

(2024-2025 onwards)

COURSE STRUCTURE WITH CREDITS DISTRIBUTION
(MA,/M.Sc. - Physical Education)

UG SEMESTER-VII/PG SEMESTER-I

Course Code		Course Name	Maximum Credits (20)	CIE	ETE
E020701T	Core	Research Process in Physical Education and Sports Sciences	4 Credits	25	75
E020702T	Core	Applied statistics in Physical Education and sports Sciences	4 Credits	25	75
E020703T	Core	Test, Measurement and Evaluation in Physical Education & sports Sciences	4 Credits	25	75
E020704T	Discipline Centric Elective (Select any one)	Sports Management	4 Credits	25	75
E020705T		Sports and Exercise Physiology			
E020706P	Discipline Centric Elective (Select any one)	Track & Field\ Gymnastics\ Yoga\ Combative sports	4 Credits	25	75
E020707P		Team game\Indigenous Sport\Racket Game			

UG SEMESTER-VIII (for Four Year Undergraduate Programme)

PG SEMESTER- II

Course Code		Course Name	Maximum Credits (20)	CIE	ETE
E020801T	Core	Scientific Principles of Sports Training	04 Credits	25	75
E020802T	Core	Yogic Sciences	04 Credits	25	75
E020803R	Research Project	Research Project	12 Credits	-	100

Or

PG SEMESTER-II (for Two Year Post Graduate Programme- lateral entry)

Course Code		Course Name	Maximum Credits (20)	CIE	ETE
E020801T	Core	Scientific Principles of Sports Training	4 Credits	25	75
E020802T	Core	Yogic Sciences	4 Credits	25	75
E020803T	Discipline Centric Elective (select any one)	Sports Technology	4 Credits	25	75
E020804T		Physical Fitness and wellness			
E020805P	Discipline Centric Elective (select any one)	Track & Field\Gymnastics\Yoga\Combative sports	4 Credits	25	75
E020806P		Team game\Indigenous Sport\Racket Game			
E020807T	Ability Enhancement Course (select any one)	Kinesiology and Sports Biomechanics	4 Credits	25	75
E020808T		Gender, Disability & Inclusive Sport Education			

PG SEMESTER-III/PG SEMESTER-I (One Year PG Programme-Lateral Entry)

Course Code		Course Name	Maximum Credits (20)	CIE	ETE
E020901T	Core	Health Education and Sports Nutrition	4 Credits	25	75
E020902T	Core	Sports Psychology	4 Credits	25	75
E020903T	Discipline Centric Elective (select any one)	ICT & Education Technology in Physical Education	4 Credits	25	75
E020904T		Sports Medicine			
E020905T		Sports Journalism and Mass Communication			
E020906P	Discipline Centric Elective (select any one)	Track & Field\ Gymnastics\ Yoga\ Combative sports	4 Credits	25	75
E020907P		Team game\Indigenous Sport\Racket Game			
E020908T	Ability Enhancement Course (select any one)	Athletic Care & Rehabilitation	4 Credits	25	75
E020909T		Curriculum Designs in Physical Education			

PG SEMESTER-IV/PG SEMESTER-II (One Year PG Programme)

Course Code		Course Name	Maximum Credits (20)	CIE	ETE
E021001R	MRP	MASTER DISSERTATION	20 Credits	-	100

Detailed Syllabus of MA, MSc in Physical Education
M.A. / M.Sc. Physical Education
First Semester
COURSE CODE : E020701T

Course Title: RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

THE COURSE OBJECTIVES ARE:

1. To develop understanding of the basic framework of research process.
2. To identify appropriate research topics.
3. To identify various sources of information for literature review and data collection.
4. Select and define appropriate research problem, parameters and research questions.
5. To develop an understanding of various research designs and techniques.
6. Write a research proposal and report.
7. Organize and conduct a scientific research in a more appropriate manner
8. To develop an understanding of the ethical dimensions of conducting applied research.

THE STUDENT LEARNING OUTCOMES ARE:

1. To define research and describe the research process and research methods.
2. To understand the research context within the area of physical Education and sports.
3. To understand the processes and requirements for conducting successful research in physical education and sports.
4. Understand and apply basic research methods.
5. Students use print and electronic library resources effectively and appropriately.
6. To understand the process of sampling, the uses of questionnaires as data-gathering instruments, how a survey is carried out in terms of process and method, the uses of surveys and to be able to capture their own data.
7. Understand and apply basic research methods including research design, data analysis, and interpretation.
8. Students develop testable hypotheses, differentiate research design, evaluate aptness of research conclusions, and generalize them appropriately.
9. Students design and conduct quantitative or qualitative research studies in laboratory or field settings.
10. Students use research data to formulate or evaluate new research questions, using reason and persuasion in a logical argument.
11. To know how to apply the basic aspects of the research process in order to plan and execute a research proposal and research report.
12. To be able to present, review and publish scientific articles.

UNIT I: INTRODUCTION

- Meaning and Definition of Research -

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- Need, Nature and Scope of research in Physical Education.
- Classification of Research, Location of Research Problem.
- Criteria for selection of a problem.
- Identification of research questions.
- Research Objectives.
- Limitation, Delimitation, Hypothesis
- Qualities of a good researcher

UNIT-II: METHODS OF RESEARCH

- Descriptive Methods of Research: Survey Study, Case study.
- Introduction of Historical Research, Steps in Historical Research.
- Sources of Historical Research: Primary Data and Secondary Data.
- Historical Criticism: Internal Criticism and External Criticism.
- Experimental Research - Meaning, Nature and Importance.
- Meaning of Variable, Types of Variables.
- Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design.
- Static Group Comparison Design, Equated Group Design, Factorial Design.
- Tools & Techniques of Data Collecting.

UNIT-III : SAMPLING

- Meaning and Definition of Sample and Population.
- Types of Sampling; Probability Methods; Systematic Sampling, cluster sampling, Stratified Sampling.
- Sampling Techniques.
- Area Sampling
- Multistage Sampling.
- Non- Probability Methods;
- Convenience Sample.
- Judgment Sampling.
- Quota Sampling.

UNIT - IV: RESEARCH PROPOSAL AND RESEARCH REPORT

- Defining Research Project
- Writing a Research Proposal and Research Report.
- Footnotes & Bibliography, E-Referencing

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- Ethical Issues in Research : Areas of Scientific Dishonesty, Ethical issues regarding copyright. Responsibilities of Researcher.
- Working Ethics with Faculty, Protecting Human Participants.
- Plagiarism

TEACHING LEARNING STRATEGIES:

The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES:

Lecture/Laboratory Work/ Field Work/ Outreach Activities/Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC:

Classroom Test. Project Work. Assignments. Presentations.

TEXT & REFERENCES:

- Best & Kahn (2003) Research in Education, 10 Ed. New Jersey; Prentice Hall, Inc.
- Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey: Prentice Hall Inc.
- Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London! Routledge Press
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities: Illinois: Human Kinetics;
- Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi.
- Moses, A.K. (1995) Thesis Writing Format, Chennai; poompugar Pathippagam.
- Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, inc.
- Subramanian, R, Thirumalal Kumar S & Arumugam, C. (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication.
- Moorthy A.M. Research Processes in Physical Education (2010); Friends Publication, Ne Delhi.
- Research methodology in physical education and sports science, Prof. Pawan Kumar Pachori, Manisha Publications, New Delhi, 2020
- शारीरिक शिक्षा में अनुसंधान प्रविधियाँ, प्रो० पवन कुमार पचौरी, मनीषा पब्लिकेशन, नई दिल्ली, 2021

Course Title: APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS SCIENCE

THE COURSE OBJECTIVES ARE:

1. To completely describe a data set, using appropriate descriptive statistics.
2. To interpret a set of descriptive statistics and understand the limitations of each measure.
3. Students shall be able to use and apply a wide variety of specific statistical methods.
4. Students shall know how to organize, manage, and present data.
5. Show ability to explore and organize data for analysis.
6. Students shall be able to use and apply a wide variety of specific statistical methods.
7. Demonstrate understanding of the properties of probability and probability distributions.
8. Demonstrate understanding of the probabilistic foundations of inference.
9. Apply inferential methods relating to the means of Normal distributions.

STUDENT LEARNING OUTCOMES:

1. Know how to organize, manage, and present data.
2. Explore and organize data for analysis.
3. Use and apply a wide variety of specific statistical methods.
4. Demonstrate understanding of the properties of probability and probability distributions.
5. Demonstrate understanding of the probabilistic foundations of inference.
6. Apply inferential methods relating to the means of Normal distributions.
7. Understand the concept of the sampling distribution of a statistic, and in particular describe the behavior of the sample mean.
8. Effectively communicate results of statistical analysis.
9. Demonstrate understanding of statistical concepts embedded in their courses.
10. Demonstrate proficiency in analyzing data using methods embedded in their courses.
11. Demonstrate ability to select appropriate methodologies for analysis based on properties of particular data sets.

UNIT I

- Meaning and Definition of Statistics.
- Need and importance of Statistics
- Types of Statistics.
- Meaning of the terms: Population, Sample,
- Data, Kinds of data. Variables: Discrete, Continuous.
- Parametric and non-parametric statistics.

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UNIT II

- Meaning, uses and construction of frequency table
- Meaning, Purpose, calculation and advantages of:
 - Range, Measures of central tendency -Mean, median and mode.
 - Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error.
 - Normal Curve: Meaning of probability - Principles of normal curve - Properties of normal curve.
 - Divergence from normality - Skewness and Kurtosis.

UNIT-III

- Sample Distribution of Means, Standard Error of Mean.
- Testing of Hypothesis- Region of Acceptance & Region of Rejection of Null and Alternative Hypothesis.
- Level of Significance
- Type I and Type II Errors,
- One Tailed and Two Tailed test
- Degrees of Freedom

UNIT-IV

- Tests of significance: Independent "t" test, Dependent "t" test, chi-square test,
- Level of confidence and interpretation of data,
- Meaning of correlation - co-efficient of correlation
- Calculation of co-efficient of correlation by the product moment method and rank difference Method.
- Concept of ANOVA and ANCOVA. Post-hoc tests-LSD and Scheffe

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreaching Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test/ Project Work/ Assignments/ Presentations/ Practical Work /Theory lesson plan.

TEXT & REFERENCES:

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc.
- Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
- Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;

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- Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi
Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs:
Prentice Hall, Inc.
- Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication
Thirumalaisamy (1998).
- Statistics in Physical Education, Karaikudi, Senthil Kumar Publications.

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Detailed Syllabus of the MA/MSC IN PHYSICAL EDUCATION

MA Physical Education Semester-I

COURSE CODE-E020703T

Course Title: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION & SPORTS SCIENCE

THE COURSE OBJECTIVES ARE:

1. To develop concepts related to Test, Measurement & Evaluation;
2. To construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
3. To analyze the physical ability and performance of an individual in various sports.
4. To provide scientific techniques in selection and talent identification through various evaluation and grading process applicable in physical education and sports.
5. To develop the skills and techniques for construction of new tests for various need related to specific Sports Skills.

STUDENT LEARNING OUTCOMES ARE:

1. Explain the basics of measurement and evaluation of various test and measurement techniques.
2. Develop the concepts of measurement and evaluation in physical education and sports.
3. Develop ability to construct new tests for various need related to Physical Education and Sports with scientific authenticity.
4. To analyze various test and performance related to physical education.

UNIT I: Introduction

- Meaning and Definition of Test, Measurement and Evaluation.
- Need and Importance of Measurement and Evaluation.
- Criteria for Test Selection - Scientific Authenticity.
- Meaning, definition and establishing Validity, Reliability, Objectivity.
- Norms Administrative Considerations.

UNIT II: Selection of Construction of Tests

- Criteria of Test Selection.
- Factors Affecting Scientific Authenticity.
- Procedure to establish Scientific Authenticity.
- Administration of Testing programme, its procedure and follow up.
- Construction of Test - Knowledge Test & Skill Tests.

Guidelines for constructing objectives and subjective test (Alternate Choice (True/False). Multiple Choice, Short Answer & Matching Items)

UNIT III: Motor & Physical Fitness Tests

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- Meaning and Definition of Motor Fitness and Physical Fitness.
- Tests for Motor Fitness;
- Barrow Motor Ability Test-D
- Muscular Fitness - Kraus Weber Minimum Muscular Fitness Test.
- AAHPERD Health Related Fitness Battery (revised in 1984),
- ACSM Health Related Physical Fitness Test.
- Roger's Physical Fitness Index.
- Harvard step test. 12 minutes Run/Walk Test,
- Multi-stage Fitness Test (Beep test)
- Test of Coordinative Ability: Speed; Power

UNIT IV: Anthropometric and Aerobic-Anaerobic Tests

- Physiological Testing:
- Aerobic Capacity:
- The Bruce Treadmill Test Protocol.
- 1.5 Mile Run test for college age males and females.
- Method of Measuring Height: Standing Height, Sitting Height.
- Anaerobic Capacity: Margaria-Kalamen test. Wingate Anaerobic Test
- Anthropometric Measurements:
 - Method of measuring Measuring Height : Standing Height, Sitting Height.
 - Method of measuring Circumstance: Arm, Waist, Hip, Thigh.
 - Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

TEACHING LEARNING STRATEGIES:

The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES:

Lecture/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

PRACTICUM:

Tests of Unit III & IV should be conducted practically also.

ASSESSMENT RUBRIC:

Classroom Test Project Work/ Assignments/ Presentations/ Practical Work / Theory lesson plan

TEXT & REFERENCES:

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd. Denmark:
- Ho+Storm.

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- Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
- 2 years B.P.Ed Curriculum 140
- Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B. Saunders Company.
- Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.
- Phillips, D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Wiley and Sons.
- Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports-a kin anthropometric study. Patiala: Punjab Publishing House.

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Detailed Syllabus of the MA/MSc IN PHYSICAL EDUCATION

MA Physical Education Semester-I

COURSE CODE : E020704T

Course Title: SPORTS MANAGEMENT

COURSE OBJECTIVES:

- To describe organization and administration of sports programmes.
- To analyze and interpret sports philosophy, sports sociology, business systems, sports management, public administration and marketing techniques.
- To develop opportunities to construct & design the curriculum of PE in broader aspects realizing the age group, gender consideration and physiological basis.

STUDENT LEARNING OUTCOMES:

Identify issues relevant to modern physical education and sport management. Explore the area as a career perspective.

Unit I:

- Management: Concept and Principles of Management.
- Sports Management: Definition, Importance.
- Basic Principles and Procedures of Sports Management Functions of Sports Management /
- Personal Management:
- Objectives of Personal Management, Personal Policies.

Unit II :

- Management of infrastructure, equipment, finance and personnel.
- Programme Management:
- Factors influencing programme development.
- Organisation and Functions of Sports bodies.
- Competitive Sports Programmes, Benefits.
- Management Guidelines for School, College Sports Programmes.
- Management Problems in instruction programme.
- Community Based Physical Education and Sports programme.

Unit III:

- Purchase and Care of Supplies of Equipment.
- Guidelines for selection of equipment and Supplies.
- Purchase of equipment and supplies.
- Equipment Room. Equipment and supply Manager.
- Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment.
- Public Relations in Sports:

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- Planning the Public Relation Programme-Principles of Public Relation - Public Relations in School and Communities.
- Public Relation and the Media. Professional Ethics.

Unit - IV: (Practical)

- SWOT Analysis
- Organising sports meet:
 - Institutional sport event
 - Community sport event
 - Fitness Events for children
- Officiating in the institutional tournaments
- Planning & Organising sport event
- Report preparation of sport event
- Audit Management of sport event

TEACHING LEARNING STRATEGIES:

The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES:

Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC:

Classroom Test, Project Work, Assignments, Presentations, Practical Work

TEXT & REFERENCES:

- Chakraborty & Samiran. (1998). Sports Management. New Delhi: Sports Publication.
- Charles, A. Bucher & March, L. Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
- Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
- John, E, Nixon & Ann, E. Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
- Williams, J.F. (2003). Principles of Physical Education. Meerut: College Book House.
- Yadvnider Singh. Sports Management, New Delhi: Lakshay Publication
- Bill, K. (2009). Sport management. Exeter [England]: Learning Matters. ISBN-13-978-1844452637. ISBN-10: 1844452638
- Smith, A., & Stewart, B. (1999). Sports management. St Leonards, N.S.W.: Allen & Unwin. ISBN-13: 978-1864487510. ISBN-10: 1864487518

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- Hoye, R. (2012). Sport management. Milton Park, Abingdon, Oxon: Routledge. ISBN-13: 978-1856178198, ISBN-10: 1856178196
- Bowers, M. (2015). Sport management. Champaign: Sagamore Publishing. ISBN-10: 1571677267. ISBN-13: 978-1571677266
- Krotee, M., & Bucher, C. (2007). Management of physical education and sport. Boston: McGraw-Hill. ISBN-10. 0072972920. ISBN-13: 978-0072972924
- शारीरिक शिक्षा में प्रबन्धन, प्रो० दीप्ति शुक्ला, प्रो० पवन कुमार पचौरी, शिखा पब्लिशर्स, इलाहाबाद, 2018

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Detailed Syllabus of the MA/MSc IN PHYSICAL EDUCATION

MA Physical Education Semester-I

COURSE CODE-E020705T

Course Title: SPORTS AND EXERCISE PHYSIOLOGY

THE COURSE OBJECTIVES ARE:

- To assess basic concepts of exercise physiology
- To employ students to apply the knowledge of energy systems during exercise.
- To explain the effect of environment and ergogenic aids on exercise and training.
- Develop a thorough understanding of the relationship between physical activity and health. To develop the understanding of the physiological processes.

STUDENT LEARNING OUTCOMES:

- Describe and apply the fundamental and advanced concepts of exercise physiology. Define and describe the term exercise physiology
- Recognize the energy system for aerobic and anaerobic components of exercise.
- Summarize the physiological basis of physical fitness, physical training, health and wellness.
- Discover the nutritional aspect of fitness and performance.
- Comprehend the physiological changes & adaptations during exercise in different environmental conditions

UNIT I: Introduction to Sports & Exercise Physiology and Muscular system

Meaning, Definition & Historical Development of Sports & Exercise Physiology

- Macro & Micro Structure of the Skeletal Muscles, Chemical Composition, Sliding Filament theory of Muscular Contraction. Types of Muscle fiber, Muscle Tone, Chemistry of Muscular Contraction.
- Heat Production in the Muscle, Effect of exercises and training on the muscular system

UNIT II: Cardio Respiratory System and Exercise

- Blood Supply to the Heart, Cardiac Cycle, Stroke Volume, Cardiac Output, Heart Rate, Factors Affecting Heart Rate, Cardiac Hypertrophy
- Effect of exercises and training on the Cardio-vascular system.
- Mechanics of Breathing. Minute Ventilation - Ventilation at Rest and During Exercise.
- Diffusion of Gases, Exchange of Gases in the Lungs (external respiration).
- Exchange of Gases in the Tissues (internal respiration). Control of Ventilation.
- Ventilation and the Anaerobic Threshold. Second Wind, Oxygen Debt
- Lung Volumes and Capacities
- Effect of exercises and training on the respiratory system

UNIT III: Metabolism and Energy Transfer

- Metabolism - ATP-PC or Phosphagen System.
- Anaerobic Metabolism; Aerobic Metabolism.
- Aerobic and Anaerobic Systems during Rest and Exercise.
- Short Duration High Intensity Exercises.
- High Intensity Exercise Lasting Several Minutes.

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- Long Duration Exercises.

UNIT IV: Environment, Sports & Exercise

- Sports/Exercise in Hot and Cold Conditions
- Thermoregulatory Mechanism
- Physiological response, Health Risk, Associated with Exposure to heat and cold.
- Acclimatization: Sports & Exercise - Training in High Altitude
- Physiological response and associated health risk.

PRACTICUM: (PHYSIOLOGICAL ASSESSMENT)

- Measurement of resting heart rate, immediately before and after activity and during activity.
- Measurement of Blood Pressure by Sphygmomanometer
- Measurement of Vital Capacity, and Peak Flow Rate.
- Assessment of Respiratory Rate.
- Measurement of Body Fat
- BMI method
- Assessment of Body Composition by Skinfold caliper method
- Assessment of Cardio Respiratory Fitness, through various field methods

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations

TEXT & REFERENCES:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: PoompugarPathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L. Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Fox. E.L., and Mathews. D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Sandhya Tiwari. (1999). Exercise Physiology. Sports Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams, and Wilkins Company.
- Kenney. W., Wilmore, J., & Costill, D.(2015) Physiology of sport and exercise. 9781450477673
- McArdle, W., Katch, F., & Katch, V. (2010). Exercise physiology. Baltimore, MD: Lippincott Williams & Wilkins. ISBN 978-1451191554
- Raven, P. (2013). Exercise physiology. Australia: Wadsworth Cengage Learning.

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Detailed Syllabus of the MA/MSc IN PHYSICAL EDUCATION

Semester-I

COURSE CODE - E020706P & E020707P

PRACTICALS

Sports Practical With Specialization In Anyone: Track & Field /Gymnastics/Yoga/Combative Sport/Indigenous Sport/Team Game/ Racket Game (Select Any One From The Followings On The Basis Of Feasibility)

(A) Track and Field (B) Gymnastics (c) Yoga (d) Combative Sport :

Boxing/Judo/Teaekwondo/Wrestling (E) Indigenous Sport : Kabaddi/Kho-Kho (F) Team Game : Basketball/Cricket/Football/ Handball/Hockey/Volleyball (G) : Racket Game: Badminton/Table Tennis/Tennis.

ESSENCE OF THE COURSE

It is designed to provide an opportunity to students to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

COURSE CONTENTS :

General guidelines for development of required course contents in particular game / sport given below.

UNIT - I : Introduction

- Historical development to the game/sport at national and international levels.
- National Bodies controlling game/sport and their affiliated units.
- International Bodies controlling game/sport and their affiliate units.
- Major National and international competitions in game/sport.
- Layout and marking of play field/ground/courts and measurement of equipment's used in game/sport.

UNIT-II : Techniques / Skills Development :

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic. Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm - up and cold down for game/sports.

UNIT-III : Officiating :

- Mechanism of officiating.
- Qualities of good official.

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- Duties of official (pre, during and postgame)
- Rules & their interpretations.

UNIT- IV : Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept or preparation of training schedules.
- Tactical training in game/sport.
- Psychological preparation required during competition in game/sport.
- Preparation of short term and long term training plans in game/sport.

SUGGESTED READING

- Latest Official Rule Books of International Federations of Particular game/sport and coaching manuals will be utilized.

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UG SEMESTER-VIII (for Four Year Undergraduate Programme)

MA/M.Sc. Physical Education

PG Semester-II

COURSE CODE- E020801T

Course Title: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

COURSE OBJECTIVES:

- To provide knowledge and concept of sports training.
- To develop an understanding of the technical and tactical training.
- To provide the role of sport sciences to achieve the excellence

UNIT 1: Introduction Sports training

- Definition - Aim, Characteristics, Principles of Sports Training.
- Training Load: Types of Training Load, Factors of Training Load, Load and Adaptation Over Load: Definition, Causes of Over Load, Symptoms of Overload.
- Phases and Means of Recovery.

UNIT II: Physical Fitness Components & their Development (Strength, Speed & Endurance)

- Strength: Meaning. Definition & Methods to improve Strength: Weight Training. Isometric. Isotonic, Circuit Training.
- Speed: Meaning, Definition & Methods Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints. Endurance.
- Endurance: Meaning, Definition & Methods Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training.

UNIT III: Physical Fitness Components & their Development (Flexibility & Coordinative abilities) and Techniques & Tactics

- Flexibility: Meaning. Definition & Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training.
- Coordinative abilities: Methods to improve Coordinative abilities.
- Meaning & Definition of Technique.
- Meaning & Definition of Strategy & Tactics.
- General & Applied Tactics and their implication.

UNIT IV: Training Plan & Introduction to Doping.

- Training Plan: Meaning & Importance, Micro-Cycle, Macro-Cycle. Meso-Cycle.
- Short Term Plan and Long Term Plans - Periodization: Meaning, Single. Double and Multiple Periodization.
- Preparatory Period, Competition Period and Transition Period.
- Definition of Doping & Education, Side effects of drugs, IOC list of doping classes and methods, Prescription only medicines (POMs) & Controlled drugs (CDs).

TEXT & REFERENCES:

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UG SEMESTER-VIII (for Four Year Undergraduate Programme)

MA/M.Sc. Physical Education

PG Semester-II

COURSE CODE- E020802T

Course Title: YOGIC SCIENCES

COURSE OBJECTIVES:

- To appraise an understanding of the principles of yogic practices
- To Acquaint with various types of Asanas. Pranayam. Kriyas
- To integrate sports with yoga for performance enhancement

STUDENT LEARNING OUTCOMES:

1. Differentiate between various paths of yoga
2. Apply and demonstrate various benefits of yoga to be applied in the field of sports
3. Relate Yoga with health and wellness.

UNIT 1: Introduction to Yoga

Meaning and Definition of Yoga, Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara. Dharana, Dhyana, Samathi. Concept of Yogic Practices: Principles - Breathing - Awareness- Relaxation. Sequence- Counter pose Time Place - Blanket-Clothes - Bathing - Emptying the bowels Stomach Diet - No straining- Age-Contra-indications - Inverted asana Sunbathing.

UNIT II:

Loosening exercises: Techniques and benefits. Asanas: Types- Techniques and Benefits. Yogasana and its values. Surya namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits. Chakras: Major Chakras - Benefits of clearing and balancing Chakras.

UNIT III:

Yoga and Sports: Yoga Supplemental Exercises Yoga Compensation Exercises- Yoga Regeneration Exercises- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing. Anxiety, Depression. Concentration, Self-Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory Systems. International Day of Yoga, Common Yoga Protocol suggested by AYUSH

Unit IV: PRACTICUM

1. Asana (Sitting, Standing, Bending & Twisting)
2. Pranayama (5 types)
3. Mudras: Meaning. Techniques & Benefits
4. Shat Kriyas- Meaning, Techniques and Benefits
5. Bandas: Meaning, Techniques & Benefits
6. Meditation: Meaning, Techniques & Benefits
7. Relaxation (Shavasana & Makrasana)

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TEXT & REFERENCES:

- Authors Guide (2015), International Day of Yoga, Common Yoga Protocol, New Delhi: Ministry of AYUSH, Government of India.
- George Feuerstein. (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd..
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- Yog Ek Samagra Adhyan, Dr. Pawan Kumar Pachori (Single Author), Insignia Publications New Delhi, 2022, 978-93-94045-69-9
- Saririk Shiksha Avem Yog, Prof. Pawan Kumar pachori (First Author), Dr. Sanjeev Kumar, Thakur Publication Pvt Ltd. Lucknow, 2023, 978-93-5480-734-3
- Sarirk Siksha Avem Yog, Bilingual (Eng-hin), Prof. Pawan Kumar Pachori (First Author), Dr. Sanjeev Kumar, Thakur publication Pvt. Ltd. Lucknow, 2023, 978-93-5480-735-0
- Sharirik Shiksha Evam Yog Ka Itihasik Vikaskram, Dr. Pawan Kumar Pachori (firsrt author) Mrs. Dipti Shukla, Belvedere Press Allahabad, 2018, 978-81-938068-1-4

UG SEMESTER-VIII (for Four Year Undergraduate Programme)

MA/M.Sc. Physical Education

PG Semester-II

COURSE CODE : E020803T

Course Title: SPORTS TECHNOLOGY

COURSE OBJECTIVES:

- Define the relationship between sports and engineering.
- To apprise different materials used in sports.
- To explain concept related to sports dynamics and facility management.
- Describe the importance of ethics within both sports and manufacturing.
- Identify technologies and sustainable solutions to manufacturing apparel.
- Assess and understand the manufacturing techniques within two companies.
- Relate the non-engineering sports world to the knowledge and technologies that engineering has developed.

STUDENT LEARNING OUTCOMES:

- Apply the concept of engineering and technology in sports.
- Differentiate different materials used in sports.
- Demonstrate and prepare programmes related to sports dynamics and facility management.

UNIT I: Introduction to sports engineering and technology

- Meaning of sports engineering,
- Human motion detection and recording, human performance, assessment,
- Equipment and facility designing and sports related instrumentation and Measurement.
- Materials of Protection - discussion of the materials that are used for sports gear and protection.
- Performance of Surface Materials - discussion of the different surfaces that sports are played on and why; how can these materials make a difference from sport to sport.
- Shoe Materials - discuss the design necessities that go into shoe materials and manufacturing and how that differs from sport to sport.
- Balls and Ballistics - discuss the difference of the equipment that is used for specific sports and basic aerodynamic principles.
- Performance of Surface Materials - discussion of the different surfaces that sports are played on and why; how can these materials make a difference from sport to sport.

UNIT II: Sports Dynamics

- Concepts of internal force, axial force, shear force, bending movement, torsion, energy method to find displacement of structure, strain energy.
- Biomechanics of daily and common activities-Gait, Posture, and Body levers, ergonomics.
- Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc., Motion coordinate system, Kinetics of particles Newton's laws of Motion, Work, Energy, Impulse and momentum.

UNIT III: Building and Maintenance:

- Sports Infrastructure: Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door.

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- Stadium, Play Park, Academic Block. Administrative Block, Research Block, Library, Sports rooms, Hostels, etc. Requirements: Air ventilation, Day light. Lighting arrangement. Galleries. Store rooms.
- Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system.
- Changing Rooms (M/F), Sound System (echo-free).
- Internal arrangement accords to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration.

UNIT IV: Practical/Field Visit

- Visit to a stadia for understanding the process of construction & requirements there of
- Building process:- design phase (including brief documentation), construction phase
- Functional (occupational) life. Re-evaluation, refurnish, demolish.
- Maintenance policy, preventive maintenance, corrective maintenance, record and register
- Gymnasium, Pavilion. Swimming Pool. Indoor Stadium. Out-door designs, development & maintenance

TEACHING LEARNING STRATEGIES:

The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test. Project Work, Assignments. Presentations, Practical Work.

TEXT & REFERENCE:

- Franz. K. F. etc. Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
- Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Jenkins M., Editor Materials in Sports Equipment, Volume 1 (Elsevier, 2003)
- Colin White, Projectile Dynamics in Sport: Principles and Applications
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010).
- Brasch, N. (2010). Sports and sporting equipment. South Yarra, Vic.: Macmillan Education Australia
- Bruce, L., Hilvert, J., & Hilvert-Bruce, A. (2005). Sports technology. South Yarra, Vic.: Macmillan Library.
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UG SEMESTER-VIII (for Four Year Undergraduate Programme)

MA/M.Sc. Physical Education

PG Semester-II

COURSE CODE-E020804T

Course Title: PHYSICAL FITNESS AND WELLNESS

THE COURSE OBJECTIVE IS:

- To appraise the concept of holistic health through fitness and wellness.
- To explain the students about the concept of physical fitness, health related and motor fitness.
- To describe the contemporary health issues.
- To apply practical principles of the fitness & wellness.

COURSE LEARNING OUTCOMES:

- Understand the concept of holistic health through fitness and wellness.
- Explain the concept of physical fitness, health related and motor fitness Evaluate primary health status.
- Prepare fitness schedules& evaluate fitness.

UNIT I: Introduction to Fitness & Wellness

- Meaning and Definition of Fitness, Wellness & Nutrition.
- Physical Fitness Concepts, Components, Techniques and Principles of physical fitness.
- Leisure time physical activity. Opportunities in the community to participate leisure activities.
- Current trends in fitness and conditioning, Components of total health fitness and the relationship between physical activity and lifelong wellness.

UNIT II: Application of Fitness & Wellness

- Nutrition & Wellness.
- Body Composition & Weight Management Endurance: Cardio respiratory & Muscular Flexibility, Fitness & Wellness relationship.
- Stress Management & Behavior Modification.

UNIT III: Fitness & Wellness Assessment

- Measurement of Height & Weight
- Measurement of Body Composition
- Measurement of Basic Strength, Endurance and Flexibility
- Assessment of cardio respiratory fitness, Health Related Fitness
- Stress Assessment & its Management Techniques
- Preparation & implementation of Personal Training Plans
- Preparation & implementation of Group Exercise Plans
- Resistance Training for Muscular Strength and Endurance: principles of resistance training,
- Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness. and proper breathing techniques) Weight training principles and concepts; basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing. medicine balls, fit balls)

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- Group Exercises Plan, Personal Training, and Fitness & Wellness Activities for various ages & population

UNIT IV: Establishment and Management of Fitness Centre

- Principles of starting a fitness center-environment, location, policy, offer of programmes, record keeping, public relation.
- Fitness center membership and its types.
- Safety aspects in a fitness centre.
- Qualification and qualities for a fitness trainer.

PRACTICUM: Orientation and management of fitness center. various equipments and wet zone..

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars. classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Volunteering/Self-Study etc.

ASSESSMENT RUBRIC

Classroom Test/ Project Work/ Assignments/ Presentations.

TEXT & REFERENCE:

- David K. Miller & T. Earl Allen, Fitness. A life time commitment, Surjeet Publication Delhi 1989.
- Difcore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35. Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger & Sharon A. Hoeger. Fitness and Wellness, Morton Publishing Company. 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999.
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York.
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- Corbin, C. (2011). Concepts of physical fitness. New York: McGraw-Hill Higher Education. ISBN-10: 9780073523828 ISBN-13: 978-0073523828
- Hoeger, W., & Hoeger, S. Fitness & wellness. (2013) Belmont, CA: Wadsworth, Cengage Learning ISBN-13: 978-1285733159 ISBN-10: 1285733150
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- Khel Mei Chotein Asamanya ang Vinyash Lakshan Va Upchar Massage Therapy Evam Santulit Ahar, Dr. Pawan Kumar Pachori (single author), Insignia Publications New Delhi, 2022, 978-93-94045-70-5

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UG SEMESTER-VIII (for Four Year Undergraduate Programme)

MA/M.Sc. Physical Education

PG Semester-II

COURSE CODE-E020805P & E020806P

PRACTICALS

Sports practical with specialization in any one: Track & Field/Gymnastics/Swimming/Combative Sport/Indigenous Sport/ Team Game /Racket Game Sport (Select Any One from The followings on the Basis of Feasibility).

(A) Track and Field (B) Gymnastics (c) Swimming (d) Combative sport: Boxing/Judo/Taekwondo/Wrestling (E) Indigenous Sport: Kabaddi/Kho-Kho (F) Team Game : Basketball/Cricket/ Football/ Handball/Hockey/Volleyball (G) : Racket Game : Badminton/Table Tennis/Tennis.

Essence of the Course

It is designed to provide an opportunity to students to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

COURSE CONTENTS:

(General guidelines for development of requirement courses contents in particular game/sport are given below)

Note : The course contents to be followed for the purpose of developing practical knowledge regarding marking, rules & regulation, officiating, technical training, tactical training, psychological preparation & preparation of training schedules)

UNIT-I : Introduction

- Layout and marking of play field/ground/courts and measurement of equipments used in game / sport.

UNIT-II : Techniques / Skills Development :

- Classification of techniques/skills.
- Technique / skill training : Preparatory. Basic, Supplementary exercises.
- Identification and Correction of faults.
- Training form mastery in technique / skill.
- Recreational and lead up activities.
- Warm - up and cool down for game/sports.

UNIT-III : Officiating :

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and postgame)
- Rules & their interpretations.

UNIT-IV : Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength,

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UG SEMESTER-VIII (for Four Year Undergraduate Programme)

MA/M.Sc. Physical Education

PG Semester-II

COURSE CODE-E020807T

Ability Enhancement Course (Select any One)

Course Title: Kinesiology and Sports Biomechanics

COURSE OBJECTIVES:

1. To develop the basic understanding of biomechanics and kinesiology and its application in human body movements in performing sports activities.
2. To explain the concept of mechanical laws involved in human motion.
3. To develop a comprehensive understanding of movement analysis
4. To develop the ability to perform mechanical analysis of various fundamental movements and sports skills

STUDENT LEARNING OUTCOMES:

1. Explain the basic mechanical concepts and will be able to interpret its relation to human body movements.
2. Organize and specify the overall goal of the course.
3. Apply and analyze the factors of mechanical laws involved in human movement.
4. Explain the principles of movement analysis.
5. Analyze the mechanical principles of motor skills and sports related skills along with their proper techniques and corrective measures.

UNIT I: Introduction to Kinesiology and Sports Biomechanics

- Meaning nature, role and scope of applied kinesiology and sports biomechanics.
- Meaning of Axis and planes,
- Dynamics, Kinematics, Kinetics, Statics Centre of Gravity.
- Line of Gravity plane of the body and axis of motion,
- Vectors and Scalars
- Meaning of work, power, energy, kinetic energy and potential energy.

UNIT II- Major Muscles - their Location & Action

- Origin, Insertion and action of muscles:
- Pectoralis major and minor,
- Deltoid, Biceps. Triceps (Anterior and Posterior),
- Trapezius, Serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps,
- Hamstring. Gastrocnemius

UNIT III- Kinematic and Kinetics of Human movement

- Meaning and definition of Motion,
- Types of motion, Linear motion, angular motion, circular motion, uniform motion,
- Principles related to the law of inertia,
- Law of acceleration, and law of counter force.
- Meaning and definition of force.
- Sources of force-force components,
- Force applied at an angle-pressure-friction-buoyancy,

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- Spin-centripetal force Centrifugal force.
- Leverage-classes of lever, practical application, Projectiles,
- Equation of projectiles stability factors influencing equilibrium.

UNIT IV: Air & Fluid Mechanics

- Flotation
- Fluid Resistance: Air & Water
- Drag & lift
- Spin

LIST OF PRACTICUM

- Analysis of movement:
- Types of analysis, Kinesiological, Biomechanical, Cinematographic.
- Methods of analysis - Qualitative, Quantitative, Predictive

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test Project Work Assignments/ Presentations/ Practical Work/Teaching lesson plan

TEXT & REFERENCES:

- McGinnis, P. (2013). Biomechanics of sport and exercise. Champaign, IL: Human Kinetics. ISBN 9780736079662
- Blazeovich, A. (2007). Sports biomechanics. London: A. & C. Black. ISBN 9780713678710
- Bartlett, R. (2007). Introduction to sports biomechanics. London: Routledge, Taylor & Francis Group. ISBN 9780415339933
- Hall, S. (2014) Basic biomechanics. Mcgraw Hill Higher Educat. ISBN 9780073522760
- Knudson, D. (2007). Fundamentals of biomechanics. New York, NY: Springer. ISBN 978-0-387-49311-4
- Deshpande S.H. (2002), Manav Kriya Vigyan Kinesiology (Hindi Edition) Amravati: Hanuman Vyayam Prasarak Mandal.
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology Publication in 2005).
- Steven Roy,& Richard Irvin (1983). Sports Medicine, New Jersey: Prentice Hall.
- Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill.
- Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India (2004)
- Uppal, A.K. (2004). Kinesiology in Physical Education and Exercise Science, Delhi Friends Publication.
- Williams M (1982) Biomechanics of Human Motion, Philadelphia, Saunders Co.

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UG SEMESTER-VIII (for Four Year Undergraduate Programme)

MA/M.Sc. Physical Education

PG Semester-II

COURSE CODE-E020808T

Course Title: Gender, Disability & Inclusive Sport Education

COURSE OBJECTIVES:

- Define Gender and gender inequality.
- Explain the construction of Gender to gain a solid understanding of the patterns and constraints of gender inequality around the world up to the present day.
- Review what policies and programmes can work to close gender gaps, with a focus on developing countries.
- Elaborate on the constitutional provisions for gender equality in India.
- Identify gender perspectives in some major policy documents in India

UNIT I: Understanding & Construction of Gender

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

- 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 III: Gender and Constitution of India

- 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 IV: Disability & Inclusive Education

- 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.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom

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discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/ Viva/ Seminars/ Term Papers/ Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations

TEXT & REFERENCES:

- Chanana, Karuna (ed) Socialisation. Education and Women, Orient Longman, New Delhi, 1988
- Mandell, Nancy (ed), Feminist Issues: Race, Class and Sexuality, Prentice Hall, Ontario, 1995 Nambissan, Geeta B, Gender and Education: The Social Context of schooling Girl Children in India, 1995.
- Erik Olin Wright, "From Paradigm Battles to Pragmatist Realism: towards an integrated class analysis", New Left Review (forthcoming)
- Daryl Glaser, "Class as a Normative Category: Egalitarian Reasons to Take It Seriously (With a South African Case Study).
- Daryl Glaser, 'Should An Egalitarian Support Black Economic Empowerment?'. Politikon, vol. 34, no. 2, 105-123, 2007.
- John Roemer paper: "Should Marxist's care about exploitation" in Analytical Marxism and Philosophy & public affairs 1985
- Michael Marmot, Richard Wilkinson, Social Determinants of Health: The Solid Facts Mel Kohn, Class and Conformity, excerpts
- Mel Kohn and Carmi Scholar, Work and Personality, excerpts.
- Comberg, How to make opportunity equal (Blackwell, 2007).
- Ainscow, M., Booth. T (2003): The Index for Inclusion: Developing Learning and Participation in Schools. Bristol: Center for Studies in Inclusive Education.
- Ahuja. A. Jangira, N.K. (2002): Effective Teacher Training: Cooperative Learning Based Approach: National Publishing house 23 Daryaganj, New Delhi 110002.
- Jangira N.K. and Mani, M.N.G. (1990): Integrated Education for Visually Handicapped, Gurgaon, Old Subjimandi, Academic Press.
- Jha. M. (2002) Inclusive Education for All: Schools Without Walls, Heinemann Educational publishers, Multivista Global Ltd, Chennai, 600042, India.
- Sharma, P.L. (1990) Teachers handbook on IED-Helping children with special needs N.C.ERT Publication.
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PG SEMESTER-III/PG SEMESTER-I (One Year PG Programme-Lateral Entry) MA/M.Sc. Physical Education

COURSE CODE-E020901T

Course Title: HEALTH EDUCATION AND SPORTS NUTRITION

THE COURSE OBJECTIVE IS

- To appraise the concept of holistic health through fitness and wellness
- To explain the students about the concept of physical fitness, health related and motor fitness.
- To describe the contemporary health issues.
- To apply practical principles of the fitness & wellness.

COURSE LEARNING OUTCOMES:

- Understand the concept of holistic health through fitness and wellness
- Explain the concept of physical fitness, health related and motor fitness
- Evaluate primary health status
- Prepare fitness schedules& evaluate fitness

UNIT I: Health Education

- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education
- Health Service and guidance instruction in personal hygiene
- Level of Health Care - Primary, Secondary. Tertiary
- Concept of Well Being and its components

UNIT II: Hygiene, Sanitation, Communicable and non-communicable disease

- Meaning and Types of Hygiene and Sanitation
- Care of Skin, Nails, Clothing, Bathing, Eyes, Mouth and Teeth.
- Rural and Urban Health problem
- Environmental sanitation, Personal and Environmental Hygiene for schools
- Communicable (Tuberculosis, AIDS, Rabies, Cholera) and Non Communicable Diseases (Cardiovascular Diseases, Cancer. Diabetes)

UNIT III: Schools Health Services

- Meaning & Objective of School Health Service
- 10 Health Problem of School Child
- Role of health education in schools
- Health Services - Health record, Healthful school environment, first- aid and emergency care Mid-day School Programme

UNIT IV: Food, Nutrition and Health Problem:

- Meaning of Food & Nutrition.
- Sources and functions of various nutrients. Balance diet.
- Obesity, Malnutrition, Adulteration in food

LIST OF PRACTICUM

- Visit to factory and note down the occupational hazards/accidents that occur due to working conditions and

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prevention.

- Visit to Milk dairy and prepare a report based on the observation of the process of preparing milk. Visit to Institute Mess and/or Hotel and suggest steps to improve the hygiene there.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Volunteering/Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations

TEXT & REFERENCES:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989. Difcore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Dr. A.K. Uppal, Physical Fitness, Friends Publications (India), 1992. Warner W.K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95. Madison Avenue, New York
- Benardot, D. (2012). Advanced sports nutrition. Champaign, IL: Human Kinetics. ISBN 9781450401616
- Burke, L. (2007). Practical sports nutrition. Champaign. II: Human Kinetics ISBN. 9780736046954
- Connolly, M. (2012). Skills-based health education. Sudbury, MA: Jones & Bartlett Learning. ISBN 9781449630201
- Koelen, M., & Ban, A. (2004). Health education and health promotion. Wageningen, Netherlands: Wageningen Academic Publishers. ISBN 9789076998442
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**PG SEMESTER-III/PG SEMESTER-I
(One Year PG Programme-Lateral Entry)
MA/M.Sc. Physical Education**

COURSE CODE- E020902T

Course Title: SPORTS PSYCHOLOGY

COURSE OBJECTIVES:

- To impart the concepts of psychology applied in the field of physical education and sports for optimal performance
- To introduce the field of sports psychology as a scientific discipline
- To develop understanding about various concepts of goal setting, motor learning and personality with respect to sports and athlete performance
- To review the motivational strategies applicable in the field of sports
- To analyze the influence of group and team on behavior of athletes influencing team cohesion and social behavior

STUDENT LEARNING OUTCOMES:

- Correlate the psychological concepts with the sports and athlete specific situations
- Integrate the knowledge about personality, motor learning for behavior modification of athletes
- Relate different theories of motor learning with its influence on motor perception and related cognitive abilities of athletes.
- List down the strategies for motivation utilized in the field of sports.
- Analyze the issues related to social behavior based on physiological structure and function

UNIT I: Introduction to Sports Psychology

- Meaning, definition of sports psychology,
- History of sports psychology in India and Abroad
- Interdisciplinary approach of Sports Psychology with other Sports Sciences
- Importance of Sport and Exercise Psychology for Physical Education Teachers, Athletes and Coaches
- Role of sports psychologist

UNIT II: Personality & Motivation

- Personality: Meaning and definition,
- Theories of personality (Psychoanalytic theory, Trait theory)
- Personality difference among sports person and its influence on performance
- Motivation: concept and definition
- Types of Motivation: Intrinsic, Extrinsic.
- Theories of motivation (need theory, Wiener attribution theories), Achievement Motivation in sports:
- Developing motivation and self confidence, goal setting and motivation
- Techniques of Motivation for developing sports performance and exercise adherence.

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UNIT III: Emotion & Athletic Performance

- Meaning and Definition
- Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance.
- Stress: Meaning and Definition, Causes. Stress and Sports Performance.
- Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance.
- Relationship of Emotion and Performance.

UNIT IV: Cognitive Process, Motor Development & Group Cohesion

- Meaning of Sensation, Perception, Memory, Information processing, Decision Making.
- Attention Processes and Concentration
- Intelligence and Intellectual Capabilities in Sports.
- Role of Cognitive process for Motor Skills acquisition, Motor control & neuromuscular process of athletes
- Definition of Group and Group Cohesion, Structure of Group & Team Dynamics

LIST OF PRACTICUM

- Assessment of State and Trait Anxiety of athletes
- Assessment of Sport and Exercise Motivation
- Assessment of Personality traits among athletes
- Assessment of Group Cohesion among team and individual sports.
- Assessment of Emotion

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture/Laboratory Work/ Field Work/ Outreach Activities/ Project Work? Vocational Training/Viva/ Seminars/Term Papers/ Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test/ Project Work/ Assignments/ Presentations/ Practical Work
Teaching lesson plan

TEXT & REFERENCES:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.

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- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
- Jain. (2002), Sports Sociology, Khel Sahitya Kendra Publishers.
- Jay Coakley. (2001) Sports in Society - Issues and Controversies in International Education. Mc- Craw Seventh Ed.
- John D Lauther (2000) Psychology of Coaching. New Jersey: Prentice Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Fibiger.
- Thelma Horn. (2002), Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports London: Hendry Kempton Publishers.
- Weinberg, R., & Gould, D. (2011). Foundations of sport and exercise psychology. Leeds: Human Kinetics. ISBN-13: 978-0736083232. ISBN-10: 0736083235
- Cox, R. (2012). Sport psychology. New York: McGraw-Hill. ISBN-13: 978-0078022470. ISBN- 10: 0078022479
- Burton, D., & Raedeke, T. (2008). Sport psychology for coaches. Champaign, IL: Human Kinetics. ISBN-13: 978-0736039864. ISBN-10: 0736039864
- Anshel, M. (2012). Sport psychology. San Francisco, CA: Pearson Benjamin Cummings. ISBN- 13: 978-0321732491. ISBN-10: 0321732499
- Lexnes, A. (2008). Sport psychology. New York: Psychology Press. ISBN-13: 978-0805862669 ISBN-10: 0805862668

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PG SEMESTER-III/PG SEMESTER-I (One Year PG Programme-Lateral Entry) MA/M.Sc. Physical Education

COURSE CODE- E020903T

Course Title: ICT & EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION

COURSE OBJECTIVES:

- To impart the concepts of ICT & Education Technology in Physical Education and sports.
- To develop understanding about various concepts of computer fundamentals and applying technology in teaching learning situation.

STUDENT LEARNING OUTCOMES:

- Correlate the of ICT & Education Technology in Physical Education and Sports concepts with the sports and athlete specific situations.
- Integrate the knowledge about Communication Process and Teaching for learner.
- List down the Information Technology utilized in the field of sports.
- Analyze the issues related to Internet, Networking, E-learning and Cyber Security.

UNIT I: Basics of Education Technology

- Concept of Education Technology
- Role of Educational Practices
- Hardware Technologies
- Overhead Projector
- Still and Movie Projector
- Audio Visual Recording Instruments
- Television and Computers

UNIT II: Communication Process and Teaching

- Communication: Concept and process of Communication, Principles of Communication, Barriers of Communication, Class room communication (Verbal and Non-Verbal)
- Team Teaching: Meaning, Objective, Types, Principles, Procedure, Advantages and Disadvantages
Modification of Teacher Behavior: Flanders's interaction analysis, concept, Procedure, advantages and limitations.

UNIT III: Information Technology

- Meaning, Nature and significance of information technology in teaching learning process. Multimedia Approach to Education: Role of Video conferencing, radio conferencing, television, Internet in teaching learning process, their advantage and limitation.
- Role and Composition of Central institute of Education and Technology, National Open School, State Educational Technology Cells, Distance Educational Institutions and their role for the improvement of teaching learning.

UNIT IV: Introduction of Computer, Internet, Networking, E-learning and Cyber Security

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- MS Office, Data management System using Excel and Power point presentation.
- Advantage and type of Networking, Different Protocols, Type of Internet Connectivity and World.
- E-learning-Definition, Advantage and Characteristics, Role of E-learning
- Introduction of Cyber Security: Security Services, Types of Attacks. Cyber crime, Online Fraud and Identity Theft. Desktop Security and Email & Web Security

LIST OF PRACTICUM

- Design various types of formats in MS Excel
- Preparation of PPT
- Searching & Browsing E-referencing System
- Video conferencing

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations, Practical Work.

TEXT & REFERENCES:

- Goldin, C., & Katz, L. (2008). The race between education and technology. Cambridge, Mass.: Belknap Press of Harvard University Press. ISBN-13: 978-0674035300. ISBN-10: 0674035305
- Castelli, D., & Fiorentino, L. (2008). Physical education technology playbook. Champaign, IL: Human Kinetics. ISBN-10: 0736060553. ISBN-13: 978-0736060554
- Leight. J. Technology for physical education teacher education ISBN-10: 1494895765 ISBN- 13: 978-149489576
- Felker, K. (2011). Integrating technology into physical education and health. [Place of publication not identified]: American Press. ISBN-10: 0896414965. ISBN-13: 978-0896414969
- Mohnsen, B. (2012) Using technology in physical education. ISBN-10: 1893166899 ISBN-13: 978-1893166899
- Selwyn, N. (2011). Education and technology. London: Continuum International Pub. Group. ISBN-10: 1441150366. ISBN-13: 978-1441150363
- Capel, S., Breckon, P., & O'Neill, J. (2006). A practical guide to teaching physical education in the secondary school. London: Routledge. ISBN-10: 0415361117. ISBN-13: 978-0415361118

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PG SEMESTER-III/PG SEMESTER-I
(One Year PG Programme-Lateral Entry)
MA/M.Sc. Physical Education

COURSE CODE-E020904T

Course Title: SPORTS MEDICINE

UNIT 1: Introduction

- Concept of Sports Medicine, Its aim and objectives, Need and Scope of Sports Medicine in Physical Education.
- Role of Sports Physician, Physical Educator/ Athletic Trainer, the coach and the player in sports medicine.
- Brief historical sketch of sports medicine in India.

UNIT II: Sports Medicine Problems

- Low back problems and management: Stretching and strengthening exercise for back problems Mal - Nutrition and management.
- Sex Problems in athletes, differences between the two sexes.
- Advantages and disadvantage or exercises, before, during and after pregnancy.
- Common old age problems and evaluation of male and female athletes
- Sports medical problems of athletes and rehabilitation.

UNIT III: Doping in Sports

- Dope History, definition
- Classification of Doping
- Signs and symptoms of Doping
- Procedure and sampling at National and Inter National levels.
- Use and abuses of drugs.
- Role of WADA and NADA

UNIT IV: Food supplements for Sportsmen

- Protein and creatine utilization
- Planning and justification of athletic diets for different categories of sports Advisory Bodies
- Role of Water for Indian Athletes.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test/ Project Work/Assignments/ Presentations, Practical Work/ Teaching Lesson Plan.

TEXT & REFERENCES:

- Rouzier, P. (2010). The sports medicine patient advisor. Amherst, MA: Sports Med Press. ISBN- 10: 0984303103. ISBN-13: 978-0984303106.

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- Lyle, J., & Jenkins, M. (1995). The Sports Medicine Bible: Prevent, Detect. And. Treat Your Sports. New York: HarperCollins. ISBN-10: 0062731432. ISBN-13: 978-0062731432
Brukner, P., Khan, K., & Brukner, P. (2012). Brukner & Khan's clinical sports medicine. Sydney: McGraw-Hill. ISBN-10: 0070998132. ISBN-13: 978-0070998131.
- Madden, C., & Netter, F. (2010). Netter's sports medicine. Saunders/Elsevier. ISBN-10: 1416049223. ISBN-13: 978-1416049227
- Philadelphia, PA: O'Connor, F. (2013). ACSM's sports medicine. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins. ISBN-10: 1451104251. ISBN-13: 978-1451101257
- Seidenberg, P., & Beutler, A. (2008). The sports medicine resource manual. Philadelphia, PA: Saunders/Elsevier. ISBN-10: 1416031979. ISBN-13: 978-1416031970
- Steven Roy, Irvin Richer "Sports Medicine" Prentice Hall, 1983.
- Vinger and Hoerner, "Sports Injuries" PSG Publishing Co. Inc. Massal. 1980.
- Armstrong and Tucker, Injuries and Sports London : Camples Press.
- More house and Rash. Sports Medicine for Trainer W.B. Saunders.
- William, J.G.P., Sports Medicine, London : Edwar Arnold Publishers.

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**PG SEMESTER-III/PG SEMESTER-I
(One Year PG Programme-Lateral Entry)
MA/M.Sc. Physical Education**

COURSE CODE-E020905T

Course Title: SPORTS JOURNALISM AND MASS COMMUNICATION

COURSE OBJECTIVES:

1. To apprise the students about the origin and evolution of journalism and mass media.
2. To synthesize a basic concept of reporting and editing.
3. To appraise the varied aspects of advertising.

STUDENT LEARNING OUTCOMES:

1. Apply the concept of reporting and editing.
2. Illustrate and apply the advertising concepts.
3. Interpret the concept of journalism and mass media

UNIT 1: Introduction to Sports Journalism & Mass Communication

- Meaning, Definition & Evolution of Sports Journalism. Ethics of Journalism journalism.
- Sports Ethics and Sportsmanship. Reporting Sports Events, National and International Sports News Agencies, Definition, meaning, scope and importance of Sports journalism and its History.

UNIT-II: Mass Media

- Introduction to mass communication - The concept of mass media - Mass media in India and its present status.
- Mass media institutions in India - Government media units - Press registrar of India, Press council of India - Indian news agencies media educational institutions, The concept of journalism - the function of press - Press freedom and responsibility and the theories of press - Current trends in journalism. Sports Photography: Equipment- Editing - Publishing. Mass Media in Journalism: Radio and T.V. Commentary

UNIT-III: Report & Editing

- Reporting, Functions, responsibilities and qualities of reporter Functional differences of reporters Special correspondents, foreign correspondents, columnists, free lancers, Roving Reporters, Structure of Advertising - Functions of advertising, Psychology of advertising.
- Types of advertising media, Structure of advertising agency. Editing Fundamentals of copy editing - Copy reading and proof reading symbols - Rewriting techniques - Copy fitting - - Space saving techniques - Style sheet - Readability - Glossary, Writing news headlines in Newspaper and Magazines - Modern trends of headlines writing - Electronic news editing picture editing - Outline writing - Editorial writing - Types of editorials and analysis of editorials.

UNIT-IV (Practical)

- Preparation of General news reporting and sports reporting.
- Methods of editing a Sports report.

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- Evaluation of Reported News.
- Interview with and elite Player and Coach.
- Practical assignments to observe the matches and prepare report and news of the same;
- Visit to News Paper office and TV Centre to know various departments and their working.
- Preparation of Portfolio of newspaper cuttings of sports news (national & international) for the Semester.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test / Project Work / Assignments/ Presentations / Practical Work/Portfolio/Theory lesson plan

TEXT & REFERENCE:

- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications
- Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- Mohit Chakrabarti (2008): Value Education: Changing Perspective. New Delhi: Kanishka Publication.
- Billings, A., Butterworth, M., & Turman, P. (2012). Communication and sport. Thousand Oaks, Calif.: SAGE.ISBN-13: 978-1412972932 ISBN-10: 1412972930
- Billings, A. (2014) Routledge handbook of sport and new media. Routledge ISBN-13: 978- 0415532761 ISBN-10: 0415532760
- Billings, A., Butterworth, M., & Turman, P. (2014) Communication and sport. ISBN-13: 978-1452279138 ISBN-10: 1452279136
- Sandvoss, C., Real, M., & Bernstein, A. (2012). Bodies of discourse. New York, NY: Peter Lang. ISBN-13: 978-1433111730 ISBN-10: 143311173X
- Deninger, D. (2012). Sports on television New York: Routledge. ISBN-10: 0415896762 ISBN-13: 978-0415896764

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**PG SEMESTER-III/PG SEMESTER-I
(One Year PG Programme-Lateral Entry)
MA/M.Sc. Physical Education**

COURSE CODE-E020906P & E020907P

**Course Title: SPORTS PRACTICAL WITH SPECIALIZATION IN ANY ONE: Track &
Field/Gymnastics/Yoga/Combative Sports/Team Game/Indigenous Sport/Racket Game**

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PG SEMESTER-III/PG SEMESTER-I (One Year PG Programme-Lateral Entry) MA/M.Sc. Physical Education

COURSE CODE-E020908T

ABILITY ENHANCEMENT COURSE (SELECT ANY ONE)

Course Title: Athletics Care & Rehabilitation

COURSE OBJECTIVES:

- To apprise the students about the introduction to Athletic Care & Rehabilitation.
- To synthesize a basic concept of sports injuries and rehabilitation.
- To appraise the varied therapeutic aspects of exercise.
- To appraise the understanding of the preventive and curative aspects of sports injuries. To explain the understanding of the rehabilitation aspects of sports injuries.
- To describe the knowledge in the field of positive life style.

STUDENT LEARNING OUTCOMES:

UNIT I: Introduction to Athletic Care & Rehabilitation

- Meaning, definition and importance of Athletic Care & Rehabilitation.
- Concept & Categories of the athletic injuries: Traumatic. Overuse.
- Stages of healing, signs of inflammation.
- Common athletic injuries: Sprain, Strain, Contusion, Dislocation, Fracture
- Types of Skin Wounds: Open & closed wounds, Laceration, Abrasions, Complications of the open wounds of injured athletes.

UNIT II: Prevention & Treatment of Injuries

- Common predisposing factors of athletic injuries.
- Prevention of athletic injuries.
- Common treatment of soft tissue injuries.
- Immediate treatment: PRICE.
- Sub acute Phase: General role of therapeutic modalities.
- Rehabilitation; General Principles, role of therapeutic exercises.
- Role of Massage in the treatment of athletic injuries.

UNIT III: Therapeutic Modalities

- Cryotherapy modalities: General description, physiological and therapeutic effects, Methods of application & contraindications.
- Ice, cold packs, immersion, evaporating sprays.
- Hydrotherapy Modalities: General description, physiological and therapeutic effects. Methods of applications and contraindication: Contrast Bath, Whirl Pool.
- Heating Modalities (Thermotherapy): General description, physiological and therapeutic effect, methods of application & contradictions: Hot Moist Packs, Infra-red Radiation, Wax Bath, Short Wave Diathermy, Microwave Diathermy. Ultra Sound.

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- Electrotherapy Modalities: General description, physiological and therapeutic effects, Methods of application & contraindications: TNS, Interferential therapy (IFT)
- Advanced Therapeutic Modalities: Introduction, Diapulse, LASER Therapies.

UNIT IV: Common Regional Injuries of Head, Neck, Spine, Shoulder, Knee & Ankle

- Head Injuries: General concept, explanation of concussion.
- Neck Injuries: Mechanism of injuries, general approach.
- Lumbar Spine Injuries: General introduction to ligamentous and muscular injuries, Complications of injuries to nervous tissues.
- Low Back pain: Common causes, general care and prevention.
- Shoulder Injuries: Introduction to shoulder dislocation & rotator cuff injuries.
- Knee Injuries: Introduction to injuries of main ligaments of knee and meniscus tear.
- Ankle Injuries: Introduction to ankle sprains, grades of ankle sprain.
- Overuse Injuries: General approach, brief explanation of shin splints, tennis elbow.

LIST OF PRACTICUM

- Demonstration & practice of Therapeutic Modalities: Infrared, Hot Moist Pack, Wax Bath, Shortwave Diathermy, Ultrasound, Contrast Bath, Whirl Pool.
- Demonstration of Athletics Injuries: Shin Splint, Tennis Elbow, Ankle Sprain, Knee Sprain.
- Demonstration and Practice of Massage

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. **ASSESSMENT RUBRIC:** Classroom Test, Project Work, Assignments, Presentations, Practical Work

TEXT & REFERENCE:

- Fritz, S. (2013) Sports & exercise massage. Elsevier mosby ISBN-13: 978-0323083829-ISBN-10: 032308382X
- McKone, W. (1997). Osteopathic athletic health care. London: Chapman & Hall. ISBN-13: 978-0412590900 ISBN-10: 0412590905
- Magee, D. (2011). Athletic and sport issues in musculoskeletal rehabilitation. St. Louis, Mo.: Elsevier/Saunders. ISBN-13: 978-1416022640. ISBN-10: 1416022643
- Miniaci, A., & Iannotti, J. (2014). Disorders of the shoulder. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health. ISBN-13: 978-1451130584. ISBN- 10:1451130589
- Puddu, G., Giombini, A., & Selvanetti, A. (2001). Rehabilitation of sports injuries. Berlin: Springer. ISBN-13: 978-3540674757. ISBN-10: 3540674756

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**PG SEMESTER-III/PG SEMESTER-I
(One Year PG Programme-Lateral Entry)
MA/M.Sc. Physical Education**

COURSE CODE-E020909T

ABILITY ENHANCEMENT COURSE (SELECT ANY ONE)

Course Title: Curriculum Designs in Physical Education

COURSE OBJECTIVES:

1. To understand the ever evolving curriculum of physical education.
2. To develop opportunities to construct & design the curriculum of PE in broader aspects realizing the age group, gender consideration and physiological basis.

STUDENT LEARNING OUTCOMES:

1. Students will be able to design need based curriculum of PE various groups.

UNIT-I: Curriculum Meaning and Definition of Curriculum

- Principles of Curriculum Construction: Students centered. Activity centered, Community centered,
- Forward looking principle.
- Principles of integration
- Theories of curriculum development, Conservative (Preservation of Culture).
- Relevance, flexibility, quality, contextually and plurality Approaches to Curriculum; Subject centered, Learner centered and Community centered Curriculum Framework

UNIT-II: Factors & Resources

- Factors that affecting curriculum.
- Sources of Curriculum materials-text books - Journals - Dictionaries, Encyclopedias.
- Magazines, Internet.
- Integration of Physical Education with other Sports Sciences - Curriculum research.
- Objectives of Curriculum research - Importance of Curriculum research.
- Methods of evaluation.

UNIT-III: Curriculum Practices

- Preparation & selection of content of the curriculum at elementary school level.
- Preparation of the curriculum at the middle and secondary school.
- Organising for instruction in the middle school.
- Organising the program of physical education at the urban and rural areas.
- Disciplinary strategies in physical education.

UNIT-IV: Safety Consideration & Evaluation

- Planning for safety in outdoor settings.
- Planning for safety in indoor settings.
- Planning for safety of spectators.
- Legal liability.
- Negligence and its prevention.
- Curriculum evaluation.

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- Evaluation procedure in curriculum design.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work. Assignments. Presentations, Practical Work

TEXT & REFERENCE:

1. Kelly, L., & Melograno, V. (2014) Developing the physical education curriculum. ISBN-13: 978- 1478627043 ISBN-10: 1478627042
2. James, J. (2005). Curriculum design in physical, education and sports. New Delhi: Friends Publications (India). ISBN-10: 8172161433. ISBN-13: 978-8172161439
3. Shinde. B. (2011). Curriculum design in physical education. Publication. ISBN-10: 8178796260. ISBN-13: 978-8178796260 New Delhi: Sports
4. Mohnsen, B. (2008). Teaching middle school physical education. Champaign, IL: Human Kinetics. ISBN-13: 978-0736068499 ISBN-10: 073606849X
5. Gupta, R., Sharma, A., & Sharma, S. (2004). Professional preparation and curriculum designs in physical education and sports. New Delhi: Friends Publications. ISBN 13: 9788172160821 (978- 81-7216-082-1) ISBN: 8172160828 (81-7216-082-8)

PG SEMESTER-IV/PG SEMESTER-II
(One Year PG Programme)
MA/M.Sc. Physical Education
COURSE CODE-E021001R

Course Title: MASTER DISSERTATION