 credits equally divided into 24 credits per semester.
- IV. There would be different elective areas of specialization as per syllabus of respective subject.
- V. The programme consists of the following types of courses
 - (i) Core courses: common for all optional specialization groups.
 - (ii) Elective course: separate for all optional specialization groups.
 - (iii) Practical Courses

R. M. P. E.14. Clearing and carrying forward the Semesters:

Rules for carrying forward the semesters are:

- I. A candidate must have at least 75% overall attendance in the program and should have satisfactory performance in class participation of each course and must have appeared in internal written test to be eligible for grant of term.
- II. In case, a candidate obtains D in any one course / all courses in the first semester, he / she shall be allowed to continue to proceed to the second semester provided he / she has kept his / her term of the first semester successfully.
- III. The candidate shall be allowed to proceed to the third semester only after clearing all the courses of the first semester.
- IV. In case, a candidate obtains D in any one course / all courses in the second semester, he / she shall be allowed to proceed to the third semester provided he / she has kept his / her term of the second semester successfully.
- V. The candidate shall be allowed to proceed to the fourth semester only after clearing all the courses of the second semester.

- VI. In case a candidate obtains D in any one course / all courses in the third semester, he / she shall be allowed to proceed to the fourth semester provided he/ she has kept his / her term of the third semester successfully.
- VII. The candidate shall be eligible for the award of the degree after successful clearance of all the courses of semester I, II, III & IV by the fourth semester examination of the second year programme or till the expiry of registration / enrolment.
- VIII. Whenever a candidate fails in a course due to failure of obtaining minimum marks in the internal component of the examination, the marks obtained in attendance and class participation shall be carried forward for the consideration of the repeat examination. The student has to appear in the internal test only to complete the requirement of the internal assessment.

R. M. P. E.15. Assessment and Evaluations:

TOTAL MARKING SYSTEM

SEMESTER	THRORETICAL	PRACTICAL	CREDITS
Semester – 1	400	200	24
Semester – 2	400	200	24
Semester – 3	400	200	24
Semester – 4	400	200	24
Total	1600	800	96

- I. Each course will be assessed on the basis of 100 marks. The marks would be divided between internal and external assessment.
- II. There shall be one end semester external examination for each course in every semester consisting of 70% (70 marks) weight in theory and 75% (75 marks) in practical courses.
- III. Each Theory course shall have internal assessment of 30% weightage on the following
 - Internal written test - 15% (15 marks)
 - Attendance - 05% (5 marks)
 - Class participation in assignments- 05% (5 marks)
 - Presentations (Seminars) /quizzes etc. - 05% (5 marks)

Total 30 marks

IV. Each Practical Course shall have internal assessment of 50% weightage on the following

One Test 10 marks

Project 10 marks

Attendance 05 marks

Total 25 marks

- The University examination in Thesis for Semester IV shall consist of the examination of the thesis. One internal examiner shall evaluate the thesis out of maximum of 30 marks and one external examiner who shall evaluate the thesis out of maximum of 70 marks. There shall be a viva-voce at internal and external examination of 70 marks.

V. Every student will be required to pass the external examination and internal assessment separately in each course.

VI. The minimum passing standard will be 36% for the external and internal component of each theory course, i.e. 25 marks out of 70 (external - 36% of 70 marks) and 11 marks out of 30 (internal - 36% of 30 marks). In practical minimum passing standard will be 50% for the external exam and internal assessment for each practical course.

VII. Attendance shall be taken as a component for continuous assessment, although the students should put in minimum of 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examinations of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester, examination is 30: 70 in theory & 25: 50 in practical.

VIII. (A) The grades for each course would be decided on the basis of the percentage of marks obtained in the end-semester external and internal examinations as per the following table:

Percentage	Grade Point	Grade	Description	Classification of final result
85 & above	8.5-10.0	O+	Outstanding	First class with Distinction
70-84.99	7.0-8.49	O	Excellent	

60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
48-54.99	4.8-5.49	B	Fair	Second Class
36-47.99	3.6-4.79	C	Average	Pass Class
Below 36	0.0	D	Fail/ Dropped	Dropped

- IX. The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all six courses of the semester) / total credit of the semester as per example given below :

Course No	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
Course -1	4	65	A	6.5	26
Course -2	4	60	A	6.0	24
Course -3	4	62	A	6.2	24.8
Course -4	4	57	B+	5.7	22.8
Course -5	4	55	B+	5.5	22
Course -6	4	72	O	7.2	28.2
Total	24				147.8

Examples: Conversion of marks into grade points

$$65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$$

$$57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$$

$$72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

- X. SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade

$$\text{Points} = 147.8 / 24 = 6.16$$

$$\text{SGPA Sem. I} = 6.16$$

$$\text{SGPA Sem. II} = 5.63$$

$$\text{SGPA Sem. III} = 6.01$$

$$\text{SGPA Sem. IV} = 5.50$$

Total SGPA = 23.30

Cumulative Grade Point Average (CGPA) = $23.30 / 4 = 5.82$

CGPA = 5.82 Grade = B+ Class = Higher Second Class

GPA X 10 = Percentage e.g. $5.82 \times 10 = 58.2 \%$

Note:

(1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the semesters.

XI. The cumulative grade point average will be calculated as the average of the SGPA of all the four semesters, as shown above.

XII. For the award of the class, CGPA shall be calculated on the basis of :

(a) Marks of End Semester External Examination And

(b) Total Marks obtained (Marks of End Semester External Examination + Marks of Internal Assessment) for each course. The final Class for M.P.E.S. Degree shall be awarded on the basis of lowest CGPA (marks) of (a) & (b) of one to fourth semester examinations.

R. M.P.E.S. 16. Conferment of the M.P.E.S. Degree:

(i) A candidate shall be eligible for the conferment of the Degree of M.P.E.S. only if he/she has earned the minimum required credits for the programme prescribed therefore (i.e. 96 Credits).

R. M.P.E.S. 17. End Semester Examination:

(i) The University shall conduct the external Examination for the Semester-I, II, III & IV. The internal examination shall be conducted by the concerned Colleges/ Departments.

R. M.P.E.S. 18. Self -Financing Stream:

All the above rules shall be applicable also for the candidates undergoing the programme in self-financing stream.

R. M.P.E.S. 19. Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the Course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

R. M.P.E.S. 20 Revision of Syllabi:

- I. Syllabi of every course should be preferably revised according to the SGSU and UGC norms.
- II. The revised syllabi of each semester should be implemented in sequential way.
- III. In courses, where units / topics relate to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes are to be made consequentially as recommended by the Academic council and approved by the Board of Governors of SwarnimGujarat SportsUniversity.
- IV. All formalities for revisions in the syllabi should be completed before the end of the 2nd / 4th semester for the implementation in the next academic year.
- V. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance in the examinations of revised syllabi for those students, who have studied the old (unrevised) syllabi without any difficulties.
- VI. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

M.P.E.S.
SEMESTER: 1
PART-I Theory
Examination Evaluation

Paper No.	Core Course	Weekly Period	Hours	Credits
501	Philosophical Foundation and History of Physical Education and Sports	4	60	4
502	Health Education	4	60	4
503	Research Methods in Physical Education and Sports	4	60	4

Elective Course (Any One)

504 EA	Information Technology in Physical Education & Sports.	4	60	4
504 EB	Sports Sociology			

Part-II Practical Course (Instructional Activity)

505	Physical Fitness Test. 100m Run, 800m Run, Long Jump, Jump and Reach (Sargent Jump), Shot-put.	4	120	4
506	Select Any One Kabaddi, Volleyball, Cricket, Lawn Tennis, Sports Theory, skills, techniques and officiating	4	120	4
	Total	24	480	24

M.P.E.S.
SEMESTER: 2
PART-I Theory
Examination Evaluation

Paper No.	Core Course	Weekly Period	Hours	Credits
507	Statistics in Physical Education & Sports	4	60	4
508	Sports Psychology	4	60	4
509	Exercise Physiology	4	60	4

Elective Course (Any one)

510 EA	Sports Journalism	4	60	4
510 EB	Principles and Organization of Recreation & Leisure Time Activities			

Part-II Practical Course (Instructional Activity)

511	Any One Athletics, Gymnastics, Swimming Sports Theory, Skills, Techniques and Officiating	4	120	4
512	Any One Kho-kho, Football, Basketball, Hockey Sports Theory, Skills, Techniques and Officiating	4	120	4
	Total	24	480	24

M.P.E.S.
SEMESTER: 3
PART-I Theory
Examination Evaluation

Paper No.	Core Course	Weekly Period	Hours	Credits
601	Biomechanics	4	60	4
602	Sports Management	4	60	4
603	Test, Measurement and Evaluation in Physical Education & Sports	4	60	4

Elective Course (Any one)

604 EA	Physical Fitness and Wellness	4	60	4
604 EB	Gender, Disability & Inclusive Sport Education			

Part-II Practical Course (Instructional Activity)

605	Any One Athletics, Gymnastics, Swimming Sports Theory, Skills, Techniques and Officiating	4	120	4
606	Any One Table Tennis, Badminton, Handball, Yoga Sports Theory, Skills, Techniques and Officiating	4	120	4
	Total	24	480	24

M.P.E.S.
SEMESTER: 4
PART-I Theory
Examination Evaluation

Paper No.	Core Course	Weekly Period	Hours	Credits
607	Scientific Principles of Sports Training and Coaching	4	60	4
608	Sports Medicine	4	60	4
609	Yogic Science and Naturopathy	4	60	4

Foundation Course (Elective any one)

610 EA	Professional Preparation and Curriculum Design	4	60	4
610 EB	Dissertation			

Part-II Practical Course (Instructional Activity)

611	Coaching Lessons – 1 Group – 505, 511, 605	4	120	4
612	Coaching Lessons – 2 Group – 506, 512, 612	4	120	4
	Total	24	480	24

Note: Five internal lessons should be taken.

M.P.E.S.
SEMESTER: 1
PART-I Theory
Examination Evaluation

Paper No.	Core Course	Internal Marks	External Marks
501	Philosophical Foundation and History of Physical Education& Sports	30	70
502	Health Education	30	70
503	Research Methods in Physical Education& Sports	30	70

Elective Course (Any one)

504 EA	Information Technology in Physical Education& Sports	30	70
504 EB	Sports Sociology		
	Theory – Internal and External Marks	120	280
	Total Marks		400

Part-II Practical Course (Instructional Activity)

505	Physical Fitness Test. 100m Run, 800m Run, Long Jump, Jump and Reach (Sargent Jump), Shot-put.		100
506	Any One Kabaddi, Volleyball, Cricket, Lawn Tennis Sports Theory, Skills, Techniques and Officiating	20	80
	Practical Internal & External Marks	20	180
	Semester : 1	Theory	Practical Activity
	Marks	400	200
	Total Marks		600

Vocational Competency:Adventure Sports Management:-

M.P.E.S.SEMESTER: 2
PART-I Theory
Examination Evaluation

Paper No.	Core Course	Internal Marks	External Marks
507	Statistics in Physical Education& Sports	30	70
508	Sports Psychology	30	70
509	Exercise Physiology	30	70

Elective Course (Any one)

510 EA	Sports Journalism	30	70
510 EB	Principles and Organization of Recreation& Leisure Time Activities		
	Theory – Internal and External Marks	120	280
	Total Marks		400

Part-II Practical Course (Instructional Activity)

Group 1	Any One Athletics, Gymnastics, Swimming Sports Theory, Skills, Techniques and Officiating	20	80
Group 2	Any One Kho-Kho, Football, Basketball, Hockey Sports Theory, Skills, Techniques and Officiating	30	70
	Practical Internal & External Marks	50	150
	Semester : 2	Theory	Practical Activity
	Marks	400	200

	Total Marks		600
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Vocational Competency:Disaster Management:-

M.P.E.S.SEMESTER: 3
PART-I Theory
Examination Evaluation

Paper No.	Core Course	Internal Marks	External Marks
601	Biomechanics	30	70
602	Sports Management	30	70
603	Test, Measurement and Evaluation in Physical Education & Sports	30	70

Elective Course (Any one)

604 EA	Physical Fitness and Wellness	30	70
604 EB			
	Theory – Internal and External Marks	120	280
	Total Marks		400

Part-II Practical Course (Instructional Activity)

605	Any One Athletics, Gymnastics, Swimming Sports Theory, Skills, Techniques and Officiating	20	80
606	Any One Table Tennis, Badminton, Handball and Yoga Sports Theory, Skills, Techniques and Officiating	30	70
	Practical Internal & External Marks	50	150
	Semester : 3	Theory	Practical Activity
	Marks	400	200
	Total Marks		600

Vocational Competency: Sports Massage & Exercise Therapy:-

M.P.E.S.SEMESTER: 4
PART-I Theory
Examination Evaluation

Paper No.	Core Course	Internal Marks	External Marks
607	Scientific Principles of Sports Training and Coaching	30	70
608	Sports Medicine	30	70
609	Yogic Science and Naturopathy	30	70

Elective Course (Any One)

610 EA	Professional Preparation and Curriculum Design	30	70
610 EB	Dissertation		
	Theory – Internal and External Marks	120	280
	Total Marks		400

Part-II Practical Course (Instructional Activity)

611	Coaching Lessons (Internal-5)	50	
612	Coaching Lessons (External-2)		75+75 = 150
	Practical Internal & External Marks	50	150
	Semester : 4	Theory	Practical Activity
	Marks	400	200
	Total Marks		600

Vocational Competency:Sports Event Management:-

Semester - I

Paper - 1

Philosophical Foundation and History of Physical Education & Sports

Unit 1.

- Education
- Meaning, Definition, Aims and Objectives of Education.
- Meaning, Definition, Aim and Objectives of Physical Education and Relationship of Physical Education with General Education.
- Physical Education and Philosophy.

Unit 2.

- Psychological Basis of Physical Education
- Play and Theories of Play
- General Principles of Growth and Development
- Principles of Motor skill acquisition

Unit 3.

- Philosophies of Education as applied to Physical Education-Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism.

Unit 4.

- Sociological Basis of Physical Education
- Socialization Process
- Social Nature of Man and Physical Activities, Sports as cultural heritage of mankind.
- Customs, traditions and Sports.

Unit 5.

- Physical Education in Ancient Greece, Rome, Germany, Sweden, Denmark, and Russia.
- Physical Education in India.
- Olympic Movement – Historical Development of Ancient and Modern Olympics.

References:

1. Jay Coackley Sports in Society: Issue & controversies (2007) McGraw Hill, New York
2. Shamshad Ahmed. Education in Physical Education. Books (2005). Isha. New Delhi.

3. Syal, Meenu. Physical Education Sports and Games. Sports Publication, (2005). New Delhi
4. Davis, M. B. Physical Training in School. Sports Publication, (2004). New Delhi.
5. Shekar, C. K. Foundation of Physical Education and Sports. Khel Sahitya Kendra, (2004). New Delhi.
6. Jain, Anoop. Physical Education Foundation. Sports Publication, (2003). New Delhi.
7. Wuest, Deborah A. Foundation of Physical Education, Exercise Science and sports. McGraw Hill, (2003). New York.
8. Jain, D. Physical Education for Secondary School Children. Khel Sahitya Kendra, (2003). New Delhi.

Semester - I
Paper – 2
Health Education

Unit 1.

- Health-Guiding Principles of Health and Health Education.
- Health related fitness.
- Obesity and its Management.

Unit 2.

- Environmental and Professional Hazards and First Aid.
- Public Health and Epidemic Diseases-Symptoms, Treatment and Preventive Measures.
- Communicable Diseases-Symptoms, Treatment and Preventive Measures.

Unit 3.

- School Health Programme and Personal Hygiene.

Unit 4.

- Theories and Principles of Recreation
- Recreation programmes for various categories of people.

Unit 5.

- Population Education

- Causes for population explosion and its preventive steps.
- National family welfare scheme.
- Nutrition and Dietary manipulation.

References:

1. Greene, W.H., Simon-Morton, B.G.(1984). Introduction to Health Education. NY:Macmillan Publishing Company
2. Anspaugh, D.J., Ezell, G. (1995). Teaching today's health (4th Ed). Boston: Allyn & Bacon
3. Park, K. (2007). Park's textbook of Preventive & social medicine (19th Ed). India:Banarasidas Bhanot Publishers.
3. Y.P. Bedi : Hand Book of Hygiene and Public Health.
4. MaCurdy and MaGrace : Muscular Exercise.
5. Peter V.Karpovich : Physiology of Muscular Activity.
6. Anatomy, Physiology, Kinesiology & Health Education : Dr. Ramesh Chand Kanwar

Semester - I

Paper – 3

Research Methods in Physical Education& Sports

Unit 1.

- Meaning, Definition, Nature, Importance and Scope of Research in Physical Education& Sports.

Unit 2.

- Meaning, Definition and Selection of Research Problem.
- Hypothesis and Review of Related literature, Library Techniques.

Unit 3.

- Sampling-Meaning, Definition, Types and importance.
- Sampling- Process and Techniques
- Research Tools-Questionnaire, Interview, Opinion ire etc.

Unit 4.

- Research Methods and Procedure.
- Historical Research-Meaning, Definition and Importance, Primary and Secondary Sources, External and Internal Criticism.
- Descriptive Research-Survey Studies (Meaning, Definition and Importance)

- Case Studies.
- Experimental Research- Meaning, Definition, Need and Experimental Designs and Laboratory Designs.

Unit 5.

- Research Proposal
- Research Report
- Preparation of a Research Report.

References:

1. Author's Guide: "Research Methods Applied to Health Physical Education and Recreation", Washington, D.C., 1991.
2. Best J.W., "Research in Education", Prentice Hall, New Delhi 1982.
3. Clarke H. David, "Research Processes in Physical Education, Recreation and Health", Prentice Hall Inc, Englewood Cliffs, New Jersey, 1985.
4. Kamlesh M.L., "Methodology of Research in Physical Education and Recreation", AHPER, Washington D.C., 1973.

Semester - I

Paper – 4.1 (Elective)

Information Technology in Physical Education.

Unit 1.

- Local Area Network and Internet
 - A. Networking**
 - Area and Classification
 - Features and characteristics of LAN, Need of Network and its importance.
 - LAN Topology-Ring, Star, Bus, Pitcher, Two Pitcher
 - LAN, Survey, Work Station, Connection, Cable.
 - B. Internet**
 - Meaning, History, Application and Address.
 - Introduction of Modem, Web client, Web Server.
 - Dial up, Access, Direct Access.
 - Introduction of Web browser, Use of Web browser (For Sports and Games)
 - Introduction of Search engine, Uses, Objectives and types.
 - Meaning and Definition of Fire wall and Gateway.
 - C. Email**

- Introduction, How to receive and send, how it works and Address book etc.

Unit 2.

Web Designing.

- Introduction.
- Web browser and Programming.
- Programme structure, Pair, Tag, Document, Head and Body Tag.
- Leaking Documents, Internal and External Documents.
- Heading Line, Drawing Line.
- Paragraph break- Font Styles (Bold, Italic and Underline)
- Types of Lists-Order and Unordered.
- Graphics, Images, Sound and Video.
- Tools, Header, Dia, Row, use of Caption Tag Width, Border, Working, Spacing, BgColour Column and Row. Spy Alignment (Column etc.)
- Form-Introduction, Design, Creation.
- Check box, Control Text box, Drop down, List box, Command and action button.

Unit 3.

- Multimedia and Presentation package.
- Fundamentals and application of multimedia.
- Tools of multimedia (Sports)
- Introduction of graphics, animation and morphing.
- Sound and Music

Unit 4.

Presentation package

Introduction, General Objectives, Tips on effective presentation, Opening, Creative presentation, Creative table, Making chart, Save and close, New slide, Slide change, Creation of black presentation, Changing font size, Working with graphic action button.

Unit 5.

- Organizing various sports activities using Microsoft projects.
- Lab work
 - Introduction to sports software, Introduction to internet, Study of Email, Browsing sports activities on Internet, Preparing

Slideshow on power-point, Preparing Slideshow on Multimedia, Teaching Multimedia package, Web Design.

References:

1. Irtegov, D. Operating System Fundamentals. Firewall Media. 2004.
2. Milke, M Absolute Beginner's Guide to Computer Basics, Pearson Education Asia 2007.
3. NIIT Basics of Networking Prentice – Hall of India Pvt. Ltd, 2004
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5. (2) Computers in Your Future, Marilyn Meyer & Roberta Baber, 2nd edition, Prentice Hall India
6. (3) Computer Fundamentals. Pradeep K. Sinha & Priti Sinha, 4th edition, BPB Publication

Semester - I

Paper – 4.2 (Elective)

Sports Sociology

Unit 1.

- A. Meaning, Scope, Methods and Use.
- B. Sociological Classification of Sports.
 - Sociological concept and classification.
 - Sports Research
 - Concept and understanding of Sports.

Unit 2

Sports group and Administration:

- A. Group Leadership, Constitution, Methodology.
- B. Administrative Leadership, Constitution, Methodology.

Unit 3.

Games and Social Institutions:

- Contribution of Family
- Educational Methods in Sports
- Contribution of socialization in sports.
- Socialization through sports

Unit 4.

Sports and Social Status

- Sports Socialization and Limitations
- Sports related problems and Trends in Society.
- Sports and Aggression.
- Violence in sports.
- Commercialization in sports.
- Women and Children in sports.

Unit 5.

Sports and Micro Social System

- Study of Sports Groups
- Group Interaction, Competition and Co-operation
- Sports and Culture

REFERENCE:

1. Loy, John W., Kenyon, gerald S. & McPherson, Barry D. Sports Culture and Society (Philadelphia: Lea & Febiger, 1981).
2. Ball, Donald W. and Loy John W. Sport and social Order; Contribution to the sociology of sport, (London: Addison Wesley Publishing Co., Inc., 1975).
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Semester - II

Paper – 5

Statistics in Physical Education& Sports

Unit 1.

- Statistics: Meaning, Definition, Nature and Importance.
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables and Calculation.
- Graphical Presentation of Class Distribution, Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram.

- Measures of Central Tendency: Mean Median and Mode-Meaning, Definition, Importance, Advantages and Disadvantages.
- Calculation of Mean and Median, Grouped and Ungrouped data, Raw Mode and calculation of mode from class intervals.

Unit 2.

Measures of Variability

- Deviation, Percentiles and Quartiles-Meaning and Use.
- Calculation of Deviation Percentiles and Quartiles.
- Range, Quartile Deviation, Mean/Average Deviation, Standard Deviation-Meaning, Definition and use.
- Calculation of Quartile, Mean and Standard Deviation from Grouped and Ungrouped data.

Unit 3.

Correlation:

- Meaning and Types.
- Calculation of Karl Pearson (Product Moment Method) and Spearman-Rank Order Correlation Method.

Unit 4.

The Normal Curve:

- Meaning, Principles, Laws, Properties and Uses.
- Divergence from Normality-Skewness and Kurtosis.
- Scoring Scales- Sigma scale, Z Scale, T Scale.

Unit 5

Reliability:

- Meaning, Factors affecting Reliability.
- Randomization.
- Significance of difference between Means.
- T-test and F-test- Uses, Meaning.
- Calculation of T-test.
- Type I and Type II Errors.
- One Tailed and Two Tailed Tests.
- Null Hypothesis.

REFERENCE:

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5. Mauly George J., The Science of Educational Research, New Delhi Eurasia Publishing Hours (P), 1963.
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10. Guilford J.P., fundamental of Statistics in Psychology Educational, New York: McGraw Hill Book Cp. Inc. 1956.

Semester - II
Paper – 6
Sports Psychology

Unit 1.

Sports Psychology: Meaning, Definition, Nature, Scope and Importance.

Unit 2.

Process of Learning: Meaning, Definition, Principles, Laws and their implementation.

- Individual Differences: Meaning, Definition, Types and Reasons.
- Body Types: Sports Activity according to body types, Effect of Individual differences on skill acquisition and sports performance.

Unit 3.

- Emotion: Meaning, Definition, Types and Characteristics. Factors effecting Sports Achievement such as Stress, Fear, Frustration and Aggression.

- Motivation: Meaning, Definition, Types and Importance of Motivation in Sports Achievement.

Unit 4.

- Personality: Meaning, Definition and Principles.
- Dimensions of Personality, Views of Personality.
- Personality development through Physical Activities and Games.

Unit 5.

- Psychological Dimension of Competition-Psycho-Regulative Method for Excitement and Mental Relaxation.
- Effect of Audience on the performance of the Athletes.
- Psychological Preparation for competition- Short term and Long Term Preparation.

REFERENCE:

1. Alderman, R.B. *Psychological Behaviour in sports*. (Philadelphia: London, Sounders Company, 1974).
2. But Susan Dorcas, *Psychology of Sports* (Network: Van Nastrand Reinhold Company) Edn. 2.
3. Crattybrayant, J. *Movement Behaviour and Motor Learning*. (Philadelphia: Lea and Febiger, 1973), Edn. 3.
4. Craty Bryant, J. *Psychology and Physical Activity*. (New Jersey Englewood Cleffs, Prentice Hall Inc. 1965).
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Semester - II
Paper – 7
Exercise Physiology.

Unit 1.

Exercise Physiology: Meaning, Definition, Importance and Scope.

Unit 2.

Muscles, Types of Muscles and Types of muscular cells:

- Characteristics of Voluntary and Non voluntary Muscles.
- Design, Functions and Energy for Muscular Function
- Chemical Changes during muscular contraction.

Unit 3.

- Structure and functions of different systems of the body and effect of exercise on various systems. (Muscular System, Cardio-vascular System, Respiratory system, Nervous System and Digestive System)

Unit 4.

- Second Wind and Oxygen Debt.
- Warm up, Conditioning, Fatigue and (Prasham).
- Work Capacity under different environmental conditions. (Hot, Humid, Cold, High and Low Altitude)

Unit 5

- Sports and Nutrition.
- Concept of Balanced Diet.
- Pre Competition, During Competition and after competition diet of sportsman.

- Effect of smoking, Alcohol, Banned drugs on Sports Performance.

REFERENCE:

1. Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunder company, 1976).
2. Morehouse, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C.V. Mosby Company, 1976).
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Semester - II

Paper – 8.1 (Elective)

Sports Journalism

Unit 1.

Development of Journalism in India:

- Publication of newspapers in India
- Press, Literature, Renaissance.
- Group Mediums, Newspapers, Magazines, Television, Radio, Internet-Symptoms, Advantages and disadvantages.
- Importance of Sports Journalism.
- Language skill writing and Editing.
- Selection of Headers and Footers, Pictures, Layout, Design, Cartoon, Graphics, Graphs.

Unit 2.

Qualities of Sports Journalist and Consolidation of news:

A. Qualities

- Knowledge of the game, Specialist in Sports.
- Research Attitude
- Individual Preparation and Cooperation.

- Specialization in Public Relations.
 - Knowledge of the laws of the games.
 - Urge for new knowledge.
- B. Consolidation of News through,
- Individual sources,
 - Commercial agencies,
 - Newspaper listings,
 - Meetings and seminars,
 - Radio and television,
 - Internet.

Unit 3.

Difference between compilation of newspapers and magazines:

- Difference between newspapers and magazines
- Difference between writing styles
- Difference between presentations.
- Difference between selections of newspapers.
- Special skills.
- Selection of Pictures.

Intro writing

- Intro writing of contemporary event or incident.
- Offhand comment on special occasions.

Unit 4.

Sports administration and management:

- Level of Authorities: Different sports Associations, Universities, Colleges, schools etc.
- Level of Invitee/Non official: Association, Mandals, Clubs, Corporation, Social institutions, Society etc.

Unit 5.

Welfare schemes:

- Awards to sportsmen: Arjun, Padmashree, Khelratna, Eklavya etc.
- Priority in Government jobs.
- Prizes and consolations for excellent performance.
- Benefit matches.
- Priority for additional marks for college admissions.

References:

1. Ahuja, B.N., Theory and Practice of Journalism, Surjeet Pub, Delhi, 1988.

2. Health Jr. Gelfand, How to Cover, Write and Edit Sports, AnnesLowa, USA, 1951.
3. Juris, John R., The Writing Games, Columbia Univ. Press, New York, 1969.
4. Nea. Robest, News Gathering and News Writing, Columbia Hall Inc., New York, 1949.
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6. Woodward. S., Sports Page, Simon and Schuster, New York .1949.

Semester - II

Paper – 8.2 (Elective)

Principles and Organization of Recreation.

Unit 1.

Concept of Recreation:

- Definition, Theory, Methodology and games.
- Concept of Recreation and Philosophy. Effect of Schools on different philosophies.
- Work, Relaxation and Recreation.
- Importance of recreation for Individual, Groups, Society, National and International brotherhood, Nature of Recreation activities.

Unit 2.

History of Recreation:

- History of different activities and living styles of various civilizations, Momentum to different recreational activities, History of Vedic age, Epic age, Buddha age, Maurya age, British period, India after independence.
- Activities of villages and sources of recreation.

Unit 3.

- Planned momentum for recreational activities in India. Professor, C.D.Sondhi, Effect of Recreation on educational and industrial institutions, Y.M.C.A, Balkaanjibaati, Service and Ospel Club, Balabhavans, India Nation Association, National and International Associations.
- Comparative study of recreation-Agitation of Recreation in U.K, U.S.A, U.S.S.R, Japan, France and Germany and its effect on India.
- Recreational Schemes of State and National Government

Unit 4.

Factors effecting Recreation

- Factors effecting population explosion, age, tribes and social status.
- Types of communities, urban, semi urban, rural, slums and business.
- Tools giving momentum to recreation and recreational institutions.
Facilities for training.
- Effect of religions, tribes, knowledge and rituals.

Unit 5.

Planning and Management.

- Survey of sources and needs.
- Preparing aims and objectives, Managing programmes, Managing funds.
- Place of training in recreational skills.
- Purchase, preservation and distribution of recreational tools.
- Establishment of evaluation methods.

References:

1. Dheer . S. &Radhika Kamal, Organization and Administration of Physical Education, Friends Publication, New Delhi – 1991.
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Semester - III **Paper –9** **Bio Mechanics**

Unit 1.

- Biomechanics and Kinesiology: Meaning, Nature and Importance.
- Principles of plane and axis. Various types of movements.

Unit 2.

Kinetics and Kinematics

- Motion: Linear motion, Rotary motion, Angular Motion, Curvilinear motion, Motion of transition.
- Balance, Newton's Laws of Motion, Acceleration, Velocity and speed.
- Force, Work, Power and Energy, Weight and Projectile.
- Leverage-Principles and Types.

Unit 3.

- Friction-Resistance, Water and Air Resistance.
- Elasticity.
- Spin
- Centrifugal and centripetal force.

Unit 4.

Mechanical Analysis of Motor Movements-Walking, Jumping, Running, Throwing, Catching, Holding, Climbing, Lifting, Swinging, Gliding, Pulling.

Unit 5.

Mechanical Analysis of Sports Skills

- Athletics(Running, Jumping, Throwing)
- Swimming.
- Football.
- Basketball
- Volleyball.
- Cricket.

REFERENCE:

1. Bunn, Hohn W. *Scientific Principles of Coaching* (Englewood Cliffs, N.J.: Prentice Hall Inc., 1972).
2. Simonian Charles, *Fundamentals of Sport Biomechanics* (Englewood Cliffs, n.J.: Prentice Hall Inc., 1911).
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5. Hay, James G. and Reid J. Gavind, *The Anatomical and Mechanical Basis of Human Motion* (Englewood Cliffs, N.J.: prentice Hall Inc., 1982).
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Semester - III
Paper – 10
Sports Management

Unit 1.

Sports Management-Meaning, Definition, Importance, Principles and functions.

Unit 2.

Administration-Meaning, Types.

- Administration of education department and its functions.
 - a. School Games Federation of India.
 - b. State Education Sports Wing-School Administration.
 - c. Association of Indian Universities.
 - d. University department of Physical Education.
 - e. College Physical Education Department, Administration of non teaching department and its functions.
 - f. Youth and Sports department
 - g. SAI
 - h. Indian Olympic Association, Indian Sports Associations.
 - i. State Sports Department

Unit 3.

Administration of Sports Facilities, Equipment's, Funds and Employees.

- Facilities: Administration, Types, Need, Purchase of Equipment's, Preparation of fields and maintenance, Indoor Facilities (Gym, Swimming pool).
- Equipment's: Importance, Types, Purchase, Maintenance, Stock maintenance and disposal.
- Funds: Objective of Budget, Principles of budget preparation, ideal budget, its uses.
- Employees Administration: Leadership, Principles, Need, Teacher's training improvement program.

Unit 4.

Planning and supervision in Physical Education.

- Principles of Lesson planning.
- Supervision-Definition, Nature, Scope, Principles, Duties of a supervisor, Qualities of a supervisor, Method and effective supervision.

Unit 5.

Public Relations

- Definition, Objectives and Need.

- Principles
- Planning and administration of program of public relations.
- Mediums and agencies.
- Steps for effective and qualitative public relations.

REFERENCES:

1. Earl F. Zeigh & Gary W. Bowie. Management Competency Development in Sports and Physical Education., (Philadelphia: W. Lea and Febiger, 1963).
2. Joseph Bucher and Earnest Kienigeburg, Scientific Inventory Management (New Delhi: Prentice Hall of India Pvt. Ltd., 1968).
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Semester - III

Paper – 11

Test, Measurement and Evaluation in Physical Education & Sports

Unit 1.

- Test, Measurement and Evaluation-Meaning, Definition and Importance.Modern Trends in Measurement and Evaluation.
- Test Evaluation-Criteria of Test Selection, Objectivity, Reliability, Norms of Validity.
 - a. Classification of tests-Standardized tests, Teacher made tests, Subjective and objective tests.
 - b. Construction of knowledge and skill tests.
 - c. Steps in construction of knowledge and skill tests.

Unit 2.

A. Physical Fitness and Motor Fitness Tests.

- AAHPER Youth Fitness Test.

- National Physical Fitness Test.
 - Indiana Motor Fitness Test.
 - Philip's JCR Test.
- B. Common Motor Strength Tests.
- Baroni –Common Motor Strength test.
 - Newton Motor Strength test.
 - Cozen's athletic ability test.
 - Mc.Cloy's General motor ability test.
- C. Cardio vascular and Respiratory Tests.
- Harvard Step Test.
 - Cooper's 12 min continuous run/walk test.
 - Kraus-weber strength test.
 - Roger strength test.

Unit 3.

Sports Skill tests: Need and Use.

- Badminton- Lockhart and Mcpherson Badminton skill test, Miller wall Volley test.
- Basketball-Johnson Basketball skill test, Lilich Basketball skill test.
- Hockey-Harbansingh Hockey Test.
- Tennis- Dyer Tennis skill test, Hewitt Tennis skill test.
- Volleyball-Russell Lange test, Brady Volleyball Skill Test.
- Football-Mcdonald Football skill test, SAI Football skill test.

Unit 4.

Socio and Psychological Tests.

- Mc.Cloy's behavior rating scale.
- Cowell social behavior trend index.
- Peterson's Social capacity test.
- Swakhyal test.

Unit 5.

Anthropometric measurements.

- Equipments.
- Body Fat measurement, General body measurements.
- Body composition measurements.

References:

1. ACSM's Health / Fitness Facility Standards and Guidelines, New York: HumanKinetics, 1992.
2. Barrow, Harold M. and McGhee, "Rosemary, A Practical Approach to Management inPhysical Education" Philadelphia: Lea and Febiger 1979.

3. Clake, H. Harrison.: Application of Measurement to Health and Physical Education, New Jersey: Prentice Hall Inc. 1976.
4. Edmund O. Acevedo and Michael A. Starks, Exercise Testing and Prescription lab Manual, USA: Human Kinetics Publishers, 2003.
5. Safrit, Margaret J.: Introduction to Measurement in Physical Education and Exercise Science, St. Louis: Mosby, 1995.

Semester - III
Paper – 12.1 (Elective)
Physical Fitness and Wellness.

Unit 1.

Meaning & Definition of Physical Fitness, Importance & Advantage of Physical Fitness.

- Concept of Fitness
- Health Related Fitness
- Skill Related Fitness

Unit 2.

- Principles of Exercises.
- Model Programme
- Importance of gymnasium and health-clubs.
- Exercise guidance programme for Children, youth and special age groups.
- Construction of appropriate exercise program.

Unit 3.

Physical Fitness activities:

- Aerobics
- Water exercises.
- Neurological training.
- Agility and equilibrium training.
- Isometric training.
- Cycling.
- Ladder climbing.
- Treadmill.
- Walking
- Health advantages.

Unit 4.

- Planning for lifelong fitness programme, Aims of fitness, Encouragement for health and prevention of diseases, Domestic exercise equipment's, Fitness programme for handicapped and mentally retarded children, Exercise for adults.
- Management in physical fitness and stress, Concept of stress, Effect of exercises in stress management, Time management.

Unit 5.

Meaning and Definition of Wellness

- Components of Wellness
- Contribution of Behavior in Wellness
- Advantage of Wellness

References:

1. Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.
2. Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
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18. Thani, Lokesh, Rules of Games and Games and Fitness, Delhi: Sports, 2003.

Semester - III
Paper – 12.2 (Elective)
Gender, Disability & Inclusive Sport Education

Unit 1

- Defining Gender and features of gender inequality
- Gender inequality in Education in India
- Gender based violence as a development and rights challenge

Unit 2

- Historical roots of gender construction in India –patriarchy and its socio-cultural origins
- Impact of gender as a social construct.
- Gender roles and the female stereotype in India
- The Global Gender Equality Agenda

Unit 3

- Gender issues in access to education & physical education
- Quality of work and equal opportunity
- Gender in the physical education classroom and peer interactions
- Gender issues in participation in sports

Unit 4

- Constitutional provisions for education of women in India
- UEE and programmes for education of women in India
- Gender and policy perspective
- Class and Inequality

Unit 5

- Definition, concept and importance of inclusive education.
- Historical perspectives on education of children with diverse needs.
- Difference between special education, integrated education and inclusive education.
- Advantages of inclusive sports education for all children.
- Educational approaches and measures for meeting the diverse needs
- Building inclusive learning friendly sports facilities, overcoming barriers for inclusion.
- Creating and sustaining inclusive practices.
- Role of teachers, parents and other community members for supporting inclusion of children with diverse needs for participation in sports.

References:

1. Chanana, Karuna (ed) Socialisation, Education and Women, Orient Longman, New Delhi, 1988
2. Mandell, Nancy (ed), Feminist Issues: Race, Class and Sexuality, Prentice Hall, Ontario, 1995
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5. Daryl Glaser, "Class as a Normative Category: Egalitarian Reasons to Take It Seriously (With a South African Case Study)
6. Daryl Glaser, 'Should An Egalitarian Support Black Economic Empowerment?', Politikon, vol. 34, no. 2, 105-123, 2007.
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10. Mel Kohn and Carmi Schooler, Work and Personality, excerpts
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17. Sharma P.L (2003) Planning Inclusive Education in Small Schools, R .I E. Mysore

Semester - IV

Paper – 13

Scientific Principles of Sports Training and Coaching.

Unit 1.

Sports Training:

- Definition and meaning of Sports Training and Coaching.
- Aims and objectives.
- Characteristics.
- Principles.

Unit 2.

Training Load:

- Factors.
- Principles.
- Overload-Meaning, Reasons, Characteristics, Remedies to overcome overload.
- Adaptation Procedure-Meaning, Stages of Adaptation process.

Unit 3.

Training of Motor Components:

- Strength-Meaning, Types, Characteristics, Principles of strength of training, Methods of strength training, Strength training for women and children.
- Endurance-Meaning, Types, Characteristics, Methods of Endurance training.
- Speed- Meaning, Types, Characteristics, Methods of speed training.
- Flexibility- Meaning, Types, Characteristics, Methods of flexibility training.
- Coordination- Meaning, Characteristics, Classification, Importance, Training methods of coordinative abilities.

Unit 4.

- Techniques- Meaning, Techniques of different games, Importance of training, Factors effecting training, Stages of Training and

effects on training process, Correction of faults-Skill, Style and Technique.

- Tactics-Meaning, Aims, Training, Principles of preparation of tactics, Difference between tactics and strategy.

Unit 5.

Planning of Training and Competition:

- Planning of Training- Meaning, Importance, Principles and Types.
- Periodization-Meaning, High Performance and Periodization, Period and Types.
- Competition-Meaning, Importance, Scope, Methods, Frequency, Preparation of Competition.

REFERENCE:

1. Harre, Dietrich, Principles of Sports Training (Berlin: Sporulated, 1982).
2. Dick W. Frank. sports Training Principles (London: Lepus Books, 1980).
3. Jensen, R. Clayne, and Fisher A.G. Scientific Basis of Athletic conditioning (Philadelphia: Lea and Fibiger 1979), 2nd Edn.
4. Matvyew, L.P. Fundamental of sports Training (Moscow: Progress Publishers, 1981).
5. Cratty, J. Brayant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
6. Singh, H. Sports Training, General Theory and methods (Patials: NSNIS, 1984).
7. Bunn, J.W. : Scientific Principles of Coaching.
8. Morechouse and Rash : Scientific Basis of Athletic-Training.

Semester - IV
Paper – 14
Sports Medicine

Unit 1.

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.

Unit 2.

Sports Injuries and Remedies:

- Injuries:
 - a. General Injuries: Wound, Lesion, Contusion, Burn, Abrasion, Sprain, Strain, Fracture.
 - b. Special Injuries: Injuries on Back, Abdomen, Thigh, Knee, Ankle, Feet, Legs.
- Reasons for Injuries, Preventive measures for injuries, Treatment for Rehabilitation.

Unit 3.

Massage and various therapies:

- Hydrotherapy: Contrast Bath, Sauna bath, Water Massage, Whirlpool.
- Cryotherapy: Ice pack, Gel and chemical cold Pack, Ice Massage, melting ice cryotherapy.
- Electrotherapy: Shortwave diathermy, Ultrasound, Electric moist heating pad, stimulant, Infrared, Ultraviolet electric waves.
- Exercise Therapy: Isotonic, Isometric, Isokinetic Exercise training.
- Massage: Meaning, Importance, need and Types.

Unit 4.

Nutritional diet for athletes and drugs:

- Athlete Nutritional Diet – Factors effecting balance diet, Athlete's Diet for different sports and games, Malnutrition in athletes and its care.

- Doping – Meaning, History, Definition, Classification, Types, Use of drugs and their side effects, Role of Coach and Managers in solving the problem of doping.

Unit 5.

Women Athlete:

- Anatomical and Physiological differences.
- Health Problems: Menses, Pregnancy, Special problems.

References:

1. Ann. Lowlin. Women's Fitness Program Development Human, Kinetics. 2002.
2. Bengt O. Eriksson et al, Sports Medicine, Guinness Publication, 1990.
3. Christine M. Drews, Physiology of Sports and Exercise, Human Kinetics, USA, 1999.
4. David R. Mottran, Drugs in Sports (4th Ed) Routledge Taylor and Francis Group, 2005.
5. Erikson, B.O. et al, Sports Medicine, Guinness Pub. Great Britain, 1990.
6. Jain, Rachna, Sports Medicine, KSK, New Delhi, 2002.
7. Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
8. Khanna, G.L., Exercise Physiology & Sports Medicine, Lucky Enterprises, Delhi, 1990.
9. Mathew D.K. & Fox E.L, Physiological Basis of Physical Education and Athletics, W.B.Saunders Co: Philadelphia, 1971.
10. Pandey, P.K., Outline of Sports Medicine, J.P. Brothers Pub., New Delhi, 1987.
11. Pandey, P.K., Sports Medicine, Khel Sahitya Kendra, New Delhi, 1998.

Semester - IV

Paper – 15

Yogic Science and Naturopathy.

Unit 1.

- Yoga-Meaning and Importance, Paths, Precautions, Difference between exercises and Yoga, Types of Asanas and Suryanamaskara.
- Ashtang Yoga- Different types of Pranayama and its importance, Kriyas, Bandhas and Mudra sciences-Nadis: Chandranadi, Surya nadi and Agninadi.

Unit 2.

- Place of Shodhankarma in Yoga, Nature of Mechanical Shodhankarma and Classification.
- Different glands in yoga, effect of yoga on different systems, plexis, Kundlini, Scientific observations of Yogasana.

Unit 3.

- Yoga Philosophy, Philosophy of Sankhya yoga, Yoga Psychology, Yoga science of Vibhuti, Prana science of Yoga.
- Panchprana-Upprana and factors deciding pranayama.
- Asanas and Pranayama for therapy of various diseases, Inculcating spiritual values through pranayam.

Unit 4.

- Naturopathy-Meaning, History, Importance and Agencies.
- Principles of Naturopathy

Unit 5.

- Difference therapies done through Naturopathy.
- Shivambu method, Acupressure and Acupuncture methods, Magnetic therapy.

References:

1. Swami Kuvalayananda and S.L. Vinekar - Yogic Theraphy.
2. Asanas – Swami Kuvalayananda. Kaivalyadhama, Lonavla.
3. Swami Kuvalayananda, Kaivalyadhama, Lonavla - Pranayama.
4. K. Chandrasekar - Sound Health Through Yoga by PremKalyan Publications, Sedapatti, 1999.
5. Teaching Methods for – M.L. Gharote and Yogic Practive S.K. Ganguly, Kaivalyadhama, Lonavla.
6. M.L. Gharote - Applied Yoga – Kaivalyadhama, Lonavla.
7. Yogasanas: A Teacher's Guide – NCERT, New Delhi.
8. O.P. Tiwari - Asanas – Why? and How? –Kaivalyadhama, Lonvla.
9. R. Thirumalaisamy (1987) – Yoga for Good Health, Karaikudi Senthilkumar publishers.

Semester - IV
Paper – 16.1 (Elective)
Professional Preparation and Curriculum Design.

Unit 1.

Foundation of Professional Preparation:

- Ideals of Indian Democracy: Contribution of Physical Education.
- Forces and factors effecting educational policies- Social, Religious, Economical and political.
- Educational and professional preparation in physical education – Role of Central government.
- Professional Association.

Professional Preparation in Physical Education:

- Historical review of professional preparation of Physical Education in India.
- Curriculum-Old and new concepts, Mechanics of curriculum planning.
- Basic principles of curriculum construction.

Unit 2.

Under-graduate preparation of professional preparation.

- Areas of Health education, Physical education and Recreation.
- Curriculum design-Experience of Education, Field and Laboratory.
- Teaching practice.
- Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

Unit 3.

Post-graduate preparation of professional preparation:

- Purpose of Post graduate studies.
- Area of specialization and concentration on core areas.
- Research requirements and methods of instructions.

Unit 4.

Curriculum Design:

- Importance of curriculum design and effecting factors, Curriculum according to the needs of the students, national and professional policies.
- Role of teachers in curriculum design.
- Co-education and special programmes for women.

Unit 5.

- Selection of Teaching Method – Mass Education, Lecture, Project method and teaching aids.
- Time table for Physical Education and Sports activities in schools and classes.
- Supervision in Physical Education and Supervision methods.
- Recommendations for physical education curriculum by NCERT, CBSE, UGC, NCTE.

REFERENCE:

1. Brraw Harold M. Man and Movement: Principles of Physical Education, Philadelphia: Kea and febiger 1983.
2. Bucher, Charles A. Foundation of Physical Education St. Louis: The C.Va Mosby & Company, 1986.
3. Cassidy, r. Curriculum Development in Physical Education, New York: Harper & Company, 1986.
4. Cowell, C.C. and Hazelton H.W. Curriculum Designs in Physical Education, Englewood Cliffs; N.J. Prentice Hall Inc. 1965.
5. Irwin: L.W. Curriculum in Health and Physical Education, Iowa: W.M.C. Brown Co.
6. Larson, L.A. Curriculum foundation in Physical Education, Englewood Cliffs; N.J. Prentice Hall Inc.
7. Natonal Plan of Physical Education in Recreation, Ministry of Education, Govt. of India, 1956.
8. Pape. L.A. and Means, L.E.A. Professional Career in physical Education, Englewood, Cliffs, N.J. Prentice Hall, Inc. 1952.
9. Reports of Various committees in Education and Physical Education and Physical Education, Govt. of India
10. Underwood, Gorden, L. The Physical Education Curriculum in Secondary School: Planning and Implementation England: Taylor and Francis Ltd. 1983.
11. Willgoose, C.E. Curriculum in Physical Education 3rd Ed. Englewood Cliffs., N.J. Prentice Hall, Inc. 1979.

Semester - IV
Paper – 16.2(Elective)
Dissertation

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