

SAURASHTRA UNIVERSITY
RAJKOT



JJJJ
FOUR STARS
(Accredited by NAAC)

FACULTY OF EDUCATION

SYLLABUS
FOR
MASTER OF PHYSICAL EDUCATION
(M.P.Ed.)
(To be brought into force from June, 2005)

SAURASHTRA UNIVERSITY CAMPUS
RAJKOT-360 005 (GUJARAT) (INDIA)
WEBSITE: www.saurashtrauniversity.edu

SAURASHTRA UNIVERSITY

DEGREE OF MASTER OF PHYSICAL EDUCATION (M.P.Ed)

(To be brought into force from June, 2005)

O.M.P.Ed. 1

The following shall be examinations leading to the Degree of Master of Physical Education (M.P.Ed.) namely :

- (i) The M.P.Ed. Part - I Examination and
- (ii) The M.P.Ed. Part - II Examination

The duration of the course shall be of two academic years with the M.P.Ed. Part - I Examination at the end of the first academic year and M.P.Ed. Part-II Examination at the end of the Second Academic Year.

The examination for each of the two parts shall be held once a year and examination fees for M.P.Ed. Part-I & II shall be Rs. 500=00 for each part separately.

O.M.P.Ed. 2

Eligibility for Admission

- (I)
 - (i) The applicant for admission to this course shall have passed
 - (a) The examination for the Degree of Bachelor of Physical Education (B.P.E.) of three years duration after graduation of any recognized University or an examination recognized as equivalent thereto **OR**
 - (b) The examination for Post-graduate Diploma in Physical Education (D.P.Ed) of not less than one year's duration of any recognized University or Board appointed/approved by the Education Department of the State **OR**
 - (c) The Examination for Degree in Physical education (B.P.Ed.) of not less than one year's course of a recognized University, after Graduation
 - (ii) A candidate who has been duly admitted to this course and who has prosecuted satisfactorily regular course of study in M.P.Ed. Part-I in a University for a period of Examination.
- (II)
 - (i) An applicant for admission to M.P.Ed. Part-II course shall have passed the M.P.Ed. Part-I Examination of this University or an examination recognized as equivalent thereto and completed part-II course by keeping two terms and practicals etc.

- (ii) A candidate who has been admitted in M.P.Ed. Part-II Course and has prosecuted satisfactorily regular course of study in a University Department/College/P.G. Centre of this University for a period of not less than one Academic Year, shall be eligible to appear in M.P.Ed. Part-II Examination.

O.M.P.Ed. 3

The requirement of P.G. Registration, Attendance and other P.G. Rules as far as it is relevant shall also be applicable to this course.

O.M.P.Ed. 4

The U.G.C. and N.C.T.E. regulations, standards, norms etc., shall be applicable to the programme.

O.M.P.Ed. 5

The intake for this programme shall be limited to 30 seats and programme shall be run on self finance basis.

O.M.P.Ed. 6

Admission shall be made on pure and transparent standard based on external evolution of marks obtained at university qualifying examination.

Reservation policy as applicable to other P.G. courses shall also apply to this course.

O.M.P.Ed. 7

The M.P.Ed. course is a regular full-time residential programme. The candidate cannot join any other course simultaneously.

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The M.P.Ed. course is a regular full-time residential programme. The candidate cannot join any other course simultaneously.

R.M.P.Ed.1

I. Every candidate at M.P.Ed. Part-I examination shall be examined in the following four papers, namely :

- (I) Philosophical foundation of Physical Education (ii) Research Methods in Health, Physical Education and recreation (iii) educational and Sports Psychology (iv) Optional Paper (Any One (a) History of Physical Education. (b) Sports Medicine.
- (II) Every candidate at M.P.Ed Part- II Examination shall be examined in the following three papers and dissertation namely:
- (i) Scientific Principles of Coaching and Methods of Coaching
(ii) Test and Measurement in Physical Education
(iii) Optional Paper (any One)
(a) Administration and supervision of Physical Education Programme
(b) Sports Sociology
(c) Youth and social Welfare
- (iv) (a) Dissertation **OR**
(b) Professional Preparation and Programme plan planning
- (v) Each theory paper shall have maximum 100 marks (ie. 80 external & 20 internal marks) The duration of the University examination for theory paper shall be of three hours.

R.M.P.Ed. 2

A candidate admitted to the M.P.Ed. course shall on or before 1st September, in the Academic Year in which he is admitted to M.P.Ed. Part-II course, submit an application to the proper authority for consideration of the sub-committee constituted by the Vice-Chancellor for the approval of subject of dissertation. The applicant shall also mention :

- (a) The subject of dissertation.
(b) The recognized person under whose supervision/guidance/he/she proposes to conduct his/her research for the dissertation.

The candidate may write his/her dissertation in any of the three languages, viz. English or Gujarati or Hindi. The dissertation shall be submitted by the candidate duly signed by the internal guide and head of Physical Education Department before commencement of M.P.Ed. Part-II university examination or any other earlier date fixed by the department.

R.M.P.Ed. 3

- (a) 40% marks aggregate internal as well as theory and practicals.
(b) Class at M.P.Ed. shall be awarded on the basis of total external marks obtained in Part-I and Part-II (Theory & Practicals) taken together.

If the candidate have secured :

First Class with Distinction : 70% or above of the aggregate marks.
First Class : 60% & above of the aggregate marks. Second
Class : 48% & above, below 60% of aggregate marks

DEPARTMENT OF PHYSICAL EDUCATION
MASTER OF PHYSICAL EDUCATION (M.P.Ed)

General Information

- 1. Objectives :** (i) The purpose of this course is to prepare highly qualified leaders in the field of physical education, sports, health & recreation.
(ii) To serve as Centre of excellence in Physical Education, to promote research and disseminate research knowledge.
(iii) To provide necessary infrastructure for imparting professional training to devoted persons as teacher in field of Physical Education, Sports, health and recreation.
- 2. Eligibility for Admission :** B.P.E., D.P.Ed. (priority to college P.G.D.P.Ed. with five years experience for summer course only.)
- 3. Total seats :** Regular full-time Course 30 Seats.
- 4. Duration of Course :** Two Years for Regular full-time Course.
- 5. Attendance Required :** 80% of the total Lectures/Practical or such percentage of attendance as it is fixed by the statutory authority.
- 6. Examinations :** **M.P.Ed. Part-I :** 4 papers, Theory (100 Marks each) including.
Practicals - 100 Marks External plus Internal assessment of 50 marks.
M.P.Ed. Part-II : 4 papers (100 Marks each) or 1 dissertation (100 marks). and three papers.
Practicals - (100 marks) Advance coaching projects
Internal Assessment 50 marks.
- 7. Minimum Standard for Passing & Awarding a Class :**
 - (a) 40% marks aggregate in theory and practicals.
 - (b) Class at M.P.Ed. shall be awarded on the basis of total marks obtained in Part-I and Part-II (Theory and Practical) together.
If the candidate have secured :
First Class with Distinction : 70% or above of the aggregate marks.
First Class : 60% and above of the aggregate marks.
Second Class : 48% and above, but below 60% of aggregate and

M.P.Ed. (Regular) PART-I EXAMINATION

NO.	SUBJECT	MAX MARKS	INTERNAL MARKS	MIN.FOR PASSING
1.	Philosophical foundation of Physical Education Paper.	80	20	40
2.	Research Methods in Health. Physical Education & Recreation Paper.	80	20	40
3.	Education & sports Psychology Paper.	80	20	40
4.	Optional Paper (any one) (i) History of Physical Education (ii) Sports Medicine	80	20	40
	Total	320	80	160
	Practical : (i) Skill proficiency in sports (any one) and officiating in any one sports. (ii) Internal Assessment.	100	80	(40+20)=60
	Total	550		220

M.P.Ed. (Regular) PART-I EXAMINATION

NO.	SUBJECT	MAX MARKS	INTERNAL MARKS	MIN.FOR PASSING
1.	Scientific Principles of coaching & Methods of Coaching Paper	80	20	40
2.	Tests & Measurements in Physical	80	20	40
3.	Optional Paper (any one) (i) Administration & supervision of Physical Education Programme (ii) Sports sociology (iii) Youth & Social Welfare	80	20	40
4.	Professional Preparation & Programme Planning OR Dissertation	100		40
	Total	340	60	160
	<u>Practical</u> (i) Two lesson on advance coaching in major game and other in major game and other in athletics	100	80	(40+20)=60
	(ii) Practical Projects Internal Assessment	-	(50) (25)	
	Total	550	-	220

Syllabus for the examination for the Degree of Master of Physical Education (M.P.Ed.)

M.P.Ed. Part-I & M.P.Ed. Part-II (Regular)

THEORY PAPERS

Philosophical foundation of Physical Education

PAPER - I

1. The Art and Science of Physical Education
2. Philosophical foundations-Meaning of Education-Process of education : Objectives of Education, Philosophy of Education, Development of attitudes, knowledge and skills, transfer of training.
3. Biological foundation-Evolution, the inter play of structure and function grown and development, bib muscle activities, perceptual motor activities, health of organism, effects of strees and strain training and conditioning : adaptation.
4. Sociological foundation-Social environment for the development of individual personality, Social motivation, group dynamics, leadership, delinquency, social usefulness, Social Welfare.
5. Psychological Foundation-Learning theories, personality theories, motivation, individual differences, adjustment, guidance, perception, maturation.
6. Conditions from others sciences-Mecchanics of Human performance, aesthitics of sports, cultural values of sports, historical determinants.

Books recommended

1. Bucher, Charies A : Foundation of Physical Education St. Louise, C.V.Mosby co., 1987
2. Barrow Harold M. : 'Man and his movement : Principles of his physical Education', Philadel phis Lea & Fehigher.
3. Frost, Reuben B. : Physical Education Foundations Practices-Principles'. London, Addition Wesby publishing.
4. Singer Robber N. : 'Physical Education, foundation' New York, Holt Renehzrt and Winston.
5. Coweel, C.C. & France, W.C. : 'Philosophy and Principles of Physical Education' Engle Wood Cliffs, Prentice Hall I.C.
6. Steinhaus, A.M. : 'Towards and understanding of Health Physical Education -_Dubypue Iowa WMC Brown Co.,
7. Zeigler, E.F. : 'Philosophical Foundations for Physical Education', Health and recreation, Englewood Cliffs, N.J.P. Prenties HallINC
8. H.T.A. : 'Whiting & D.N. Masterson (Ed.) Readin
9. Nixon, Euogence E. : 'An Intraduction to Physical Education

10. Williams I.F. : London' W.B. Saunders Co.,
: 'The Principles of Physical Education
London' W.B. Saunders Co.,
11. Wakharkar D.G. : 'Mannal F. Physical Education in India
Perarl Publication Pvt. Bombay

PAPER II

Research Methods in Health, Physical Education and recreation.

1. Need, nature and scope of research in Health, Physical Education and Recreation.
2. Selection and definition of problem (Location of a problem, criteria for an acceptable problem course for problem specifying the variables)-
Relationship of research to curriculum
3. Types of research Historical, Philosophical, experimental (General experimental needing to laboratory work (Laboratory research) Photographical, cinematographical, copy Authoroponetry body mechanics, movement analysis. applied Psychology, applied psychology, Describintive Methods (Survey, Questionnaire, interview, visitation, case studies, genetics Longitudinal studies)
4. The concept of population and samples in research, procedure for obtaining data Library techinques, Testing techniques, Laboratory planning, analysis and interpretation of data, construction of tests (Written and Physical Performance test).
5. Methods of writing research reparts outline, mechanics of writing final form of the report.

Note : A project report in bound form is to be submitted to each students. This will be assesses internally.

Books recommended

1. Scott G.M. (Ed.) : Research Methods applied to Health, Physical Education, and Recreation, and Washington D.C., A.A H.P. E.D.

OPTIONAL PAPER

(I) History of Physical Education

Part - 1 Paper - IV

History of Physical Education in ancient Civilizations.

1. Introduction of the Centres of Ancient Civilizations : (1) Summeria, (2) Mesopotemia, (3) China, (4) Egypt. (5) Babylonia, Socio-cultural life

of the people of ancient civilizations with special reference to recreational and sport.

Ref : (1) Our world through the Ages by Platt and Drummond
Chapters 2 - 3.

(2) A world History of Physical Education by Van Dellen et al. Ch. 2.

2. Ancient civilization of Greece and Rome :

(1) Political, social and religious background of the city states with special reference to physical education & sports.

(2) Ancient Olympic and Pan Hellenic Games :

Ref (1) History of Greece by J.B. Bury, Chaps 1,2,3,5.

(2) World History of Physical Education by van Dallen
Chpt. 1, 2.

3. Ancient civilization of India.

(1) Indus Valley Civilization.

(2) Aryan Civilization

(3) Methods and programmes of physical activities and sports with reference to the aim of educational and sociocultural life of ancient Indians.

Ref. (1) A World History of physical Education by van Dallen, Mitchell and Bennett Chapt 3 Part-I
P.No. 126.

(2) Our world through the ages by Platt and Drummond, Chapt. 3 p. No. 49.

4. Mediaeval India :

(1) Status of Physical Education during Mughal period and the games played by Muslim Kings.

(2) A study of Indian physical activities in Maratha empire with reference to their changing concept of Political views.

5. Modern India :

(1) Influence of British games and sports on system of Indian Physical education.

(2) Movements of Akhadas and Talimkhanas with reference to the educational values and in the attainment of National freedom.

(3) Contribution of akhadas and Vyayamshalas in the promotion of

Indian system of physical Activities and culture in India and abroad

- Ref (1) History of physical education by E.A. Khan, Chapt. 17.P. No. 332-435.
- (2) History of Physical education by C.W. Hockensmith chapt. 13, P. No. 241-247.

6. India after Independence :

- (1) Efforts of the central and State governments in improving the condition of Physical education and sports in India.
- (2) role of voluntary agencies in promoting the status of Physical Education in India.
- (3) Facilities of professional training in the country
- (4) development of games, and Sports during modern times with reference to their organization on various level.

PART - II

International History of Physical Education during different phases :

- (1) Physical Education during renaissance.
- (2) Progress of Physical Education in Germany, Britain, America, France, Sweden, Switzerland and Japan since 1800
- (3) General Movements of Physical Education and Modern Olympic in Nineteenth and Twentieth centuries all over the world.

OPTIONAL PAPER

(ii) Sports Medicine

- (1) Introductory : Definition, meaning and concept of sports Medicine : Scope and importance of the subject. Short History of sport Medicine of Modern times.
- (2) Physical fitness : Concept, definition, measurement and maintenance of physical fitness. Factors influencing fitness. Types of fitness.
- (3) Scientific Basis of Sports Medicine :
 - (a) Physiological Aspects :
 - (1) Bio-Chemical changes during Exercise in following systems :
 - (a) Cardio-Vascular System, (b) Respiratory Systems.
 - (c) Muscular System.
 - (2) Role of Endocrines in exercise.
 - (3) Neuro Muscular Mechanism.
 - (4) Physiology of Strength, endurance and Fatigue,
 - (b) Psychological Aspects :

- (1) Personality dynamics, Individual differences, Heredity and Environmental factors.
- (2) Perceptual motor learning.
- (3) Motivational Factors.
- (4) Stress and Strain of Competition.
- (c) Conditioning and Training :
 - (1) Importance and purpose of conditioning. General Principles of conditioning. Balanced conditioning programme.
 - (2) Various Methods of Specific Training programme.
 - (3) Nutrition and its role in conditioning.
- (d) Pathological Aspects :
 - (1) Injuries in relation to Sport.
 - (2) Pathology of Soft-tissues. Injuries such as sprain, strain, contusion abrasion, causes, symptoms and their First-aid.
 - (3) Fractures-Kinds, causes, symptoms and First-aid.
 - (4) Dislocations-shoulder, Knee, elbow, wrist, fingers, causes, symptoms and principles of management.
 - (5) Other common injuries.

Prevention, Management and Rehabilitation of Sport-injuries :

- (1) Mechanism of injury protection in Sports and preventable measures
Role of Physical Educator, coaches and trainers in Prevention of injuries.
- (2) Sports Safety-meaning, concept and importance.
- (3) General principles of safety in Sport.
- (4) The need for protective equipment in Sport.
- (5) Prevention of Injury-Principles of prevention of injuries in sport.
- (6) Doping and drug hazards in sport.
- (7) Sports Hygiene.

Personal hygiene-Clothing, Skin care, heights, social hygiene, Equipment and Apparatus care and cleaning.

Books recommended

1. Ryana : J. and Fred L. Allaman, (Edn.) Sports Medicine, New York Academic Press 1974.
2. Williams J.G.P. and P.N. Sprryan (Edn.) Sports Medicine, London Edward Arnold Pub.
3. Williams J.G.P. Medical Aspects of Sport and Physical fitness, London, Pergamon Press, 1965.
4. Morehouse, L.e. and J. Resch, sports Medicine for trainers, London

- W.B. Saunders company, 1974 (2nd edn.)
5. Johnson, W.R. (Edn.) Science and Medicine of Exercise & Sport, New York, Harper & Row Pub. 1960.
 6. The Encyclopedia of Sport sciences and Medicine, New York, Macmillan co. 1971.
 7. Falls, H.B. (Edn. Exercise Physiology, New York, Academic Press, 1968.
 8. Lae M. and N.M. Wangner, Fundamentals of Body Mechanics and conditioning, New York Greenwood Press Publ. 1969
 9. Jonsoen, C.R. and A.G. Fishery scientific Basis of Athletic Conditioning : Lea & Febiger, 1972
 10. Klaf C.E. and D.D. Arnheim, Modern principles of Athletic Training : Saint Louis , the C.V. Mosby co. 1973
 11. Sorani r.P. Dicut "Training dubaque Iowa W.M.C. Brown Co, qub., £ 1966
 12. Aahper : Sports Safety : as Whington.
 13. Hooks g. application of Weight-training to Athletics, London Prentice-Hall International 1962
 14. Jonson, P. and d. Stolberg, conditioning, New Jersey Prentice Hall, Englewood cliffs, 1972.

SYLLABUS

for

The Examination for the degree of Master of Physical education Part - II.

PAPER - I

Scientific Principles of coaching and Methods of coaching

Part - I

The need for and scope of Mechanical analysis of Movements in athletics and sports.

Definitions and principles of application derived from the following concepts.

Force, Motion, Newton's Laws , inertia, equilibrium, average, speed, velocity, acceleration, momentum, movement of force, contriples of application of force for optimum performance with desired goal of movement, projectiles, air resistance, water resistance, work power, energy kinetic energy, potential energy, elasticity friction, laws of impact spinning and curving.

Analysis of the techniques of different activities, i.e. the mechanical principles involved in the execution of a given movement (choice) of

activities should invariably be given in question of this topic.

Elementary mathematical problems to make the concepts clear involving the following formulas and operation :

$$F \dots \dots \dots Ma$$

Relationship between velocity, distance, time and acceleration

$$S = ut + \frac{1}{2} at^2, v = u + at, V^2 - U^2 = 2as$$

Resolution and combination of vector quantities like force and velocity.

Problems in projectiles, calculating distances covered and time take in long jump, high jump. diving and throws.

$$P \times PA = R \times RA$$

$$M = Mv ; \frac{+V_1 - V_2}{U_1 - U_2} \quad c = \frac{h^2}{h_1}$$

$M_1 u_1 + M_2 u_2 = m_1 v_1 + m_2 v_2$ for elastic bodies.

$$m_1 u_1 + m_2 u_2 = m_1 v_1 + m_2 v_2$$

$$v_1 = \frac{(m_1 - e m_2) u_1 + (1 + e) m_2 u_2}{m_1 + m_2} \text{ and}$$

$$v_2 = \frac{(m_2 - e m_1) u_2 + (1 + e) m_1 u_1}{m_1 + m_2} \text{ for imperfect elastic bodies}$$

$M_1 U_1 + m_2 u_2 = (m_1 + m_2) V$ for inelastic bodies movement of force + force, turning movement in starting gymnastic event.

$$F = \frac{MV^2}{e} \quad \tan \frac{V_2}{Gr}$$

PART - II

Methods of coaching

1. Coaching as medium of Education
2. Brief history of coaching profession with special reference to India, coaching schemes of sports federation, Rajkumari scheme, Ministry of Education Scheme and N.I.S. Scheme
3. The nature of coaching profession per requisites, duties and function of a coaching, training and conditions of service
4. Principles of coaching.
5. Problems related to assistants, facilities and equipment
6. Squad and team selection
7. Planning for practices and competitions.
8. Psychological, Physiological and Sociological factors in training and competitions.
9. Stimulating and maintaining interest in games and sports demonstrations, Films guest speakers, using school and outside publicity, display of trophies and awards and individual encouragement.
10. Analysing skill of different games and sports

11. Handling of players.
12. Training Methods or technique tactics, speed, flexibility accuracy, strength, endurance (Farflek, interval training isotonic and Isometric, tempo training)
13. Scouting methods for different games and sports.
14. Systems of planning for training, long term, short term off season early season and mid-season, competitive season training schedules.
15. From, Economy of motion timing, mechanics, grace
16. Evaluation, Incentives, Awards and Recognitions

Books recommended

1. Breer, Marion R : Efficiency of Human movement, London W.B.
2. Bunn, John w : Scientific Principle of coaching, Engle wood Cliffs, N.J. Prentice, Hall Inc. 1960
3. Dyson, Geoffery H.G. : The Mechanics of Athletics, London Uni. of London Press Ltd), 1963.
4. White Harvey S. : Modern college physical, New York, D. Van noster and Inc., 1966 (Ch.2 to 9) 11 to 22, 24, to 28 and approdix - II)
5. Lawther J.D. : Psychology of coaching, New York Prentice Hall 1965
6. Bounder J.N. : How to be a successful coach, New York Pentice Hall, 1961
7. Bunn J.W. : The Basketball coach guide to success New York, Prentice Hall, 1961

PAPER - II

Tests and Measurements in Physical Education

1. History and development of measurement in Physical Education.
 - (a) History of Measurements in physical education.
 - (b) Modern developments in physical education measurements Board survey of Somatotyping and Antropometry.
2. Criteria of selecting tests : Validity, relaibility, Objectivity, Administrative feasibility Economy, Norms, standard form , simplicity, standardised didrections, accuracy and Interpretability.
3. Nead for and use of tests and measurements in physical education :
 - (a) Measurement, test and evaluation defined.
 - (b) The importance and use of evaluation procedure.
 - (c) The need for test and measurement inphysical education.
 - (d) the use of test and measurement in physical education.
4. Physical fitness tests :

- (a) Strength tests :
 1. Kruskal-Wallis tests
 2. Creton's strength tests (PFI)
 3. Physical fitness index.
 4. Sargent's test
 5. Roger's strength index
 6. Fishman's battery on basic fitness tests
- (b) Motor fitness tests :
 1. Indian motor fitness tests for high school and college men
 2. J.C.R. Test
 3. Army physical efficiency tests youth physical fitness tests (AAHPERD)
 4. National physical efficiency tests (NPE-tests)
- (c) Cardiovascular Tests :
 1. Hardward's step tests
 2. Foster test
 3. Shneider's Tests
 4. Balk's Treadmill test
 5. Mercury Larson test of organic efficiency
- 5. General Motor Ability Test :
 - (a) Motor ability factors
 - (b) Conducting a motor ability test
 - (c) Use of motor ability test
 - (d) Classification indices types-General & Specific
 - (e) Classification Indices, Mcclay's classification indices Nailson's Cozen's classification indices.
 - (d) Test of Motor Ability :
 1. Nowton motor ability tests
 2. McCloy's General motor ability tests
 3. Larson's test
 4. Conzon's Test for general athletic ability
 5. Barroe's motor ability test
 - (e) Motor Educability :
- 6. Sports Skills Testing :
- 6. Sports Skills Testing :
 - (a) Application of skill tests
 - (b) fundamentals of measuring techniques in sports
 - (c) Standard activity tests
 1. Lokhart and Mepheron Badminton test
 2. Miller wall volley test
 3. achievement level in Basketball skills for women
 4. Johnson-Basketball ability test.
 5. Dyer tennis test

6. Reath & Roder's soccer test
7. Russel-Lange-Volleyball test
8. Me, Donnel soccer test
9. Goal schoting test in Hockey
7. Sports knowledge Tests :
 - (a) Principles of writing knowledge tests
 - (b) Determination of validity and reliability of standardized tests
 - (c) Simple knowledge test (Games/Sports)
 - (d) Physical education knowledge tests
8. Test construction in physical education, Criteria, Quality, Selection of tests and test evaluation.
9. Test Administration :
 - (a) Organisation of the testing programme
 - (b) Selecting of test
 - (c) Skill and technique of test administration
 - (d) Application of results.

Elementary Statistical and graphical methods :

 - (1) The frequency distribution-score-date-limit selecting the size of each interval-mid-point-tabulation and construction.
 - (2) Measures of central tendency-Mean-Median. Mode, empirical relation - Geometric Mean harmonic mean.
 - (3) Quartiles, Deciles and percentiles
 - (4) Measurement of variability, Range standard deviation quartile deviation, mean deviation and probable errors.
 - (5) Reliability measures :
 - (a) Standard errors-Standard error of mean ; median- standard deviation and coefficient correlation.
 - (b) Probable error.
 - (6) Standard measures : 'T' Score.
 - (7) Elementary Graphical method
 - (a) Graphs and curves-time graphs histograms, normal Curve, Normal Probability curve.
 - (b) Diagrams : Line, Bar column, PTE diagram, programmes and cartogram.

M 14

References

1. Clarke H. Application of Measurement of Health
2. Laron L. A. & Yucom R.D. Measurement and evaluation in Physical Health, and recreation Educations S. Lousi, C.V. Mosby Co.
3. Methew Donald Measurement in Physical Education, London, W.B. Baundars & Co.
4. Nailson N.P. An Elementary course in statisting Test and

- Measurement in Physical education California,
National Tests, Polo Alto.
5. Wiks S.S. Elementary statistical Analysis calcuti oxford and I.B.H. Pub.
 6. Harbans Singh Teaching Hockey through Testing, Karnal Laxmi Sports industries.

PAPER - III

(1) Administration and Supervision of Physical Education Programme.

PART - I Administration

1. Progressive, concept of administration-Personal and Material Management, programming for instruction and activities (A review).
2. Review of principles and Philosophy of Educatiion, General Education, Professional Education, Physical Education Health Education, Recreation and student services.
3. Co-operation with community agencies-Public Health department Health and Recreation Departments of local authority.
4. Hierarchy of Educational Administration in Central, State and Local authorities and individual Institution in India.
5. Decision making at the National State and Institutional levels, the roles of advisory bodies, Voluntary agencies Promoting or controlling different activities, the influence professional organisations.
6. General Administrator and Technical Expert. Educational administrator and Professional Educator, Specialist, his place and scope for rise in administration.
7. Training of Administration Liberal education group dynamics subject specilisation.
8. Budget and Finance-Budgetheads, principles of accounting Budget estimate; returns, Financial powers of different authorities, sources of income aduditing in terms of sanctions and purposes, prudence in use of public funds, principles of investments trusts, acquisition of properties.
9. Public relations and promotional activities (including press elations, Publications, public speches, As ssemblies exhibisions, demonstrations, special events), Staff welfare, student welfare, Youth Welfare.
10. Staff-Job analysis, qualifications, recruitment, supervision, training, leave retirement, deputation trings benefits, staff meetings.
11. Principles of Planning long term, periodical, annual planning of facilities, cooperative planning with other agencies.

12. Evaluation, case studies report, filing
13. Review of elementary statistics, basic understanding of cost accounting, percapita estimation, appropriating of expenses ability in coaching and using demography vital and educational statistics.
14. Review of requirements in different administrative posts, Educational, Industrial, Municipal Voluntary / and or promotional agencies, Commercial agencies.
15. Legal and Statutory requirements in Educational and Recreational Institutions of Departments.
16. Selected problems in administrations, Professional preparation, professional Ethics., Class discipline, student Teaching.

PART - II
Supervision

1. Supervision :
 - (a) Historical sketch about the origin of inspection.
 - (b) Meaning of supervision-how it differs from inspection.
 - (c) Definition of supervision.
 - (d) Scope of supervision.
 - (e) Guiding principles of supervision.

2. Organisation of Supervision :
 - (a) Present pattern-types of organisation-suggested, plan for effective supervision.
 - (b) Planning in Supervision : Need of understanding objectives-achieving these objectives, through supervision, essential measures of good supervision.

3. Supervision Leadership :
 - (1) Responsibility for leadership-Inspection of Physical Education-school Head Masters / Principles / Physical Education Specialists, Inspection of Youth & Social Welfare Centres.
 - (2) Training of supervisors of physical education and youth welfare centres :
 - (a) Personal traits of the Supervisors.
 - (b) Relationship of the Supervisors to -
 - (i) Administrative officers
 - (ii) Teachers

4. Functions of the Supervisors :
 - (a) Administrative duties
 - (b) Duties pertaining to facilities and equipments
 - (c) Duties pertaining to Instruction
 - (d) Duties pertaining special services
 - (e) Duties pertaining to supervision
 - (f) Duties pertaining to Professional Growth

5. Methods in Supervision :
 - (a) Visitation -
Purposes and types of visits.
Visitation Procedures - Report and follow-up
 - (b) Individual and group Conference -
Purpose of conferences-types of individual conferences-
Preparation and conduct of the Individual Conferences-Records.
Types of group Conference and Meeting-planning and conduct of group conference and Meetings-Records.
 - (c) Bulletins -
Purposes, advantages and limitations of bulletins-kinds of bulletins-sources of material-essential characteristic of supervisory bulletins-Evaluating bulletins.
 - (d) Demonstration.
Meaning of the term demonstration, in physical education purpose and types of demonstration, Teaching preparation and conduct of demonstration. Follow-up, place of films in demonstration teaching.

6. General methods in supervision for improvement of Instruction and professional Growth of teachers :

Workshops, in-service training courses, Clinic ; Advance study ; professional Literature, Research, professional Associations.

7. Relationship of Supervision to curriculum Development Supervisor's role in co-operative curriculum development and its revision

8. Facilities and Equipments in Supervision

Functions of the supervisor pertaining to facilities and equipment-planning new facilities-care and main-tenances Advise-on departmental rules and regulations.

9. Supervision at different levels in Education.
elementary / Primary school-secondary school, colleges and Universities.

10. Supervision in Health and Safety education.

School Health programme-Health Institutions-supervision and Health services-planning and organising follow-up. Planning and organising in safety Education-techniques to be used for the Promotion and safety.

11. Supervision in extra class programme.

Need and scope of supervision in Extra class programme ; Instrumurals, Extramurals, special projects, camping.

12. Supervision of youth and social welfare centres :

Youth clubs, sports associations, Akhadas, Vyayamshalas, Gymkhans and other private agencies promoting youth welfare.

13. evaluation of supervision :

Meaning and need for evaluation-criteria for evaluation-methods of evaluation follow-up.

Books recommended

1. Irwin L. W. & Principles and techniques of supervision in games
Humpry J.H. edn. Iowa, W.R.C. Brown, co. 1966.
2. Evans, Ruth Supervision in PHY. Education, New York & Grant
L.Mc. Graw Hill, Book. 1950.
3. Borr a.S. Burton-Supervision New York, Appleton Century w.H.
Brucker, L.J. Crofts. 1947.

Reference Books

1. Don Cash Seation-Etal-Administratona nd Supervision of safety
education London. the Macmillan Company, 1969
2. Willard Selabre and H.J. Mac Nally : Elementary School
Administration and Supervision - New delhi eurasis. P. House 64.
3. Kraus & Bates, Recreation Leadership and supervision, London W. b.
Saunders, co., 1975
4. Asea s. Knowles (ed.) Handbook of college and University
Administration, New York Mc Graw-Hill book co., 1970
5. C.A. bucher-Administration of Health and Physical
Educationprogrammes-saint Louis, CV Mosby co., 1975.
6. J.C. Aggrawal-school Administration Arya book Dept. New Delhi
7. M. C.Resik Mec. Et. modern Adm. Practices in Physical-education

2. Sports Sociology

1. sports sociology-Meaning sofsport sociology-Science of Sports and
sports Sociology-Sorts sociology in relation to other social 1, science
scope of sports sociology-sport as an element of culture, Historical
and contemporary perspective Industria 1. and technological
revolution and the rise of sport. vitues of sport for sociological studies.
2. Stractare and classification of games and sport spectatorial forms.
3. Sport and culture of man-intereependence of sport and culture

4. Sport and social Institutions
 - (a) Sports and Politics-Use of sport of political figures Politics, community representation, Nationalism and Internationalism.
 - (b) Professional and religious institutions.
 - (c) Professional and para-professional organizations.

5. Sports and social processes :

Group interections competition, conflict co-operation etc. Child traning and game involvement in adults.

Team competitions, success and adjustment-Influence of positive inter-personal relationship of team members, Dynamics of sport group

6. Sport, socialstratification and social Mobility-equility and equalization opportunities of moder sports.

7. Sport and development of Pefrormance- and sociolity, an assessment of sports status and physical activity.

8. Socilization and sport :

Aspects of socialization in sport and physical education

9. Women and sport : femine image in sport development of sex differences in play choices-sports women in the socieyt females in competitive process.
10. Sport and collective violance - Introduction collective violance in history Collective violance in sport.
11. Sport and social change - The nature of current dissent value changes.
12. Needed research in sociology of physical education and sport
Obstacles to research in sociology of sport.

Reference books

1. John W. Joy and General S. Kenyoha : Sport Culture and Society, Macmillan Co., Collier Macmillan Ltd., London, 1969.
2. The Sociology of Sports - selected readings Edited by Eric Dunnign, Frank Cass & Co., Ltd., London, 1971.
3. Sport and Social order-by D.W. Ball & M. W. Joy Addison Wesley Publishing Co., Massachusetts, 1973.
4. Sport in Socio-cultural process selected readings edited by Marria Hart W.R.C. Brown Co., IOWA. 1974.
5. The cross cultural Analysis of sports and games selected readings, Ed. By Gun Gunther Luschen, Stiples Publishing Co., Illionois, 1970.
6. Sociology of sport - Harry Edwards, Dorsoy Press, Iilionis, 1973.
7. Social dimensions of physical activity, Brayant, J. Cratly Prantice Hall, Inc., Englewood cliffs, New Jorsey 1967.
8. Sport and American society - selected readidngs. Edi. by George N. Sage, Addison, Westey Publishing Co., Masachusetts, 1974.

2. Selected Readings

1. The Social Matrix of physioal education by celeste Ulrich engloword cliffs, Prentice Hall Inc., New Jersey, 1968
2. The Scientific view of sport-perspectives, aspects, Issues Publication on behalf of organising committee of games for Xxth Olymiar Munich, 1972.
3. Background reading for physical education-Ann Paterson and edmond c Hali berg. Holt rinchart-Winston Inc. New York 1965
4. Sociology and sport-proceedings of G.I.C. symposium on sociology of sport Uni Wisconsin. The Athletic Institute Chicage 1969.
5. International research in sport and physical education-Joki Simon, Publi. charles c. Thomas, Illinosis (USA) (1964)
6. Sport and socioty - Elizabeth Anne Dennis brails ford routedge and Kegan London, 1969

3. Yoth and Social Welfare

1. The concept of social welfare, in the modern nations and governments.
2. Social welfare programmes and practices - bal bhavans, creches, balwadia, childrens and youth clube, Hospital recreation Welfare recreation, Programme in sulms (ford) foundation) community development schemes.

3. the role of recreation in social Welfare programmes and recreation therapy (Catharsis, role playing, diversion Physical and mental involvement, arousing interest in living exercise).
4. theory and principles of application of a recreation to target groups.
5. Youth problems need for adventure, security, belonging and assertion, leisures, unemployment, and under employment delinquency, promotion of creativity.
6. agencies serving youth, scouting, and ranging Red-crss, Outward round Movement, Youth clubs run by voluntary agencies Akhadas, and vyayamshalas, Youth festivals Balakanji Bari (a brief account of historic development of each, current organisational structure and programme features.
7. N.S. Programmes and U.G.C. Schemes
8. A Survey of social Welfare and both programmes in India with reference to their objectives, financing and programme.
9. The merit of voluntary services, need for training of volunteers, professional social worker-his qualifications and training, Job opportunities.
10. Evaluation-methods of evaluating social welfare programme Evaluation of voluntary agencies-Evaluation of organisations structure for rendering social and youth Welfare services in our country.
11. International programmes The role of UNESCO, UNICEF, person to person commewalth. etc. programme.

The student should take up some work with any existing agencies in youth or social welfare in his own home town or sponsoring institution or render comparable service the campus or with the central school under the guidance of the lecturer teaching this subject. He should maintain work book, case studies, diaries and or surveys. As assessment on this will form part of sessional marks.

Books recommended

1. Friedlander, Walter-A Introduction to social welfare, New Delhi, Prentice Hall of India (Pvt.) Ltd.,
2. Leicester, Hames, H. & Trends in services of Youth, London & Farndale W.A. James, Peragaman Press
3. Gore M.S. Social work education, New delhi, Asia., Pub. House.
4. Social Welfare in India, New Delhi, The Planning Commission, Govt. of India.
5. Cowley W.A., Plan for Youth Oxford Uni. Press.
6. Sondhi G.D. - A plan for youth welfare New Delhi Govt. of India, Ministry of Education.
7. Salvson SR Creative group Education, New Your Assm. Press.

8. Wilson, Certrude, and Gladys, Ryland Boston, Houghton Social group work practice, Hiffin Co.
9. Eneyclopaedia of Social work in India, Vols. 1-3 New Delhi, Govt. of India, Pub. Division (Relevant - section only).

PAPER - IV

Optional Paper

(Professional Preparation and Programme Planning)

PART - I

Professional Preparation

1. Foundations of Professional Preparation :
 - (1) Education, a force for democratic living, education for decision making in a democratic society, opportunity for self realization for every citizen of a democracy. Creative education as facilitated by comocratic procedure in oducation, democratic skills fostered by education.
 - (2) The ideals of Indian Democracy as stated in the preamble of our Constitution and our philosophy of education.
 - (3) Contribution of physical education, health education and Rocation to education.
 - (4) Forces and factors effecting educational policies and programmes - social, religious, economic and political.
 - (5) Education and Professional preparation in physical education, A State subject.
 - (6) Accreditation and certification - A state subject
 - (7) Role of the Central government in education and Professional preparation - relationship of Central
 - (8) Role of non - official agencies in improving professional preparation :
 - (a) Voluntary accrediting agencies
 - (b) Professional Association
2. Professional Preparation in Physical Education
 - (1) A brief historical perspective of teacher training and professional preparation in Physical education in India
 - (2) Curriculum old and new concepts - need for change 'Mechanical of curriculum palnning' for University relates courses
 - (3) basic principles of curriculum construction
 - (4) General Education : Its aim and purpose in professional preparation - organisation in general education, proporation - of general education, allied and foundational subjects and professional knowledge in the curriculum for professional training at various levels.

- (5) General professional education : Aims and objective beginning and pattern of general professional
3. Under - Graduate preparation of Professional Personnel :

Areas of Health education, Physical education and recreation - purposes of Under - graduate preparation Administration - Guidance of students, curriculum laboratory experiences, field experience, teaching practice professional competencies to be developed, facilities, special resources (library laboratory, research) - staff placement and follow - up guidance and follow - up accrediting authorities State Education boards Universities.
 4. Post 3 / 4 Graduate preparation of professional personnel :

Purpose of Post - graduate studies, admission requirements, Curriculum area of specialization or concentration and co-aron research requirements, methods of instruction, special qualifications of staff teaching at post - graduate levels, professional relations.

General principles of management of school and service rendered by the the schols, apprenticeship on the job projects, surveys, and reports, critical appraisal of existing types of Post - Graduate Programmes.

Comparative study of professional preparation in physical education in India with those in U.s.A., U.S.S.R, and U.K.
 5. In - service Education of Professional Personnel :

Nature and scope of In - service education - Responsibility of in - service training. role of administration, Physical education Training Institutes, supervising Inspectors, specialists, teachers, the profession and In - service training programmes, In - service education through individual offerts.
 6. employment Tends :

Job specialition, pffessional preparation in allied areas (Education, Labour welfare, Youth welfare, student conunselling Dean of students) extent of responsibility for placement graduates)
 7. Evaluation in the preparation of Professional Personnel :

Definition and purpose of evaluation - Importance of evaluation measurement and evaluation - stops in Evaluation process and its application in Physical education

PART - I

Programme Planning

1. Education :

Review of objectives and Philosophies of Modern Education

2. Physical Education :

An integral phase of education, functions of physical education identical with those of education, Physicalmental Moral, social and spiritual objectives, the contribution of physical education to the development of personality and social awareness specially in the elementary grades for effective progress in education the place of physical education in the school curriculum, academic status of physical education, administrative policies of integration of physical education with the school set - up (budgetting of physical education with the school set - up (budgetting facilities, staff requirement and conditions of service).

3. Principles of Planning :

Determining objectives, understanding the capacity characteristics, and need of the learner, selecting material for instruction

4. Objectives

Methods of teaching evaluation and follow - up aims. Goals and objectives, operational definition of objectives direct. commitment and associated learning feasibility of realisation of objectives.

5. Understanding the Learner :

Growth, development, needs and interests of different age groups and sexes, motivation effective at these levels Physical, Psychological, and Social developments, long term needs of the learner for developing appropriate skills and attitude.

6. Selecting material for instruction :

Classification of activities in physical education, the outcomes of each class of activity, suitability of activities for different age groups, and sexes, progression in curriculum cultural influence in the choice of activities, flexibility of programme material.

7. Selecting methods of Teaching :

Grouping of students for instruction, lecture, projects, activities, demonstrations, block of period total time allotment for a given activity, teaching aids, conditioning, special targets to concentrate on development of particular skills, bringing up pre-requisites for learning a given skill or activity, provisions for individual differences.

8. Developing programmes for different levels of Education :

Kindergarten, Elementary school, Middle school, High and Higher Secondary schools, College and University, special Institution (Teaching school Orphanage, Hostel, special programmes for club,

- special dys, National Days, P.E. drives, etc.)
9. Relationship of Physical education to allied Areas :
Health education, School Recreation, Community recreation, Inter School tournaments, other curricular areas in the school.
 10. Co - education in Physical Education :
Intergration of programmes for boys and girls activities suitable for co - education needs. Levels at which co - education is desirable, special provision for development of girls programme.
 11. Some factors affecting programme :
Personnel - qualifications - of number required, specialists, Time suitability of hour, climate considerations, total block of time required and that can be made available, facilities optimum use of facilities, types and nature of facilities sharing, facilities with other agencies, costly and specialized nature of facilities required for physical education programme.
 12. Equipments and Supplies :
Policies of purchase, storing, issuing and discarding improvisation.
 13. Evaluation in physical Education :
 14. Follow - up programme planning :
Long range follow - up by questionnaire studies and surveys of the needs met by - the physical Education Programme, annual follow - up in continuous revision of programme.

Books recommended

1. Brown G. and Cassidy Theory in Physical Education, Philadelphia, R. Lea and fabiger, 1963.
2. Cassidy R., Curriculum development . in physical Education New York, Harper and Brothers, 1964
3. Cowell C.C. and Hazelter H.W. Curriculum designs, in physical education englewood, cliffs, N.J. Prantice, Hal, 1955
4. Devis, Elwood, C., Philosophies fasin Physical education dubuguo, IOWa. W.M.c. Brown co., 1968
5. Humphrr, J.H. Child learning dubugue, IOWA. W.M.C. Brown Co., 1965
6. National Plan of Physical Education and Recreation, 1956 Minisry of Education.
7. Pape L.a. and Means L.E., A Pffessional carrier in physical education, Enalwood Cliffs, N.J. Prentice Hall I.C., 1952.
8. Report of All India Seminar of Physical Education for the Principles of Physical Education Institutions, 1950
9. Report of All India Seminar of Physical Education for State - Inspectors and University Directors, 1959 Ministry of Education Government of

India

10. Report of Secondary Education and Scientific research Ministry of Education and Scientific research. Govt. of India, 1953
11. Report of Education Commission, 1966, Ministry of Education Govt. of India
12. Report of Education Commission, 1966 Ministry of Education Govt. of India.
13. Synder R. and Scott. H.A. Professional Preparation in Health and Physical Education and Recreation New York, Mc Graw Hill book Co. Inc., 1954
14. Vendio c.L. and Nizon J.E., World to - day in Health and Physical Education and recreation, Englewood Cliffs N.J. Prentice Hall Inc., 1963
15. Irwinglosia w., Curriculum in Health and Physical Education, St. Louis, The C.V. Mosby Co. 1948.
16. Cowell C.C. and W.L. France, Philosophics and principales of Physical Education and Englewood cliffs. N.J. Prentice Hall Inc.
17. Bucher g.A., foundations of Physical Education, St Louis the C.V. Mosby Co., 1914
18. Davis, Elwood and Earl L. Willis, Towards Better teaching in Physical Education, Englewood Cliffs, N.J. Prentice Hall Inc.

OR

Dissertation Candidate having good academic record and if recommended by the committee of the staff will be able to take Dissertation.s

