

M.P. Ed. (PREVIOUS)

Paper - I Research Methods and Statistics Maximum Marks: 100

UNIT - I

- (i) Meaning of research, Need and Importance and its scope in Physical Education.
- (ii) Types of Research.
- (iii) Survey of Related Literature:
Need for Library Research, Library Sources, preparation of Bibliography and Abstracts.
- (iv) Formulation and Development of Research Problem:
Location of Research Problem - criteria in selecting the research problem - formulation of Hypothesis.

UNIT -II

- (i) Historical Research:
Scope of historical research in Physical Education, Historical Evidence, Validity of Historical Data.
- (ii) Survey Studies:
Place of Survey Research in Physical Education.
Tools of survey Research.
Questionnaire and Interviews.
- (iii) Case Studies:
Definition of Case Studies.
Characteristics of Case Studies.
Data collection in case studies.
- (iv) Experimental Research:
Meaning, scope and nature.
Control of experimental factors.
Experimental designs.
- (v) Philosophical Research : Brief Introduction.

UNIT - III

- (i) What is Statistics? Its definition and use in Physical Education and Sports Research.
- (ii) Normal Curve : Definition and principle of normal curve, relation between binomial and normal curve, Properties of normal curve. Skewness, Kurtosis, standard scales.
- (iii) Descriptive Statistics - Measures of Central Tendency & Measures of Variability - their calculation and application correlation its application and calculation.
- (iv) Percentiles, Z Scale, T, T_c and Scales standard scores.

UNIT - IV *Statistical Inference:*

- (i) Reliability limits, factors affecting reliability T.F. and Z Statistics, Null Hypothesis, Types I and II errors one tail and two tailed tests.
- (ii) Sampling: Simple and stratified random sampling standard error, coefficient of variance and sampling error.

UNIT - V *Analysis of Variance:*

- (i) One way analysis of variance, with equal and unequal sample sizes. LSD and Scheffes Test.
- (ii) Introduction to Computer Analysis.
- (iii) Research proposal and preparation of research report.
- (iv) Non-parametric statistics and its uses Chi-Square, Sign Test, Median Test and Rho-Correlation.

REFERENCES :

1. Best, John W. Research in Education, New Delhi: Prentice Hall of India (P) Ltd. 2001.
2. Campbell, William, G. Form and Style in Thesis Writing, Boston: Houghten Mofin Co. 1954.
3. Clarke David H. and Clarks H Harrison, Research Process in Physical Education, Recreation and Health. Englewood Cliffs, NH Prentice Hall Inc. 1989.
4. Good, V. carter and Scates, Daughlas E. Methods of Research Appleton Century - Crofts: New York, 1954.
5. Mouly, George J. the Science of Educational Research. New Delhi Eurasis Publishing House (P) 1963.
6. Robson M. Brar TS and Uppal AK Thesis Format, Gwalior: LNCPE, 1979.
7. Blommers. Paul and Lindquist, EF Statistiscal NMethods & in Psychology and Education, Calcutta: Oxford Book Co. 1959.
8. Garret, Harry E. and Good worth RS Statistics Psychology and Education. Bombay: Allied Pacific Private Ltd. 1990.
9. Guilford, JP Fundamental Statistics in Psychology Education. New York: Mcgraw Hill Book Co. Inc. 1956.
10. Steel, Robert GD and Torrie, James A. Principles and Procedures of Statistics, New York: Graw Hill Book Co., 1960.
11. Gupta, Rakesh & Bedi, MMM "Research Process and Studies in Physical Education and Sports Sciences" Friends Publications (India): New Delhi, 2003.

Paper - II Professional preparation and Curriculum Design in Physical Education:

Maximum Marks: 100

UNIT - I (1) Foundations of Professional Preparation

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- (i) Ideals of Indian Democracy - Contribution of Physical Education.
- (ii) Forces and Factors affecting educational Policies and programmes - Social, Religious Economic, Economics & Political.
- (iii) Education and Professional Preparation in Physical Education.
- (iv) Role of the Central Government in Education and Professional Preparation.
- (v) Professional Association.

(2) Professional Preparation in Physical Education

- (a) Historical Review of Professional Preparation in India.
- (b) Comparative Study of Professional Preparation in Physical Education in India with those of USA, USSR and UK.

UNIT - II (1) Undergraduate Preparation of Professional personal areas of Health Education, Physical Education and Recreation - Purpose of Undergraduate preparation admissions curriculum laboratory experiences, Field Experiences teaching practice, professional competencies to be developed facilities and special resources for library.

(2) Post-graduate preparation of professional personnel. Purpose of Postgraduate studies. Admission requirements, sports specialization and concentration on core areas, research requirements, methods of instruction.

UNIT - III (1) Importance of curriculum development factors affecting curriculum, changing needs of student National, and Professional policies.

(2) The role of the teacher, in curriculum development.

(3) Principles of Planning Understanding the capacity characteristics and needs of the learner, evaluation and follow-up.

(4) Selecting material for instruction - classification of activities in Physical Education, the out come of each class of activity, suitability of activities for different age groups and sexes, progress in curriculum, cultural influence in the choice of activities, flexibility of programme material.

UNIT - IV (1) Selecting methods of teaching grouping of students for instruction, lectures, projects activities, demonstration, block of period, total time.

allotment for a given activity teaching aids, conditioning special gadgets to concentrate on development of particular skills, bring up pre-requisites for learning a given skill or activity, provision for individual differences.

- (2) Development programme for different levels, of education kindergarten, elementary school, middle school, 10 plus 2 school, college and Universities, special institution (technical school, orphan hostel) social days, national days etc.
- (3) Relationship of Physical Education to allied areas. Health Education. Recreation, Outdoor activities, inter-school tournaments.

- UNIT - V**
- (1) Co-education in Physical Education, Integrating the programmes for boys and girls, activities suitable for co-education needs, level at which co-education is desirable, special at which development of girls programme.
 - (2) Committee recommendation - NCERT, CBSE, NAAC, UGC, NCTE recommendations on curriculum for school and colleges curriculum followed in colleges of Physical Education, M.P.Ed., and M.Phil.

BOOKS RECOMMENDED :

1. Administrative Management of Physical Education and Athletic Programme : Clayne Jonson.
2. Career potentials Physical Activity : Cratty.
3. Professional Career in Physical Education : Pape and Means.
4. Professional for Health Education – Physical Education & Research : Synder and Scott.
5. Education Administration, School Organisation and Supervision: Agarwal.
6. Cassidy R.. Curriculum Development in Physical Education, New York : Harper and Brother, 1954.
7. Bucher, C.A. Foundation of Physical Education, St. Louis The C.V. Moesby Company, 1988.
8. Wilgoose Carl E.. The Curriculum in Physical Education, Elgelwood Cliffs, N.J. Practice Hall Inc.
9. Gupta Rakesh, Sharma Akhilesh and Sharma Santosh, "Professional Preparation and Curriculum Design in Physical Education and Sports Sciences", Friends Publications (India), New Delhi, 2004.

UNIT - I (1) Sports Training :

- (a) Definition of terms-conditioning, training and coaching.
- (b) Aim, Tasks and Characteristics of Sports Training.
- (c) Principles of Sports Training,

(2) Training Load :

- (a) Important features of training load – Intensity, Density, Duration and Frequency.
- (b) Principles of Training Load.
- (c) Adaptation process and conditions of adaptation.
- (d) Overload-causes and Symptoms-Tackling of overload.

UNIT - II Training for Motor Components :

- (1) (a) Strength : Forms of strength, characteristics of strength, principles of strength training. Strength training means and methods, strength training for children and women.
 - (b) Endurance : Form of endurance, characteristics of endurance, endurance training means and methods.
 - (c) Speed : Form of speed, characteristics of speed, basis of speed, training means and methods.
 - (e) Flexibility : Forms of flexibility, characteristics of flexibility, basis of flexibility, methods of development of flexibility.
- (2). Training for motor components for children and women.

UNIT - III (1) Techniques :

- (a) Definition of sport skill, techniques and technical training.
- (b) Characteristics of technique.
- (c) Phases of skill acquisition.
- (d) Methods of technical training.
- (e) Causes and corrections of faults.

(2) Tactics :

- (a) Definition of tactics and strategy.
- (b) Basic tactical concepts - Offensive, Defensive and High performance.
- (c) Methods of tactical training.
- (d) Control of tactical knowledge.

UNIT - IV (1) Planning and Organisation of training :

- (a) Importance of planning.
- (b) Principles of planning.

- (c) Systems of planning.
- (d) Periodisation and its types.
- (e) Contents for various periods of training.

(2) Competition planning and preparation

- (a) Importance of competitions.
- (b) Competition frequency.
- (c) Main and build-up competitions.
- (d) Direct preparation for an importance competition.

UNIT – V Evaluation of training :

- (a) Items to be included in evaluation programme.
- (b) Uses of graphs and principles of graphical representation.
- (c) Forms of diagrams used for evaluation checking progress.
- (d) Rules governing performance checks and motor tests.

REFERENCES :

1. Cratty, B. - Perceptual and motor development in infants and children : Practice and Hall, 1979.
2. Dick, F.T. - Sports training principles : Lepus, London, 1980.
3. Jenson. C.R., Fisher. A.G. - Scientific basis of athletic conditioning : Lea and Febiger, Philadelphia, 1972.
4. Matveyew, L.P. - Fundamentals of sports training, (Translation from Russian) Mr. Publishers, Moscow, 1981.
5. Pyke, Frank, S. - Towards better coaching, Australian government publishing service, Canberra, 1980.
6. Singh, H. - Sports training : General theory and methods, N.I.S., Patiala, 1984.
7. Willmore, U.M. - Athletic training and physical fitness, Allynand becom Inc., Sydney, 1977.
8. D. Harre - Principles of training.

Paper - IV Measurement and Evaluation in Physical Education

Maximum Marks: 100

UNIT - I Meaning of evaluation, nature and scope of evaluation programmes, need and importance of evaluation in the field of Physical Education, principles of evaluation.

UNIT - II Selection and Construction of Tests :

- (a) Criterion of test selection-Scientific authenticity, (Reliability, Validity, Objectivity, Norms), Administrative feasibility and educational applicatio, classification of tests - Standardised and teacher made tests (objective and subjective tests).
- (b) Construction of tests - Knowledge tests (written tests) and skill tests.
- (c) Suggestions for administrating tests.
 - Medical Examination
 - Testing Personnel
 - Economy of testing
 - Test records
 - Preparation of reports
 - Construction of table groups
 - Purpose of reporting

Justification of particular phases of the programme. Worth of a change in methodology.

UNIT - III Measurement of Organic Function, Motor Fitness and General Motor ability :

- (a) Organic Function :
 - Cardiovascular respiratory function, Cooper's 12/9 minutes continuous Run/Walk test, Tuttle's Pulse ratio test.

Harvard step test and its modifications. (High School and College level - men and women).

Hyman's Cardio-Pulmonary index (CPI).

- (b) Motor Fitness :
 - Oregon Motor Fitness Test.

JCR Test.

Canadian Fitness Test

AAHPER Youth Fitness Test.

Indiana Motor Fitness Test.

- (c) General Motor Ability :
Mc Cloy General Motor Ability Test. Methany-Johnson Test.

UNIT - IV

Tests for Strength and Skill :

Strength :

- Roger's Physical Fitness Index and Suggested changes in the P.F.I. Test.
- Kraus Weber Muscular Test.

Skills :

Volley-ball : Brady test, Russel and Langs test.

Basket ball : Johnson test, Knox test.

Soccer : Mc Donald test, Johnson test.

Field Hockey : Harbans Singh Field Hockey test.

Badminton : Brower Miller test, Dyer Tennis test.

UNIT - V

Measures of Posture-Anthropometry Social Efficiency & Psychological Factors :

- (a) Measures of Posture-ICWA Posture test (Cureton's)
- (b) Anthropometric Measurements -
 - Girth Measurements - Upper arm, fore arm, Calf, Chest.
 - Width Measurements - Scapular, chest, iliac crest, Bipicondylar (Femur and Humerus).
 - Height Measurements - Stature and sitting height.
 - Somatotypes - Sheldon's technique : An introduction.
- (c) Social Factors :
 - (i) Social efficiency scales.
 - (ii) Behaviour rating scales.
 - (iii) Socio-metric techniques - An introduction.
 - (iv) Measurement of Attitude, leadership.
- (d) Psychological Factors :
 - (i) Anxiety scale : Spielberger's Competitive State - Anxiety Scales, Sports Anxiety Scales.
 - (ii) Eysenck personality inventory (B.J.)

Eysenck and Sybil B., G. Dyssnck, Cattle personality test.

- (iii) Other sports specific scales, motivation (16 PF), achievement motivation scales, self confidence scale.

REFERENCES :

1. Larson, L. and Yocom, R.D. : Measurement and Evaluation in Physical, Health and Recreation Education. St. Louis : C.V. Mosby Co., 1951.
2. Mathew, Donald : Measurement in Physical Education. London : W.B. Saunders Co., 1973 (Edn. 5).
3. Clarke, H. : Application of Measurement in Health and Physical Education : Prentice and Hall Inc. 1987 (Edn. 6).
4. Hubbard W. Alfred (Ed.) : Research Methods in Health, Physical Education and Recreation. 3rd revised Edn. Washington, D.C. American Association of Health, Physical Education and Recreation 1973.
5. Larson, L.A. : Encyclopedia of Sports Sciences and Medicine, New York : Macmillan Co., 1971.
6. Doso S. James and Gustafson F. William : Measurement and Evaluation in Physical Education, Fitness and Sports. Prentice and Hall Inc. Englewood Cliffs, N.J. 1983.
7. Philips D. Allen and Hornak E., M. James : Measurement and Evaluation in Physical Education, John Wiley and Sons. New York, Chichester, Brisbane, Toronto, 1978.
8. Barrow, M. Horaki and Meghes, Rosemary : A practical approach to measurement in Physical Education. 3rd Ed. Lea and Febiger, Philadelphia, 1979.
9. Johnson L. Barry and Nelson K. Jack : Practical measurement for evaluation in Physical Education. 3rd Ed. 1st Indian reprint 1982 Delhi, Surjeet Publication, 1982.
10. Sodhi, H.S. : Sports anthropometry (A Kinanthropometric Approach). ANOVA Publication, 1991.
11. Kansal, D.K. : Measurement and Evaluation in Physical Education and Sports Sciences. D.V.S. Publication, New Delhi, 1996.

M.P. Ed. (FINAL)

Paper - I Physiology of Exercise and Sports Maximum Marks : 100

UNIT - I (a) Introduction :
Definition of Physiology and Exercise Physiology and role of Exercise Physiology in the field of Physical Education and Sports.

(b) Muscle : Structure & Function :
Definition of Physiology and Exercise Physiology and role of Exercise Physiology in the field of Physical Education and Sports.

UNIT - II (a) Bioenergetics :
Full for muscular work, A.T.P., energy or Muscular contraction and contractile and biochemical change during muscular contraction. Heat production and thermodynamics of muscle contraction. Aerobic Systems during Rest and Exercise Sarcoplasmic Reticulum.

(b) Neuro-muscular junction and coordination of muscular activity :
Neuron and motor unit transmission of nerve impulse, Bio-electric potential, Neuro-muscular junction and transmission of nerve impulse across it.

Proprioception and Kinesthesia, Tone, Posture and equilibrium.

UNIT - III (a) Physiological Changes due to Exercise :
Immediate effect of Exercise on various systems of body (cardio-respiratory, muscular and thermo-regulatory systems).

Effect of exercise and training on : (i) Heart and circulatory systems, (ii) Respiratory systems, (iii) Brief discussion on other systems during rest, sub-maximal and maximal work. Recovery O_2 (O_2 debt), O_2 consumption components, Replenishment of energy stores during recovery, removal of lactic acid from blood and muscle.

Restoration of oxygen stores - O_2 Myoglobin stores.

(b) Other physiological aspects of Exercise and Sports :
Concept of physical fitness, physical training, warming-up, conditioning, fatigue, physiological aspects of development of strength, endurance, skill, speed, agility and coordination.

UNIT - IV (a) Basic concept of balanced diet. Appropriate diet before, during and after athletic performance, Nutritional aspects of athletic performance drugs and ergogenic aids; Definition-classifications nutritional aids carbohydrates, water and electrolytes, vitamins and minerals.

Pharmacological agents-steroids, Growth hormones anabolic steroids, aspirin, alkaline phosphatase, ingesting caffeine, Penicillin (Vitamin-B-12), Physiological agents-blood doping.

(b) Energy cost of various sports activities.

Definition of energy cost, Energy cost of various activities and various direct and indirect methods of assessing them.

UNIT - V (a) Work and environment.

Work capacity under different environmental conditions : Hot, humid, cold and high altitude.

(b) Obesity and weight control.

Definition of obesity, measurement of fat with various methods (under water and skinfold measurements) BMI Body weight control, positive and negative energy balance. Making weight in wrestling.

REFERENCE :

1. Duyton A.C. : Text book of Medical Physiology, A.B. Saunders Company, Philadelphia, 1971.
2. De Vries, H.A. : Physiology of Exercise for Physical Education and athletics. Stapes press, London, 1976.
3. Karpovich P.V. and Sinning W.E. : Physiology of Muscular Activity.
4. Burne G.M. : The Structure and Function of Muscle. Academic Press, London, 1972.
5. Morehouse L.E. and Miller A.T. : Physiology of Exercise C.V. Mosby Company, Saint Louis, 1976.
6. P.O. Astran and K. Rodhai : Text Book of Work Physiology. McGraw Hill Kogakusha Ltd., 1970.
7. Mathew D.K. and Box E.I. : Physiological Basis of Physical Education and Athletics. W.B.S. Saunders Company, Philadelphia, 1976.

Paper - II Sports Psychology

Maximum Marks: 100

UNIT - I Meaning, nature and scope of sports psychology, development of sports psychology, relationship of sports psychology with other sport sciences.

Importance of sport psychology in physical education and coaching.

UNIT - II *Cognitive process in Physical Education :*

Meaning of cognition, characteristics of cognitive process in sports, Role of sensation and perception, thinking, imagination and memory in physical activities.

Mental activity of athletics, mental activity and sports related goals.

Meaning of attention, Dimensions of attention, Strategic to develop attention.

Motor Learning :

Meaning of motor learning, factors affecting motor learning, motor development in various periods of childhood and adolescence.

UNIT - III *Psychological aspects of action regulation :*

Meaning of action regulation, importance, psychological characteristics of physical activities, structure of action programme, action programme in different games and sports.

Personality :

Meaning of personality, personality traits of sports person, relationship of personality to sport performance, personality differences among various sports groups.

UNIT - IV *Motivation :*

Meaning of motive, need, drive, role of motives, attitudes and interest in physical activities. Meaning of motivation, techniques of motivation, types of motivation, relationship between extrinsic and intrinsic motivation.

Emotions :

Meaning and types of emotion, influence of emotions (success and failure) on level of aspiration and achievement.

Anxiety, fear, frustration, conflict and its effect on sports performance.

UNIT - V *Psychological aspects of competition :*

Defining competition, determinants of competitive behaviour psychological characteristics of pre-competition, competition and post competition, selected psycho-regulative techniques for relaxation and activation.

Psychological aspects of long term and short term preparation for competition, psychological care of injured sports person, typical response to injuries, prevention and coping techniques.

Soual Facilitation :

Presence of others, coaction effect and audience effect in sports.

Factors mediating social facilitations.

Methods of investigation in sports psychology :

Various methods used in sports psychology, different tests in sports psychology.

REFERENCES :

1. Alderman R.S. : Psychological behaviour in sports. Philadelphia, London, Saunders Company, 1974.
2. Butt Dorce Susan : Psychology of sports. New York.
3. Cratty Bryaent J. : Movement behaviour and motor learning. Philadelphia Lea & Febiger, 1975.
4. Cratty Bryaent J. : Psychology of contemporary sports. Englewood Cliffs, N.J. Prentice Hall Inc. 1975.
5. Cratty Bryaent J. : Psychology and physical activity. Englewood Cliffs, N.J. Prentice Hall Inc. 1965.
6. Cratty Bryaent J. : Psychological preparation & athletics excellence. New York : Movement Publications Inc. 1978.
7. Gold Stein, Joffrey H. : Sports games & play social & psychological view points. Lawrence Brihum Associates Publishers X.J., 1979.
8. Kamlesh M.L. : Psychology of physical education and sports. Metropolitan book co. pvt. ltd., 1983.
9. Kane J.E. : Psychological aspect of physical education and sports, : London, Roatwge and Kega Paul, 1972.
10. Lbwolhyn Jack K., Blucker Jolley A. : Psychology of coaching theory and application.
11. Martens rainer : Social psychology and physical activity. New York, Harper and Row publishers, 1975.
12. Singer Robert N. : Sustaining motivation in sports. Consultants international, Tallshese Florida Sports Consultants International Inc., 1975.
13. Singer Robert N. : Motor learning and human performance. New York, Mcmillon publishing co. 1975.
14. Singer Robert N. : Coaching athletic and psychology. New York Mcgraco Hill books co. 1972.

15. Roberts Glyn C. : Learning experience in sports psychology. Illinois human kinetics publishers inc. 1986.
16. Martens Rainer : Coaching guide to sport psychology. Illinois human kinetics publishers inc. 1987.
17. Linda K. Binkat, Robert J. Ratella and Ann S., Relly : Sport psychology, psychological considerations in maximizing sport performance. C. Brown publishers Dubuque, Iowa, 1987.
18. Diane L. Gill : Psychological dynamics of sports. Human kinetic publisher.

UNIT – I **Introduction :**

Meaning of biomechanics. Biomechanics in physical education, sports and research fundamental skills-basic and of sports.

Movements analysis-Kinesiological analysis, mechanical analysis and biomechanical analysis.

Understanding and principles of application derived from the following concepts.

UNIT – II **Linear, Angular and General Motion :**

Distance and displacement (linear and angular), speed and velocity (linear and angular), acceleration (linear and angular) uniform motion.

Units of these relationship of linear and angular motion. Centrifugal and centripetal forces. Newton laws of motion as applicable to linear and angular motion.

UNIT – III **Force :**

Meaning, units of force, effects of force, sources of force, components and resultant, friction, pressure.

- Work, power and energy.
- Movement of force, movement of inertia-levers.

UNIT – IV **Freely falling bodies, projectiles, momentum and impulse :**

- Stability (static and dynamic), initiating rotation in the air.
- Spin, impact and elasticity.
- Fluid mechanics, air resistance and water resistance.

UNIT – V **(i) Analysis of fundamental skills :**

Walking, running, jumping, throwing, lifting, pulling, pushing, catching and climbing.

(ii) Analysis of sports skills of the following :

Athletics, gym, swimming, football, hockey, basketball, volleyball and cricket.

REFERENCE :

1. Principles of coaching. (Englewood Cliffs N.J. Prentice Hall inc. 1972).
2. Simonian Cherles : Fundamentals of sports biomechanics. (Englewood Cliffs N.J. Prentice Hall, inc. 1981).
3. Hay James G. : The biomechanics of sports techniques (Englewood Cliffs N.J. Prentice Hall, inc. 1981).
4. Broor M., Rion R. and Zernicke F. : Efficiency of human movement (Philadelphia : W.B. Saunder Go, 1979).

Paper - IV (Optional) : Sports Medicine

Maximum Marks: 100

UNIT - I Introduction :

Concept of sport medicine, its aim and objectives need and scope of sports medicine in physical education, role of sports physician, physical educator/athletic trainer, coach and the player in sports medicine, team medical care, history of sports medicine in India and abroad.

UNIT - II Sports medicine problems :

Low back problems and management stretching and strengthening exercise for back problems, mal-nutrition and management. Concept of health club, sauna-bath and massage, their use and misuse sex problems in athletics. Differences between the two sexes. Advantages and disadvantages of exercise before and after pregnancy. Common old age problems and evaluation of male and female athletes sports medical problems of athletes and rehabilitation.

UNIT - III The therapeutic modalities and procedure of individual modalities :

Hydrocollateral packs (hot and cold), hydrotherapy (whirl-pool) diathermy, ultrasound, electrical muscle stimulation, cryotherapy and compression, cryokinetics, cold spray, contrast bath, paraffin bath, infra red and ultra violet rays, diapulse and laser therapy.

UNIT - IV General and regional injuries and their immediate management (brief description) :

Visceral, soft tissue and musculo-skeletal injuries. Tissue response to injuries, inflammation. Macro and micro-trauma and stress related injuries. Injuries of head and face, shoulder, arm and elbow joints specific injuries to the neck, trunk, abdominal region, thigh and knee, lower leg, ankle and foot. Important over-use problems and their management.

UNIT - V Specific game injuries, doping and athletic nutrition brief account of injuries :

Football, hockey, track and field, swimming, wrestling, judo, weight lifting and training, tennis, boxing, gymnastics and basketball.

Doping : History, definition, classification, signs and symptoms. Procedure and sampling at national and international levels. Use and abuses of drugs.

Net protein utilization : Planning and justification of athletic diets for different categories of sports as per recommendations of national sports medicine, advisory body.

UNIT – I Introduction :

- (i) Nature, scope and method of sport sociology.
- (ii) Sports as a social phenomenon.
- (iii) Sociological analysis of sports and sport sociology as an academic discipline.
- (iv) Social factor (appearance, sociality, aspiration level and audience) inference on participation and performance in sport.

UNIT – II Sport and micro social systems :

- (i) Study of sport groups.
- (ii) Group interaction, competition and cooperation.
- (iii) Behaviour, characteristics, qualities and role of sport leaders.
- (iv) Sports and cultures.

UNIT – III Sports and macrosocial systems :

- (i) Relationship between sport and socialising institutions (family, school and educational systems).
- (ii) Inter-relationship between sport and regulating institutions (politics and economy).
- (iii) Sport and cultural institutions (religion and art).
- (iv) Sociolization via games and sport.

UNIT – IV Sport and culture :

- (i) Sport as a social institution.
- (ii) Sport as an element of culture and a cultural product.
- (iii) Manipulative socialization and coerced conformity.
- (iv) Relationship between sport and culture.

UNIT – V Social games concerning sport in society :

- (i) Social stratification in sport, sport as a stratificational system.
- (ii) Discrimination and democratization in sport with special reference to socio economic classes and women.
- (iii) Sport and aggression, violence in sport.
- (iv) Problem regarding professionalisation and children in sport.

REFERENCE :

1. Loy and Kenyon : Sport, culture and society.
2. Ball and Loy : Sport and social order.
3. Loy Rephenson & Renyan : Sport and social systems.
4. Edwards : Sociology of sport.
5. Craty B.J. : Social dimensions of physical activity.
6. Coaklay J.J. : Sport in society.

Paper - IV (Optional) : Health Education

Maximum Marks: 100

UNIT - I

- (i) History of health in India concept and various levels of health care of India. Medical care in rural and urban areas. Primary health centre concept. Three tier system of health care, health for all by 2000 A.D. latest trends in health education.
- (ii) **Health Education** : Its contents and aims. Use of audio-visual aids, method of individual, group, mass approaches of health education.
- (iii) Inter-relationship between different components of health and spiritual health role and responsibility of individual, community, state and spectrum of health, role of heredity and genetics in achieving positive health.
- (iv) **Nutrition** : Proximate principles and their imbalance. Brief description of nutrients in various food stuffs and trace elements. Milk and food borne diseases.

UNIT - II

School health services and school health programme in relation the following :

- (i) Role of physical education teacher, principal, class teacher, doctor.
- Health appraisal : Meaning, aim, method.
 - Medical check-up/examination.
 - Common childhood diseases and their control.
 - First aid, accident and prevention.
 - Mental health, dental health, eye troubles.
 - Food for children at primary, middle and secondary level.
 - School health administration and maintenance of records. Preparation of health card.
- (ii) Healthful school living under fine clinics and road to health.

UNIT - III

Community and environmental sanitation :

- Water, impurities in water, purification of water and water borne diseases with reference to worm infestations and Amoebiasis detection of Chlorine in water.
- Ideal well and its maintenance. Chlorination of water at camp aids.
- Air pollution and its effect on health occupational diseases.
- Mousing and its problems and health aspects.
- Light, noise, temperature and radiation, their effects on health.

UNIT - IV

Communicable Diseases :

- Natural history of communicable diseases.
- Epidemiology of communicable diseases.
- Levels of prevention : Brief description of following communicable diseases and their prevention.
- Tetanus.
- Tuberculosis.
- Jaundice (infections, Hepatitis)
- Scabies and common skin infections.

- Chicken pox, Mumps and Measles.
- Malaria and filaria.
- Rabies (Hydrophobia and animal bite).
- Sexually transmitted diseases and aids.

UNIT – V

Non-communicable diseases and evils of community. Brief description of important non-communicable diseases :

Population policy, population dynamics, population explosion, national family welfare programme, need of sex education. Alcoholism, drugs habituation-dependance and addiction. Their prevention and control.

REFERENCE :

1. Bedi, Yashpal : Social and preventive medicine.
2. Bucher, Charles A. : Administration of health and physical education programme.
3. Delber Chertenffer St. Al. : The school health education.
4. Ghosh B.N. : Treaties of hygiene and public health.
5. Hanloh John J. : Principles of public health administration.
6. Part J.E., Park K. : Text book of prevention and social medicine.
7. Turner E.C. : The school health and health education.
8. Turner G.L. : Personal and community health.

Paper - IV (Optional) : Sports Journalism

Maximum Marks: 100

UNIT - I Introduction to communication, definition communication meaning and scope of mass communication, process and characteristics, objectives and function.

UNIT - II Meaning of scope of journalism, purpose and functions of journalism. Mass media, purpose of mass media for the propagation and development of sports.

UNIT - III Growth of sports communication.

Need for collection material and tabulating the same sports coverage, growth of sports periodicals, sports coverage or AIR, TV and films.

Development of sports journalism in England, USA, Russia, India.

UNIT - IV Definition of news, concept, value and sources of news, construction of news. Principles of sports reporting, difference between general news reporting and sports news reporting, sources of sports news, interview techniques, writing the interview, sports news, sports photography still and movie, advance story and flesh back, follow up stories.

UNIT - V Leads : Introduction and definition, importance of leads, principles of leads, construction and types of leads, leads for sports reports, individual and team games. Track and field events, equities score, board and statistics.

Editing copy reading and handling sports news.

Design and make up of sports page elementary knowledge of typography and various process of printing. News paper styles and slant.

PRACTICALS :

1. Writing reports of sports events.
2. Writing features on sports.
3. Design and make up of sports page.
4. Visits of sports centres and education institutions for attending sports competitions.

REFERENCE :

1. Modern sports writing by L.T. Gelfand and H.F., Health Jr. Lows University Press, Ames, Lows, U.S.A.
2. How to cover, writes and edit sports by H.E. Health and L. Galfand, Iowa State College Press, Ames, Iowa, U.S.A.
3. How to write columns by D.E. Hinkls and J.N. Nenry, Greenwood Press, New York, U.S.A.

Paper - V Sports Specialization (Theory)

Maximum Marks: 100

- UNIT – I**
- (i) Modern trends and developments in the game/sports.
 - (ii) Rules and their application in particular game/sports.
 - (iii) Systematization of training process :
 - (a) Beginner.
 - (b) Advanced sports (High performance sports men).

- UNIT – II** Important motor components associated with the game/sports and their development and inter-relationships.

General and specific warmingup. General, specific and competition exercises.

Training load and adaptation, process of improvement of sports performance. Features and principles of training load.

- UNIT – III** Competition Planning :
- (a) Long term and short term training plan.
 - (b) Preparation for a decisive competition.
 - (c) Periodization, training session plan.

- UNIT – IV**
- (i) **Technical training :**
 - (a) Specially preparing, basic and supplementary exercise, training schedules.
 - (b) Mechanical analysis of skills of game/sport.
 - (c) Correction of tactical faults/retraining.

(ii) **Technical Training : (Individual and Team) -**

- (a) Offensive and defensive (individual and team), tactical patterns applicable to game/sport.
- (b) Practical application of different forms of tactics.

- UNIT – V**
- (i) Psychological preparation of a sports man long term and short term psychological preparation.
 - (ii) Tests, measurements and evaluation :
 - (a) Skill tests.
 - (b) Tests for different fitness components - General & Specific.
 - (c) Knowledge tests.

REFERENCE :

1. Govindarajulu N. and Gupta Rakesh : Layout and marking in track and field. Friends publications (India), New Delhi, 2004.

4. Olympia guide by John V. Grabach, Aven Books (Latest Edition) Hearst corporation 1959, Eighth avenue, New York, U.S.A.
5. Radio news writing and editing by Carl Warren.
6. Techniques of photo journalism by Milton Feinbero.
7. Interviewing, Its principles and methods by Gural.
8. The Guinness book of olympic records.
9. Learn it yourself books, Orient Paperbacks, Wishion books pvt. ltd., New Delhi.
10. Principles of advertising by Barton.
11. Newspaper economics and management by Trilok Sindhwan.
12. Kamath : Professional journalism.
13. Murthy R.K. : Free leaving.