

**SYLLABUS AND COURSES OF TEACHING  
MASTER OF PHYSICAL EDUCATION (M.P.Ed)-II Year**

**Paper – I Sports Psychology**

**Max. Marks 80**

**Time – 03 hours**

Note:- Paper-setter is required to set 10 questions from each unit. Candidate is required to attempt 5 questions, at least one question from each unit. All questions carry equal marks.

Unit – I Definition of Sports Psychology, Scope of Sports Psychology importance of sports Psychology in the field of Physical Education and Sports. Sports Psychology as a science.

Unit – II Meaning of heredity and environment, Growth and Development. Laws of heredity. Importance of the study of heredity and environment in Physical Education. Development of various age levels, their behaviour pattern, characteristics of various age levels. Socio cultural forces, socio-economic status and Sports. Spectators influences and Sports performance, Affect of Crowd behaviour in Sports.

Unit – III Definition of Motivation, types of Motivation, Motivation of relating to physical education and Sports activities. Methods for the training of Emotions, Attention, its arousals anger tears anxiety, stress and tension and their efforts on sports performance.

Unit – IV Learning laws of learning, principles of leaning types of learning, Learning curves and plates in learning, transfer of learning various types of transfer of training different theories, importance of transfer of training of individual differences,

various causes, different types. The role of a coach/Physical Education teacher to minimize the differences.

Unit – V Definition of personality, types of personality, various factors affecting the development of personality, individual differences, types of individual difference's, causes of individual differences. Adjustment, Characteristics of a well adjusted individual. Way and means for better adjustment in individual through Physical Education and Sports.

**Paper – II Sports Medicine**

**Max. Marks 80**

**Time – 03 hours**

Note:- Paper-setter is required to set 10 questions from each unit. Candidate is required to attempt 5 questions, at least one question from each unit. All questions carry equal marks.

Unit – I **Introduction:** Concept of Sports medicine, scope of sports medicine for Physical educators and coaches, Sports medicine in India. Prevention of Sports injuries, Role of Physical Educators and coaches in prevention of sports injuries. Pre conditioning injury prevention. Exercises and drives Static, Stretching exercise, therapeutic exercises and their classification Special pre conditioning exercise for knee, ankle, shoulders and thigh.

Unit – II **Sports injuries:** Terminology and classification of common injures, pathological changes in sprains, stain and contrusioin, Regional injuries and their management, injuries of head, eye, ear, nose, back, shoulder, elbow, hand abdomen, thigh knee, leg and ankle. Rehabilitation procedures of sports injuries, Principles or rehabilitation of injuries, cry therapy, Pressure bandage hydrotherapy, electrotherapy, massage therapeutic massage.



Unit – III Physiology of exercise, short and long term effect of exercise on muscular, tissues Physiological Principles of Development of strength, endurance, speed and flexibility, heart role and exercise. Thresholds for training, effect and heart cardiac reserve capacity blood pressure and exercise. Lung ventilation during rest out exercise change in muscular activity.

Unit – IV Socio-Psychological factors to improve performance sports stress and sports competition, socio psychological stress human performance in sports. The seley's theory of stress and its implications, The Psychology and Physiology of stress.  
**Measurement of stress over training stress syndrome, Psycho-physiological training for stress and psycho somatic fitness.**

Unit – V Yoga therapy for psycho-physiological ailments, Yoga and psycho-physiological training of games and sports. Drug abuse and doping in sports and its effects on performance.

**Paper – III Scientific Principles of Sports Training      Max. Marks 80  
Time – 03 hours**

Note:- Paper-setter is required to set 10 questions from each unit. Candidate is required to attempt 5 questions, at least one question from each unit. All questions carry equal marks.

Unit – I Meaning & Definition of Sports training. Aims & tasks of sports training, Principles of Sports training, Characteristics of Sports training

Unit – II Technique – Meaning of techniques, skill & style, significance of techniques, training in different sports, factors affecting technique training, phases of technique training and their training

implications, relearning methods of technique training, teaching procedure.

Unit – III Technical and training, weight training, circuit training, fartleg interval training, tempo training, isometric training, isotonic training & Isokinetic training.

Unit – IV Meaning and characteristics of load adaptation, principles of load, load of the whole year, overload symptoms, causes, treatment, principles individual load.

Unit – V Component of physical fitness, Strength, Speed Endurance, Flexibility, Agility, warming and cooling down, planning of short and long term period periodization of training. Planning and conducting various meets at college and university level selection of teams for university and college level.

**Paper – IV Techniques of Officiating and Coaching      Max. Marks 80  
Time – 03 hours**

Note:- Paper-setter is required to set 10 questions from each unit. Candidate is required to attempt 5 questions, at least one question from each unit. All questions carry equal marks.

Unit – I Meaning, importance and principles of officiating, measurement for improving the standard of officiating, qualification and duties of a good official, duties of officials different games, and athletic. Rules and interpretation of game and athletic, pre-game, during game and post game duties of an official.

Unit – II Measurements of Courst (different games), track marking and preparing Score sheet of different games of track and field.



Unit – III Basic coaching principles in games and sports. Qualities of a good coach. Principles and methods of selection of players/teams for various competitions.

Unit – IV Warming up and cooling down and its importance and their physiological trends. Various methods of conditioning interval training, repetition training and circuit training, physical fitness, psychological fitness, skill ability, and skill execution ability. Dopping and its effects on performance.

Unit – V Officiating and Coaching of Activities:.

Activities for men and women

Athletics:

Running and Relay Races, 4 X 100, 4 X 400 mts, Short distance running or sprints, middle distances, running, long distance running, Hurdles.

Throws Discus, Javelin and Hammer

Games- Jumps, high jump, long jump.

Football, Basket-ball, Kabaddi Badminton, Table-Tennis, Hockey, Hand-ball, Tennis, Kho-Kho, Wrestling.

Performance & records, its value and importance and preparation of report.

**Paper – V Supervision in Physical Education**

**Max. Marks 80**

**Time – 03 hours**

Note:- Paper-setter is required to set 10 questions from each unit. Candidate is required to attempt 5 questions, at least one question from each unit. All questions carry equal marks.

Unit – I **Supervision:**

1. Modern Concept of supervision, how it differs from inspection
2. Scope of supervision.
3. Factors influencing the supervision
4. Guiding principles of supervision.

Unit – II **Functions of Supervisor:**

1. Qualities and qualification of a good supervisor
2. Duties pertaining to administration and supervision.
3. Duties pertaining to faculties, equipment and supply
4. Duties pertaining to special services.
5. Duties pertaining to professional growth

Unit – III **Methods in Supervision:**

1. Visitation-purpose, types planning the visitation programme, visitation, procedure, follow up.
2. Conference individual and group conference suit nation conferences, planning of conference conduct of conference, record of meetings.
3. Demonstration-meaning and purpose of demonstration, advantages and disadvantages, types and preparation for demonstration. Conducting the demonstration, Follow up, Role of film in demonstration teaching.
4. Bulletins-Meaning and purpose, advantages and limitations. Kinds and sources of material of a bulletin, characteristics and evaluation of bulletin.
5. General methods in supervision of improvement of instructions and professional growth-workshop in service training courses, clinics, advance study, professional literature, orientation and research.



**Unit – IV Planning and operating the supervisory Programme:**

1. The need for planning the supervisory programme
2. Objectives of planning the supervisory programme
3. Principles of planning the supervisory programme
4. Relationship with the teaching staff
5. Group power and group work
6. Teacher development
7. Meaning and functions of leadership
8. Guidelines for effective leadership

**Unit – V Curriculum and evaluation**

1. Meaning and factors influencing the physical education curriculum
2. Principles of curriculum development
3. Criteria for curriculum contents
4. Supervision's role in co-operative curriculum development and its revision.
5. meaning and purpose of evaluation
6. types of evaluation
7. principles of evaluation of Physical Education programme

**Paper – V Opt**

**Max. Marks 80**

**Time – 03 hours**

Note:- Paper-setter is required to set 10 questions from each unit. Candidate is required to attempt 5 questions, at least one question from each unit. All questions carry equal marks.

Unit – I (i) Sociology of Sports as a separate discipline

(ii) Sports a social phenomenon .

Unit – II Sports a social phenomenon.

Spots as an element of culture, leadership of sports with other elements of culture, responsibilities of a sports leader, competition, qualities of a sports leader.

Unit – III Place of sports and games in different societies relationship of sports with other social institution politics, religion and economy.

Unit – IV Sports and socializing institutions:

Family and kingship, school and education system, Peer groups and voluntary association, sports and sex and age stratification sports and demonstration.

Unit – V Physical Education and socialization

Socio Psychological factor of staff selecting teams, Sports and social adjustment of developing the team harmony. Sociometric evaluation process.