MAHAKAUSHAL UNIVERSITY, JABALPUR

As per model syllabus of U.G.C. New Delhi, drafted by Central Board of Studies and Approved by Higher Education and the Governor M.P.

कला एवं समाज विज्ञान संकाय

Faculty of Art & Social Science

Syllabus & Prescribed Books

Subject- Physical Education

M.A. Semester Examination

MAHAKAUSHAL UNIVERSITY,

JABALPUR M.P.

SYLLABUS

M.A.

Physical Education

MAHAKAUSHAL UNIVERSITY,

JABALPUR M.P.

1st Semester

research processes in physical education and sports science

MPED 0101Unit 1: Introduction to Statistics

- Meaning and definition of statistics.
- Functions, need, and importance of statistics.
- Types of statistics.
- Key terms: population, sample, data, kinds of data.
- Variables: discrete and continuous; parametric and non-parametric statistics.

Unit 2: Data Classification, Tabulation, and Measures of Central Tendency

- Meaning, uses, and construction of frequency tables.
- Purpose, calculation, and advantages of measures of central tendency: mean, median, and mode.

Unit 3: Measures of Dispersion and Scales

- Purpose, calculation, and advantages of measures of variability: range, quartile deviation, mean deviation, standard deviation, and probable error.
- Purpose, calculation, and advantages of scoring scales: sigma scale, Z scale, Hull scale, and T scale.

Unit 4: Probability Distributions and Graphs

- Normal curve: meaning of probability, principles, and properties of the normal curve.
- Divergence from normality: skewness and kurtosis.
- Graphical representation in statistics: line diagram, pie diagram, bar diagram, histogram, frequency polygon, and ogive curve.

Unit 5: Inferential and Comparative Statistics

- Tests of significance: independent t-test, dependent t-test, chi-square test, level of confidence, and interpretation of data.
- Meaning of correlation, coefficient of correlation, and calculation methods: product-moment method and rank difference method.
- Concepts of ANOVA (Analysis of Variance) and ANCOVA (Analysis of Covariance).

Reference Books:

1. **Applied Statistics in Physical Education and Sports** by Dr. Kulbir Singh. This book aligns with the M.P.Ed. NCTE New Syllabus and covers all the units mentioned above.
2. **Applied Statistics in Physical Education and Sports** by Dr. M.R. Dhinu. This book is based on the revised and updated syllabus of M.P.Ed Physical Education and provides comprehensive coverage of the subject.

Applied statistics in physical education and sports

MPED0102 -T

Unit I: Introduction to Statistics

- Meaning and Definition of Statistics.
- Need and Importance of Statistics in Physical Education and Sports.
- Key Terms: Population, Sample, Data, Variables.

Unit II: Data Organization and Measures of Central Tendency

- Construction and Use of Frequency Tables.
- Measures of Central Tendency: Mean, Median, Mode.
- Measures of Variability: Range, Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error.
- Normal Curve and Its Properties.

Unit III: Sampling and Hypothesis Testing

- Sample Distribution of Means and Standard Error of Mean.
- Testing of Hypotheses: Null and Alternative Hypotheses.
- Levels of Significance.
- Types of Errors: Type I and Type II.
- Degrees of Freedom.

Unit IV: Statistical Tests and Correlation

- Tests of Significance: Independent "t" Test, Dependent "t" Test, Chi-Square Test.
- Levels of Confidence and Data Interpretation.
- Meaning of Correlation and Coefficient of Correlation.
- Calculation of Coefficient of Correlation: Product-Moment Method and Rank Difference Method.
- Introduction to ANOVA (Analysis of Variance) and ANCOVA (Analysis of Covariance).

This structure provides a comprehensive understanding of statistical methods and their applications in the field of physical education and sports sciences. For detailed syllabi, you may refer to the official documents of various universities offering this program.

Sources

The **fifth unit** of "Applied Statistics in Physical Education and Sports" in M.A. Physical Education programs generally focuses on **advanced statistical applications and interpretation methods**. Here's an outline:

Unit V: Advanced Applications and Research Interpretation

1. **Introduction to Advanced Statistical Techniques**
   - Regression Analysis: Linear and Multiple Regression.
   - Factor Analysis and its Application in Sports Research.
   - Reliability and Validity of Test Scores in Physical Education.
2. **Computer Applications in Statistics**
   - Use of Statistical Software (e.g., SPSS, Excel, etc.) for Data Analysis.
   - Data Visualization Techniques: Graphs, Charts, and Tables.
   - Interpretation of Outputs from Statistical Tools.
3. **Research Design and Statistical Application**
   - Experimental Designs in Sports Sciences.
   - Pre- and Post-Test Designs.
   - Application of Statistics in Evaluating Training Programs.
4. **Ethical Considerations in Data Analysis**
   - Data Authenticity and Reliability.
   - Avoiding Misinterpretation or Misrepresentation of Data.

Suggested References:

1. **"Statistics in Physical Education and Sports"** by Dr. J.P. Verma
2. **"Research Methods and Statistics in Physical Education"** by G.L. Koul
3.

Test, measurement and evaluation in physical education

MPED - 0103-T

Unit 1: Introduction to Test, Measurement, and Evaluation

1. **Concepts and Definitions**
   - Test: Definition, importance, and types.
   - Measurement: Meaning, nature, and scope in physical education.
   - Evaluation: Definition, process, and significance.
2. **Purpose and Objectives**
   - Importance in physical education.
   - Relationship between test, measurement, and evaluation.
3. **Criteria of a Good Test**
   - Reliability, validity, objectivity, feasibility.
   - Norms, standardization of tests.
4. **Types of Evaluation**
   - Formative and summative.
   - Diagnostic and prognostic.

Unit 2: Test Administration

1. **Test Selection and Planning**
   - Factors affecting test selection.
   - Principles of test administration.
2. **Construction of Tests**
   - Steps in test construction.
   - Item analysis and scoring methods.
3. **Test Administration Procedures**
   - Pre-test, during-test, and post-test guidelines.
   - Recording and interpreting results.
4. **Ethical Considerations**
   - Confidentiality and fairness in testing.

Unit 3: Physical Fitness and Motor Fitness Tests

1. **Concept of Physical Fitness**
   - Components of physical fitness.
2. **Standardized Tests**
   - AAHPER Youth Fitness Test.

- Harvard Step Test.
- Kraus-Weber Test.
- Eurofit Physical Fitness Test.

3. **Motor Fitness Tests**
   - Barrow Motor Ability Test.
   - Johnson Basketball Test.
4. **Skill Tests in Sports**
   - Shuttle Run Test.
   - Specific skill tests for various sports.

Unit 4: Anthropometric and Physiological Measurements

1. **Anthropometric Measurements**
   - Height, weight, body composition, BMI.
   - Skinfold measurement and somatotyping.
2. **Physiological Measurements**
   - Heart rate, blood pressure, VO_2 max.
   - Flexibility, muscular endurance tests.
3. **Equipment and Techniques**
   - Tools for anthropometric and physiological tests.
   - Calibration and standardization.
4. **Applications in Sports and Fitness**
   - Talent identification and performance prediction.

Unit 5: Statistical Techniques in Physical Education

1. **Basics of Statistics**
   - Definition, scope, and importance.
   - Types of data and scales of measurement.
2. **Descriptive Statistics**
   - Mean, median, mode.
   - Standard deviation and range.
3. **Inferential Statistics**
   - Correlation and regression analysis.
   - t-tests, chi-square tests, ANOVA.
4. **Data Interpretation and Reporting**
   - Graphical representation: Histogram, bar graph, pie chart.
   - Writing research reports.

References

1. Clarke, H. H. & Clarke, D. H. (1987). **Application of Measurement to Physical Education.** Prentice Hall.
2. Barrow, H. M. & McGee, R. (1979). **A Practical Approach to Measurement in Physical Education.** Lea & Febiger.
3. Kansal, D. K. (2012). **Test and Measurement in Sports and Physical Education.** DVS Publications.
4. Safrit, M. J., & Wood, T. M. (1995). **Measurement and Evaluation in Physical Education and Exercise Science.** Human Kinetics.
5. Mathews, D. K. (1978). **Measurement in Physical Education.** W.B. Saunders Company.

Sports journalism and mass communication

MPED 0104 - T

Communication Theories and Models:

- Exploration of fundamental communication theories and models.
- Understanding the communication process, including elements like source, message, channel, receiver, and feedback.
- Study of different types of communication: interpersonal, group, and mass communication.

- **Introduction to Mass Communication**:

  - Definition and scope of mass communication.
  - Examination of the characteristics of various media platforms: print, radio, television, and digital media.
  - Analysis of the role and impact of mass media in society.

- **Media Laws and Ethics**:

  - Overview of legal frameworks governing media operations.
  - Discussion on ethical considerations in journalism and mass communication.
  - Case studies highlighting legal and ethical dilemmas in media practice.

- **News Reporting and Writing**:

  - Principles of news gathering and reporting.
  - Techniques for effective news writing and editing.
  - Understanding news values and the structure of news stories.

- **Introduction to Sports Journalism**:

  - Definition and characteristics of sports journalism.
  - Analysis of sports news and its presentation across different media platforms.
  - Writing techniques specific to sports journalism, including headline writing and game coverage.

Sports practical track and field

MPED0104-P

Unit 1: Introduction to Physical Education and Sports Sciences

- **Definition and Scope**: Understanding the meaning, aims, and objectives of physical education.
- **Historical Perspectives**: Exploring the history and development of physical education and sports globally and in India.
- **Philosophical Foundations**: Examining various philosophies and their impact on physical education.

Unit 2: Exercise Physiology

- **Energy Systems**: Studying ATP production and energy pathways utilized during physical activity.
- **Muscle Physiology**: Understanding muscle structure, function, and types of muscle fibers.
- **Cardiovascular and Respiratory Responses**: Analyzing how exercise affects heart rate, blood flow, and lung function.

Unit 3: Sports Psychology

- **Motivation and Performance**: Investigating factors that influence athlete motivation and performance.
- **Mental Preparation**: Techniques for enhancing focus, confidence, and coping with competition stress.
- **Team Dynamics**: Understanding group cohesion, leadership, and communication within sports teams.

Unit 4: Biomechanics in Sports

- **Kinematic Concepts**: Analyzing motion, velocity, and acceleration in athletic movements.
- **Kinetic Concepts**: Studying forces, torque, and their application in sports techniques.
- **Technique Analysis**: Applying biomechanical principles to improve performance in track and field events.

Unit 5: Track and Field Specialization

- **Event Classification**: Overview of track events (sprints, middle-distance, long-distance) and field events (jumps, throws).
- **Technique and Training**: Detailed study of techniques, training methods, and skill development for specific events.
- **Rules and Officiating**: Understanding the regulations, scoring systems, and roles of officials in track and field competitions.

lesson plan on Mass demonstration activities

MPED 0105-P

Unit 1: Introduction to Mass Demonstration Activities

- **Definition and Scope**: Understanding mass demonstration activities and their significance in physical education.
- **Historical Perspective**: Exploring the evolution of mass demonstrations in sports and physical education.
- **Types of Activities**: Overview of various mass demonstration activities such as aerobics, gymnastics, and dance routines.

Unit 2: Planning and Organization

- **Event Planning**: Steps involved in organizing mass demonstration events, including logistics and resource management.
- **Team Coordination**: Techniques for effective team management and participant coordination.
- **Safety Measures**: Implementing safety protocols to prevent injuries during mass demonstrations.

Unit 3: Choreography and Design

- **Routine Development**: Principles of creating engaging and synchronized routines.
- **Music Selection**: Choosing appropriate music to enhance performance.
- **Use of Props**: Incorporating equipment like dumbbells or ribbons to add visual appeal.

Unit 4: Teaching Methodologies

- **Instructional Strategies**: Effective teaching methods for large groups.
- **Demonstration Techniques**: Best practices for demonstrating activities to participants.
- **Feedback Mechanisms**: Providing constructive feedback to improve performance.

Unit 5: Evaluation and Assessment

- **Performance Metrics**: Criteria for assessing individual and group performances.
- **Event Review**: Methods for evaluating the success of mass demonstration events.
- **Continuous Improvement**: Strategies for refining future demonstrations based on feedback and assessment.

2nd Semester

M.a.second semester sports and exercise physiology

MPED0201-T

Unit 1: Introduction to Sports and Exercise Physiology

- Definition and historical development of sports and exercise physiology
- Importance and scope in physical education and sports
- Basic concepts of homeostasis and physiological adaptations to exercise

Unit 2: Muscular System and Exercise

- Structure and function of skeletal muscles
- Muscle contraction mechanisms
- Types of muscle fibers and their roles in different sports
- Muscle fatigue and recovery processes

Unit 3: Cardiovascular System and Exercise

- Structure and function of the heart and blood vessels
- Cardiac cycle and output during rest and exercise
- Blood pressure regulation and its response to exercise
- Adaptations of the cardiovascular system to regular training

Unit 4: Respiratory System and Exercise

- Structure and function of the respiratory system
- Mechanics of breathing during rest and exercise
- Gas exchange and transport
- Respiratory adaptations to exercise and training

Unit 5: Energy Systems and Exercise Metabolism

- Bioenergetics: ATP production and utilization
- Aerobic and anaerobic energy systems
- Metabolic responses to different types of exercise
- Factors affecting energy expenditure during physical activity

References:

1. Wilmore, J. H., & Costill, D. L. (2004). *Physiology of Sport and Exercise*. Human Kinetics.
2. Powers, S. K., & Howley, E. T. (2017). *Exercise Physiology: Theory and Application to Fitness and Performance*. McGraw-Hill Education.
3. McArdle, W. D., Katch, F. I., & Katch, V. L. (2014). *Exercise Physiology: Nutrition, Energy, and Human Performance*. Lippincott Williams & Wilkins.
4. Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2015). *Physiology of Sport and Exercise*. Human Kinetics.

M.a.second semester scientific principles of sports training

1. MPED0202 – T
2.
3. **Introduction to Sports Training:**
   - Definition, aims, characteristics, and principles of sports training.
   - Philosophy of coaching and qualities of a coach.
   - Training load: features, principles, and the relationship between load, recovery, and adaptation.
   - Overtraining: causes, symptoms, prevention, and treatment.
   - Fatigue management and recovery processes.
   - Talent identification and development in sports.
4. **Training for Development of Motor Components:**
   - Strength: forms, characteristics, principles, and training methods.
   - Speed: forms, characteristics, and improvement methods.
   - Endurance: forms, characteristics, and enhancement techniques.
   - Flexibility: types, factors affecting flexibility, and development methods.
   - Coordinative abilities: characteristics, importance, classification, and training methods.
5. **Periodization of Training:**
   - Concept and types of periodization (single, double, multiple).
   - Phases of periodization: preparatory, competition, and transition periods.
   - Training plans: micro, meso, and macro cycles.
   - Short-term and long-term planning.
   - Tapering and peaking strategies.
6. **Methods of Sports Training:**
   - Aerobic and anaerobic training.
   - Weight training, interval training, and circuit training.
   - Plyometric training and resistance training.
   - Fartlek training and high-altitude training.
   - Functional training and repetition methods.
   - Transfer of training effects.
7. **Planning of Training and Competition:**
   - Structure and content of training sessions.
   - Annual training plans and competition scheduling.
   - Monitoring and evaluation of training progress.
   - Adjustments based on performance and feedback.
   - Recovery strategies and injury prevention.

References:

To gain a comprehensive understanding of the scientific principles of sports training, the following references are recommended:

- Bompa, T.O., & Haff, G.G. (2009). *Periodization: Theory and Methodology of Training*. Human Kinetics.
- Singh, H. (1991). *Science of Sports Training*. D.V.S. Publications.
- Dick, F.W. (2007). *Sports Training Principles*. A&C Black.
- Baechle, T.R., & Earle, R.W. (2008). *Essentials of Strength Training and Conditioning*. Human Kinetics.
- Bompa, T.O., & Carrera, M. (2005). *Periodization Training for Sports*. Human Kinetics.
- Jensen, C.R., & Fisher, A.G. (2000). *Scientific Basis of Athletic Conditioning*.
- Beotra, A. (2000). *Drug Education Handbook on Drug Abuse in Sports*. Sports Authority of India.
- Bunn, J.N. (1998). *Scientific Principles of Coaching*. Prentice Hall Inc.

Yogic Science

MPED0203 - T

Unit I: Patanjala Yoga Sutra

- Comprehensive study of the Yoga Sutras of Patanjali, focusing on the eightfold path (Ashtanga Yoga), including Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

Unit II: Yoga in Bhagavad Gita

- Exploration of the concepts of Karma Yoga (the yoga of action), Bhakti Yoga (the yoga of devotion), and Jnana Yoga (the yoga of knowledge) as presented in the Bhagavad Gita.

Unit III: Anatomy and Physiology in Yogic Practices

- Study of human anatomy and physiology with an emphasis on understanding the effects of yogic practices on various bodily systems.

Unit IV: Holistic Health and Yoga Therapy

- Introduction to the principles of holistic health, the role of yoga in promoting wellness, and an overview of yoga therapy techniques for common ailments.

Unit V: Research Methodology in Yoga

- Basics of research methods applicable to yoga studies, including qualitative and quantitative research, data collection, and analysis.

M.a.second semester sports technology

MPED0204-T

Unit I: Introduction to Sports Technology

- Definition and scope of sports technology.
- Historical development and significance in modern sports.
- Applications of technology in enhancing sports performance.

Unit II: Science of Sports Materials

- Overview of materials used in sports equipment.
- Advancements in material science, including nanotechnology applications.
- Impact of material selection on performance and safety.

Unit III: Sports Engineering and Human Performance

- Biomechanics and motion analysis in sports.
- Design and development of sports equipment.
- Technological interventions in injury prevention and rehabilitation.

Unit IV: Information Technology in Sports

- Role of data analytics in sports performance.
- Software applications for coaching and training.
- Emerging trends: virtual reality and augmented reality in sports.

Unit V: Facility and Equipment Management

- Design and maintenance of sports facilities.
- Standards and regulations for sports equipment.

Sustainable practices in sports facility management. **Books**

1. **"Sports Technology"** by Helge Nilsen and Ronald F. Zernicke
   - Focuses on the technological advancements in sports and their impact on performance and equipment.
2. **"Biomechanics of Sport and Exercise"** by Peter McGinnis
   - Explains the biomechanics principles applied to sports.
3. **"Sports Materials"** by F. H. Jones
   - Provides insights into material science and its role in sports equipment.

4. **"Introduction to Sports Biomechanics"** by Roger Bartlett
    - Details the mechanics behind human movement in sp

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M.a.second semester sports practical gymnastics

MPED 0204-P

Unit 1: Introduction to Gymnastics

- **History and Evolution**: Study the origins and development of gymnastics, including the roles of the International Gymnastics Federation (FIG) and Gymnastics Federation of India (GFI).
- **Types of Gymnastics**: Explore various forms such as Artistic, Rhythmic, Aerobic, Acrobatic, and Trampoline Gymnastics.

Unit 2: Fundamental Skills

- **Floor Exercises**: Learn basic movements like forward and backward rolls, cartwheels, and handstands.
- **Balance and Coordination**: Practice T-balances, V-balances, and other stability exercises.

Unit 3: Apparatus Training

- **Vaulting**: Techniques for performing through vaults, stoop vaults, and split cuts.
- **Parallel Bars (Men)**: Training on mounts, swings, and dismounts.
- **Balance Beam (Women)**: Focus on mounts, leaps, and balance exercises.

Unit 4: Advanced Techniques

- **Somersaults and Flips**: Introduction to more complex aerial movements.
- **Handsprings and Head Springs**: Developing advanced propulsion skills.

Unit 5: Safety and Coaching

- **Spotting Techniques**: Learn how to safely assist gymnasts during practice.
- **Injury Prevention**: Understand common gymnastics injuries and preventive measures.
- **Coaching Methodologies**: Effective teaching strategies for gymnastics.

For detailed syllabi, it's advisable to consult the specific curriculum provided by your university or institution. For example, the University of North Bengal offers a comprehensive syllabus that includes gymnastics practicals.

University of North Bengal

References for Further Reading:

- Brown, A. (2009). *How to Improve at Gymnastics*. Crabtree Publishing Co., USA.
- Chakraborty, S., & Sharma, L. (1995). *Fundamentals of Gymnastics*. D.V.S. Publications, New Delhi.
- Mitchell, D., Davis, B., & Lopez, R. (2002). *Teaching Fundamental Gymnastics Skills*. Human Kinetics, USA

Lesson Plan for March Past & Organizing Sports Ceremonial Activities

Subject: Physical Education/Sports Management
Grade: M.A. Second Semester
Duration: 5 Units MPED 0205-P

Unit 1: Introduction to Sports Ceremonial Activities

Objective: To understand the importance and significance of organizing sports ceremonies.

Topics:

- Definition and types of sports ceremonial activities.
- Importance of ceremonial activities in sports culture.
- Historical background of March Past.
- Role of march past in opening and closing ceremonies.

Teaching Methods:

- **Lecture**: Explain the evolution and cultural significance of ceremonial activities.
- **Demonstration**: Show videos of Olympic opening ceremonies featuring March Past.

Activities:

- Group discussion on the importance of ceremonial events in sports management.

Unit 2: Planning and Organizing Sports Ceremonies

Objective: To learn the steps for organizing successful sports ceremonies.

Topics:

- Principles of organizing sports ceremonies.
- Planning logistics: venue, participants, and schedule.
- Budgeting for sports events.

Teaching Methods:

- **Interactive Session**: Create a checklist for organizing a sports event.
- **Case Studies**: Analyze a well-organized sports ceremony.

Activities:

- Draft a detailed plan for organizing a sports event at the college level.

Unit 3: Coordination and Execution of March Past

Objective: To understand the coordination process for a successful March Past.

Topics:

- Selection of teams and flag bearers.
- Formation styles: column, line, and synchronized patterns.
- Importance of discipline and uniformity in March Past.
- Role of leaders in guiding the teams.

3rd Semester

M.a.third semester health education and sports nutrition

MPED 0301 - T

Unit I: Foundations of Health Education

- **Definition and Dimensions of Health**: Understanding health as a multi-dimensional concept, including physical, mental, social, and emotional well-being.
- **Principles of Health Education**: Exploring the fundamental principles guiding health education practices.
- **Health Promotion Strategies**: Examining methods to promote health at individual and community levels.

Unit II: Stress Management and Behavior Modification

- **Stress and Its Impact on Health**: Analyzing the effects of stress on overall health and well-being.
- **Stress Management Techniques**: Learning various techniques to manage and reduce stress, including relaxation methods and time management.
- **Behavior Modification through Sports and Yoga**: Understanding how sports and yoga can be utilized to modify behavior and improve mental health.

Unit III: Nutrition, Health, and Fitness

- **Basic Concepts of Nutrition**: Studying macronutrients and micronutrients essential for health.
- **Diet and Fitness**: Exploring the relationship between dietary habits and physical fitness.
- **Nutritional Requirements for Different Populations**: Assessing how nutritional needs vary across different age groups and activity levels.

Unit IV: Sports Nutrition

- **Energy Systems in Exercise**: Understanding how the body generates energy during physical activity.
- **Nutritional Strategies for Athletes**: Developing diet plans to enhance athletic performance.
- **Hydration and Performance**: Examining the importance of fluid balance in sports.

Unit V: Contemporary Issues in Health and Nutrition

- **Eating Disorders in Athletes**: Identifying and addressing common eating disorders prevalent among athletes.
- **Supplements and Ergogenic Aids**: Evaluating the use and efficacy of dietary supplements in sports.
- **Public Health Nutrition**: Discussing nutrition-related public health issues and policies.

Recommended References:

1. **"Sports and Exercise Nutrition" by William D. McArdle, Frank I. Katch, and Victor L. Katch**: This comprehensive text covers the fundamentals of sports nutrition, including energy systems, nutrient requirements, and dietary strategies for athletes.
2. **"Handbook of Sports Medicine and Science: Sports Nutrition" edited by Ronald J. Maughan**: This handbook provides insights into the role of nutrition in sports performance and offers practical guidelines for athletes.
3. **"Clinical Sports Nutrition" by Louise Burke and Vicki Deakin**: A detailed resource that delves into the clinical aspects of sports nutrition, including dietary planning and management of nutrition-related issues in athletes.

sports psychology

MPED0302-T

Unit 1: Basics of Sport and Exercise Psychology

- Introduction to Sport and Exercise Psychology: Meaning, definition, historical development, need, and scope.
- Relationship with other sport sciences.
- Development of sport psychology in India.
- Sensory-perceptual processes: Meaning, mechanism, stages, classification of senses, factors in perception, and implications in exercise and sport.

Unit 2: Motor Learning and Development

- Concepts of motor learning, motor skills, motor control, and motor performance.
- Stages of learning and transfer of training.
- Assessment of learning and factors affecting motor learning.
- Growth and development: Physical, motor, mental, social, and emotional characteristics across different life stages.

Unit 3: Personality, Anxiety, and Motivation in Sport

- Personality in sport: Concepts, definitions, modern perspectives (trait, humanistic, social cognitive, biological), and dynamics.
- Anxiety in sport: Concepts, definitions, types, relationship with arousal, and impact on performance.
- Motivation in sport: Concepts, definitions (drive, need, motives, instinct, attitude, achievement motivation), techniques, types, and perceived competence.

Unit 4: Psychological Preparation and Competition

- Phenomenon of competitive sport.
- Long-term psychological preparation for competition: Arousal regulation, imagery, self-confidence, goal setting, concentration.
- Short-term psychological preparation for upcoming competitions.
- Mind-to-muscle and muscle-to-mind relaxation techniques.

Unit 5: Social Psychology in Sport

- Social psychological aspects of sport.
- Socio-cultural factors affecting performance: Ethics, values, team (group) cohesion.
- Impact of spectators on performance

M.a.third semester ſct and education technology in physical education

MPED 0303 - T

Unit I: Basics of Education Technology

- Concept of Education Technology
- Role of Technological Integration in Education
- Recent Trends in Educational Technology in Physical Education

Unit II: Communication and Classroom Interaction

- Concept, Elements, Process, and Types of Communication
- Communication Barriers and Facilitators
- Communicative Skills: Listening, Speaking, Reading, and Writing

Unit III: Fundamentals of Computers

- Characteristics, Types, and Applications of Computers
- Hardware: Input, Output, and Storage Devices
- Software: Concept and Types
- Computer Memory: Concept and Types
- Viruses and Their Management
- Computer Networks: Concept, Types, and Functions
- Internet and Its Applications
- Web Browsers and Search Engines
- Legal and Ethical Issues in Computing

Unit IV: ICT Integration in Teaching-Learning Process

- Approaches to Integrating ICT in Teaching-Learning
- Project-Based Learning (PBL)
- Cooperative Learning
- Collaborative Learning
- ICT and Constructivism: A Pedagogical Dimension

Unit V: E-Learning and Web-Based Learning

- E-Learning Concepts
- Web-Based Learning
- Virtual Classrooms

M.a.third semester syllabus physical fitness and wellness

MPED0304-T

Unit 1: Introduction to Physical Fitness and Wellness

- **Topics Covered:**
  - Definitions and concepts of physical fitness and wellness
  - Importance and benefits of maintaining physical fitness
  - Relationship between physical activity and health
- **Reference:**
  - *Physical Fitness and Wellness - 3rd Edition: Changing the Way You Look, Feel, and Perform* by Jerrold S. Greenberg and George B. Dintiman. This book provides comprehensive insights into the fundamentals of physical fitness and wellness.

Unit 2: Components of Physical Fitness

- **Topics Covered:**
  - Health-related components: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition
  - Skill-related components: agility, balance, coordination, power, reaction time, and speed
  - Methods to assess and improve each component
- **Reference:**
  - *Physical Fitness Module* by Wollega University. This module offers detailed explanations of the various components of physical fitness and methods for their assessment and improvement.

Unit 3: Designing Fitness Programs

- **Topics Covered:**
  - Principles of exercise prescription
  - Developing personalized fitness programs
  - Safety considerations and injury prevention
- **Reference:**
  - *Health and Wellness Coursebook* by Oak Meadow. This coursebook includes sections on creating personalized fitness plans and understanding the principles of exercise prescription.

Unit 4: Nutrition and Wellness

- **Topics Covered:**
  - Role of nutrition in physical fitness
  - Dietary guidelines for active individuals
  - Understanding macronutrients and micronutrients
- **Reference:**
  - *Physical Education (General)* by the University of Calcutta. This syllabus outlines the importance of nutrition in physical fitness and provides guidelines for healthy eating.

Unit 5: Lifestyle Management and Wellness

- **Topics Covered:**
  - Stress management techniques
  - Importance of sleep and recovery
  - Strategies for maintaining long-term wellness
- **Reference:**
  - *Third Grade Wellness Curriculum* by California State University. While designed for a younger audience, this curriculum covers essential topics related to lifestyle management and wellness that can be adapted for higher education contexts.

M.a.third semester syllabus sports pratical swimming

MPED 0304-P

Unit 1: Introduction to Swimming

- **History and Evolution**: Study the origins and development of swimming as a sport.
- **Facilities and Equipment**: Learn about the necessary facilities and equipment for swimming, including pool specifications and safety gear.

Unit 2: Fundamental Skills

- **Basic Techniques**: Practice essential swimming skills such as floating, kicking, and breathing.
- **Strokes Introduction**: Introduction to various swimming strokes, including freestyle, backstroke, breaststroke, and butterfly.

Unit 3: Advanced Techniques

- **Stroke Refinement**: Enhance proficiency in different strokes with a focus on technique and efficiency.
- **Starts and Turns**: Learn and practice proper starting dives and turning techniques for each stroke.

Unit 4: Training and Conditioning

- **Workout Planning**: Develop training plans to improve endurance, speed, and strength specific to swimming.
- **Safety Measures**: Understand and implement safety protocols in and around the pool.

Unit 5: Performance Assessment

- **Skill Evaluation**: Assess swimming skills through timed trials and technique analysis.
- **Competition Rules**: Study the rules and regulations governing competitive swimming.

M.a.third semester syllabus lesson plan yog/aerobic/self defence techniques/indigenize activities

MPED 0305-P

Unit 1: Yoga

Topics:

1. **Introduction to Yoga**
   - Meaning, Definition, and Importance
   - History and Evolution of Yoga
   - Types of Yoga: Hatha, Ashtanga, Raja Yoga
   - Benefits: Physical, Mental, and Spiritual
2. **Basic Asanas (Postures)**
   - Tadasana (Mountain Pose)
   - Vrikshasana (Tree Pose)
   - Bhujangasana (Cobra Pose)
   - Padmasana (Lotus Pose)

Learning Objectives:

- Understand the significance of yoga in maintaining health.
- Perform basic yoga asanas with correct posture.

Teaching Strategies:

- **Lecture Method**: Brief introduction to yoga.
- **Demonstration**: Guide students on performing yoga poses.
- **Practice Sessions**: Allow students to practice and refine poses.

References:

- Swami Satyananda Saraswati, *"Asana Pranayama Mudra Bandha"*.
- B.K.S. Iyengar, *"Light on Yoga"*.

Unit 2: Aerobics

Topics:

1. **Introduction to Aerobics**
   - Meaning and Concept
   - Types: Low-impact, High-impact, Water Aerobics
   - Role of Music in Aerobics
2. **Basic Aerobic Movements**
   - Warm-Up Exercises
   - Marching, Jogging, and Jumping Jacks
   - Cool Down and Stretching

Learning Objectives:

- Develop aerobic endurance and improve cardiovascular fitness.

- Importance in Promoting Culture and Physical Health

2. **Examples of Indigenous Activities**
   - Kabaddi
   - Kho-Kho
   - Mallakhamb
   - Archery

Learning Objectives:

- Understand the cultural significance of indigenous activities.
- Practice traditional sports to enhance physical fitness.

Teaching Strategies:

- **Presentation**: Historical and cultural background of the activities.
- **Practical Sessions**: Hands-on practice of games like Kabaddi and Kho-Kho.
- **Group Competitions**: Organize small tournaments to engage students.

References:

- Books on Indian traditional sports by Sports Authority of India.
- Cultural documentaries on indigenous activities.

Unit 5: Combined Practices and Assessment

Topics:

1. **Integration of Yoga, Aerobics, Self-Defense, and Indigenous Activities**
   - Designing a Weekly Fitness Regimen
   - Combining Practices for Holistic Development
2. **Evaluation and Feedback**
   - Practical Assessment: Demonstrate learned skills.
   - Peer and Instructor Feedback.

Learning Objectives:

- Develop a personalized fitness routine.
- Demonstrate an integrated understanding of all units.

Teaching Strategies:

- **Collaborative Activities**: Combine yoga and aerobics for relaxation.
- **Assessment**: Evaluate practical skills in self-defense and indigenous activities.
- **Reflection**: Encourage students to share their experience and feedback.

References:

- Course notes and practice manuals.
- Student portfolios for tracking progress.

4th Semester

M.a.forth semester syllabus kinesiology and sports biomechanics

MPED 0401- T

Unit I: Introduction to Kinesiology and Sports Biomechanics

- Meaning, nature, role, and scope of applied kinesiology and sports biomechanics.
- Concepts of axis and planes; dynamics, kinematics, kinetics, statics.
- Understanding center of gravity, line of gravity, planes of the body, and axes of motion.
- Distinction between vectors and scalars.
- Definitions of work, power, energy, kinetic energy, and potential energy.

Unit II: Major Muscles – Their Location & Action

- Origin, insertion, and action of key muscles:
  - Pectoralis major and minor
  - Deltoid
  - Biceps and triceps (anterior and posterior)
  - Trapezius
  - Serratus
  - Sartorius
  - Rectus femoris
  - Abdominis
  - Quadriceps
  - Hamstring
  - Gastrocnemius

Unit III: Kinematics and Kinetics of Human Movement

- Definitions and types of motion: linear, angular, circular, uniform.
- Principles related to Newton's laws: inertia, acceleration, and counterforce.
- Understanding force: sources, components, application angles.
- Concepts of pressure, friction, buoyancy, spin, centripetal, and centrifugal forces.
- Leverage: classes of levers and their practical applications.
- Projectile motion and factors influencing stability and equilibrium.

Unit IV: Air & Fluid Mechanics

- Principles of flotation.
- Fluid resistance in air and water environments.
- Understanding drag and lift forces.
- The role of spin in sports movements.

Unit V: Movement Analysis and Application

- Methods for analyzing sports movements.
- Application of biomechanical principles to enhance performance.
- Techniques for injury prevention through biomechanical analysis.
- Use of technology in movement analysis.

M.a.fourth semester syllabus gender disability and inclusive sport education

MPED 0402 - T

Unit I: Understanding the Construction of Gender

- **Defining Gender and Features of Gender Inequality**: Examine the concept of gender, distinguishing it from biological sex, and explore the various dimensions of gender inequality in society.
- **Gender Roles and Stereotypes in Sports**: Analyze how traditional gender roles and stereotypes influence participation and representation in sports.
- **Impact of Gender Socialization on Sports Participation**: Understand how societal norms and expectations shape individuals' engagement in physical activities and sports.

Unit II: Disability and Sports

- **Understanding Disability: Definitions and Models**: Explore various definitions and models of disability, including medical and social models, and their implications in sports contexts.
- **Barriers Faced by Athletes with Disabilities**: Identify and discuss the physical, social, and institutional barriers that hinder the participation of athletes with disabilities.
- **Promoting Accessibility and Inclusion in Sports**: Examine strategies and best practices for creating inclusive sports environments that accommodate athletes of all abilities.

Unit III: Inclusive Sports Education

- **Concept and Importance of Inclusive Education in Sports**: Understand the principles of inclusive education and their application in physical education and sports settings.
- **Curriculum Adaptations for Inclusive Physical Education**: Learn how to modify and adapt sports curricula to meet the diverse needs of all students, including those with disabilities.
- **Training Educators for Inclusive Sports**: Discuss the essential skills and knowledge required for educators to effectively facilitate inclusive sports programs.

Unit IV: Policies and Legal Frameworks

- **International and National Policies on Inclusive Sports**: Review key policies and legal frameworks that promote inclusion in sports at both international and national levels.
- **Rights of Persons with Disabilities in Sports**: Understand the legal rights of individuals with disabilities concerning participation in sports and physical activities.
- **Implementation of Inclusive Practices in Educational Institutions**: Examine case studies and examples of how educational institutions have successfully implemented inclusive sports programs.

Unit V: Contemporary Issues and Trends

- **Gender and Disability Intersectionality in Sports**: Explore how gender and disability intersect to affect individuals' experiences and opportunities in sports.
- **Advancements in Adaptive Sports Technologies**: Learn about the latest technological developments that enhance accessibility and performance for athletes with disabilities.
- **Promoting Diversity and Inclusion in Sports Organizations**: Discuss strategies for sports organizations to foster diverse and inclusive environments.

References:

1. "Equity and Inclusion in Physical Education and Sport" by Sid Hayes and Gary Stidder. This book addresses key issues related to social class, race, ethnicity, gender, sexuality, special needs, disability, and ability in physical education and sports.
2. "Handbook of Inclusive Education" by Madhumita Puri and George Abraham. This handbook provides insights into inclusive education, including perspectives on disability and rights-based approaches.
3. "Equity and Inclusion in Physical Education" by Sid Hayes and Gary Stidder. This resource explores inclusive practices in physical education, focusing on various social factors, including gender and disability.
4. "Unified Physical Education Resources" by Special Olympics. This document offers activities and strategies to foster inclusive youth leadership skills, helping students with and without disabilities become change agents in sports settings.
5. "M.A. in Physical Education Syllabus" by Deen Dayal Upadhyaya Gorakhpur University. This syllabus outlines the course structure for M.A. in Physical Education, including the "Gender, Disability & Inclusive Sports Education" course.

M.a.forth semester syllabus athietic care and rehabilitation

MPED 0403- T

Unit 1: Introduction to Athletic Care and Rehabilitation

- **Meaning, Definition, and Importance**: Understanding the fundamental concepts and significance of athletic care and sports medicine.
- **Scope of Sports Medicine**: Exploring the range and boundaries of sports medicine in athletic care.
- **Principles of Rehabilitation**: Learning the foundational principles guiding rehabilitation processes.

Unit 2: Common Sports Injuries

- **Types of Injuries**: Identifying various sports-related injuries, including acute, sub-acute, and chronic injuries.
- **Causes and Prevention**: Understanding the causes of these injuries and strategies for prevention.
- **Immediate Care**: Learning about immediate care techniques and protocols for sports injuries.

Unit 3: Therapeutic Modalities in Rehabilitation

- **Physical Therapy Techniques**: Exploring various physical therapy methods used in rehabilitation.
- **Electrotherapy**: Understanding the application of electrical modalities in injury treatment.
- **Hydrotherapy**: Learning about the use of water-based treatments in rehabilitation.

Unit 4: Rehabilitation Exercises

- **Strength Training**: Developing strength training programs tailored for rehabilitation.
- **Flexibility Exercises**: Incorporating flexibility exercises into rehabilitation routines.
- **Functional Training**: Designing functional training exercises to restore athletic performance.

Unit 5: Injury Prevention and Management

- **Preventive Measures**: Implementing strategies to prevent sports injuries.
- **Rehabilitation Protocols**: Establishing protocols for effective rehabilitation.
- **Return to Play Criteria**: Determining criteria for safely returning athletes to play post-injury.

M.a.fourth semester curriculum designs in physical education

MPED0404-T

Unit 1: Introduction to Physical Education

- **Objective**: Understand the scope and importance of physical education.
- **Key Topics**:
    1. Definition and evolution of physical education.
    2. Aims and objectives of physical education.
    3. Importance of physical fitness and health.
    4. The role of physical education in schools and society.
    5. National and international organizations related to physical education (e.g., UNESCO, WADA).

Unit 2: Principles of Sports Training

- **Objective**: Gain insight into the science and methods of sports training.
- **Key Topics**:
    1. Definition of sports training.
    2. Training principles: Specificity, overload, progression, individuality, and recovery.
    3. Types of training (e.g., endurance, strength, speed, flexibility).
    4. The concept of periodization and its types (macro, meso, and micro cycles).
    5. Importance of rest, recovery, and injury prevention in sports training.

Unit 3: Anatomy and Physiology for Physical Education

- **Objective**: Understand the human body's response to physical activity.
- **Key Topics**:
    1. Basic anatomical terms and principles.
    2. Structure and function of the muscular system.
    3. Cardiovascular system and its response to exercise.
    4. The role of the respiratory system during physical activity.
    5. The nervous system and its impact on movement and coordination.

Unit 4: Psychology of Sport

- **Objective**: Explore how psychological principles apply to sports and physical education.
- **Key Topics**:
    1. The role of motivation in sports performance.
    2. Types of motivation: Intrinsic vs extrinsic.
    3. Mental preparation and concentration techniques.
    4. Stress management in sports.
    5. The concept of "Flow" in athletic performance.

Unit 5: Health and Fitness Education

- **Objective**: Understand the role of fitness in overall health and well-being.
- **Key Topics**:
    1. The concept of health and fitness.
    2. Benefits of regular physical activity.

3. Components of fitness: Cardiorespiratory endurance, muscular strength, flexibility, and body composition.
4. Lifestyle diseases and prevention through physical activity (e.g., diabetes, heart disease).
5. Importance of nutrition and hydration in fitness and health.

References:

1. **Essentials of Physical Education** by Jayne D. Greenberg, Richard J. Kim.
2. **Introduction to Physical Education, Fitness, and Sport** by Daryl Siedentop.
3. **Sport and Exercise Psychology: A Canadian Perspective** by Nancy L. B. Smith and Jennifer L. L. Wheeler.
4. **Textbook of Anatomy and Physiology for Nurses** by R. K. Sharma.
5. **Physical Education: A Handbook for Teachers** by J.R. Simpson.

M.a.fourth semester physical education project

1. MPED 0407-P
2. **Study of Fitness Assessment Techniques**: Research different methods of assessing physical fitness (e.g., body composition, muscular strength, endurance tests) and create a detailed report or presentation with sample assessments.
3. **Importance of Nutrition in Sports**: Investigate how nutrition affects athletic performance. You can create a project that discusses key nutrients, hydration, and dietary plans for athletes.
4. **Yoga and Its Impact on Physical Health**: Research the benefits of yoga on mental and physical health, including flexibility, strength, and stress reduction.
5. **Sports Psychology**: Explore the mental aspects of sports and how psychology can help athletes perform better. This could include motivation, focus, and handling pressure.
6. **Anatomy of Human Movement**: Create a project discussing the muscles, joints, and movements involved in different sports or exercises, with diagrams or animations.
7. **Fitness Trends and Innovations**: Explore modern fitness trends, such as HIIT (High-Intensity Interval Training), CrossFit, or wearable fitness tech, and evaluate their effectiveness.
8. **Impact of Physical Activity on Mental Health**: Discuss how regular physical activity improves mental well-being, including reducing anxiety, depression, and stress.
9. **Sports Event Management**: You could organize a simulated sports event, create a report on its management, or study the organizational aspects of real-world events.

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