Saurashtra University, Rajkot

Department of Physical Education
(Academic)

COURSE OF STUDY
AND PRESCRIBED BOOK FOR THE M.P.Ed
SEMESTER SYSTEM

Semester & Choice based
Credit system
In force from June 2010
Faculty : Education
COURSE OF STUDY
AND PRESCRIBED BOOK FOR THE M.P.Ed
SEMESTER SYSTEM

Semester & Choice based
Credit system
In force from June 2010
Faculty : Education
Master Physical Education (M.P.Ed) Degree Course  
(Semester System) Two Years  
COURSE OF STUDY

1. The examination of the Degree of Master of Physical Education shall consist of Four Parts:

   (1) Semester-I (1st July to 31st December)  
   (2) Semester-II (1st January to 30th April)  
   (3) Semester-III (1st July to 31st December)  
   (4) Semester-IV (1st January to 30th April)  

Each Semester consisting of 90 working days exclusive of days of examination at the conclusion of semester.

2. A candidate, who (a) after taking a regular course of study of Bachelor's Degree in Physical Education of this University or of an Indian University, recognized for the purpose by the Saurashtra University, or (b) after obtaining a postgraduate Diploma in Physical Education of at least one year duration awarded by the Indian University or a Board appointed by the Education Department of state or (c) after obtaining Indian Or Foreign qualifications recognized as equivalent to those mentioned in (a) or (b) above by Saurashtra University shall be admitted to the Semester-I Examination for the degree of Master of Physical Education.

3. A candidate who, after passing the First, Second and Third Semester Examinations of this university has completed a regular course of study for one semester, shall be admitted to the Second, Third and Fourth semester examination respectively, for the degree of Master of Physical Education.

However, a candidate failing in any paper or all papers shall be permitted to join the next semester, in which case he shall have to appear in the papers in which he had failed in the immediately previous semester along-with papers for the current semester. No Candidate shall be allowed to join the next semester if he has not passed in all the papers of the semester proceeding the immediately previous semester i.e. no candidate should be admitted to the Third Semester unless has passed in all the papers of the First Semester. Similarly, no candidate shall be admitted to the Fourth Semester unless he has passed in all the papers of the second semester.
Explanation:-

Regular Course of Study mentioned in clauses 2 and 3 above means attendance of at least 75% of lectures delivered in each subject of examination and tutorials and seminars and completion of prescribed course of laboratory/field practical, commencement of the written examination of a semester.

4. The examination for Master of Physical Education shall consist of 16 Theory papers, four papers shall be offered in each of the four semesters. Besides the University examination, internal marks will be added to each paper separately. A candidate must obtain for passing at least 40% marks in each theory paper in the University examination and also obtain at least 40% marks in the aggregate marks of the paper including the internal marks in each paper of each semester.

In First, Second and Third semester there shall be a final Examination in part- II (Practical/Instructional Activity) and in Fourth Semester a final examination of Coaching Specialization to be Conducted by the Internal and external examiner and each Candidate must obtain for passing at least 40% marks in this Examination. M.P.E examination part – II shall be considered to be equivalent to the theory paper.

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

6. The marks obtained by a candidate in all papers of all semesters shall count together for a place on the pass list of the final semester examination. No division shall be assigned on the result of each semester. Division for M.P.E. shall be awarded on the basis of cumulative marks in Part I and Part II (Theory, Sport Specialization) together.

7. A candidate shall pass the final semester within 5 years from the date of the commencement of his first semester.

8. Internal marks obtained by a candidate shall be carried over if a candidate fails in the final examination in any or all papers of any semester and appears as an ex-student.
When a candidate has failed in the examination but has obtained pass marks in the thesis, the thesis marks may be carried forward to the prescribed limits of 5 years as specified above. If candidate fails in thesis but secures pass marks in theory papers, the candidate shall be permitted to complete his requirement for thesis within the required period of 5 years.

9. The medium of instruction shall be Gujarati.
## Total Marking System

<table>
<thead>
<tr>
<th></th>
<th>Theoretical</th>
<th>Practical</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester - I</td>
<td>400</td>
<td>250</td>
<td>26</td>
</tr>
<tr>
<td>Semester - II</td>
<td>400</td>
<td>250</td>
<td>26</td>
</tr>
<tr>
<td>Semester - III</td>
<td>400</td>
<td>250</td>
<td>26</td>
</tr>
<tr>
<td>Semester - IV</td>
<td>400</td>
<td>250</td>
<td>26</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1600</strong></td>
<td><strong>900</strong></td>
<td><strong>104</strong></td>
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</table>

## Core Courses and Electives

<table>
<thead>
<tr>
<th>Semester</th>
<th>Core courses</th>
<th>Elective courses</th>
<th>Elective/Multidisciplinary</th>
<th>Instructional practical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester-I</td>
<td>3</td>
<td>2</td>
<td>-</td>
<td>3</td>
</tr>
<tr>
<td>Semester-II</td>
<td>3</td>
<td>2</td>
<td>-</td>
<td>3</td>
</tr>
<tr>
<td>Semester-III</td>
<td>3</td>
<td>-</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Semester-IV</td>
<td>3</td>
<td>-</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>12</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>12</strong></td>
</tr>
</tbody>
</table>
### Weekly Lectures and credits
Semester – I (M.P.Ed.)

#### Part – I

<table>
<thead>
<tr>
<th>Paper</th>
<th>Paper Code</th>
<th>Title of the paper Subjects</th>
<th>Weekly Lectures</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>PEC 1001</td>
<td>Philosophical foundation of Physical education</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>2</td>
<td>PEC 1002</td>
<td>Health Education</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>PEC 1003</td>
<td>Research Method in Physical education</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Elective Subjects (Any one)</td>
<td></td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>4</td>
<td>PEE 1004</td>
<td>Sports Sociology</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>5</td>
<td>PEE 1005</td>
<td>Yoga and Naturopathy</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

#### Part – II Practical Instructional

<table>
<thead>
<tr>
<th>Practical</th>
<th>Code</th>
<th>Activities</th>
<th>Weekly Lectures</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>PEP 1006</td>
<td>Athletics – Running (Any two)</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>PEP 1007</td>
<td>Games Table Tennis, Badminton, Kabaddi, Kho-Kho (Any two)</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>8</td>
<td>PEP 1008</td>
<td>Athletic ability performance, 100 mts, 800 mts, long jump, high jump and shot put.</td>
<td>2</td>
<td>2</td>
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</table>

|             | Total Credits/Lectures | 26 |

#### Part : III Add on credit courses

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Add on Activities</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Inter Uni. Participation (Any one game)</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>Inter college participation (min. two game)</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Research paper presentation (National level)</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Research paper presentation Min. two paper (state level)</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Mounteering Advance camp Basic camp</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>Officiating - State/National level in any two game</td>
<td>2</td>
</tr>
</tbody>
</table>
### Weekly Lectures and credits

#### Semester – II

<table>
<thead>
<tr>
<th>Part – I</th>
<th>Paper</th>
<th>Paper Code</th>
<th>Title of the paper Subjects</th>
<th>Weekly Lectures</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td></td>
<td>PEC 2001</td>
<td>Kinesiology &amp; Biomechanics</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td>PEC 2002</td>
<td>Test Measurement &amp; Evaluation</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>11</td>
<td></td>
<td>PEC 2003</td>
<td>Statistics in Physical Education</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Elective Subjects</td>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>12</td>
<td></td>
<td>PEE 2004</td>
<td>Information technology in physical education</td>
<td>-</td>
<td>-</td>
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<tr>
<td>13</td>
<td></td>
<td>PEE 2005</td>
<td>Sports Nutrition</td>
<td>-</td>
<td>-</td>
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</table>

#### Part – II  Practical Instructional

<table>
<thead>
<tr>
<th>Practical</th>
<th>Code</th>
<th>Activities</th>
<th>Weekly Lectures</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>PEP 2006</td>
<td>Athletics – Jumping (Any two)</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>15</td>
<td>PEP 2007</td>
<td>Games – Handball, Basketball, Tennis, cricket (Any two)</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>16</td>
<td>PEP 2008</td>
<td>Athletic ability performance, 100 mts, 800 mts, long jump, high jump and shot put.</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

**Total Credits/ Lectures:** 26

#### Part: III  Add on credit courses

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Add on Activities</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Inter Uni. Participation (Any one game)</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>Inter college participation (min. two game)</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Research paper presentation (National level)</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Research paper presentation Min. two paper (state level)</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Mounteering – Advance camp Basic camp</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>Officiating – State/National level in any two game</td>
<td>2</td>
</tr>
</tbody>
</table>
# Weekly Lectures and credits

## Semester – III

### Part – I

<table>
<thead>
<tr>
<th>Paper</th>
<th>Paper Code</th>
<th>Title of the paper Subjects</th>
<th>Weekly Lectures</th>
<th>Credits</th>
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<tbody>
<tr>
<td>17</td>
<td>PEC 3001</td>
<td>Sports Medicine</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>18</td>
<td>PEC 3002</td>
<td>Scientific Principles of Training &amp; Coaching</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>19</td>
<td>PEC 3003</td>
<td>Exercise Physiology</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Elective/ Multi discipline any subject (any one)</td>
<td>4</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>PEM 3004</td>
<td>Physical fitness and wellness</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>21</td>
<td>PEM 3005</td>
<td>Olympic movement</td>
<td>-</td>
<td>-</td>
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</table>

### Part – II Practical Instructional

<table>
<thead>
<tr>
<th>Practical</th>
<th>Code</th>
<th>Activities</th>
<th>Weekly Lectures</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>PEP3006</td>
<td>Athletics – Throwing (Any two)</td>
<td>4</td>
<td>4</td>
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<tr>
<td>23</td>
<td>PEP 3007</td>
<td>Games – Volleyball, Football, Softball, Judo (Any two)</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>24</td>
<td>PEP 3008</td>
<td>Athletic ability performance, 100 mts, 800 mts., long jump, high jump and shot put.</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

**Total Credits/ Lectures** 26 26

### Part: III Add on credit courses

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Add on Activities</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Inter Uni. Participation (Any one game)</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>Inter college participation (min. two game)</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Research paper presentation (National level)</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Research paper presentation Min. two paper (state level)</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Mounteering – Advance camp</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Basic camp</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Officiating – State/National level in any two game</td>
<td>2</td>
</tr>
</tbody>
</table>
## Weekly Lectures and credits
### Semester – IV

### Part – I

<table>
<thead>
<tr>
<th>Paper</th>
<th>Paper Code</th>
<th>Title of the paper Subjects</th>
<th>Weekly Lectures</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>PEC 4001</td>
<td>Sports Management</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>26</td>
<td>PEC 4002</td>
<td>Physical Education &amp; Sports Psychology</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>27</td>
<td>PEC 4003</td>
<td>Health and Fitness Management</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Elective/ Multidisciplinary (any one)</td>
<td>4</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>PEM 4004</td>
<td>Sports Tourism</td>
<td></td>
<td></td>
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<tr>
<td>29</td>
<td>PEM 4005</td>
<td>Dissertation</td>
<td></td>
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<tr>
<td>30</td>
<td>PEM 4006</td>
<td>Life saving skill &amp; disaster management</td>
<td>4</td>
<td>4</td>
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</table>

### Part – II Practical Instructional

<table>
<thead>
<tr>
<th>Practical</th>
<th>Code</th>
<th>Activities</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>31</td>
<td>PEP 4007</td>
<td>Internal Coaching Lesson (3 special. Games and 3 Athletics)</td>
<td>8</td>
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<tr>
<td></td>
<td></td>
<td>External Coaching Lesson- (1- special. Games and 1 Athletics)</td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>PEP 4008</td>
<td>Specialization games ( Choose any one ) Skill, Technique, Tectics, officiating, performance and Viva</td>
<td>2</td>
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### Part: III Add on credit courses

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Add on Activities</th>
<th>Credit</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Inter Uni. Participation (Any one game)</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>Inter college participation (min. two game)</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Research paper presentation (National level)</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Research paper presentation Min. two paper (state level)</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Mountaining – Advance camp</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Basic camp</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>Officiating – State/National level in any two game</td>
<td>2</td>
</tr>
</tbody>
</table>

Total Credits/ Lectures: 26

Maximum 6 credits
### Semester - I

#### Exam Marking

**Part - I**

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Title of the Paper</th>
<th>Internal</th>
<th>External</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEC 1001</td>
<td>Philosophical Foundation of Physical Education</td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td>PEC 1002</td>
<td>Health Education</td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td>PEC 1003</td>
<td>Research in Physical Education</td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td>Elective</td>
<td></td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td>PEE 1004</td>
<td>Sports Sociology</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEE 1005</td>
<td>Yoga and Naturopathy</td>
<td>120</td>
<td>280</td>
</tr>
</tbody>
</table>

**Theoretical Internal/External Total marks**

400

**Part - II**  
**Practical Instructional**

<table>
<thead>
<tr>
<th>Paper Code</th>
<th>Title of the Paper</th>
<th>Internal</th>
<th>External</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEP 1006</td>
<td>Athletics (Running Event)</td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td>(Technical Ability and officiating)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEP 1007</td>
<td>Games – Table- Tennis, Badminton, Kabaddi, Kho-Kho. (Any two games skill Achievement &amp; officiating)</td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td>PEP 1008</td>
<td>Athletics 100m, 800m, Long Jump, High Jump, Shot-put, (Every Event 10 Marks)</td>
<td>60</td>
<td>190</td>
</tr>
</tbody>
</table>

**Practical Internal/External Total marks**

250
Semester - I
PEC -1001 : Philosophical Foundation of physical Education.

Unit - I : Education.
- Meaning, Definition, aim and objectives of Education.
- Philosophy and physical Education.

Unit - II: Philosophical Foundation of physical Education (Basic Principles)
Psychological, Biological, Sociological and Education. Foundations.

Unit - III Educational Philosophy, related to physical Education. Idealism,
Naturalism, Realism, Pregnamatism, Existentialism, Humanism.

Unit - IV Physical Education in Ancient Greece, Rome, Germany, Sweden, Denmark and Russia.

Unit - V (A) Development and origin of physical Education in India

(B) Olympic movements- Ancient and modern Olympic history and development, Asian and Common Wealth games.

Ref. books
Ajmersinh “physical Education and Olympic Movement” Kayani publishers’ Ludhiana 2004
Buchev C.A. “Foundation of physical Education” Saint loais, Missouri, Mosbi College sub. 1987
Chauhan Shivkumar, “sharirik shiksha ka Darshik Avem Aitihashik Pehlu” New Delhi, Friends publication.
Semester-I

PEC: 1002: Heath Education.

Unit – I  Meaning, Definition. Aims, objectives principles of physical Education. Heath Education. (Physical, Mental, Social) and Recreation.

Unit-II: Methods of recreation, Recreational Programmer for various age groups.

Unit - III  (A) Enviourmental and professional. Hazards and First aid
           (B) Communicable disease-their privative and therapeutic methods
              (Aids, Air Water and Food)

Unit - IV  - School Heath programmer and personal Heath and hygiene
           - Necessity and Maintain personal Heath.
           - Mental health

Unit- V  Population Education (policy)
         - Reasons and actions of population Explosion.
         - National Family Welfare.
         - Sex Education and Necessity.

Ref. Books -


Millev david K. “Fitness a life time Achievement” surject sub. Delhi, 1982

Devendrasinh Dull. “Ahatony, physiology and health Education” friends sub. Delhi 1998

Charu Sapra, Yograjthani. “Health Education Encyclopedia” sports publication Delhi 2006

Verma K.K. “Health Education” Friends Publication, Delhi

Sarvaiya G.T. “Svasthya Shikshan Anc Ramat Chikitshashashtra” Gandhinagar, Gujarat Rasya pathya pustak mandal 2004
Semester-I
PEC - 1003: Research Methods in physical Education

Unit - I  Meaning, Definition, Nature, importance and Field of Research in Physical Education.

Unit - II  Meaning and Definition of problem, Criteria for selection of problem, source of problem Hypothesis-Formulation.- Review of Related literature, Library technique

Unit - III  (A) Sampling- Meaning, Definition, types, characteristic, importance.

(B) Research Tools, Questioners, interviews, Attitude Rating scale- characteristic and types.

Unit - IV-  (A) Historical Research- Meaning, Definition, importance- primary and secondary sources, External and internal criticism.

(B) Descriptive, Survey type research, Meaning Definition, importance

Unit V-  (A) Case study

(B) Experimental research-Meaning, Definition-Designs (Experimental)

(C) Research proposal and Research Report

Ref. books:
Patel Aatmaram J. “Sharirikl shikshan ma sanshodhan paddhatiyo” Bharat institute Ahmadabad

Madan kamlesh, “Methodology of research in physical Education and sports” Charnara N.J. kasundra P.M. “Sanshodhan Aheval” om printers. Ahmadabad,2007

Semester - I

PEE - 1004: Sports sociology (Elective)

Unit - I
- Sociology.
- Meaning, Definition and importance of sociology.
- Meaning, Definition and importance of sports sociology.

Unit - II
Meaning and Definition of Heredity and Environment
Factors affecting sports competition, Environment, spectators, competitor, and Grounds

Unit - III:
Meaning, Definition and principles of games, competition.
In sports, Co-operation, group Dynamics,
(Team Co-ordination)

Unit - IV
- Games sports and socialization (Role of Home, school and Education)
- Role of Games in Socialization.
- Role of Leadership to establish good relationship in society
By games and sports.

Unit - V
- Social Nature and physical activity of Humans,
- Games and sports as a cultural heritage for Humans.
- Beliefs and traditions.
- Economy and politics Games and sports.

Ref Books

Sharma S.R., “Sociological Foundation in physical Education and sports New Delhi, Friends publications,
Pobu A., “Sociology of sports. Delhi, Friends publication
Semester-I
PEE – 1005: Yoga and Naturopathy (Elective)

Unit - I  Meaning, importance of yoga and pranayam, attentive
Matters to note, difference between yoga and exercises.

Unit- II  Types of Asnas, Importance, Sun Salutation.

Unit - III  Ashtaga yoga
- Types of pranayam and importance.
- Omkar, kapalbhati, Bhramri, shilki, shitkari.

Unit – IV  Naturopathy,
- Meaning, History and importance.
- Principles for Naturopathy.

Unit – V  Medium (types) of Naturopathy.
Food, water, mud, Massage, Magnetic therapy, sunbath, Fast, Acupressure

Ref books
Sarin N. “Yog shiksha avem yog owara Rog Nivaran.” Delhi, Khel sahiya Kendra, 1195
# Semester - II
## Exam Marking

### Part - I

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<thead>
<tr>
<th>Paper Code</th>
<th>Title of the Paper</th>
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<tr>
<td>PEC 2001</td>
<td>Kinesiology and Biomechanics</td>
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<tr>
<td>PEC 2002</td>
<td>Test, Measurement, Evaluation</td>
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<td>PEC 2003</td>
<td>Statistics in Physical Education</td>
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<tr>
<td>Elective</td>
<td>(choose any one)</td>
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<td>PEE 2004</td>
<td>Information technology in Physical Education</td>
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<td>PEE 2005</td>
<td>Sports Nutrition</td>
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### Part - II

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<th>Event</th>
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<tr>
<td>PEP 2006</td>
<td>Athletics - Jumping Events (Skill Achievement and officiating)</td>
<td>30</td>
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<tr>
<td>PEP 2007</td>
<td>Games - Handball, Basketball, Tennis, Cricket. (any two games skill achievement and officiating)</td>
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<td>PEP 2008</td>
<td>Athletics ability performance 100m, 800m, Long Jump, High Jump, Shoot-put, (Every Event 10 Marks)</td>
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<tr>
<td></td>
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</table>
Semester - II
PEC: 2001: Kinesiology and Biomechanics

Unit – I
Meaning, Definition and importance of kinesiology and Biomechanics.

Unit- II
Basic fundamentals of Anatomy, joint and their movements, Planes and axis.

Unit – II
- Kinetics
- Kinematics
- Linear and angular motion.

Unit – III : Rules of motion, principles of Balance (Equilibrium) and Force, spin and Elasticity lever


Ref. books
Viadhimir M.Z. “Kinetics of Human Motion”, Human Kinetics, 2002
Uppal A.K. and V. Lawvance, “Kinesiology in Physical Education and Exercise science” Delhi, friends pub. 2004
Patter M.C. Ginise “Biomechanics of sports and exercise” Delhi, Friends Pub. 2005
Kumar Ramesh, “Khelgivyantirki Vigyan” Delhi, friends pub.
Semester - II
PEC: 2002: Test, Measurement and Evaluation in Physical Education

Unit - I  (A) Meaning, Definition and importance of Test, Measurement And Evaluation
(B) Classification of Tests, Criteria for selection of the Test, Body composition (B.M.I., Fat Measurement)

Unit - II  Physical fitness and Motor fitness tests
(1) AAHPER youth fitness test
(2) National Physical fitness drive
(3) Indiana Motor fitness test
(4) J.C.R. Test

Unit - III  (A) General Motor ability test
(1) Barrow-General Motor ability test
(2) Newton Motor ability test
(3) Cozen Athletic ability test
(4) Larson Test
(B) Cardiovascular and strength test
(1) Harward step test
(2) Cooper’s 12 minute run/walk test
(3) Kross-waber strength test
(4) Roger’s strength test

Unit - IV  Skill Related Test of games
Badminton - (1) Lockhart Mcfurson test
(2) Miller wall-valley test
Basketball - (1) Jhson Basketball test
(5) Leelich Basketball test
Hockey - (1) Harbansingh Hockey test
Tennis - (1) Dyer Tennis test
(6) Hcvit Tennis test
Volleyball - (1) Russel Lange test
(7) Braddy Volleyball test

Unit - V  - Concept of social and psychological test
- Self concept (social)
- Peterson’s social ability measurement
- Anxiety test (SCAT)

Ref. Books
Kansal D.K. “Test and Measurement in sports and physical education” New Delhi, D.V.S. publication 1996

Ashare M.H. “Sharirik Shiksha Me Parixa Avem Mapan” Ahurwati, Ahare Prakashan

Clark Harsion, Clark david, “Application of Measurement to physical education.” New Jersey Practice Hall Inc.

Saffrit Margent J. “Introduction to Measurement in physical education and exercise science”


Corbin Charles B, Ruth Lindsey, Concept of physical fitness with laboratories, W.M.C. Brown publishers, IOWA -- 1989

Semester – II
PEC : 2003: Statistics in Physical Education

Unit – I  Definition, need and importance of statistics

Unit – II  Frequency distribution, Measures of central Tendency, Mean, Mode, Medium Quartiles, deciles, percentile, grouped and ungrouped data – computation and uses.

Unit – III (A) Measures of variability, Range, Average deviation, Quartile deviation, Standard deviation.

(B) Meaning, Definition, uses and types of Graphs – Line, Bar, Simple, Comparative, Histogram, Frequency PolyGram

Olive Curve

Unit – IV (A) Co-Relation – Person’s product, Moment co-relation

(B) Normal curve – Meaning, Qualitics, Kurtosis, Skew ness

Unit- V  Z-scale, T-scale, Sigma scale, ‘t’ ratio

Ref. books.


Shiv Ram Krishna S. “Statistics for physical Education”, New Delhi, Friends Publication.

Semester - II

PEE: 2004: Information Technology in Physical Education (Elective)


Unit - III  Introduction to MS Excel – creating, saving and opening a spreadsheet – formatting and editing – creating formulas – Adjusting Column width and Row height – Understanding charts –

Unit - IV  Introduction to MS Power Point – creating, saving and opening a PPT file – formatting and editing features – slide show – design – inserting slide number, picture, graph and table, hyperlink.

Unit - V  Meaning and Definition of Internet and multimedia their application in Physical Education and sports.

Internet:  History, Address, Server, Web, Web browser, Search

Engine, Firewall – Email

Multimedia: Fundamental application, 3D graphics, Animation, Morphing, sound and music.

Practical:  Introduction to games software, application of project manager, Internet, browsing, Email, PPT Presentation, Multi Media slide show.

Ref. books


Semester – II
PEE: 2005: Sports Nutrition

Unit – I  Interpretation and Functions of Food. – Physiological, Psychological and social function of food.

Unit – II Nutrition elements and function carbohydrate, fat, protein,
Water, Vitamins and minerals.

Unit – III Caloric demand and supply
- Maintain body weight
- Nutrition value of Fruits
- Junk food and its effect
- Controversial Diet (versus food)

Unit – IV (A) Digestion of food in the body
- Alimentary canal
- Absorption of food
- Use of Nutrient elements

(B) Mal-Nutrition and Health
- Meaning, effect on Health, over Nutrition and overweight.

Unit – V Sports Diet
- Pre training and pre competition food.
- During training and During Competition food
- Post training and post competition food
- Necessity of Liquid.

Ref. books
Pathak J.D. “Poshan Vidya” University Granth Nirman Board, 1974
Vaidya Ushakant, “Manav Poshan” Ahmedabad, University Granth Nirman Board, 1971
## Semester - III
### Exam Marking

#### Part - I

<table>
<thead>
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<th>Paper Code</th>
<th>Title of the Paper</th>
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<tr>
<td>PEC 3001</td>
<td>Sports Medicine</td>
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<tr>
<td>PEC 3002</td>
<td>Scientific Principle of Training &amp; Coaching</td>
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<td>PEC 3003</td>
<td>Exercise Physiology</td>
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<td>PEM 3004</td>
<td>Physical fitness and wellness</td>
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<td>PEM 3005</td>
<td>Olympic Movement</td>
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#### Part - II

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<th>Event</th>
<th>Athletics - Throwing Events (Skill proficiency and officiating)</th>
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<tr>
<th>Event</th>
<th>Games: Volleyball, Football, Softball, Judo (Any two Games skill proficiency and officiating)</th>
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<td>PEP 3007</td>
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<tr>
<th>Event</th>
<th>Athletics Ability performance 100m, 800m, Long Jump, High Jump, Shoot-put, (Every Event 10 Marks)</th>
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</table>
Semester – III
PEC : 3001: Sports Medicine

Unit – I Meaning Definitions, aim, objectives, modern, concept and importance of sports medicine.

Unit – II Injuries and First Aid in games and sports
  - Skin – Abrasions, Lacerations, Incisions, Puncture wounds,
  - Blister
  - Bone – Fractures, Dislocation
  - Soft Tissue – strain, sprains, cramp, Tennis elbow.

Unit- III (A) Causes and prevention of injuries, Rehabilitation and first Aid.

(B) Massage and Therapeutic Modalities – Hydrotherapy, Electrotherapy, Exercise therapy, cryo therapy and Thermo Therapy

Unit – IV - Meaning and Definition of food and Diet food, Elements of Food and importance of Diet for players.
  - Meaning, Definition and importance of Bioenergetics

Unit – V Doping
  - Meaning Types and effect on sports standard
  - Smoking and Alcohol
  - Banned drugs by world Anti doping agency and it’s side Effects.

Ref. books
Semester – III
PEC: 3002: Scientific Principles of sports training

Unit – I  Sports training
Adaptation: Training and coaching, objectives of sports training, function, Traits and principles.

Unit- II  Training Load: Meaning, Definition, Types and principles, overload – cause, symptoms, relation between load and adaptation.

Unit – III  Training for Physical fitness components
- Strength, Endurance, speed, flexibility co-ordination – Intro, Definition, Form, Training methods for development.

Unit – IV Technique – Tactics – Definition, Specialty, Training methods, cause and treatment for fault, Training principles for Technique and tactics.

Unit – V Training plan – importance, principles, periodisation and their types.
- Control planning for sports training, trends,
- Sports talent identification process and methods.

Ref. books
Semester -- III
PEC : 3003: Exercise Physiology

Unit - I  Meaning, Definition, importance and scope of Exercise Physiology.

Unit - II  Muscles types' structure and Function, Fiber types, theory of Muscular contraction, energy for muscular contraction, acute and delayed muscular soreness.

Unit - III  effect of exercise on various systems, structure and functions of Body systems.

(Muscular system, cardio-respiratory system, Respiratory system, Digestion system, Nervous system)

Unit - IV  Oxygen debt, second wind, warm up, conditioning, fatigue, cooling down.

Unit - V  Factors affecting performance, fatigue, general and chronic symptoms and sites of fatigue, prevention, factors limiting anaerobic and aerobic performance

Ref. books


Semester - III
PEM : 3004 Physical Fitness and Wellness
(Elective / Multidisciplinary)

Unit - I
- Meaning of Physical Fitness and definition
- Importance and Advantages of fitness (Physical - Mental)

Unit - II
Physical Fitness Components and it's evaluation
- Health related fitness
- Skill related fitness
- Exercise Programme for Children and youth

Unit - III
Activities for Fitness
- Aerobic dance, Water exercise, Brain exercise, Training for Co-ordination and balance, Isometric Training, Cycling, stair Up-down, Treadmill etc.
- Physical fitness and stress Management
- Concept of stress
- Contribution of exercises in stress Management

Unit - IV
Development of Physical Fitness and Steps for Maintain
- Factors affecting Physical Fitness

Unit - V
Meaning of Wellness, Definition
- Components of Wellness
- Contribution of Behaviour in Wellness
- Advantage of Wellness

Ref. Books
Semester – III
PEM: 3005: Olympic Movement (Elective/ Multi disciplinary)


Unit – III  International Olympic committee (IOC) – Legal status members – organization. (Session, Executive board and president) IOC commissions and Ethics commissions International Federations (Ifs)

Unit- IV  Registration of Ifs – Mission and Role of Ifs within Olympic movement – National Olympic committee – Indian Olympic Association.

Unit –V  Olympic games, celebrations – Elections of the host city – Location, sites and venue – Olympic games co-ordination, commission – Olympic villages – protocol (use of Flag and Flame, opening and closing ceremony, Medal).

Ref. books
- www.olympic.org
- I.O.C. Marking Guide, Published by I.O.C.
- The Olympic charter, published by I.O.C.
**Semester - IV**  
**Exam Marking**

### Part – I

<table>
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<th>Paper Code</th>
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<tr>
<td>PEC 4001</td>
<td>Sports Management</td>
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<tr>
<td>PEC 4002</td>
<td>Physical Education and Sports Psychology</td>
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<td>PEC 4003</td>
<td>Heath and Fitness Management</td>
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<td>PEM 4004</td>
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<td>PEM 4006</td>
<td>Life saving skill &amp; disaster management</td>
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| Theoretical Internal/ External Total marks | 400 |

### Part – II

| Event | Coaching Lesson (Internal - 6) Athletics – 3, Games – 3, Total – 6  
Coaching Lesson (External - 2) Athletics – 1, Games – 1, Total – 2  
Specialization games (Choose any one) Skill, Technique, Tectics, officiating, performance and Viva | 60 | 140 |
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| Practical Internal/ External Total marks | 250 |
Semester - IV
PEC: 4001: Sports Management

Unit - I: Meaning of management, functions of management (planning, organizing, controlling, leading, evaluation) - skills of management (technical skills, human skills, conceptual skills) role of manager (interpersonal roles, informational roles, decision roles).

Unit - II: Attributes of organization - Classifying organizational set up of clubs; sport association, sports Authority of India department of sports and Youth affairs (center & state-school and University Department of sports and Association of Indian Universities). Supervision qualities of supervisor y techniques

Unit - III: Planning: steps in the planning process strategic planning - planning sports facilities (outdoor and indoor) - program planning; (normal and special population) - social and economic parameters in planning.

Unit - IV: Office management; personnel management, human resource management, financial Management - Event management - Man power requirement planning organization, Development recruitment and placement - monitoring performance of physical education Personnel; behavioral audit; human relations - communication in personal management public relations

Unit - V: Organization of sports events (Intramurals and extramural) - Writing of circulars, notifications And invitations - publicity fund raising selecting and fixing of officials- monitoring and write-Up - press, sponsoring teams, writing reports and maintaining records - factors in sports Marketing - sponsorships

REFERENCES
Chelladurai .p. Managing organizations for sports physical activity, Holcomb
Davis Kathleen A., sports management WCB brown & Benchmark Iowa , 1994
Philip kotler Marketing Management Pearson Education inc, 2003
Lisa Pike Master Alexis Carol A Barr and Mary A. Hums Principles and Practice of Sports management, jone and Bartlett Publishers, 2005
David C. Watt sports management and administration Routledge Taylor & Francis Group, 2003-
Semester – IV
PEC: 4002: Physical Education and Sports Psychology

Unit – I Meaning of Physical Education and Sports Psychology, Definition, and Importance.

Unit – II (A) Learning Process, Meaning, Definition, Principles and Implementation.
(B) Meaning of Transfer of Learning, Types of Definition, Principles and Implementation.

(B) Meaning of Individual Difference. Definition, Types and Causes.
(C) Sports Activity According to Body Types, Effects of Individual differences in skill learning and sports performance.

Unit – IV (A) Meaning of Emotions, Definition, Types and Symptoms.

Psychological Factor Affected to sports Achievement (Ex. Load, Anxiety, Stress, Aggression.)

(B) Meaning of Motivation. Definition, Types. Motivational dynamics and Method in Sports.

Unit – V (A) Meaning of Personality, Definition. Principles, Personality Dimension, Personality and Performance, Personality Development to Physical and Sports Activity.

(B) Psychological Preparation of Competition, Definition, Principles, Aim. Influence Factor of Psychological Preparation, Short-term Psychological Preparation. Long-term Psychological Preparation.
Ref. books


Semester - IV
PEC: 4003: Health and Fitness Management

Unit - I: Introduction
Concepts of Fitness and Wellness and Important of Present Time.
- Scope for Fitness Trainer, Health and fitness Components,
- Health screening-Health conditions that affect physical activity and medication
- Preference to the Trainee. Expectation and Lifestyle Information.
- General Principles of Training.

Unit - II Exercise for fitness & designing of the programme
- Making the Right Exercise Programming Attentive Matters
  understanding suitability and forms of exercise for fitness.
  Aerobic dance, weight Training. Other parts.
- Fitness Training Programs Passive and Active People
- Fitness Training Programs for Different Age Group.
- Weight Control/Lose Training Program
- Fitness Program me and Rehabilitation Program obesity and Diabetic People.

Unit - III Nutrition and Energy
Nutrition, Caloric Consumption, weight variation due to dietary habit
- Physiological and metabolic changes During Exercise
- The energy support (Aerobic-Anaerobic)

Unit- IV Relation of Exercise
- with heart rate, equation for calculating heart rate zones for various exercise intensities
- recommended nutritional intakes
- dietary guidelines
- nutrient needs for people with different lifestyle

Unit - V Establishment and management of fitness centre
- Selecting of Training Federation to Trainer.
- Health Club/Line of Fitness Center (Lay-out)
- Responsibility, Facilities, Equipment, supervision, safety, exercise recommendation and testing.

Ref. books
Rebeka And Bil Tulin. “Travel Fitness weight”
Thomas R. Bechele and Roger W.L. “Fitness weight Training”
Sara Black, “The Supple Body” Dun ken Bayard Publication 1995
Semester - IV
PEM.4004: Sports Tourism (Elective/ Multidisciplinary)

Unit -I: History of Sport Tourism,
Concepts of Sport Tourism Industry Historical Development of Connection between Sport and Tourism – Basic Concepts.

Unit -II: Categories of Sport Tourism
Classification – Scheme for Sport Tourism –Infrastructure of Sports, Tourism – The Characteristics of Participants.

Unit -III: Tourism in Development of Sports
Development of Sport Activity Based on Available tourism resources Tourism generated Sports development Through Programs and Instruction – Development of regional Sports.

Unit -IV: Socio – Economic
Importance of Sports & Tourism Industry – Positive & Negative Impacts – Sports & Tourism as Economic Activities – Sports Tourism: The Issue of Socio Economic Equity – Sports Tourism to raise Sponsorship for People with disabilities and to fight diseases

Unit -V: Modern Development and Promotional
Characteristics In Sports Tourism – Major Events Attraction for Visitors – Tourist – Sport Tourism In the 21st century: Sport Tourism Today –Facilities / Amenities for Sports & Tourism

Ref. books
Jay Standeyone Bye Sports Tourism
Pol di Kanape Bay Sports Tourism.
Semester - IV
PEM: 4005: Dissertation/Thesis (Elcctive)

- Research Project/ Dissertation related to Physical Education and Sports
- Survey/historical/comparative /Experimental
- Applied research report on sports science physical fitness, Training methods, Exercise physiology, Sports Sociology, Sports psychology games and sports etc.
PEM: 4006: LIFE SAVING SKILL & DISASTER MANAGEMENT
(Elective/ Multidisciplinary)

UNIT – I  LIFE SAVING SKILL
- Meaning and concept of life saving skill
- Need and importance of life saving skill

UNIT – II  DISASTER MANAGEMENT
- Meaning and concept of disaster management
- Need and importance of disaster management

UNIT – II  CLASSIFICATION OF DISASTER MANAGEMENT
Natural Disaster
- Earth quack, Flood, Drought, Cyclone, Tsunami, Landslide
- Avalanche, Heat wave, Cold wave, Fire, Coastal and sea erosion, Biological disaster endemic epidemic disaster

Men made disaster
- War, Terrorist attack
- Radio active hazard

UNIT – IV  SAFETY MEASURE & FIRST-AID
Meaning and concept of safety measure & first – aid
Prevention of disasters

UNIT – V  DISASTER MANAGEMENT
- Steps of disaster management
- Various act and agencies in disaster management
  - Disaster and management act
  - Local emergency management agency
  - Role of voluntary/NGO agency
  - National disaster management agency
  - Do’s and don’t and during disaster