

ORDINANCE
MASTER OF PHYSICAL EDUCATION (M.P.Ed.-I & II)
SEMESTER SYSTEM EXAMINATION 2014- 2015 and 2015-2016

Applicability of Regulations for the Time Being in Force

Notwithstanding the integrated nature of a course spread over more than two academic years, the regulations in force at the time a student joins a course shall hold good only for the examinations held during or at the end of each semester. Nothing in these regulations shall be deemed to debar the University from amending the regulations subsequently and the amendment regulations, if any, shall apply to the entire student whether old or new.

1. The examination for the degree of Master of Physical Education (M.P.Ed.) shall be held in four parts to be called Semester-I, II, III and IV. The examination for the I and III semester shall be held in the month of November/ December and for the II and IV semesters in the month of April/May or on such other dates as may be fixed by university.
2. The last dates by which admission forms and fees both Part-I and Part-II examination should reach Controller Examination, Punjabi University Patiala on dates as notified from time to time.
No examination form will be accepted after the notified date.
3. The candidate will be required to pay examination fees as prescribed by the University from time to time.
4. The medium of examination, including writing of thesis will be English or Punjabi.
5. The examination will consist of papers according to syllabus as prescribed by the concerned faculty.
6. The option of Dissertation in Part-II can be availed only by those students who have secured at least 55% marks in theory in Part-I.
7. The title of the research has to be approved by the Board of Studies in Physical Education on the recommendation of the Principal/Head of the Department. The last date for:
 - (i) Receipt of application regarding the topic of the thesis along with synopsis shall be October 30 of the year preceding the examination.

- (ii) When a candidate has failed in the examination but has obtained pass marks in the thesis, the marks obtained in the thesis may be carried forward at his option for the subsequent years.
 - (iii) Fee for submission of thesis will be as prescribed by the University from time to time.
 - (iv) Receipt of thesis in the office of the Head of the Department shall be one month before the commencement of the theory examination; in exceptional cases, the Vice Chancellor shall have the power to extend on the recommendation of the Principal/Head of the Department the last date for receipt of thesis.
8. The minimum number of marks required to pass the examination shall be 40% marks in internal assessment in each paper separately in theory and practical and 40% in aggregate of internal, external, theory and practical.
9. There will be no condition of passing papers for promotion from odd semester to even semester in an academic session. To qualify for admission to 2nd year of the course, the candidate must have passed 50% of total papers of two semesters in the first year.

A Candidate placed under reappear in any paper, will be allowed two chances to clear the reappear, which shall be available within consecutive two years/chances i.e. to pass in a paper the candidate will have a total of three chances. One as regular student and two as reappear candidate.

Provided that he shall have to qualify in all the papers prescribed in M.P.Ed. course within a period of four years from the date he joined the course. In case he fails to do so within the prescribed period of four years as aforesaid he shall be declared fail. He may, however seek fresh admission to the first semester on merit with the new applicants.

The examination of reappear papers of odd semester will be held with regular examination of the odd semester and reappear examination, of the even semester will be held with regular examination of even semester. But if a candidate is placed under reappear in the last semester of the course, he will be provided chance to pass the reappear with the examination of the next semester. It is understood that a reappear or failed candidate shall be allowed to take the examination in papers not cleared by him according to the date sheets of the semester examinations in which such papers may be adjusted.

After completing two years of studies (i.e. four semester course; he shall not be admitted to any semester of the same course and will not have any privileges of a regular student.

10. Three weeks after the termination of the examination or as soon as thereafter as possible the Registrar shall publish a list of candidates who have passed the examination of each semester. Each successful candidate in Semester-I, Semester-II, Semester III and Semester-IV examinations shall receive a certificate of having passed that examination.
11. The examination shall be open to any person who:
 - (a) has passed one year *Bachelor's degree examination in Physical Examination (B.P.Ed.) had passed four year B.P.E. examination, (B.P.Ed. or D.P.Ed. One Year) after graduation from this University or any other recognized University and has passed four year Bachelor Degree Examination in Physical Education (B.P.E.) after 10+2 from this University or any other statutory University.
 - (b) Candidate must have passed English as one of the subject in Graduation course.
 - (c) Satisfies the following requirements:
 - i. has been on the rolls of the University/College throughout the academic year preceding the Part-I examination.
 - ii. has his name submitted to the Registrar by the Head of the Department/Principal of the College having attended not less than 75% of the total number of lecturer delivered in each paper and 75% of the periods held in practical Work in each paper during the academic year.

The Department/College shall be required to deliver at least 75% of the total number of lectures prescribed for each paper, provided that a deficiency in the number of lecturers or seminar or practical may be condoned for special reasons, subject to ordinance framed on the subject.
 - iii of having obtained in the monthly examination held before the preceding semester at least 35% marks in the aggregate of all subjects and 20% marks in each of the subject prescribed.

In case a candidate could not appear in the house examination owing to unavoidable circumstances or fails to secure the marks indicated and desires to appear in the University Examination as a regular student, the Head of Dept/Principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to obtain at least 35% marks in the aggregate of all subjects and 20% marks in each of the subjects prescribed.

OR

has completed the prescribed course of instruction for the examination, but has not appeared or having appeared has failed and is recommended by the Principal of the College for the admission to such examination without attending a fresh course of instruction within a period of three years from the date of completion of the course.

12. The grace marks shall be allowed according to the general ordinance relating to “Award of Grace Marks” These ordinances will apply to all the examinations
 - (i) Upto 1% of the total marks of Part-I and II examination shall be added to the aggregate of both Part-I and Part-II examinations to award a higher division 55% marks, to a candidate.
 - (ii) Grace marks to be given shall be calculated on the basis of 1% of total aggregate marks of all the written and practical papers of the examination concerned. Marks for viva-voce/internal assessment/sessional work/skill in teaching/any additional/optional subject shall not be taken into account for this purpose. If a fraction works out to half or more, it shall count as one-mark and fraction less than half shall be ignored.
 - (iii) To pass in one or more written papers or subjects, and /or to make up the aggregate to pass the examination but not in practical, sessional work, internal assessment, viva-voce and skill in teaching.
13. (a) If a candidate fails in not more than one theory paper subject and secure at least 40% marks in the aggregate of the remaining theory papers/subjects, he shall be allowed exemption in such paper/subjects.

A candidate who is provided exemption shall be allowed provisionally to join the next higher class and the result of the higher class of such a candidate shall be kept in abeyance till he clears the lower examination.

Provided that a candidate placed under Re-appear shall be allowed two subsequent changes to clear the re-appear theory paper failing which his result for the examination will be shown as fail and such a candidate will be required to report the course de-novo.

- (b) The candidate will have to pass the M.P.Ed. Examination within the period of four years
- 14. Students undergoing a two year integrated master course shall be awarded the Master of Physical Education degree on the basis of their combined score of Sem –I , Sem-II, Sem – III and Sem – IV examination.
 Successful candidates who obtained 75% or more of the aggregate marks in Sem –I , Sem-II, Sem – III and Sem – IV examination, taken together, shall be declared to have passed the examination with distinction and who obtains 60% shall be placed in the second division and all below 50% shall be placed in the third division.
- 15. Four weeks after the termination of the examination, or as soon as may be, the Registrar shall publish a list of candidates showing their result. Each successful candidate of Part-I and Part-II shall be supplied with a card containing his/her detail of marks.
- 16. A candidate who has passed Master of Physical Education (M.P.Ed.) Examination from this university may be allowed to re-appear as a private candidate for improving his/her division/score of marks as under
 - (i) A candidate can improve two theory papers in each part, where the course has five papers.
 - (ii) A candidate can improve three theory papers in each part, where the course has more than five papers.

For this purpose he/she will be given two chances within a period of two years from the date of passing the examination.

For the purpose of improvement, under the above ordinance a candidate may appear in both the Part-I and Part-II examination, simultaneously or separately but he must complete the examination within the prescribed period. Such a candidate shall have to submit separate admission form and fee for each part. Such a candidate shall be allowed to, appear in annual examination.

The result of such a candidate shall be declared only if the improves his division/score, otherwise his result will be declared P.R.S. (Previous Result Stands).

Upto 1% of the total marks of Part-I and Part-II examinations shall be given to a candidate for passing the examination and also in aggregate of both part-I and/or Part-II examination as the case may be to award a higher class 55% marks and also for the purpose of improvement/Division/Score of 55% marks only.

17. Intake

There shall be a basic unit of forty students for each year.

18. Eligibility

Candidates who have obtained at least fifty five percent marks in the B.P.Ed. degree/ or B.Sc. degree in Physical Education, Health Education and sports / are eligible for admission.

Scheme for M.P.Ed. (2 year course) Semester System
Session 2014- 2015 and 2015-2016

PART – A	Theory Papers	1800 Marks
PART – B	Skill & Prowess	200 Marks
PART – C	Practice of Teaching and Officiating lesson	250 Marks

Total – 2250 Marks

M.P. Ed.-I (Semester-I)

Total Marks-560

Part-A Theory

500 Marks

Paper	Title of the Subject	External	Internal	Teaching Hrs
Paper-I	Research Methodology in Physical Education- I	76	24	05 Hrs
Paper-II	Measurement and Evaluation in Physical Education	76	24	05 Hrs
Paper-III	Kinesiology	76	24	05 Hrs
Paper-IV	Sports Training	76	24	05 Hrs
Paper-V	Computer Application in Physical Education	76	24	05 Hrs

Part-B (Skills and Prowess)

60(Internal)

Game

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Basketball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Kabaddi	-do-	10	05 Hrs
Softball	-do-	10	05 Hrs

Athletics

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Sprints	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Long jump	-do-	10	05 Hrs
Shot Put	-do-	10	05 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation .)
Each activity will be continued for 21 working days.

M.P.Ed. I (Semester-II)

Total Marks-540

Part-A Theory

400 Marks

Paper	Title of the Subject	External	Internal	Teaching Hrs
Paper-VI	Statistics in Physical Education	76	24	05 Hrs
Paper-VII	Research Methodology in Physical Education-II	76	24	05 Hrs
Paper-VIII	Science of coaching	76	24	05 Hrs
Paper-IX	Health and Wellness	76	24	05 Hrs

Part-B Skill and Prowess

40 Internal

Game

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Kho-Kho	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Football	-do-	10	05 Hrs

Athletics

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Discuss Throw	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Triple jump	-do-	10	05 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation .)
Each activity will be continued for 21 working days.

Part-C Practice of Teaching and Officiating lesson

100 Marks

Teaching and Officiating lesson	External	Internal	Teaching Hrs
Game	30	20	05 Hrs
Athletics	30	20	05 Hrs
Leader ship Training Camp	One camp for students related to leadership qualities has to be organized by the concerned institute.		

Note:

- The students will be required to prepare a file pertaining to each lesson given above in support of their evaluation of lesson plan and viva-voce. Candidates are required to take 10 practice lessons for each part separately. Sessionals marks will be awarded on the basis of their performance in practice lessons, 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)
- Evaluation of lesson plan will be done by one external examiner in each case.
- Practice of lessons will be done during the teaching practice organised by the college and their lessons will be supervised by the internal faculty member.
- *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*

Plan for M.P.Ed. (2 year course) Semester System

M.P.Ed.-II (Semester-III)

Total Marks-560

Part-A Theory

500 Marks

Paper	Title of the Subject	External	Internal	Teaching Hrs
Paper-X	Dissertation*/sports journalism/yoga	76(26 Research Report 50 Viva Voce)	24	05 Hrs
Paper-XI	Kinanthropometry	76	24	05 Hrs
Paper-XII	Sports Psychology - I	76	24	05 Hrs
Paper-XIII	Sports Management	76	24	05 Hrs
Paper-XIV	Exercise Physiology-I	76	24	05 Hrs

Note : * Students who will opt dissertation paper in semester-III will submit two copies of their research report through their respective Principal to Head, Dept of Physical Education , Punjabi University, Patiala. The viva voce of the student will be conducted in the deptt of Physical Education , Punjabi University, Patiala.

Part-B Skill and Prowess

60(Internal)

Game

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Volleyball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Gymnastics & Aerobics	-do-	10	05 Hrs
Handball	-do-	10	05 Hrs

Athletics

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
High Jump	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Javelin Throw	-do-	10	05 Hrs
Hammer Throw	-do-	10	05 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation .)
Each activity will be continued for 21 working days.

M.P.Ed.-II (Semester-IV)

Total Marks -590

Part-A Theory

400 Marks

Paper	Title of the Subjects with Code	External	Internal	Teaching Hrs
Paper-XV	Biomechanics	76	24	05 Hrs
Paper-XVI	Sports Psychology-II	76	24	05 Hrs
Paper-XVII	Exercise Physiology-II	76	24	05 Hrs
Paper-XVIII	Sports Medicine	76	24	05 Hrs

Part-B Skill & Prowess

40 Marks

Game

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Hockey	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Badminton/ Tennis/ Table Tennis	-do-	10	05 Hrs

Athletics

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Hurdles	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Marking of Athletic Track	-do-	10	05 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation .)
Each activity will be continued for 21 working days.

Part-C Practice of Teaching and Officiating lesson 150 Marks

Teaching and Officiating lesson	External	Internal	Teaching Hrs
Game	30	20	05 Hrs
Athletics	30	20	05 Hrs
Theory lesson*	30	20	05 Hrs

Note:

- The students will be required to prepare a file pertaining to each lesson given above in support of their evaluation of lesson plan and viva-voce. Candidates are required to take 10 practice lessons for each part separately. Sessionals marks will be awarded on the basis of their performance in practice lessons, 10 Marks for each game (4 for skill and 6 for proficiency in game situation .)
- Evaluation of lesson plan will be done by one external examiner in each case.
- Practice of lessons will be done during the teaching practice organised by the college and their lessons will be supervised by the internal faculty member.
- *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*
- * Internal Evaluation of theory lesson will be based on the students attending / organizing conferences, seminars , workshop and Symposia.

M.P.Ed – I (Semester-I)
Syllabus of M.P.Ed. (2 year course) Semester System for the session 2014- 2015 and 2015-2016

PART – A	Theory Papers	<u>500Marks</u>
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Paper –I (Semester-I)

RESEARCH METHODOLOGY IN PHYSICAL EDUCATION

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

Unit-I

1. **Introduction to Research:** Science and scientific method; Research - definition, the process, importance, nature and types; Characteristics of a good research and good researcher; Need and scope of research in physical education and sports.
2. **Research Problem and Research Proposal:** Definition of and developing a research question; Identifying, locating and selecting a research problem; Characteristics of a good research problem; Writing the research proposal.
3. **Literature Review:** Purpose and importance of literature review: Basic literature search strategies; Steps in literature search; Writing literature review.

Unit-II

1. **Hypothesis:** Definition, importance and types of hypothesis: Formulating and stating hypothesis; Characteristics of a good hypothesis; Testing the hypothesis.
2. **Sampling:** Defining population and sample and their characteristics; Sampling theory; Importance of sampling; Sampling techniques; Sampling designs; Sample size.
3. **Data Collection Tools:** (a) **Questionnaire** (types of questionnaire; constructing and administering a questionnaire; questionnaire standardization procedure); (b) **Interview** (planning interview, preparing question schedule, conducting interview, summing up); (c) **Observation** (observational procedure, recording observation i.e. check list, score card); (d) **Rating Scale**.

Reference Books

1. Best J.W., **Research in Education** (4th ed.). New Delhi; Prentice Hall inc.,1982.
2. Clarke, H. David **Research Processes in Physical Education Recreation & Health**. Prentice Hall inc., 1985
3. Kamlesh, M.L. **Methodology of Research in Physical Education and Sport** (4th ed.). New Delhi; Sports Publication, 2014.
4. Scott, M. Gladys (ed.) **Research Methods in health, physical education and recreation**. Washington, D.C., American Association for Health, Physical Education and Recreation, 1968.
5. Thomas Jerry R., Nelson Jack K. & Silverman, Stephen J. **Research Methods in Physical Activity**. Human Kinetics: Champaign, 2005.
6. Sharma, Y. P. **Physical Education and Research Methodology**. New Delhi; Reliance Publishing House, 1997
7. Weimer. Jon **Research Techniques in Human Engineering**, Prentice Hall: New Jersey, 1994.

Paper –II**MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT – I

- Test, Measurement and Evaluation:** Meaning, Definition, Scope and Importance.
- Methods :** Common Methods of Test & Measurement in the Field of Physical Education and Sports.
- Modern Trends :** History and Modern Development in Physical Education Measurements.
- Test:** Classification of tests, Criteria of a good test: Validity, Reliability, Objectivity, Economy, Standard and Norms, Levels of Measurement, Types and Principles of Evaluation.
- Construction of test:** Physical fitness test, Knowledge tests, Sports skill tests, Organization and administration of tests results.

UNIT – II**Motor Fitness Test:-**

- Kraus Weber Test.
- Roger Strength Test.
- Cooper's 12 Minutes run/ walk Test.
- Scott Motor Ability Test.
- Borrow Motor Ability Test.
- Tuttle Pulse Ratio Test.
- Harvard Step Test.
- AAHPER Youth Physical Fitness Test.

Skill Test:-

- Basketball :** Johnson Basketball Test, Knox Basketball Test, AAPHERD Basketball Test Battery
- Badminton test:** Lockhart and Mc Pherson Badminton Test, French Short and Long Service Test, Miller Wall-Volley Test.
- Field Hockey test :** Friedel Field Hockey Test, Schmithals-French Field Hockey Skills Test, SAI Hockey Skill Test, Chapman Ball Control Test.
- Soccer skill test:** Johnson Soccer Test, Mc. Donald Soccer Test, SAI Football Skill Test,
- Volleyball skill test:** Brady's Volleyball Test, Russel Lange Volleyball Skill Test, AAHPER Volleyball Test, SAI Volleyball Test.

Reference books

- Baumgartner, T. A. and A. S. Jackson "Measurement for Evaluation in Physical and Exercise Science" Wm. C. Brown Publishers, University of Houston, U.S.A, 1995.
- Marrow James R., A.W. Jackson, Measurement and Evaluation in Human Performance Human Kinetics Publisher, Urban Champaign, Illinois, U.S.A, 1995.
- Kansal, D.K, Test and Measurement in Sports and Physical Education, D.V.S Publications, New Delhi, 1996.
- Johnson, B.L and Nelson, J.K, Practical Measurement for Evaluation in Physical Education, Delhi, Surjeet Publications, 1988.
- Clake, H.H and Clarke, D.H. Application of Measurement to Physical Education, Englewood Cliffs, NJ, Prentice Hall, 1991.
- Kansal, D.K, Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publication: New Delhi, 2008

Paper –III (Semester-I)
KINESIOLOGY

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

1. **Kinesiology:** Meaning, Need & importance of Kinesiology in Physical Education and sports.
2. **Bones and Joints:** Structure of bones, types of bones, Types and structure of Joint, Planes and Axis, Kinds of joint movement.
3. **Skeletal Muscles:** Microscopic Structure of muscles, Factors effecting Muscle strength.
4. **Muscles:** Structural classification of muscles, characteristics of muscle tissue, muscles fiber types, reciprocal innervation, all or none law, Types of muscles contraction, Role of muscles, Angle of pull, Two-joint muscles, Reflex-action, Muscle tone.
5. **Shoulder Girdle:** Structure, bones. Ligaments and Movements. Muscles: (Structure, origin, Insertion, Innervations, Action), Pectorals minor, Serratus anterior, subclavius, trapezius, Rhomboid, Levator scapula.
6. **Shoulder joint:** Structure, bones, ligaments and Movements. Pectorals major, subscapularis, deltoid, supraspinatus, latissimus dorsi, Teres major, infraspinatus, Teres minor.

UNIT-II

1. **Elbow and radio-ulnar joint:** structure, bones, ligaments and movements.
Muscles: (Structure, origin, insertion, Innervations, Action) Biceps Brachii, Brachialis, Brachioradialis, Pronator Teres, Pronator Quadratus, Triceps brachii.
2. **Hip joint and pelvic Girdle:** Bones, Joints, ligaments and Movements.
Muscles: (Structure, origin, insertion, Innervations, Action) Iliopsoas, Sartorius, Rectus Femoris, Gluteus Medius, gluteus minimus, tensor fascia latae, gluteus maximus, Biceps Femoris, Semi-membranosus, Semi-Tendinosus, adductor group.
3. **Knee and ankle joint:** Bones, joints, ligaments and movements
Muscles (Structure, origin, insertion, Innervations, Action) Vastus group, Gastrocnemius, Soleus, Peroneus Group, extensor digitorum longus, Extensor hallucis longus, Tibialis anterior, Tibialis Posterior.
4. **Posture:** Concept of balance Posture & Causes of bad posture.
5. **Postural Deformities & their Correction** (Spinal deformities: Kyphosis, lordosis, Scoliosis) (foot deformities: Knock knee, bowlegs, Flat foot)

References Books

1. Rasch & Burk "Kinesiology & Applied Anatomy", Lee & Febiger, 1975.
2. Wells K. "Kinesiology" Philadelphia W.B. saunders Co., 1984.
3. Copper & clesco, "Kinesiology" St. Louis, C.V. Mosby Co. 1968.
4. Brower, Mason R., "Efficiency of Human movements Philadelphia, W.E. Saunders Co., 1978.
5. Scott M. Gladys "Analysis of human Motion, "New York, 1970.
6. Well Kahariel, F. Lutegeos Kathryn, "Kinesiology Scientific basis of Human Motion," 8th ed. 1992. Sunder Publishing Philadelphia.
7. Lynn S. Lippert, "Clinical Kinesiology for Physical Education" Jaypee Brothers, New Delhi: 3rd ed. 2002.
8. R.T. Floyd and Clem W. Thompson, "Manual of structural Kinesiology", McGraw Hill, Boston, 2006.

**Paper –IV (Semester-I)
SPORTS TRAINING -I**

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

Unit-I

- 1 **Sports Training:** Meaning, Aims, Characteristics, Need and Principles.
- 2 **Training Load:** Meaning, Characteristics, Principles, Symptoms, Causes and tackling of overload.
- 3 **Recovery:** Recovery phases, Means of recovery and Factors affecting recovery.
- 4 **Methods of Training:** Importance, Principles, Types of training - Weight training, Circuit training, Interval training, Fartlek training, Cross-Country and Plyometric training.
- 5 **Training means and methods:** Types, Classification of Physical Exercise, Basic Methods of Conditioning.

Unit-II

- 1 **Agility:** Meaning, Factors Determining Agility, importance, Methods of training and precautions.
- 2 **Flexibility:** Meaning, Importance, Types, Factors determining them, Methods of training and precautions.
- 3 **Coordinative abilities:** Meaning, importance, types, factors determining Coordinative abilities, methods of training and precautions.
- 4 **Strength:** Types, Factors Determining Strength, Importance, Methods of training and Precautions.
- 5 **Endurance:** Meaning, Types, Factors Determining Endurance, Importance, Methods of training and Precautions.
- 6 **Speed:** Meaning, Factors Determining Speed, importance, Methods of training and precautions.

References Books

- 1 Matveyev: Fundamentals of Sports Training (Translation from Russian) Mir Publishing Moscow (1981).
- 2 Harre, Dietrich: Principles of Sports training Berlin, Sportverlag (1982)
- 3 Dick, Frank W: Sports Training Principles, London Lepus Birkst (1980)
- 4 Jenson, R. and Fisher, A. G.: Scientific basis of Athletic conditioning, Philadelphia Lea and Febiger (1979).
- 5 Thomas, R. and Baechle (ed.): Essentials of Strength training and conditioning Lea, and Bebiger Philadelphia (1972).
- 6 Mathew, D. K. and Fox, E. L.: The Physiological basis of Physical Education and Athletics: Philadelphia, W.B. Saunders Company (1976).
- 7 Donald, Chu: Jumping into Plyometrics, Leisure press chmapaign Illinois (1972).

Paper –V (Semester-I)**COMPUTER APPLICATION IN PHYSICAL EDUCATION**

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)**INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

1. **Computer:** Introduction, Definition, Generation of computers, Classification of Computers (Analog, Digital, Hybrid), Characteristics of Computer, Architecture of computer, Limitation and Importance in Physical Education and Sports.
2. **Computer Hardware:** Input Devices and Output Devices
3. **Computer Memory**(i)Primary memory- RAM, Types of RAM, ROM, Types of ROM
(ii)**Secondary Memory:** Magnetic Tape, Disk (Hard Disc), CD, DVD, Cache Memory
4. **Computer Software:** Meaning, types, operating system, function of operating system
5. **Network:** Meaning, advantages, types, LAN, WAN, MAN, Topologies, Bridge, router, Switch
6. **Internet Basic:** Evolution of Internet, Meaning, Importance, world wide web(www)

UNIT-II

- 1 **Electronic mail:** Meaning, features, advantage
- 2 **Windows (OS):** Booting (Hot Booting, Cold Booting), Meaning, features, starting windows, parts of windows, wall papers and screen saver.
- 3 **Window Accessories:** Entertainment, system tools, calculator, Notepad, Paint, word pad, Keypad shortcuts.
- 4 **M.S.Word:** Meaning, features, component, different views of word document, creating new document, opening, saving, closing, editing of existing document, creating tables, inserting pictures, Mail Merge, keyboard shortcuts
- 5 **M.S.Excel:** Meaning, features, entering data into excel sheet, Mathematical Functions, keyboard shortcuts.
- 6 **M.S. PowerPoint (P.P.T.):** Meaning, features, preparation of slides, slideshow, keyboard shortcuts.
- 7 **SPSS:** Introduction to Statistical Package for the Social Sciences and Its uses in the field in physical education.

PRACTICAL :

Working On Windows- M.S Office Word,

- i. Working On Excel,
- ii. Working On PowerPoint Presentation
- iii. Basics of E-mail

References books

- 1 Boyce, Jim et al. "Microsoft office system inside out". 2007
- 2 Barrett, Ron et al. "Administrator's guide to Microsoft office 2007 servers". 2007
- 3 Murray, Katherine. "Faster smarter Microsoft office XP: Take charge of your Microsoft office programme".2007
- 4 Microsoft. "Microsoft office 2003 editions resource kit". 2003
- 5 Wempen, Faithe et al. "Microsoft office 2007 bible". 2007

M.P.Ed – I (Semester-II)

PART – A	Theory Papers	<u>400Marks</u>
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Paper –VI (Semester-II)
STATISTICS IN PHYSICAL EDUCATION

Time allowed: 3 Hours

Max Marks: 100
 (External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

1. **Statistics** :Meaning and Classification, Importance of Statistics in Physical Education.
2. **Data analysis**: Meaning and types.
3. Presentation of Data through Graphs and Tables.
4. **Normal Probability Curve**: Properties and Uses.
5. **Scales**: Sigma Scale and Hull Scale. Standard Score: Z score, T Score and Sigma Score.

UNIT-II

1. **Measure of Central Tendency**: Properties, Merits and Demerits, Calculation of Mean, Mode and Median.
2. **Measure of Variability**: Merits and Demerits and calculation of Range, Quartile and Standard Deviation.
3. **Correlation**: Properties and Uses of Correlation, Calculation of Karl Pearson Product Movement and Spearman's Rank Methods.
4. **Chi-Square χ^2** : Properties, Importance and Calculation.
5. **ANOVA** (two way analysis).
6. Mean Differences among group only 't' test. Characteristics of 't'-test.

References Books

1. Best, J.W. Research in Education, Prentice Hall Inc.: Delhi-1982
2. Clarke, H. David., Research Processes in Physical Education, Recreation &Health, Prentice Hall Inc. 1985.
3. Gupta, S.P. Statistical Methods, Sultan Chand &Sons, Educational Publishers, New Delhi, fortieth revised Edition,2011.
4. Kamlesh, M.L, Methodology of Research in Physical Education and Sports, Metropolitan Publication: New Delhi, 1986.
5. Moorthy, A.M, Research Methods in Physical Education, Sports and Exercise Sciences, Friends Publications: New Delhi, 2000.
6. Thomas Jerry R. and Nelson Jack K., Research Methods, Physical Activity Human Kinetics: Champaign, 1996.
7. Weimer, Jon, Research Techniques in Human Engineering Prentice Hall: New Jersy. 1994.

Paper –VII (Semester-II)**RESEARCH METHODOLOGY IN PHYSICAL EDUCATION- II**

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

Unit-I

1. **Descriptive Research Methods:** (a) *Survey* - definition, purpose, types, scope and nature, importance, criteria and major steps; (b) *Case Study* - objectives, basic methodology, values and limitations.
2. **Philosophical Research Method:** Meaning, nature, steps and pitfalls.
3. **Historical Research Method:** Purpose and scope of history in physical education; procedure; sources of historical data; Historical Criticism; General principles of historical criticism.

Unit-II

1. **Experimental Research Method:** Planning the experiment, principles of experimentation; Experiment designs (simple and complex); Setting up a human performance laboratory.
2. **Ethical issues in Research:** Areas of scientific dishonesty; Ethical issues regarding copyright; methods for considering scientific misconduct; Protecting human participation.
3. **Writing of Research Report:** Basic writing guidelines; Thesis and Dissertation format.

Reference Books

1. Best J.W., Research in Education (4th ed.). New Delhi; Prentice Hall inc., 1982.
2. Clarke, H. David Research Processes in Physical Education Recreation & Health. Prentice Hall inc., 1985.
3. Kamlesh, M.L. Methodology of Research in Physical Education and Sport (4th ed.). New Delhi; Sports Publication, 2014.
4. Scott, M. Gladys (ed.) Research Methods in health, physical education and recreation. Washington, D.C., American Association for Health, Physical Education and Recreation, 1968.
5. Thomas Jerry R., Nelson Jack K. & Silverman, Stephen J. Research Methods in Physical Activity. Human Kinetics: Champaign, 2005.
6. Sharma, Y. P. Physical Education and Research Methodology. New Delhi; Reliance Publishing House, 1997
7. Weimer. Jon Research Techniques in Human Engineering, Prentice Hall: New Jersey, 1994.

Paper–VIII (Semester-II)**SCIENCE OF COACHING**

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)**INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

Unit-I

- 1 **Technical Training:** Meaning, Skill, Style, Motor co-ordination, Aims, Phases, Implications and Methods.
- 2 **Tactical Training:** Meaning, Aims, Tactical Action, Training for tactics, Principles.
- 3 **Acclimatization :** Effect of high altitude training on sports performance.
- 4 **Sports Talent Identification:** Meaning, Process and Procedures.

Unit-II

- 1 **Plyometric Training:** Meaning, Programme Design and Safety considerations.
- 2 **Isokinetic Training:** Meaning, Programme Design and Safety considerations.
- 3 **Planning:** Importance, types, Steps in formulation of plan, training sessions.
- 4 **Periodisation:** Meaning, Types, Aims and Contents of different periods. Top form and periodisation.
- 5 **Long Term Training:** Meaning, Aims and Characteristics, Nature and Training Schedules of Games & Athletics.

References books

- 1 Matveyev: Fundamentals of Sports Training (Translation from Russian) Mir Publishing Moscow (1981).
- 2 Harre, Dietrich: Principles of Sports training Berlin, Sportverlag (1982)
- 3 Dick, Frank W: Sports Training Principles, London Lepus Birkst (1980)
- 4 Jenson, R. and Fisher, A. G.: Scientific basis of Athletic conditioning, Philadelphia Lea and Febiger (1979).
- 5 Thomas, R. and Baechle (ed.): Essentials of Strength training and conditioning Lea, and Bebiger Philadelphia (1972).

Paper –IX**HEALTH AND WELLNESS**

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)**INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:**

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

Unit-I

1. **Health, fitness and wellness:** Concept, meaning, definition, and scope of health education and Principles and practice of health education, Planning and evaluation in health education programmes, Organisation and administrative set up of health services in India
2. **Hygiene:** The concept of hygiene and personal hygiene. Importance of rest, sleep, diet and exercise.
3. **Community Health:** Brief account of housing water supply, sewerage and refuse disposal.
4. **School Health Service:** History, School Health Problems. Health appraisal, healthy school environment, nutritional services, mental health, school health programmes/services, school health records, Safety measures in the playfields – first aid and emergency care
5. **Disease:** Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission and immunity.
6. **Heart Disorders:** arrhythmia, atherosclerosis ,endocarditic.

Unit-II

1. **Health Problem in India:** Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus) nutrition, environmental sanitation, medical care and population.
2. **Eating Disorders:** Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders
3. **Family planning:** Meaning and concept of family planning.
4. **Methods to control child birth:** contraception, fertility control and sterilization
5. **National family welfare programme:** evolution of scheme and objective of the programme.
6. **Mother and child health care:** prenatal, postnatal and care at home.

Reference Books:

1. Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
2. Pandey, P.K. and Gongopadhyay, S. R. "Health Education for School Children", Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
3. Park, J.E. and Park , K. "Text Book of Preventive and Social Medicine", (1985) Bnasidar 91 Bhanot , Publisher, Jabalpur-1985
4. Park, J.E. and Park , K, "Text Book of Community Health for Nurses", (1982)Asrani Publisher, Jabalpur.
5. Edlin Gorden and Golenty Eric. "Health and Wellness" (2007) USA, Jones and Bartlett Publishers.