

EIILM University

**DIRECTORATE OF DISTANCE
LEARNING**

**SYLLABUS BOOKLET
Year - I TO II**

**MASTER OF ARTS – PHYSICAL
EDUCATION (M.A – PED)**

JAN 2010 ONWARDS

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I

HISTORY & PRINCIPLES OF PHYSICAL EDUCATION

Sub. Code: MAPED/Y/110

Credits: 02

Total Marks: 100

Minimum Pass

Marks: 40%

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A

Definition, Meaning & scope of Physical Education. Aims & objectives of Physical Education. Relationship of Physical Education & Recreation. Contribution of physical Education towards general education.

Section B

History of physical Education in ancient Greek, comparative study of Spartan Athenian education. The origin and development of Olympic Games. Development of Asian Games.

Section C

Physical Education in Germany, Sweden & Denmark (Emphasis only on contribution of based, Guts Moths, John Spies, Machteggall, Ling). Present status of Physical Education & Recreation in Russia and Japan. History of physical education in India (Pre & Post independence Era).

Section D

Critical appreciation of the following: State Sports departments, I.O.C. policies for developing Education & Sports, Compulsory programmed of physical education & sports for school Modern Olympics, Sports Authority of India, South Asian Federation Games

Section E

Foundation of physical education, Biological activity, its need, principle of use and dis-use Growth and development, Age & Sex difference, Qualification of physique.

Reference Books:

1. Charles & Bucher: Foundations of Physical Education
2. Harold m. Barrow: Man & His movement principles of phy. Education.
3. J.F. Williams: principles of physical education.
4. Cowl & France: philosophy and principles of physical education.
5. D.G. wakharkar: Manual of physical education.
6. M.L.Kamlesh & M.S. Sangral :physical education

7. Upadyke Johnson: principles of modern physical education health & recreation.

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I

MANAGEMENT OF SPORTS

Sub. Code: MAPED/Y/120

Credits: 02

Total Marks: 100

Minimum Pass

Marks: 40%

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A

Meaning importance and scope of sports management., Factors influencing sports Management, Meaning & importance of teaching methods, Factors affecting teaching methods and various methods of teaching., Steps of personnel and types of audio-visual aids.

Section B

Meaning and types of class management, Salient features of good class management. Factors effecting good class management , Meaning & values of lesson plan-Games, Gymnastic, Athletic and Indigenous activity , Classification of excercises and activities and its importance. Meaning & importance of tournaments. Type of tournament knock out and league, their advantages and disadvantages.

Section C

Meaning, importance and principles of administration and organization. Factors influencing good administration, Qualifications and qualities of Physical Education teachers Play-grounds, area, location, lay-out and care of sports equipment, Need, importance, purchase of sports equipment

Section D

Need & importance of curriculum planning .Time-table, factors affecting time-table, objectives, principles and precautions in preparation of time table. Intramural objectives and organization. Budget-importance and criteria for a good budget. Meaning & importance, types of records and registers.

Section E

Evaluation-meaning need, importance & methods of evaluation. Characteristics of a good test. Supervision & inspection-meaning & methods of supervision & inspection. Qualities of a good supervisor. Organization and conduct of tournaments and athletic meets.

Reference Books:

1. P. M. Loseph : Organization of physical education
2. Suraj Singh : Administration of physical education

3. D.G.Wakherker : Manual of physical education

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I

ANATOMY AND PHYSIOLOGY OF EXERCISES

Sub. Code: MAPED/Y/130

Credits: 02

Total Marks: 100

Minimum Pass

Marks: 40%

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A

- i Definition of terms: Cell, Tissue, Organ, Ligament, Cartilage etc.
- ii The skeletal system: Its structure, Its functions, Spinal column, pelvic circle-male and female, the thorax, the extremities, joints and their movements.

Section B

- i The muscular system: structure of the muscles; different types of muscles; functions of the muscles; contraction of muscles effect of exercise on the muscular system; fatigue; staleness; muscle cramp.
- ii The Nervous System: The neuron; Spinal cord; the brain; the autonomic system; Reflex action; peripheral nerves; influence of exercise on the nervous system.

Section C

The Circulatory System, General arrangement of Circulatory system; functions of the circulatory system ; Blood, Hemorrhage, The heart and blood vessels; pulse, blood pressure and its measurement; effect of exercise on circulatory system; Athletic Heart.

Section D

- i The Digestive System: Anatomy of digestive system; digestion of food, metabolism, effect of exercise on the digestive system.
- ii The Excretory system: Anatomy of excretory system and its function; the heat regulating mechanism.

Section E

- i The respiratory system; anatomy of respiratory system; mechanics of respiration; vital capacity ; Role of oxygen in exercise on the respiratory system.
- ii The endocrine system: Glands and their functions influence of exercise on the endocrine system.

Recommended/Reference books:

1. Clarke, David H. Exercise physiology, Englewood Cliffs, N.Y. Prentice Hall Inc 1975
2. Crouch, James E. Functional Human Anatomy, 2nd Edition Philadelphia: Lea and Febniger,1972.
3. Morehouse and Miller Physiology of exercise.St.Louis the C.V.Mosby company,1976
4. Pearce Evelyn C. Anatomy and physiology for Nurses.London Faber and Faber Ltd

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I

OFFICIATING AND COACHING

Sub. Code: MAPED/Y/140

Credits: 02

Total Marks: 100

Minimum Pass

Marks: 40%

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A

- i Importance and principles of officiating.
- ii Qualities of a good official.
- iii Relations of official with management, players, coaches and spectators.
- iv Duties of officials in general-pre, during & post game duties.
- v Measures of improving the standards of officiating.

Section B

- i Rules of games and athletes events and their interpretation (hockey, football, volleyball, basketball, kabaddi, hand ball, kho-kho, table-tennis, badminton, judo, weight-lifting & wrestling)
- ii Score sheet of different games and all athletic events.
- iii Layout of different playfields grounds, court track.

Section C

- i Principles of coaching.
- ii Qualities, qualification & responsibilities of a coach.
- iii Warming up, cooling down and their physiological trends.

Section D

- i Methods of condition (circuit training, fast lak, interval training, weight lifting).
- ii Principles of training.
- iii Doping and its effect on performance.

Section E

- i Periodization-types of periodization.
- ii Preparation of training schedule.
- iii Psychology of competition and coaching.
- iv Factors effecting sports performance.
- v Eligibility rules of intercollegiate and inter-university.
- vi Preparation of TA, DA bills.

Reference books:

1. Rules of games and sports by YMCA, Madras.
2. The art of coaching by John Bunn
3. Athletic training by Claffs.
4. Rules of games and sports by Lokesh Thani.

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I

ELECTIVE
(SELECT ANY ONE ELECTIVE PAPER)

COMPUTER APPLICATION

Sub. Code: MAPED/Y/150(a)

Credits: 02

Total Marks: 100
Marks: 40%

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

SECTION A

1. INTRODUCTION TO COMPUTER:

- i) Introduction
- ii) Characteristics of a computer
- iii) Advantages and disadvantages of computer
- iv) Brief history of computer
- v) Simple model of a computer
- vi) Computer generations
- vii) Evolution of Digital Computer
- viii) Classification of computers
- ix) Data representation in computers
- x) Computer applications

2. INPUT/OUTPUT UNITS:

- i) Input Devices
- ii) Output Devices
- iii) Input/Output Techniques
- iv) Printers
- v) Input/Output Processor.

3. MEMORY ORGANIZATION:

- i) Introduction
- ii) Semiconductor Memory
- iii) RAM iv) ROM v) PROM
- iv) EPROM vii) EEPROM
- v) Cache memory
- vi) Real and virtual memory
- vii) Magnetic memory
- viii) secondary storage devices
- ix) Floppy Disk

- x) Hard disk
- xi) Magnetic Tapes
- xii) Optical Disk
- xiii) CD-ROM
- xiv) DVD-ROM
- xv) Memory Management

SECTION B

1. CENTRAL PROCESSING UNIT:

- i) CPU Organization
- ii) CPU registers
- iii) ALU
- iv) Control unit
- v) Interrupts
- vi) Example of some processor
- vii) Different types of BUS

2. NUMBER SYSTEM:

- i) Introduction
- ii) Decimal Number System.
- iii) Binary Number System
- iv) Conversion of Binary Number to Decimal Number.
- v) Conversion of Decimal to Binary Number
- vi) Addition, Subtraction of binary Numbers
- vii) Signed numbers
- viii) Binary Coded Decimal (BCD)
- ix) Hexadecimal Number System
- x) Octal Number system
- xi) ASCII and ISCII codes
- xii) EBCDIC code xiii) Gray Code.

SECTION C

1. SOFTWARES & COMPUTER LANGUAGES:

- i) Introduction
- ii) Difference between software and hardware
- iii) Assembly level language
- iv) Higher level programming language
- v) Types of software's – system and application software's

2. OPERATING SYSTEM:

- i) Introduction
- ii) Types of Operating System
- iii) Operating System Structure
- iv) Functions of Operating System
- v) Directory and File Structure
- vi) GUI and CUI
- vii) Features of Windows, DOS and Linux
- viii) Differences between Windows, DOS and Linux

- ix) Working with Windows, DOS and Linux

3. NETWORKING:

- i) Introduction,
- ii) Advantages of networking,
- iii) Types of networking: LAN, WAN, MAN

SECTION D

1. MS - WORD:

- i) Entering, Writing & Editing Text
- ii) Printing
- iii) Formatting Text & paragraphs
- iv) Applying text & language tools
- v) Designing pages with columns & Tables
- vi) Graphics in Word
- vii) outlines, Styles & Templates
- viii) Mail merge
- ix) Creating & distributing word forms

2. MS – EXCEL:

- i) Creating & printing Excel Worksheets
- ii) Managing data with worksheets, references & functions
- iii) Creating, Editing & formatting charts
- iv) Custom & Special formats

PRACTICAL:

- a. Basic operations in Computer.
- b. DOS Commands
- c. Working with Windows
- d. Working with Linux
- e. MS-Word
- f. MS-Excel

REFERENCES:

1. Fundamentals of computers – by V. Rajaraman
2. Computer system architecture – by M. Mano
3. Computer fundamentals – by B. Ram
4. Mastering Office 2000 : Professional Edition – by Marquis
5. MS Office 2000 – by G. Courter and A. Marquis

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I

ELECTIVE
HEALTH EDUCATION AND FIRST – AID

Sub. Code: MAPED/Y/15O(b)

Credits: 02

Total Marks: 100
Marks: 40%

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

THEORY

1. Meaning of Health – Definition – Needs for Health Education for an individual – World Health Organization and its importance – National and State level health organization – voluntary health organization and facilities.
2. School Health Programme: School Health Services – Health Appraisal (Medical Examination) – Health Instruction – Health Supervision – Factors influencing Health – heredity, Environment – Health Counseling.
3. Nutrition: Elements of good nutrition – balanced diet- food poisoning normal weight – gaining weight, causes and effects of over weight, caloric values of foods, weight reduction and effects of dieting and exercise.
4. Communicable disease and their causes symptoms and prevention of Malaria, Tuberculosis, Typhoid, Sexually transmitted diseases and AIDS etc.
5. Health Problems: Hazards of alcoholic, Smoking, narcotics and Drugs, family Welfare, problem of over population, problems of ageing.
6. Exercise and Health Awareness: Prescriptions of Exercise in Health Population as to duration frequency, intensity Population to diseased Diabetics, post heart attack patient and type for improvement of various motor abilities.
7. Environment Health: Protected drinking water sewage and garbage disposal, infection prevention, immunity and allergy.
8. First Aid: Definition and Meaning – First Aid for shock, poisoning, drowning, hemorrhage, Different types of fracture, sprain, strain (artificial respiration) Mislocation, bandages, slings and splints etc.
9. Indicators of Health: Growth Status, Physiological levels, Psychological indicators, motor fitness.

Books Recommended:

1. Even, A. Willia, Everyday Safety Chicago: Lyons & Carnahao 1990.
2. First Aid to the injured New Delhi: St. John Ambulance Association, 1989
3. Ghoah, B. N. Treatise of Hygiene and Public Health, 1991
4. Hanlon John. J. Principles of Public Health Administration, 1992.
5. Johnson, Health in Action, Holt Bhinement and Winston, 1977.
6. Moss Etral Health Education, National Education, Education Association of U.T.A., 1986.
7. Nemir. A. The School Health Education, New York: Harper and Brother, 1991.
8. Obertenterfer, D. School Education, New York: Harper and Brother, 1992.

PRACTICAL

1. Preparation of Blanced diet for different sports groups, for different age groups, for different diseased groups.
2. Measurement of weight indicators of a obesity (Ht./Wt. approach) BMI approach, percentage fat approach.
3. Preparation of dietary and exercise schedules for reducing body weight / gaining body weight (Strength exercise and high performance diets).
4. Determination of caloric expenditure and caloric intake.
5. Methods of purifying water.
6. Demonstration of cardiac-pulmonary recessitation techniques.
7. First-aid in sprains, strains, fractures and sports injuries.

**SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I**

**ELECTIVE
KINESIOLOGY**

Sub. Code: MAPED/Y/15O(c)

Credits: 02

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

A) Instructions for paper-setter

1. The question paper will be divided into two parts. Part-I will contain subjective questions. This part will carry 60% of the total marks.
2. Part-II will comprise of 10-15 short questions, which will cover the entire syllabus and will carry 40% of the total marks.

B) Instructions for the candidates

1. Candidates are required to attempt Part-I as defined in the question paper and the entire part-II.
2. Use of non-programmable scientific calculator is allowed

COURSE CONTENTS

The kinetics of normal and abnormal human motion of the muscular-skeletal system. Evaluation procedures for range of motion and functional muscle strength. Principles and techniques of body mechanics, transfers, and positioning. and Neuromot or treatment techniques for physical dysfunction.

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – II

SPORTS TRAINING & BIO-MECHANICS IN PHYSICAL EDUCATION

Sub. Code: MAPED/Y/210

Credits: 02

Total Marks: 100
Marks: 40%

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A

Introduction to Sports Training

1. Meaning and definition of sports Training and Coaching
2. Aims and Tasks of sports Training
3. Characteristics of sports Training
4. Training Load and its Factors – Quality of movements, Type of Exercises, Load Volume and Load Intensity.
5. Loading and Adoption Process.
6. Forms of adaptation; Adaptation, de-adaptation, Maladaptation, and re-adaptation;
7. Laws of Adaptation.
8. Principles of Loading.
9. Judgment of Training Load: Objectives and Subjective Means.

Section B

Over Load: Meaning, Causes, Symptoms and Tackling of Over Load .

1. Principles of Sports Training
2. Recovery and its phases, Factors Affecting recovery, Means of Faster recovery.
3. Types of Training Means.

Section C

Conditional Abilities:

1. Strength : Meaning, Forms, Factors determining, Strength Training Methods, Organisation of Strength Training, General Guidelines for Strength Training, Principles of Strength Training , Strength Training for Children and Women.
2. Speed:- Meaning, Forms of Speed, Factors determining Speed Barrier.

3. Endurance:-Meaning and Significance, Forms of Endurance, Factors determining Endurance, Training Methods.

Section D

(Motor abilities)

Motor Abilities - Meaning of Flexibility, Forms of Flexibility, Factors determining Flexibility, Methods for Flexibility training, and Guidelines for Flexibility Training.

1. Coordinative Abilities – Meaning , Types of Coordinative Abilities, Characteristics of Coordinative Abilities, Importance of coordinative Abilities, Methods for Coordinative Ability Training.
2. Periodisation – Meaning and Types of periodisation, contents of training for different periods.
3. Planning & Meaning, Principles of Planning, Types of Training Plans.
4. Competitions:- Importance of Competitive Frequency, Preparation for Competitions.

Section E

1. Bio-mechanics –Meaning, justification & Importance
2. Relative motion, cause of motion, kinds of motion
3. Kinematics - Linear, kinematics, distance and displacement Speed velocity and acceleration.
4. i) Projectiles, Trajectory, angle of release, velocity of release height of release
ii) Centripetal and Centrifugal forces
iii) Rebound; angle of rebounels, Type and effect of spin, Ball Spin (swing)
iv) work-power –Energy, kinds of liver.

REFERENCES:

1. Dick, F.W. : Sports Training Principles, Lepus, London1980
2. Enson, C.R. Fischer AC : Scientific basis of Atheletic conditioning, Lea and Feliger, Philadelphia, 1979
3. Brook, J.D. Whiting H.T.A : Human Movement a Field of study.
4. Dr. Singh Hardgal : The Science -9 sports trainging
5. Cooper, K.H. : The Aerobic way, Bantom books Inc. 1978
6. Bunn, J.W. : Scientific Principles of coaching, Englewood ciffs, Prentice Hall
7. Breer Merison, R. : Efficiency of Human Movement London W.B. Saunders.

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – II

TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION

Sub. Code: MAPED/Y/220

Credits: 02

Total Marks: 100
Marks: 40%

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A

Meaning of test, Measurement and Evaluation Need and Importance of test , Measurement and Evaluation General Consideration for the construction and Administration of Test. Johnson Basketball skill Test. Aahaper Basketball Skill Test. Hewitt's Tennis Achievement Test.

Section B

Meaning of Motor Ability, Borrow Motor Ability Test, Scoot Motor Ability Test, Indiana Motor fitness Test, Calculation of Measure of Central Tendency : Mean, Median, Mode. Graphical Representation : Histogram, Frequency Polygon, Olive, Bar Diagram and Pie Graph.

Section C

Meaning of Strength, Kraus-weer Strength Test, Roger Strength Test, Tuttle Pulse Ratio Test Harvard Step test, Characteristics of a good test. Meaning of percentile and percentile rank Calculation of percentile and percentile Rank, Preparation of scales: T.Scale, Sigma Scale and Hull Scale.

Section D

Badminton French Short serve Test and French Clear Test, Borich Badminton observation ration scale, Poetry Volleyball Test and helmen Volleyball Test. Calculation of Variability : Range, Quartile Deviation (Q. D.) Average Deviation (A.D.), and Standard Deviation (S.D.) Meaning and Characteristics of normal Probability Curve (N.P.C.), Application of normal Probability Curve.

Section E

Warner Test of soccer skill, Mor-Christian General soccder Ability skill Test, Battery, schmithles test of field hockey, Henry friedel field hockey test Calculation of Co-efficient of Co-relation by Karl Person Method. Chi-Square Test.

REFERENCE :

9. Clarke H. Harison : Application of measurement to ealth and Physical Education, Prentice Hall Inc. Englewood Cliffs N.D. (3rd Edition 1961).
10. James S. Bosco. : Measurement and Evaluation in physical Edu., fitness and sports, Prentice Hall, INC., Englewood Cliffs, N.J. 07632(1983).
11. Margaret J. Safrit: Introduction to Measurement in Physical Education and Exercise Science, Times Mirror/ Mos, Collage Publishing St.louis. Toronte. Bosion (2nd Ed. 98)
12. Barry L. Johnson : Practical Measurement for Evaluation in Physical Education , Surgeet Publication, Kamco Mafa Delhi – 11000 (3rd Edition 1988)
13. Anne L. Rothstein: Research Design and Statistics for Phy. Edu., Prentice Hall, Inc., Englewood Cliffs, New Jrsey 07632 (1985)
14. Morey E. garrett : Statistics in Psychology and Educated, David Meka Company Inc.

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – II

RESEARCH METHODS IN PHYSICAL EDUCATION

Sub. Code: MAPED/Y/230

Credits: 02

Total Marks: 100
Marks: 40%

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A
INTRODUCTION

- i). Definition of Research
- ii). Need and importance of Research In Physical Education and sports.
- iii). Scope of Research in physical Education and Sports.
- iv). Types of research:- Basic, Applied, Action Research and what Hinders Research.

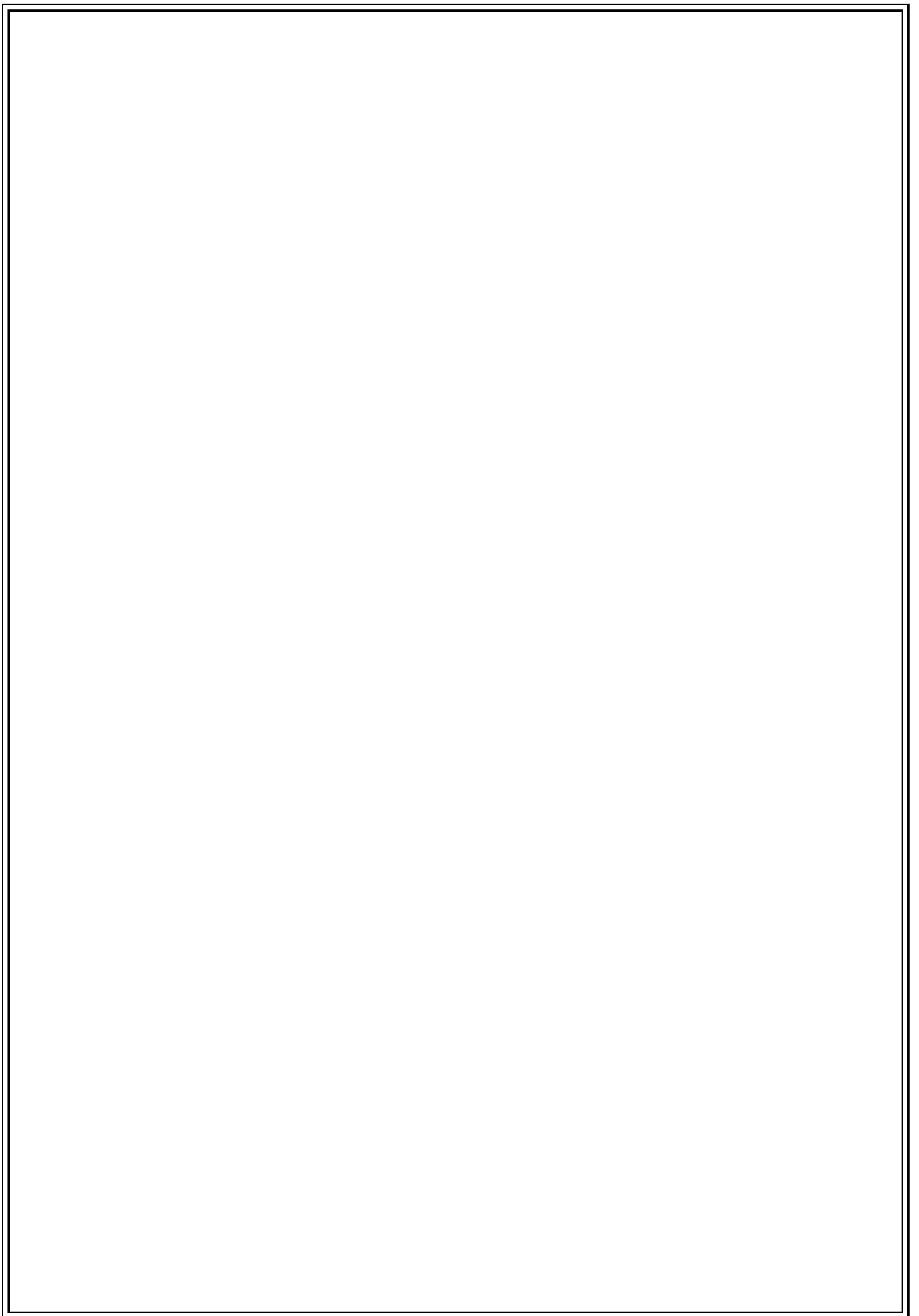
Section B

RESEARCH PROBLEM

- i). Meaning of the term
- ii). Location and Criteria of Selection of problem.
- iii). Formulation of a Research Problem.
- iv). Limitations and Delloptions.
- v). Hypothesis – Meaning of Hypothesis, types of Hypothesis, Error of Hypothesis, and Importance of hypothesis.
- vi). Meaning of population and sampling.
- vii). Types of sampling probability & Non- Probability.

Section C

1. Survey of Related Literature
 - a) Need for surveying related literature.
 - b) Literature Sources
 - c) Library Reading



2. Historical Research

- a) Meaning and definition of Historical Research
- b) Historical Sources
- c) Evaluation of historical Data
- d) Internal and External Criticism

Section D

- 1 Survey Research
- 2 Tools of Survey Research
- 3 Questionnaire and Interview
- 4 Meaning of Questionnaire and Interview
- 5 Construction, Appearance and Development of Questionnaire
- 6 Procedure of Conducting Interview
- 7 Suggestion to enhance responses

Case Studies

- 1 Meaning of case Studies
- 2 Objective

Normative Survey

- 1 Meaning of Normative survey.
- 2 Factors affecting Normative Survey.

Section E

1. Philosophical Research

- a) Meaning of Philosophical Research
- b) Tools of Philosophical Research
- c) Steps in Critical Thinking

2. Experimental Research

- a) Meaning of experimental Research
- b) Experimental Designs
 - 1) Types of design
 - 2) Suitability of Designs

1. Research Proposal

- a. Meaning and significance of research proposal
- b. Preparation of Research Report

2. Research Report

- a. Meaning of Research Report
- b. Qualities of a good Research Report
- c. Part of a Research Report/Format of Research Report

REFERENCE BOOKS :

1. S.P Sukhia etal : Elements of Educational Research, Allied Publishers Pvt. Ltd. New Delhi,1983
2. Americal Association of Health, Physical Education and recreation, Research Methods- applied to Health, Physical Edu. And Recreation
3. C.V. GOOD : Methods of Research, Appleton Century Crofts Inc., New York,1954
4. J.W. BEST : Research in Eduction, Prentice Hall,1980
5. W.R.mouly : Educational Research and Introduction David, Making Co.,Inc., New york,1975
6. D.H. Clarke : Research Process in Physical Education Recreationn and Health Prentice Hall,1970
7. M.L. Kamlesh : Research Methodlogy in Physical Education
8. Yoginder Prasad Sharma : Research Methodology in Physical Education.

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – II

SPORTS MEDICINE & EXERCISE PHYSIOLOGY

Sub. Code: MAPED/Y/240

Credits: 02

Total Marks: 100
Marks: 40%

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A

- (1) Sports medicine and its importance in games and sports .
- (2) Brief History of sports medicine.

Section B

Principles of reconditioning of sports injuries.

Sports Injuries: Consolion of injuries:

- (a) Soft tissue injuries – Classification
- (b) Bone injuries - Pathological change
- (c) Joint injuries - Classification

Section C

Physiotherapy: Definition, Therapeutic methods and Procedures:

- Cry therapy,
- Hydrotherapy
- Thermotherapy,
- Electrotherapy,
- Message,
- Therapeutic exercises.
 - i) pregnancy and exercise
 - ii) Instrumentation

Section D

What is exercise physiology, its role in scientific coaching and Training. Effect of exercise on Muscular system, short term and long term effect of Exercise.

Heart and Exercise:

- i) Adaptations of the Heart,
- ii) Cardiac Output during exercise,
- iii) Stroke volume during exercise,
- iv) Heart rate during exercise,
- v) Structural and Physiological changes in the heart,
- vi) Cardiovascular,
- vii) Blood Pressure and blood flow resistance responses to exercise,
- viii) Measurement of blood pressure.

Section E

The Respiratory system and exercise:

- i) Basic Physiology of respiration.
- ii) Respiratory values,
- iii) Gas exchange diffusion,
- iv) Acute adaptations of the respiratory system,
- v) Dead point and second wind.

Exercise in Hot, Cold and fresh Altitude and physiological change and Adaptation:
Exercise and temperature regulation in Hot climate,

- i) Exercise and temperature regulation in cold climate
- ii) Exercise and altitude.

Cryogenic aids in exercise and sports:

- i) Cryogenic aids defined.
- iii) Nutrition aids,
- iv) Pharmacological Agents,
- v) Physiological Agents
- vi) Sports and Drug Testing.

REFERNCE BOOKS:

1. AHPER: Weight Training in Sports and Physical Education 1962
2. Armstrong and Tuckler: Injuries in Sports, London Staples Press, 1964
3. Bolan, J.P: Trestment and Prevention of Athletic Inujuries. The Inter-State Printers and Publishers, 1967.
4. Morehouse, L.E. & Rash, P.,J : Sports medicine for Trainers. Philadelphia, B.Saunders Co., 1963
5. Ryans Allan, : Medical Care of the Athlete, McGraw Hill.
6. Pande, P.K. : Know How Sports Medicine, A.p. Publishers, Jalandhar.
7. Morehouse, L.E. : Sports & Medicine for training Philadephia W.B. Saunders Co.
8. Williame, J.G.P. : Sports & Medicines, Arnold Press.
9. Johnson Warren(edited) : Science and Medicine of Exercise and Sports, Harpar and Brothers.
10. Morehouses & Miller : Physiology of Exercise.
11. Falls : Exercise Physiology.
12. Karpovitch : Phusiology of Muscular activity.

**SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I**

**ELECTIVE
(SELECT ANY ONE ELECTIVE PAPER)**

ATHLETICS

Sub. Code: MAPED/Y/250(a)

Credits: 02

**Total Marks: 100
Marks: 40%**

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section - A

- a) History of Athletics in India & Olympics
- b) Teaching training and coaching of Athletes.
- c) Selection of an Athlete.
- d) Organisation and Administration of Athletic Meet.

Section B

- a) Track and Field Markings with layout of Field Events
- b) Rules and regulations of track and Fields events.
- c) Duties and Powers of officials

Section C

- a) Warming up and its significance, factors effecting warming up, types of warming up, cool down and its significance.
- b) Definition- Athletic terminology :
 - 1) Jogging
 - 2) Striding
 - 3) Second wind
 - 4) Soreness of muscles
 - 5) Speed play or forelek
 - 6) Stiteh in the side

7) Sprinting

c) Training Methods their Components and Significance :

- 1) Interval training
- 2) Acceleration sprints
- 3) Continuous running
- 4) Hollow sprints
- 5) Repetition running
- 6) Sprints
- 7) Fartlek or speed play
- 8) Circuit training

Section D

Explain the Physical requirement of the vents given below:

Explain Mechanics involved in the technique at different stages given against each event.

- a) Sprinting (Crouch Start : Supposing Phase, driving Phase, Recovery phase, Finish)
- b) Hurdles(approach, take off, flight, landing, stride in between hurdles)
- c) High jump (approach run, take off, bar clearance, landing)
- d) Jvenile throw(Holding & carrying, approach run, transitional steps, throwing stance, release and recovery)
- e) Long Jump(approach run, take off, flight, landing)
- f) Hammer throw(Hand hold, starting position, preliminary swing, turns, release and recovery)

Section E

Periodisation:

- a) Meaning and types and objective of periodisation
- b) Division of training aspects for different events for different Periods of training.
- c) Prepration of a weekly training Programme for
 - 1) Track events
 - 2) Jumps
 - 3) Throws

Note :

While setting question from (C) the period , event and level of athlete must be given or choice should be left to the student

References :

1. Vidyasagar: Training systematics in throwing NS NIS patiala, India 1979
2. Gerry A. Carr.: Fundamentals of Track and field Theodore Bragnaza,63 ARCHI Gokhale Road Dadar,Bombay,India,1995
3. Fox L.Edward: The Physiological Basis of Physical Education and Athleties Web. Wrcn Brown Publishers Debuque Iowa 4th Edition.
4. Kethryn Lattgous Helga Deustsch: Kinsiology, Scientific Basis of Human Motion Eighth Edition Wn. C Brown, communications, Inc,Dubuque,IA USA

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I

ELECTIVE
KABADDI

Sub. Code: MAPED/Y/25O(b)

Credits: 02

Total Marks: 100
Marks: 40%

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A

1. Define Kabaddi , Types of Kabadi, Style and formation of Kabbadi-Origion of Kabbaddi
2. History of Kabaddi in Modern time and Ancient time.
3. Scope of Kabaddi in India, Asian games, world championship, common wealth and Olympic Games.

Section B

1. Dimension of Kabaddi ground/court and its Measurement in different style/types/kinds
2. Methods and technique to formation the Kabaddi ground/court
3. Official and formation of Kabaddi to conduct the good competition/tournaments or championships and duties & uses of all the official
4. Responsibility & duties of the team Manager, Coach & Captain of the Kabaddi Team during, after and before the competition.

Section C

1. Rule & regulation of Kabaddi, Dissertation in details.
2. Duration, time and period of the Kabaddi match as in Men, Women, Junior & sub junior level.

Section D

1. Training & Coaching, Describe, specific Try. And general Try & Coaching for Kabaddi players

2. Technique of training, Tactic & skill of training of Kabaddi.
3. Defensive & Offensive Kabaddi Technique
4. Describe in details about the specific training for kabaddi team.

Section E

1. Kabadi tournament in India.
2. Selection of Kabaddi Team. What method you adopt for the selection of the Kabbadi team.
3. Famous Kabaddi players, team give then daily training schedule/time table.

REFERENCES::

1. John W. Dunn Scientific principle of Coaching
2. Prentice hall, englewood clips , N, J
3. V.N. Rao Kabaddi

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I

ELECTIVE
HOCKEY

Sub. Code: MAPED/Y/25O(c)

Credits: 02

Total Marks: 100
Marks: 40%

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

Section A

1. Asia and Olympic .
2. Teaching, Training and coaching of Hockey.
3. Selection of Hockey Team.
4. Organising Hockey Tournament

Section B

1. Layout of Hockey Ground and its Dimensions
2. Rules and regulation of Hockey
3. Duties and powers of officials
4. Size and weight of equipments.
5. Protective equipments.

Section C

6. Importance of warning up and cool down
7. Preparation of team, before, during and after the game.
8. Technical and Tectical preparation of different position.
9. Team tectics, Formation of attack and difference system of play .

Section D

(A) Individual skills Teaching and Analysis:

- a. Hitting
- b. Stopping
- c. Pushing
- d. Scopping
- e. Dribbling
- f. Reverse Flick
- g. Dodging
- h. Hitting on the wrong foot.

(B) Passes :

- a. Forward Pass f. Scoop Pass
- b. Back Pass g. Deflected Pass
- c. Side Pass h. Flick Pass
- d. Cross Pass
- e. Through Pass

Section E

Periodisation of training :

- a. Annual training plan
- b. Training during preparatory period
- c. Training during competence period.
- d. Training during transitional
- e. Weekly training plan .

REFERENCES:

1. Horst Wein Transferred by: The Science of Hockey (1993) David Belchamber. M.A.
2. Lokesh Thani : Skill in Tectics Hockey (1995) Matin Khan
3. Story of Sher Khan : To Hell With Hockey (1982) The life Olympian Aslam
4. Jan Taylor With David Viar. Taylor on Hockey(1988)

SYLLABUS
MASTER OF ARTS – PHYSICAL EDUCATION
YEAR – I

ELECTIVE
VOLLEY BALL

Sub. Code: MAPED/Y/25O(d)

Credits: 02

Total Marks: 100
Marks: 40%

Minimum Pass

Internal Assessment: 40 Marks

University Examination: 60 Marks

UNIT – 1:

1. Origin of game
2. History of Volley Ball
3. Ancient History of Volley Ball
4. Haryana History of Volley Ball
5. Role of Haryana's people for the development of Volley Ball game.

UNIT – 2: Dimensions rule regulation

1. Length and width of Volley court.
2. Height of Volley Ball Net
3. Length and width of Volley Ball Net
4. Total number of volley Ball players
5. Interpretation of Rules.

UNIT-3: Fundamental of game.

1. Smash
2. Blocking
3. Lifting
4. Under Hand Service
5. Upper Hand service. Etc.

UNIT -4: Strategy and tactics

1. Rotation
2. Placing of Libero
3. Placing of players
4. Dropping

UNIT-5 Duties and power of officials

1. Number of referee
2. Duties of empire
3. Duties of lineman
4. Technical Officials

REFERENCES:

1. Keith Nichollos Modern Volley Ball (1967-76)
2. S.K. Saggar Play Better Volley Ball
3. S.K. Saggar Skill & Tectics
5. Deepak Jain Teaching and Coaching volleyball.