



MASTERS OF PHILOSOPHY (M. PHIL.)
PHYSICAL EDUCATION
DETAILED SYLLABUS
SESSION 2013-14



PAPER I

RESEARCH METHODOLOGY THEORY AND TECHNIQUES

UNIT - I

Research: Definition, Importance and Meaning of research, Characteristics of research, Types of Research, Steps in research, Identification, Selection and formulation of research problem, Research questions – Research design – Formulation of Hypo Dissertation, Review of Literature.

UNIT – II

Sampling techniques: Sampling theory, types of sampling – Steps in sampling – Sampling and Non-sampling error – Sample size – Advantages and limitations of sampling.

Collection of Data: Primary Data – Meaning – Data Collection methods – Secondary data – Meaning – Relevances, limitations and cautions.

UNIT – III

Statistics in Research – Measure of Central tendency, Dispersion, Skewness and Kurtosis in research, Hypo Dissertation, Fundamentals of Hypo Dissertation testing, Standard Error, Point and Interval estimates, Important Non-Parametric tests: Sign, Run, Kruskal, Wallis tests and Mann, Whitney test.

UNIT – IV

Para metric tests: Testing of significance, mean, Proportion, Variance and Correlation, testing for Significance of difference between means, proportions, variances and correlation co-efficient. Chi-square tests, ANOVA, One-way and Two-way.

UNIT– V

Research Report: Types of reports, contents, styles of reporting, Steps in drafting reports, editing the final draft, evaluating the final draft.

Reference Books:

1. Statistical Methods - S.P. Gupta
2. Research Methodology Methods and Techniques - C.R. Kothari
3. Statistics (Theory and Practice) - B.N. Gupta
4. Research Methodology Methods and Statistical Techniques - Santosh Gupta



PAPER-II

HISTORY & PRINCIPLES OF PHYSICAL EDUCATION

UNIT I

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

UNIT II

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

UNIT III

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).

UNIT IV

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

UNIT V

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.



PAPER-IV

SPORTS TRAINING & BIOMECHANICS IN PHYSICAL EDUCATION

UNIT I

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.

UNIT II

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.

UNIT III

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.

UNIT IV

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.

UNIT V

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.

PAPER-IV DISSERTATION