

CHAUDHARY DEVI LAL UNIVERSITY, SIRSA
 Scheme of Examination (According to Choice based credit system)
 Syllabus and Courses of Reading for
MASTER OF PHILOSOPHY IN PHYSICAL EDUCATION (M. Phil.)
 Session: 2016-17

The duration of the course of instructions for the Master of Philosophy in Physical Education Degree shall be one year (two semesters). There will be four papers, one seminar and a dissertation. The seminars and Dissertation will be compulsory.

The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Each paper will carry 100 marks out of which 30 marks will be reserved for internal assessment.

M.Phil. PHYSICAL EDUCATION (First semester)

<u>Paper</u>	<u>Subject</u>	<u>Theory</u>	<u>Internal</u>	<u>Practical</u>	<u>Total</u>
Part A : Theoretical course					
Course code	Title of papers	Total hours	Credit	Internal marks	Theory marks Total marks
Core course					
PE-1	Research Methodology	4	4	30	70 100
Elective course (Anyone)					
PE-2	Any one of the following:- (i) Biomechanics in Physical Education & Sports (ii) Sports Management and Sports Psychology (iii) Sports training (iv) Kin anthropometry	4	4	30	70 100
PE-3	Seminar		2		50

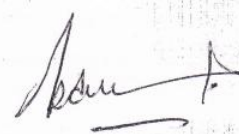
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M.Phil. PHYSICAL EDUCATION (Second semester)

Part A : Theoretical course						
Course code	Title of papers	Total hours	Credit	Internal marks	Theory marks	Total marks
Core course						
PE-4	Measurement, Evaluation and Statistics in Physical Education	4	4	30	70	100
open elective (for the students of other departments)						
PE-5	Physical Education and its applications	4	4	30	70	100
PE-6	Dissertation (compulsory for all students)		12			Grade

Note: -

- a. The candidate shall submitted five copies of his/her dissertation alongwith summary and a submission fee of Rs. 3000/-. After finalization of the award of M.Phil degree, one copy of dissertation will be send to University Library and one copy of dissertation to the Department Library. Rest of the copies shall be retained in the office record for three years and after which it will be sent to University Library. The candidate shall also submit a soft copy of the dissertation in CD (PDF format).
- b. The students have to opt one open elective course from other departments.



M. Phil. Physical Education – Semester -1st (core)

Paper-I- RESEARCH METHODOLOGY

Max. Marks: 70
Internal Marks :30
Time: 3 Hours

Note: - The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question no. 1 all questions carry equal marks.

Unit-I Introduction

- i) Meaning, definition and objectives of Research.
- ii) Need, scope and significance of research in Physical Education.
- iii) Qualities of a good research worker.

-Research Problem

- i) Meaning and definition research problem.
- ii) Identification of area for research in Physical Education:
- iii) Various steps in formulation of research problem.

- Research Proposal

- i) Meaning of research proposal.
- ii) Various steps in formulation of research proposal

Unit-II Research Literature

- i) Direct and indirect library sources.
- ii) Location of research material:
Index, books, bibliography, abstracts, critical and allied literature.
- iii) Steps in reviewing literature: foot note, reference, note taking and scanning.

Sampling in Research

- i) Concept of Population and Sample.
- ii) Criteria for selection of sampling procedure.
- iii) Types of sample designs: probability sample (random sample, stratified and cluster) and non-probability sample (judgment and quota).

Unit-III Hypothesis:

- i) Meaning and concept of hypothesis.
- ii) Types of hypothesis (declarative, probable, null and questions)

Methods of data collection

- i). Types of data: quantity and qualitative.
- ii) Characteristics of good research tool.
- iii) Types of tools: collection of primary data (questionnaire, schedule, check list, rating scale, observation and interviews) and collection of secondary data (journals, books, magazines and news papers)

Unit-IV Methods of Research

- i) Basic, applied and action research.

- ii) Case study and survey: meaning, steps, precautions and recommendation.
- iii) Historical research: meaning, values, scope, characteristics, steps, primary and secondary sources, internal and external criticism, pitfall and report.
- iv) Experimental Research: meaning, uses, characteristics, field versus laboratory.

Research Design

- i) Meaning, definition and Need of research design.
- ii) Basic principles of experimental design.
- iii) Types of experimental design: single, parallel, repeated and rotational.

Research Report

- i) General format of a research report: Preliminary section.
- ii) Main body: conclusion.
- iii) Bibliography and appendix.
- iv) Summary

Reference Books:

1. S.P.Sukhla et al. (1983), Elements of Educational Research, Allied Publishers Pvt. Ltd., New Delhi.
2. American Association of Health, Physical Education And Recreation, "Research Methods"- "Applied to Health Physical Education and Recreation".
3. C.V.Gord(1954), Methods of Research, Appleton Century Crofts Inc., New Delhi.
4. L.W.Best(1980), Research in Education, Prentice Hall, New York.
5. W.R.Muly(1975), Educational Research and Introduction, David Making Co., Inc., New Delhi.
6. D.H.Clarke(1970), Research Process in Physical Education, Recreation and Health, Prentice Hall, New Delhi.

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M. Phil. Physical Education – Semester -1st (Elective)
Paper –II-Opt. (i) --Biomechanics in Physical Education and Sports

Max. Marks: 70

Internal Marks:30

Time: 3 Hours

Note:- The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (five short questions of two marks each) will be compulsory and will be set from the entire syllabus. Eight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

UNIT-I

- i) Definition, meaning, function and importance of biomechanics in physical education and sports.
- ii) Fundamental mechanical concept of:
Force, Pressure, Mass, Weight, Volume and Density, Work, Energy and Power.
- iii) Force acting on a system; the properties of a force, reaction force, friction force, centripetal and centrifugal force, resistive and motive force and force diagram and vectors.
- iv) Newton laws of motion and its application in sports.
- v) Classification of skills; open and closed skills, discrete and continuous skills and observing skill performance.
- vi) The primary mechanical purpose of human movement activities.

UNIT-II

1. Linear Movement

- i) linear speed and velocity
- ii) Linear acceleration.
- iii) Acceleration due to force of gravity
- iv) Variable velocity
- v) Relationship of force, mass and linear acceleration.

2. Rotatory movement:

- i) Angular speed and velocity
- ii) Angular acceleration
- iii) Variable angular velocity
- iv) Relationship of torque, rotational inertia and angular acceleration.

3. Spin, Rebound and Swing

- i) Spin and its types.
- ii) Effects of spin on speed of the ball on the surface.
- iii) Effects of spin on speed of the ball in flight;

UNIT-III

1. Aerodynamic drag force.

- i) Skin friction
- ii) Profile drag
- iii) Effects of streamline on drag
- i) Effects of body's mass on drag
- ii) The relative contribution of the factors influencing drag

2. Effects of drag on the body and objects in following sports.

- i) Terminal velocity(Freefall)
- ii) Floater volleyball service
- iii) Running

UNIT-IV

- 1 i) Definition and description of lever
ii) Advantages of levers
iii) - Classes of levers
- 2 Balance and equilibrium
i) Stable, unstable and neutral equilibrium
ii) Balance in static position
iii) Factors effecting stability
- 3 Mechanical principles involved in:
i) Walking
ii) Running
iii) Vertical jumping
iv) Horizontal jumping

Reference Books:

Dyson, G. The Mechanics of Athletics, New York 1978.

Hay, J. G. Biomechanics of Sports Technique, Englewood cliffs, N.J: Prentice Hall, 1978

Ellen, Kreighbauni, Biomechanics A qualitative approach of studying Human movement; Macmillan, New York; 1985

Luttagens, K and Wells, K.F. Kinesiology, Scientific basis of human motion; Philadelphia, 1982

M. Phil. Physical Education – Semester -1st (Elective)

Paper-II- Opt.-(ii)- Sports Management and sports psychology

Max. Marks: 70

Internal Marks:30

Time: 3 hours

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

UNIT-I

- i) Scope and concept of sports management
- ii) Management, its advantages, organizing in sports, staffing controlling in sports
- iii) Philosophy of sports management system and profession
- iv) Scope and concept of administration, relation between administrations sports management
- v) Importance of sports administrations , planning, organization, resource mobilization
- vi) Policies standard practices

UNIT-II

- i) Organizational elements, rules and regulations
- ii) Procedure and attributes of an organization
- iii) Delegation of authority and division of power
- iv) Destination Characteristics of delegation, open and close advantage and disadvantage
- v) Type of organization, line organizational structure, their functional pattern
- vi) Controlling and development organizational structures and practices

UNIT-III

- i) Definition of Psychology and sports psychology
- ii) Scope of Sports Psychology
- iii) Methods of Psychology in Physical Education & Sports.
- iv) Utility of Psychology in Physical Education & Sports.
- v) Importance of psychology in Physical Education & Sports.

UNIT-IV

- i) Transfer of Training, Importance and various types of transfer of training.
- ii) Theories of transfer of training.
- iii) Competition & Co-operation.
- iv) Pre-competitive work out & post competition.
- v) Guidelines for improving sports performance.

Reference books:

1. Reuben D.Frost, Barbura Bay Lockgart, Stanlay J. Manchsal, Administration of Physical Education and Athletics Concepts and Practices. Universal Book Stall, 5- Ansari Raod, New Dehli.
2. Sudhanca Shekhar Ray, Sports Management, Friends Publication (India) Dehli-110089.
3. Dr.S.Dher/Radhika Kamal. Organization and Administration of Physical Education, (Friends Publication (India) Dehli-110089
4. Rouben, B. Frost : Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co., London.
5. Lawther, John D. : Psychology of Coaching, Englewood Cliffs, Prentice Hall (Latest Edition).
6. Morgan, C.T. : Psychological Psychology, New York, McGraw Hill (Latest edition).

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M. Phil. Physical Education – Semester -1st (Elective)

Paper-II(opt-iii)- Sports Training

Max. Marks 70

Internal Marks:30

Time: 3 Hours

Note:- The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (five short questions of two marks each) will be compulsory and will be set from the entire syllabus. Eight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

UNIT-I

- i. Teaching, Training and Coaching : Meaning, aims & Characteristic & principles of training
- ii. Training Load: Meaning & characteristic of training load
- iii. Principles of Load & Adaptation, Judgment of Load
- iv. Over Load : Causes, Symptoms and tackling of over load.
- v. Sports performance

UNIT-II

- i. Strength : Meaning, Importance & types of Strength, Methods & Precautions of Strength training
- ii. Endurance: Meaning, Importance & types of Endurance
Factors determining endurance, Methods of Endurance Training
- iii. Speed : Meaning, Importance & types of Speed, Factors Determining Speed, Methods of speed training
- iv. Flexibility: Meaning, Importance & types of flexibility, Factors Determining flexibility, Methods of flexibility development.
- ii. Co-ordinative Ability: Meaning, Importance & types of Co-ordinative ability, Factors determining Co-ordinative ability & Methods of development

UNIT-III

- i. Training Methods
 - (a) Weight training, Circuit training
 - (b) Continuous training, Interval training
 - (c) Fartlag training
- ii. Technical Training : Meaning, Importance of Methods of Technical training
- iii. Tactical Training : Meaning, Importance of Principles of Tactical training
- iv. Motor Development
- v. Talent identification

UNIT-IV

- i. Planning of training : Meaning of Planning, Importance, Principles of Planning of types of Training Plans.
- ii. Periodisation : Meaning and its types, contents for Various period of training, General Principles of training schedules.
- iii. Factor influencing the Performance in Sports
- iv. Control of sports training
- v. competition

REFERENCES BOOKS

- i. Dick, F.W., Sports Training Principles
- ii. Hardyal- Sports Training
- iii. Bunn J.W- Scientific Principles of coaching, Englewood cliffs prentice Hall
- iv. Brook, J.D. Whiting H.T.A.-Human Movement of field of study
- v. Shamsher Singh, An Introduction to Training and Coaching, Friends Publication, New Delhi, 2006.

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M. Phil. Physical Education – Semester –Ist (Elective)
Paper –II- Opt.(iv) - Kin-anthropometry

Max. Marks: 70

Internal marks: 30

Time: 3 hours

Note:- The candidates are required to attempt five questions in all. Nine questions will be set. Question no. 1 (five short questions of two marks each) will be compulsory and will be set from the entire syllabus. Eight questions will be set out of 4 units, selecting two questions from each unit. The candidates are required to attempt four questions by selecting one question from each unit. Except question no. 1 all questions carry equal marks.

UNIT-I- Scope & Development

- i) Meaning of Kin anthropometry
- ii) Scope and Development of Kin anthropometry
- iii) Methods of Measurements

UNIT-II-Body Growth:

- i) Sports activity and Bone length
- ii) Sports activity and Stature
- iii) Activity and Physique
- iv) Physical activity and functional capacity

UNIT-III- Human Physique: Application of Anthropometry in sports

- i) Meaning & scope of Physique in sports
- ii) Heath and carter method
- iii) Classification of somototype
- iv) Applications: Physique in different sports size, shape and characteristics-
- v) Basketball, football and volleyball

UNIT-IV-- Body composition and exercise

- i) Meaning of body composition
- ii) Estimation of Body composition i.e. Body density, fat weight, fat percentage & lean body mass.
- iii) Skin-fold measurements and effects of training on body composition.
- iv) Matiegka's method of estimating body composition
- v) Dynamic changes in body composition
- vi) Body composition related to aerobic capacity

Reference books:

1. Keys A. and Brozek, G. Body Fat in Adultmen, Physiol, Rev. 33, 245, 1953
2. Siri, W.E. Body compstion from fluid spaces and density, Univ. cal. Donner lali med. Physics report 19 March 1956
3. Parizkova, J. (1965) In "Body Composition" pergamon press Oxford pp. 161-176
4. Brodie, DA 1988. Techniques of measurement of Body Composition, Sports Medicine, S: 13 & 74
5. Carter, J.E.L. 1980. The health carter somototype method, SDSU Syllabus service, sam diego
6. Singh, S.P. and Malhotra P. 1989. Kinanthropometry, Lunar Publications, Patiala

M. Phil. Physical Education – Semester -2nd (core)

Paper – III- Measurement, Evaluation and statistics in physical education

Max. Marks: 70
Internal Marks:30

Time: 3 Hours

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UNIT-I- Diagrammatic and Graphic Presentation of data

- i. Rules for drawing diagrams and graphs.
- ii. Meaning of the Graphical presentation and its importance.
- iii. Preparation of Frequency Polygon.
- iv. Preparation of Histogram
- v. Preparation of cumulative frequency graph/curve.
- vi. Preparation of cumulative percentage curve or ogive.
- vii. Pie diagram.
- viii. Bar diagram.

UNIT-II- Measures of Central Tendency Value and Dispersion.

- i. Measures of Central tendency
- ii. Meaning and calculate of Mean, Median, and Mode.
- iii. Measures of dispersion
- iv. Meaning and calculate of Range, QD, MD, SD.

UNIT-III- Normal Probability Curve, Skewness, Movement and Curtosis

- ii. Normal Probability Curve and its Characteristics.
- iii. Test and Measures Skewness

UNIT-IV- Co-relation and testing of Hypothesis

- i. Meaning of co-efficient of co-relation, importance of coefficient of co-relation, calculation of coefficient of co-relation by Rank order method, Product moment methods and Scatter diagram.
- ii. Meaning of T-test, advantages and calculation.

Reference:

1. Fundamental Statistics in Psychology and Education, Guilford and Benjain in Fruchter, International Edition.
2. A Practical Approach to Measurement in Physical Education, Harold M. Barrow, P.E.D. ABD Rosemary Ms. Goc. Ph. And Febigr. Philadelphia, 1979.
3. Statistics in Psychology & Education, Henry E. David, Mckey Company, New York.
4. Statistical Methods, S.P. Gupta, Sultan Chand and Sons publisers, New Delhi.

M. Phil. Physical Education – Semester -2nd (core)
(Open Elective)
Physical Education and its Applications

Max. Marks: 70

Time: 3 hours

Note:- The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (five short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

Unit- I

Definition, aim and Objectives of Physical Education.

Philosophies of Education as applied to physical Education- Idealism, Naturalism, realism, Pragmatism, Existentialism and Humanism.

Physical Education in India. Promotion of Sports in India

Olympic Games, Para-Olympic Games, Asian Games and Commonwealth Games.

Training Centers/Agencies in India- SAI, NIS.

Unit-II

Physiology of Muscular Activity, Neurotransmission and Movement mechanism.

Therapeutic modalities, Ergogenic aids and doping.

Role of WADA and NADA.

Methods of Training in Physical Education.

Unit- III

Origin of Yoga, History and Development of Yoga

Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga.

Pranayama and Suryanamaskar: Methods/Steps, Benefits, and precautions.

Unit-IV

Nutrition and Dietary manipulations.

Importance of Sports Nutrition.

Recreation programs for various categories of people.

Athletic Injuries-their management and rehabilitation.

Sports Management, Role of Management in sports.