

UNIVERSITY OF KOTA, KOTA

SYLLABUS

Scheme of Examination And
Course of Study-2013

Faculty of Education

Master Degree in Physical Education
(Two Years)
Self Financing Scheme

PROSPECTUS

Prospectus for Master Degree in Physical Education
(Two Years)
(Self-Financing Scheme)

University Monogram

DEPARTMENT OF PHYSICAL EDUCATION

UNIVERSITY OF KOTA, KOTA

NOTICE

1. The Ordinances governing the examination in the Faculties of Arts, Fine Arts, Social Sciences Science, Commerce and Law are contained in a separate booklet. The students are advised to refer to the same.
2. Changes in Statutes / Ordinances / Rules / Regulations / Syllabi and Books, from time to time, be made by amendment or remaking, and a candidate shall, except in so far as the University determines otherwise, comply with any change that applies to years he has not completed at the time of change.
3. All court cases shall be subject to the jurisdiction of the Rajasthan University head quarter at Jaipur only and not any other place.

UNIVERSITY OF KOTA, KOTA

Scheme of Examination-2013

MASTER'S DEGREE IN PHYSICAL EDUCATION

M.P.E.D. course consists of two parts –

- Theoretical Part - 400 Marks
- Practicals - 100 Marks

M.P.Ed. (Previous) Papers	INTERNAL MARKS					Total Marks
	Univ. Exam.	Termi- nal I	Termi- nal II	Project		
I Research Methods and Statistics.	75	10	10	5		100
II. Professional Preparation and Curriculum in Physical Education.	75	10	10	5		100
III. Scientific Principles of Training.	75	10	10	5		100
IV. Measurement and Evaluation in Physical Education.	75	10	10	5		100
Practical	50 (External)		50 (Internal)		100	500
M.P. Ed. (Final) : Any four to be selected:						
I Exercise and Sports Physiology	75	10	10	5		100
II Management of Physical Education and Sports.	75	10	10	5		100
III. Health Education.	75	10	10	5		100
IV. Sports Medicine	75	10	10	5		100
V. Psychology of Physical Education and Sports.	75	10	10	5		100
VI. Sport Sociology.	75	10	10	5		100
VII. Dissertation.	100					
Practical	60 (External)		40 (Internal)		100	
VIII Specialization		50	50			100
TOTAL						600

1. A candidate for a pass at each of the Pt.I/ previous and Pt.II/ final examination shall be required to obtained (i) at least 50% marks in the aggregate of all the theory papers and (ii) at least 50 % marks in practicals separately, provided that if a candidate fails to secure at least 40% marks in theory papers and internal/ practical examination separately, he/she will be declared as fail.
2. No division will be awarded at the Pt.I/ previous examination. Division shall be awarded at the end of the Pt.II/ final examination on the basis of combined

- | | |
|----------------|----------------|
| 1. Athletics | 2. Football |
| 3. Hockey | 4. Volley Ball |
| 5. Basket Ball | |

Note: Dissertation will be given to those students who secure 60% Marks in M.P. Ed. 'Dissertation' of 100 Marks to be awarded by the external examiners as per the University rules will be given No Viva-Voce will be held.

M. P. Ed. (PREVIOUS) - 2013

Paper I-Research Methods and Statistics

- Unit I Meaning of Research, Need and Importance and its scope in Physical Education. Types of Research, Survey of Related Literature. Need for Library Search, Library Sources, Preparation of Bibliography and Abstracts. Formulation and Development of Research Problem, Location of Research Problem, Criterion in Selecting the Research Problem, Formulation of Hypothesis.
- Unit II Historical Research : Scope of Historical Research in Physical Education, Historical evidence. Validity of historical data. Survey Studies : Place of Survey Research in Physical Education, Tools of Survey research, Questionnaire & Interviews. Case Studies : Definition of case studies.Importance of Case Studies. Characteristics of Case Studies. Data collection in case studies. Experimental Research : Meaning, Scope and nature, Control of Experimental factors,Experimental Designs. Philosophical Research: Brief Introduction.
- Unit III What is Statistics ? Its definition and use in Physical Education and Sports Research. Normal Curve : Definition and Principle of normal curve, relation between binomial and normal curve, properties of normal curve, skewness, Kurtosis, standard scales : Percentile a Z,T,6⁰ and 7⁰ scales, Standard scores.
- Unit IV Statistical Inference : Reliability limits, factors affecting reliability T.F. and Z Statistics, Null hypothesis, Type I and II errors One tail and two tailed tests. Sampling : Simple and stratified random sampling, standard error, coefficient of variation and sampling error.
- Unit V Analysis of Variance :
 (a) One way analysis of variance, with equal and unequal sample sizes, LSD and Scheffes Test. Introduction of Computer Analysis.
 (b) Research proposal and preparation of research report.

References:

1. Best, Johw. W. : Research in Education, New Delhi : Prentice Hall of India (P) Ltd., 1963.

2. Campbell, Willam, G. : Form and Style in Thesis Writing, Borston : Houghten Meffin Company, 1954.
3. Clarke David H. and Clake H. Harrison : Research Process in Physical Education. Recreation and Health. Englewood Cliffs, N.J. Prentice Hall Inc. 1979.
4. Good, V. Carter and Scates, Dauglas E. : Methods of Research. Appleton-Century-Crofts : New York, 1954.
5. Mouly, George J. : The Science of Educational Research. New Delhi Eurasia Publishing House (P) 1963.
6. Robson M. Brar T.S. and Uppal A.K. : These Format, Gwalior : LNCPE, 1979.
7. Blommers Paul and Lindquist, E.F. : Statistical Methods in Psychology and Education, Calcutta : Oxford Book Co., 1959.
8. Garret, Harry E. and Goodworth R.S. : Statistics in Psychology and Dolucation, Bombay : Allied Paciffic Private Ltd. 1958.
9. Guilford, J.P. : Fundamental Statistics in Psychology Education, New York : Mcgraw Hill Book Co. Inc. 1956.
10. Steel, Robbert G.D. and Torrie, James A. : Principles and Procedures of Statistics. New York : Gram Hill Book Co.

Paper II

Professional Preparation and Curriculum in Physical Education

- Unit I
- 1. Foundation of Professional Preparation:**
 - (a) Ideals of Indian Democracy – Contribution of Physical Education.
 - (b) Forces and Factors affecting educational policies and programmes - Social, Religious, Economic Political.
 - (c) Education and Professional preparation in Physical Education.
 - (d) Role of the Central Government in Education and Professional preparation.
 - (e) Professional Associations.
 - 2. Professional Preparation in Physical Education.**
 - (a) Historical Review of Professional Preparation in India.
 - (b) Comparative study of Professional. Preparation in Physical Education in India with those of U.S.A., U.S.S.R. and U.K.
- Unit II
1. Undergraduate Preparation of Professional Personnel in the Areas of Health Education, Physical Education and Recreation. Purpose of Undergraduate Preparationdt, Admissions, Curriculum – Laboratory experiences, Field Experiences, Teaching Practice, Professional Competencies to be developed. - Facilities and special resources for library.
 2. Post-graduate preparation of professional personnel. Purpose of post-graduate studies. Admission requirements, Sports

specialisation and concentration on Core Areas, Research requirements, Methods of instruction.

- Unit III
1. Importance of Curriculum Development, Factors affecting curriculum, changing needs of students, National and professional policies.
 2. The role of the teacher in curriculum Development.
 3. Principles of planning-understanding the capacity, characteristics and needs of the learner, evaluation and follow-up.

Selecting material for instruction-classification of activities in Physical Education, the outcome of each class of activity, suitability of activities for different age groups and sexes, progress in curriculum, cultural influence in the choice of activities, flexibility of programme and material.

- Unit IV
1. Selecting methods of teaching-grouping of students for instruction, Lectures, Projects activities, demonstration, block of period, total time allotment for a given activity, teaching aids, conditioning, special gadgets to concentrate on development of particular skills, bring up pre-requisites for learning a given skill or activity, provision for individual differences.
 2. Development Programme for different levels of education Kindergarden, elementary school, middle school, 10 plus 2 school, College and University, special institution (teaching school, orphan hostel) special days, national days etc.
 3. Relationship of Physical Education to allied areas. Health Education Recreation, Outdoor activities, inter-school tournaments.

- Unit V
1. Co-education in Physical Education-Integrating the programmes for boys and girls, activities suitable for co-education needs, level at which co-education is desirable, special provision for development of girls programme.
 2. Committee recommendation – NCERT, CBSE, UGC recommendations on curriculum for school and college, curriculum followed in colleges of physical education – C.P. Ed., B.P. E., Diploma in Physical Education, M.P.Ed. and M. Phil.

Books Recommended:

1. Pape. A Laurence. Means. E. Louis : A Professional Carred in Physical Education. (Englewood Cliffs, N.J.: Prentice Hall Inc. 1963).
2. Jansen. R. Clayne, : Administrative Management of Physical Education and Athletic Programme (Philadelphia : Lea and Febiger, 1983).

3. Snyder and Scott : Professional preparation in Health, Physical Education and Recreation (Connections, Greenwood Press, Westpote 1971).
4. Bucher C.A. : Foudations of Physical Educations (Saint Louis : The C.V. Mosby Company, 1975) Edit. 7.
5. Agarwal J.C. : Education Administration School Organisation and Supervision (New Delhi : Agra Book Depot., 1967).
6. Gattu, J. Rryant : Carrer Potential Physical Activity (New Jersey : Englewood Cliffs, Prentice Hall Inc. 1971).
7. Willgoose. E. Garl : the Curriculum in Physical Education (New Jersey:Englewood Cliffs, Prentice Hall Inc. 1979) Ed.3
8. Irwin. W. Lestia : "Curriculum in Health and Physical Education" (St. Louis:the C.V. Mosby Company, 1984).

Paper III

Scientific Principles of Training

Unit I

Sports Training:

- (a) Definition of terms-conditioning, training and coaching.
- (b) Aim, Tasks and Characteristics of Sports Training.
- (c) Principles of Sports Training.

Training Load:

- (a) Important Features of Training Load-Intensity, Density, Duration and Frequency.
- (b) Principles of Training Load.
- (c) Adaptation Process and condition of Adaptation.
- (d) Overload-Causes and Symptoms-Tacking of overload.

Unit II

Training for Motor Components :

- (i)
 - (a) Strength-forms of strength, Characteristics of strength, Principles of Strength training, strength training means and methods, strength training for children and women.
 - (b) Form of endurance, characteristics of endurance, endurance training means and methods.
 - (c) Speed : Forms of speed, characteristics of speed, basis of speed training, means and methods.
 - (d) Flexibility – Forms of flexibility, characteristics of flexibility, basis of flexibility, methods of development of flexibility.
 - (e) Co-ordinative Ability-Characteristics of Coordinative Abilities, importance of coordinative abilities, classification of coordinative abilities, training methods.
- (ii) Training for motor components for children and women.

Unit III (a) **Technique:**

1. Definition of skill, Technique and Technical Training.
2. Characteristics of Technique.
3. Phases of skill acquisition.

4. Methods of Technique Training.
5. Causes and correction of faults.

(b) **Tactics:**

1. Definition of tactics and strategy.
2. Basic Tactical Concepts – Offensive, Defensive and High Performance.
3. Methods of Tactical Training.
4. Control of Tactical Knowledge.

Unit IV (a) **Planning and Organisation of training:**

1. Importance of Planning.
2. Principles of Planning.
3. System of Planning.
4. Periodisation and its types.
5. Contents for various periods of training.

(b) **Competition Planning and Preparation:**

1. Importance of Competitions.
2. Competition Frequency.
3. Main and Build-up competitions.
4. Direct preparation for an important competition.

Unit V

Evaluation of Training:

1. Items to be included in evaluation programme.
2. Uses of Graphs and principles of graphical representation.
3. Forms of diagrams used for evaluation checking progress.
4. Rules governing performance checks and motor tests.

References:

1. Hars, Dietrich : Principles of Sports Training (Berlin : Sportuelag, 1982).
2. Dick W. Frank : Sports Training Principles (London : Lepus Books, 1980).
3. Jensea, R. Clayne and Fisher A.G. : Scientific Basis of Athletic Conditioning (Philadelphia : Lea and Febiger 1979, Second Edition).
4. Matveyew, J.P. : Fundamentals of Sports Training (Moscow : Progress Publishers, 1981) (Translation from Russian).
5. Cratty, J. Biyant : Perceptual and Motor Development in Infants and Children (NJ : Englewood Cliffs, Prentice Hall Inc. 1979)
6. Singh, R. : Sports-Training General Theory and Methods (Patiala : NISNIS, 1984).

Paper IV

Measurement and Evaluation in Physical Education

- Unit I Meaning of Evaluation, nature and scope of evaluation programme, need and importance of evaluation in the field of Physical Education, Principles of Evaluation.
- Unit II Selection and construction of Tests:
- (a) Criteria of Test Selection-Scientific Authenticity, (Reliability, Validity, objectivity, norms) Administrative Feasibility and Educational application, Classification of Tests-Standardised and teacher made tests (objective and subjective tests).
 - (b) Construction of Tests-Knowledge tests (written tests) and skill tests.
 - (c) Suggestions for administering tests. Medical Examinations, Testing Personnel, Time and testing, Economy of testing, Test records, Preparation of reports, Construction of table groups, Purpose of reporting, Justification of particular phases of the programme, Worth of a change in methodology.
- Unit III Measurement of Organic Functions, Motor Fitness and General Motor-Ability.
- (a) **Organic functions** – Cardiovascular respiratory function, Cooper's 12 minutes continuous Run/Walk Test, Tuttle Pulse ration test. Harward step test and its modifications (High School and College level-men and women) Hyman's Cardio-pulmonary Index (CPI).
 - (b) **Motor Fitness** : Oregon Motor Fitness Test, JCR Test, Canade Fitness Test, AAHPER Youth Fitness Test, Indiana Motor Fitness Test.
 - (c) **General Motor Ability** : Mc. Cloy's General Motor Ability Test, Methany Johnson Test.
- Unit IV Test for Strength and Skill : Strength Roger's Physical Fitness Index and Suggested changes in the P.F.I. Test.
Skill : Volleyball-Brady test, Russel and Lange test, Basketball-Johnson test, Knox test. Soccer-Mc Donald Test, Johnson Test. Field Hockey-Harbans Singh Field Hockey Test. Badminton-Miller Volley Test Lockart Mcpherson Test. Tennis-Broer Miller test, Dyer tennis test.
- Unit V Measures of Posture, Anthropometry Social Efficiency and Psychological Factors.
- (a) Measures of Posture-IOWA Posture Test. (Cureton's).
 - (b) Anthropometric Measurements.
 - (i) Girth Measurements – Upper arm, forearm, Calf, Chest.

- (ii) Width Measurements-Bicromial chest iliocrestal, Biepicondytar (Femur and Humerus).
Height Measurement-Stature and sitting height.
- (c) Somatotypes-Sheldon's technique an introduction.
 - (i) Social Efficiency.
 - (ii) Socio-metric techniques Introduction.
- (c) Psychological factors:
 - (i) Anxiety Scale-Speil-berger's Competitive State-Anxiety Scales.
 - (ii) Eysenck Personality Inventory (H.J. Eysenck and Sybil B.G. Eysenck).

References:

1. Larson, L.A. and Yown, R.D. : Measurement and Evaluation in Physical, Health and Recreation Education (St. Lous. C.V. Mosby Co. 1957).
2. Mathew, Donald K. : Measurement in Physical Education (London : W.B. Saunders Co. 1973) Education. 5.
3. Clarke, H. David and Clarke Harison, H. : Application of Measurement to Physical Education (Englewood Cliffs., Prentice Hall, Inc. 1987). Edn. 6.
4. Hubbard W. Affred : (Ed.) : Research Method in Health Physical Education and Recreation, 3rd Revised Edn. (Washington : D.C. American Association of Health Physical Education and Recreation, 1979).
5. Larson, L.A. : Encylopaedia of Sports Sciences and Medicine (New York : Macmillan Co. 1971).
6. Bosco S. James and Gustafson F. William : Measurement and Evaluation in Physical Education, Fitness and Sports (New Jersey : Englewood Cliffs, Prentice Hall, 1983).
7. Philips D. Allen and Honark E. James : Measurement and Evaluation in Physical Education (New York : John Wiley and Sons, 1978).
8. Barrow M. Harold and Meghee, Rosemary : A Practical Approach to Measurement in Physical Education. (Philadelphia : Lea and Febiger, 1979) Eds. 3rd.
9. Johnson L. Barry and netson K. Jack : Practical Measurement for Evaluation in Physical Education 1st Indian Repirnt, (Delhi, Surjeet Publication, 1982) Edn. 3rd.
10. Sodhi, H.S. : Sports Anthropometry (A Kinantropometric Approach) ANOVA Publication, 1991.