



List of Revised Courses

Department : Physical Education

Programme Name : B.P.Ed & M.P.Ed

Academic Year : 2021-22

List of Revised Courses

Sr. No.	Course Code	Name of the Course
01.	CC-101	History, Principles and foundation of Physical Education
02.	CC-102	Anatomy and Physiology
03.	CC-402	Kinesiology and Biomechanics
04.	CC-403	Research and Statistics in Physical Education
	MPCC-101	Research Process in Physical Education & Sports Sciences
05.	MPCC-103	Yogic Sciences
06.	MPEC-101	Tests, Measurement and Evaluation in Physical Education
07.	MPCC-203	Athletic Care and Rehabilitation
08.	MPCC-302	Sports Medicine

Department : Physical Education

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05.	MPCC-103	Yogic Sciences
06.	MPEC-101	Tests, Measurement and Evaluation in Physical Education
07.	MPCC-203	Athletic Care and Rehabilitation



08. MPCC-302 Sports Medicine

Minutes of Meetings (MoM) of Board of Studies (BoS)

Academic Year : 2021-22

School : Education

Department : Physical Education

Date and Time : Dec 07, 2021 - 10:30 AM

Venue : Dept. of Physical Education

The scheduled meeting of member of Board of Studies (BoS) of Department of Physical Education, School of Studies of Education, Guru Ghasidas Vishwavidyalaya, Bilaspur was held to design and discuss the B.P.Ed. & M.P.ED. scheme of examination and syllabi.

The following members were present in the meeting:

1. Prof. Reeta Venugopal (External Expert Member BoS, Dept. of Physical Education, Pt. R.S.U. Raipur)
2. Prof. Vishan Singh Rathore (Member BoS, Dept. of Dept. of Physical Education)
3. Dr. Sanjit Sardar (HOD, Associate Prof., Dept. of Dept. of Physical Education -cum Chairman, BOS)
4. Dr. Mahesh Singh Dhapola (Member BoS, Assistant Professor, Dept. of Dept. of Physical Education)
5. Dr. Ratnesh Singh (Invited Member, Assistant Professor, Dept. of Physical Education)
6. Dr. Dr. B.R. Rawte (Invited Member, Assistant Professor, Dept. of Physical Education)

Following points were discussed during the meeting

1. Drs. Shalini Menon
2. Dr. Tilak Raj Meena
3. Dr. Vijay Chaurasiya
4. Dr. Kunvar Singh
5. Mr. Omprakash Gangey

(If CBCS scheme is implemented in any of the program, kindly mention in the discussion)

The committee discussed and approved the revised syllabi of B.P.ED. & M.P.ED. The following courses were revised in the B.P.ED. & M.P.ED:

- ❖ CC-101 - History, Principles and foundation of Physical Education
- ❖ CC-102 - Anatomy and Physiology
- ❖ CC-402- Kinesiology and Biomechanics
- ❖ CC-403 Research and Statistics in Physical Education
- ❖ MPCC-101- Research Process in Physical Education & Sports Science

गुरु घासीदास विश्वविद्यालय
(केन्द्रीय विश्वविद्यालय अधिनियम 2009 क्र. 25 के अंतर्गत स्थापित केन्द्रीय विश्वविद्यालय)
कोनी, बिलासपुर - 495009 (छ.ग.)



Guru Ghasidas Vishwavidyalaya
(A Central University Established by the Central Universities Act 2009 No. 25 of 2009)
Koni, Bilaspur - 495009 (C.G.)

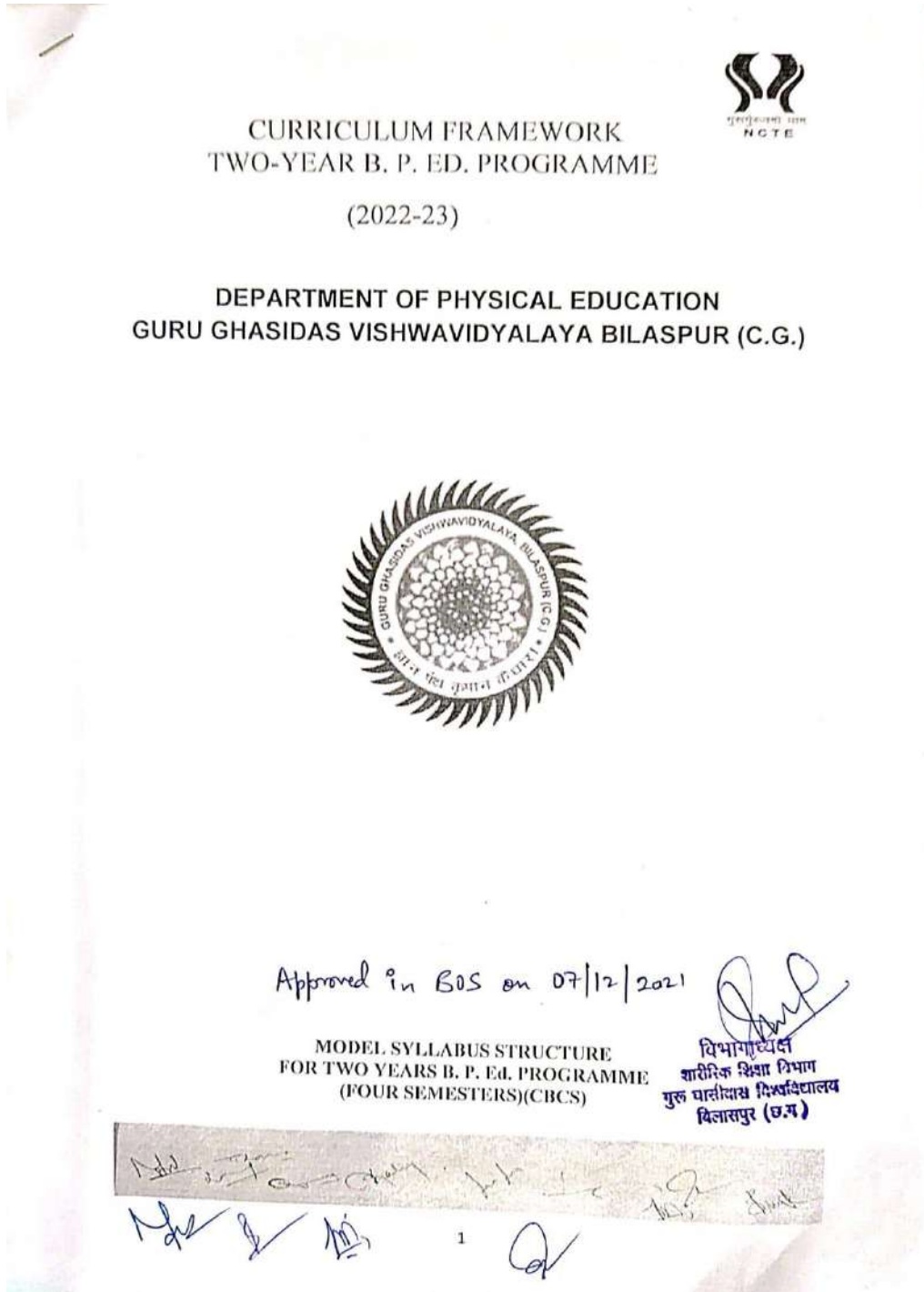
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- ❖ MPCC-103- Yogic Sciences
 - ❖ MPEC-101- Tests, Measurement and Evaluation in Physical Education
 - ❖ MPCC-203- Athletic Care and Rehabilitation
 - ❖ MPCC-302- Sports Medicine

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Signature & Seal of HoD



Scheme and Syllabus





DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SCHEME OF EXAMINATION B. P. ED. PROGRAMME
SEMESTER - I

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
CG-101	History, Principles and foundation of Physical Education	4	4	30	70	100
CC-102	Anatomy and Physiology	4	4	30	70	100
CC-103	Health Education and Environmental Studies	4	4	30	70	100
EC-101/102	Olympic Movement/ Officiating & Coaching	4	4	30	70	100
PRACTICAL (400)						
PC-101	Track & Field (Running Events)	6	4	30	70	100
PC-102	Basketball	6	4	30	70	100
PC-103	Kabaddi	6	4	30	70	100
PC-104	Mass Demonstration Activities: Dumbbells / Wands / Hoop/Umbrella/Flag hoisting	6	4	30	70	100
TOTAL		40	32	240	560	800

SEMESTER -II

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Educational Technology and Methods of Teaching in Physical Education	4	4	30	70	100
CC-203	Organization and Administration in Physical Education	4	4	30	70	100
EC-201/ EC-202	Contemporary issues in Physical Education, fitness and wellness/ Sports Nutrition and Weight Management	4	4	30	70	100
PRACTICAL (300)						
PC-201	Track and Field (Jumping Events)	6	4	30	70	100
PC-202	Yoga	6	4	30	70	100
PC-203	Badminton	6	4	30	70	100
TEACHING PRACTICE (100)						
TP - 201	Teaching Practices (05 lessons in class room teaching and 05 lessons in outdoor activities/Gym.)	6	4	30	70	100
TOTAL		40	32	240	560	800

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SEMESTER -III

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
CC-301	Sports Training	4	4	30	70	100
CC-302	Computer Applications in Physical Education	4	4	30	70	100
CC-303	Sports Psychology and Sociology	4	4	30	70	100
EC-301/ EC-302	Sports Medicine, Physiotherapy and Rehabilitation/ Curriculum Design	4	4	30	70	100
PRACTICAL (300)						
PC-301	Track and Field (Throwing Events)	6	4	30	70	100
PC-302	Football	6	4	30	70	100
PC-303	Volleyball	6	4	30	70	100
TEACHING PRACTICE (100)						
TP - 301	Teaching Practice (Teaching Lesson Plans for Racket Sport/ Team Games/Indigenous Sports)	6	4	30	70	100
TOTAL		40	32	240	560	800

Note: B. P. Ed. -III Semester students will undergo the internship programme of 45 days from 15th June to 31st July

SEMESTER -IV

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
CC-401	Measurement and Evaluation in Physical Education	4	4	30	70	100
CC-402	Kinesiology and Biomechanics	4	4	30	70	100
CC-403	Research and Statistics in Physical Education	4	4	30	70	100
EC-401/ EC-402	Theory of sports and Game/ Sports Management	4	4	30	70	100
PRACTICAL (200)						
PC-401	Kho-Kho	6	4	30	70	100
PC-402	Cricket	6	4	30	70	100
TEACHING PRACTICE (200)						
TP - 401	Sports specialization: Coaching lessons Plans (T&F) (Practical 5 lessons)	6	4	30	70	100
TP - 402	Games specialization: Coaching lessons Plans (Theory 5 lessons)	6	4	30	70	100
TOTAL		40	32	240	560	800
		160	128	960	2240	3200

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

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DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION B.P.ED. PROGRAMME
SEMESTER - I

CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Course Objective: This course will enable students to understand the meaning, nature, need and scope of physical education and sports. Study about the scientific principles from various allied subjects in the field of physical education and sports. Describe the national Programmes of physical education and sports and youth welfare Programmes in the field of physical education and sports; and analyze the historical review of physical education and sports activities of Indian heritage.

Course Outcomes: After completing this course, the students will be able to-

1. Understand the wholesome development of the human being through various theories of physical Education
2. Articulate the scientific relationship of physical Education with other related science.
3. Critically analyze the values of related national programs with sports bodies.
4. Estimate Impact of Olympic movement and international understanding through physical Education and sports.
5. Design the physical education programme in comparison with different growth and development.

Unit-I Introduction

Meaning, Definition and Scope of Physical Education
Aims and Objective of Physical Education
Importance of Physical Education in present era
Misconceptions about Physical Education
Relationship of Physical Education with General Education
Physical Education as an Art and Science

Unit-II Historical Development of Physical Education in India

Indus Valley Civilization Period. (3250 BC – 2500BC)
Vedic Period (2500 BC – 600BC)
Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000AD)
Medieval Period (1000 AD – 1757AD)
British Period (Before 1947)
Physical Education in India (After 1947)

Contribution of IOA.

Unit- III Foundation of Physical Education

Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian Philosophy and Culture

Modern Olympic Games

Para Olympic Games

Unit-IV Principles of Physical Education

Biological - Growth and development
Age and gender characteristics-
Body Types
Anthropometric differences
Psychological - Learning types, learning curve



DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION B.P.ED. PROGRAMME
SEMESTER - I
CC-102 ANATOMY AND PHYSIOLOGY

Course Objective: The objective of this is to introduce the students about the Anatomy and Physiology; its importance in the field of physical education and sports. To understand how the structure and function of the body are related to each other. The students will understand the structure and function of various systems of the human body.

Course outcomes: Specific skills and competencies expected of students who complete this course include the following:

1. It is expected that the students will be able to know the importance of Anatomy and physiology in the area of physical education and sport.
2. It is expected that students able to understand about cell, tissue, skeletal system and various types of joints found in the human body.
3. Use correct terminology to discuss the components and functions of blood, as well as the formation and anatomy of blood cells.
4. Identify and explain the structure and functions of each body system.
5. At the end of the semester it is expected that the students will be able to use correct terminology to discuss the anatomical terms.
6. It is expected that the students will be able to understand the anatomy and physiology of Circulatory, Respiratory, Digestive, Excretory, Endocrine and Nervous system for the smooth functioning of human body.
7. It is expected that the students will be able to understand about the structure, composition, properties and functions of skeletal muscles.
8. It is expected that students will be able to understand about importance of physical fitness, warming up, conditioning, fatigue and diet.

UNIT-I

Brief Introduction of Anatomy and physiology in the field of Physical Education.

Importance of Anatomy and Physiology

Introduction of Cell and Tissue.

The arrangement of the skeleton – Function of the skeleton – Ribs and Vertebral column and the extremities.

Joints of the body and their types

Gender differences in the skeleton.

Types of muscles.

UNIT-II

Circulatory system: Constituents of blood and their function – Blood groups, clotting of blood, the structure of the heart, circulation of blood, cardiac cycle, blood pressure, Lymphatic circulation, Cardiac output.

The Respiratory system: The Respiratory passage – the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.

The Digestive system: structure and functions of the digestive system, Digestive organs, Metabolism

The Excretory system: Structure and functions of the kidneys and the skin.



The Endocrine glands: Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.

Nervous systems: **Parts of the brain**, Function of the Autonomic nervous system and Central nervous system. Reflex Action,

Sense organs: A brief account of the structure and functions of the Eye and Ear.

UNIT-III

Definition of physiology and its importance in the field of physical education and sports.

Structure, Composition, Properties and functions of skeletal muscles.

Nerve control of muscular activity: Neuromuscular junction & Transmission of nerve impulse across it.

Fuel for muscular activity

Basic energy requirement for physical activity

Role of oxygen- Oxygen debt, second wind, vital capacity.

UNIT-IV

Effect of exercise and training on cardiovascular system.

Effect of exercise and training on respiratory system.

Effect of exercise and training on muscular system

Physiological concept of physical fitness, warming up, conditioning and fatigue.

Basic concept of balanced diet – Diet before, during and after competition.

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Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.

Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.

Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.

Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.

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Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.


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DEPARTMENT OF PHYSICAL EDUCATION
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SYLLABUS OF EXAMINATION B.P.ED. PROGRAMME
SEMESTER - IV

CC-402 KINESIOLOGY AND BIOMECHANICS

Course Objectives: The objectives of this course are to expose the students to analyse human movement anatomically and mechanically, and provide guidance in the application of mechanical principles and its implications in Physical Education and sports etc.

Course outcomes: Specific skills and competencies expected of students who complete this course include the following:

1. In this unit at the end of the semester, it is expected that the students will be able to know the importance of Kinesiology and Biomechanics in the area of physical education and sport.
2. It is expected that the students will be able to understand about the structure, composition properties and functions of skeletal muscles.
3. It is expected that the students will be able to use correct terminology to discuss the anatomical terms of location structure of the human body.
4. It is expected that the students will be able to demonstrate and apply basic mechanical and physics principles to human movements.
5. It is expected that the students will be able to gain the ability to describe the fundamental movements in relation with mechanics and justify the efficiency of it.
6. It is expected that the students will be able to identify the relationship between anatomical structure, physiological function, and mechanical principles in relation to the performance of basic and complex motor skills.
7. It is expected that the students will be able to critically examine the performance of physical activity skills and to evaluate the performance against the principles of efficient movement.

UNIT-II-Introduction to Kinesiology and Sports Biomechanics

Definition of Kinesiology and Sports Biomechanics

Importance of Kinesiology and Sports Biomechanics in Physical Education

Fundamental movements

Axes and Planes

Centre of gravity and line of gravity

Equilibrium and its factors

Work, Power and Energy

UNIT- II Kinesiological basis of musculo-skeletal system and neuro-muscular concept

Cartilage, ligament, tendon and bone

Joints and its classification

Axial and appendicular skeleton

Muscles and its types

Skeletal muscle, muscular contraction and angle of pull

Major muscles of upper extremity and its action

Major muscles of lower extremity and its action

All or none law

Reciprocal innervation or inhibition


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UNIT-III Application of mechanical principles

Motion, its types and its application in sports activities
Newton's laws of motion and its application in sports activities
Force, its types and its application in sports activities
Lever and its types and its application to human body
Linear Kinematics: Distance and Displacement, Speed and Velocity, Acceleration

Vectors and Scalars

Angular Kinematics: Angular Distance and Displacement, Angular Speed and Velocity, Angular Acceleration
Linear Kinetics: Inertia, Mass, Momentum, Friction
Angular Kinetics: Moment of Inertia, Couple, Stability
Projectile and Factors affecting projectile

UNIT-IV Application of kinesiology in daily life skill

Sitting and Standing,

Walking

Running

Ascending and descending from stairs

Catching

Throwing

Stooping

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- Broer, M.R. Efficiency of Human Movement (Philadelphia: W.B. Saunders Co., 1966)
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DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION B.P.ED. PROGRAMME
SEMESTER - IV

CC-403 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Course Objectives: The objectives of this course are to expose the students to the brief range of research process, to make familiar them with basics of statistical analysis, and provide guidance in the essentials of research and statistical models by using.

Course Outcomes: At the end of the course, it is expected that the students will be able to:

1. To understand research process,
2. Students will also be able to analyse the basic models of statistical tools.
- 3.

Unit-I Introduction to Research

Definition of Research

Need and importance of Research in Physical Education and Sports.

Scope of Research in Physical Education & Sports.

Classification of Research

Unit-II Survey of Related Literature

Need for surveying related literature.

Importance for surveying related literature.

Literature Sources, Library Reading

Research Proposal- Meaning, Need and Importance

Preparation of Research proposal / project.

Unit-III Basics of Statistical Analysis

Statistics: Meaning, Definition, Nature and Importance

Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution,

Construction of Tables

Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve.

Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit-IV Statistical Models in Physical Education and Sports

Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition,

Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data

Measures of Variability: Meaning, importance, computing from group and ungroup data.

Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

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CURRICULUM FRAMEWORK
TWO-YEAR M. P. ED. PROGRAMME
(2022-23)

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)



Approved in BOS on 07/12/2021

MODEL SYLLABUS STRUCTURE
FOR TWO YEARS M. P. Ed. PROGRAMME
(FOUR SEMESTERS)(CBCS)


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DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SCHEME OF EXAMINATION M. P. ED. PROGRAMME
M.P.ED. SEMESTER – I

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
MPCC-101	Research Process in Physical Education & Sports Sciences	3	3	30	70	100
MPCC-102	Physiology of Exercises	3	3	30	70	100
MPCC-103	Yogic Sciences	3	3	30	70	100
MPEC-101	Tests, Measurement and Evaluation in Physical Education	3	3	30	70	100
MPEC102	OR Sports Technology					
PRACTICAL (400)						
MPPC-101	Track and Field-I	6	3	30	70	100
MPPC-102	Practical Sports Sciences	6	3	30	70	100
MPPC-103	Yoga	6	3	30	70	100
MPPC-104	Mass demonstration Activities	6	3	30	70	100
	TOTAL	36	24	240	560	800

M.P.ED. SEMESTER – II

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
MPCC-201	Applied Statistics in Physical Education & Sports	3	3	30	70	100
MPCC-202	Sports Biomechanics & Kinesiology	3	3	30	70	100
MPCC-203	Athletic Care and Rehabilitation	3	3	30	70	100
MPEC-201	Sports Journalism and Mass Media	3	3	30	70	100
MPEC-202	OR Sports Management and Curriculum Design in Physical Education					
PRACTICAL (400)						
MPPC-201	Track and Field -II	6	3	30	70	100
MPPC-202	Game Specialization	6	3	30	70	100
MPPC-203	Teaching Lessons of Game Specialization	6	3	30	70	100
MPPC-204	Class room Teaching	6	3	30	70	100
	TOTAL	36	24	240	560	800



M.P.ED. SEMESTER – III

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
MPCC-301	Scientific Principles of Sports Training	3	3	30	70	100
MPCC-302	Sports Medicine	3	3	30	70	100
MPCC-303	Health Education and Sports Nutrition	3	3	30	70	100
MPEC-301 MPEC-302	Sports Engineering OR Physical Fitness and Wellness	3	3	30	70	100
PRACTICAL (400)						
MPPC-301	Track and Field-III	6	3	30	70	100
MPPC-302	Games Specialization	6	3	30	70	100
MPPC-303	Coaching Lessons of Track & Field	6	3	30	70	100
		6	3	30	70	100
	TOTAL	36	24	240	560	800

M.P.ED. SEMESTER – IV

Paper	Subject	Total Hours	Credit	Internal	External	Total
THEORY (400)						
MPCC-401	Information & Communication Technology (ICT) in Physical Education	3	3	30	70	100
MPCC-402	Sports Psychology	3	3	30	70	100
MPCC-403	Journalism and Mass Communication	3	3	30	70	100
MPEC-401/ MPEC-402	Dissertation/ Educational Technology in Physical Education	3	3	30	70	100
PRACTICAL (400)						
MPPC-401	Track and Field-IV Specialization	6	3	30	70	100
MPPC-402	Games Specialization	6	3	30	70	100
MPPC-403	Officiating Lessons of Track and Field	6	3	30	70	100
MPPC-404	Officiating Lessons of Game Specializations	6	3	30	70	100
	TOTAL	36	24	240	560	800
		144	96	960	224	3200

Note: Total number of hours required to earn 3 credits for each theory course are 51-60 hours per semester whereas 102-120 hours for each practicum course.

Md

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DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME

Semester-I
Theory Courses
MPCC-101 RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS
SCIENCES

Course Objectives: The objectives of this course are to expose the students to the range of research methods, to make familiar them with research steps and publication ethics, and provide guidance in the essentials of research report writing by using.

Course Outcomes: It is expected that the students will be able to conduct thesis work on any topic, and will also be able to analyse qualitative and quantitative data, to write research proposal and report. At the end of the course, the students will be able to:

1. To define research and describe the needs, nature and classify of research process and research methods.
2. To understand the research context within the area of physical Education and sports.
3. To understand the processes and requirements for conducting successful research in physical education and sports.
4. Students use print and electronic library resources effectively and appropriately.
5. To understand the process of sampling, the uses of questionnaires as data-gathering instruments, how a survey is carried out in terms of process and method, the uses of surveys and to be able to capture their own data.
6. Understand and apply basic research methods including research design, data analysis, and interpretation.
7. Students develop testable hypotheses, differentiate research design, evaluate aptness of research conclusions, and generalize them appropriately.
8. Students design and conduct quantitative or qualitative research studies in laboratory or field settings.
9. To know how to apply the basic aspects of the research process in order to plan and execute a research proposal and research report.
10. To be able to present, review and publish scientific articles.

UNIT I – Introduction of Educational Research

Meaning and Definition of Research

Nature and Characteristics of Research

Needs of Research in Physical Education

Unscientific Versus Scientific Methods of Problem Solving

Classification of Research – Basic and Applied

UNIT II – Methods of Research

Types of Research (Meaning, Definition and Purposes)

Analytical Research - Historical Research, Philosophical Research

Descriptive Research - Survey Research , Tools of Survey Research (Questionnaire Method and

Interview Method) , Questionnaire Construction and Development, Case Study, Normative Survey &

Factors affecting it, *Developmental Research* ,

Experimental Research and Designs

Qualitative Research


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UNIT III –Developing the Research Problem

Identifying the Research Problem -Locating the Research Problem,
Criteria in Selecting the Research Problem

Meaning, Types and Formulation of Research Hypothesis

Limitations and Delimitations

Needs of Significance of the Study

Survey of Related literature (Need, Purpose and its types)

Sampling and its types- Probability and Non- Probability Sampling Techniques

UNIT IV – Ethical Issues in Research and Scholarship

Areas of Scientific Dishonesty

Ethical issues regarding copyright

Working with faculty

Protecting Human Participants

UNIT V – Research Proposal and Report

Basic writing Guidelines

Thesis and Dissertation format

Method of Writing Research proposal

Mechanics of writing Research Report

Method of writing abstract and full paper

Making Oral and Poster Presentations

REFERENCE :

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc

Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.

Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics;

Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi; Moses, A. K. (1995)

Thesis Writing Format, Chennai; PoompugarPathippagam

Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs; Prentice Hall, Inc

Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication

Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi.


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DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME
Semester-I
MPCC-103 Yogic Sciences

Course Objectives: The objective of this course is that the student gets a clear understanding of Yoga, concept of Yogic Practices and Role of Yoga in Psychological Preparation of athlete.

Course Outcomes: On completion of the course the student shall understand the following concepts:

1. Yoga and its technique
2. Method of teaching Pranayama and Kriyas
3. Procedure of doing Mudras and Meditation
4. Relationship of yoga and physical activities

Unit I – Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing – Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Diet – Age – Sunbathing.

Unit II – Asanas and Pranayam

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits, **Chakras: Major Chakras- Benefits of clearing and balancing Chakras.**

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Ncti –Dhati – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of JalendraBandha, JihvaBandha, UddiyanaBandha, MulaBandha.

Unit IV – Mudras

Meaning, Techniques and Benefits of Gyan Mudra, Shoonya Mudra, Apana Mudra, Prana Mudra, Vayu Mudra, Pritibhi Mudra, Varun Mudra, Surya Mudra, Ling Mudra: Meaning, Techniques and **Benefits of Meditation.**

Unit V – Yoga and Sports

Yoga Supplemental Exercise – Role of Yoga in Psychological Preparation of Athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

Note: Practicals may be designed and arranged internally.

REFERENCE:

- George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.
Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan.
Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
Karbelkar N.V. (1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
Kenghe.C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
Kuvyayanada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
Swami Kuvayanda, (1998), Asanas. Lonavala: Kaivalyadhama.



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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME

Semester-I

MPEC-101 TEST, MEASUREMENT AND EVALUATION IN PHYSICAL
EDUCATION(Elective)

Course Objectives: Objective of the course enable students to understand the meaning, nature, need and scope of the testing procedure to find the performance of the sports persons.

Course Outcomes: At the end of the course, students will be able to:

1. Identify the values of test and measurement with application backup.
2. Practice Criteria of test with the norms of validity, reliability and objectivity.
3. Plan Physical fitness measurements for developing speed, endurance, strength and Flexibility.
4. Argue some of the standardized test was learned such as Kraus welder test, Cooper 12 Minute's test which may enable them to administer test.
5. Design the physical education test programme in comparison with different sports and games.

UNIT I – Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.

UNIT II – Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test –Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

UNIT III – Physical Fitness Tests

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), Roger's physical fitness Index. Cardio vascular test, Harvard step test, 12 minutes run / walk test,

UNIT IV – Anthropometric and Aerobic-Anaerobic Tests

Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. **Anaerobic Capacity:** Margaria-Kalamen test, Wingate Anaerobic Test, **Anthropometric Measurements:** Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh.

UNIT V – Skill Tests

Specific Sports Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test. Hockey: Harban's Hockey Test, Volleyball: Russel Lange Volleyball Test, Brady Volleyball Test. Football: Johnson Soccer Test, Mc-Donald Soccer Test. Tennis: Dyer Tennis Test.

Note: Practical of indoor and out-door tests be designed and arranged internally.

REFERENCES :

Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition)
Lanham: Scarecrow Press
Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company



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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME

Semester- II

MPCC-203 ATHLETIC CARE AND REHABILITATION

Course Objectives: The objectives of this course are to expose the students to the range of athletic care and rehabilitation, to make familiar them with sports injuries and their management and provide guidance in the postural deformities, massage and rehabilitation exercises.

Course Outcomes: At the end of the course, the student shall understand the concepts:

1. Definition and objectives of corrective physical Education
2. Resisted exercise for Rehabilitation and history of Massage Various techniques of massage
3. Method of treatment for various types of injuries

Unit I – Corrective Physical Education

Definition and objectives of corrective physical Education. Posture and body mechanics, Standards of Standing Posture. Value of good posture, Drawbacks and causes of bad posture.

Posture test – Examination of the spine.

Unit II – Posture

Normal curve of the spine and its utility, Deviations in posture: Kyphosis, lordosis, Scoliosis, round shoulders flat back, Knock Knee, Bow leg, Flat foot. Causes for deviations and treatment including exercises.

Unit III – Rehabilitation Exercises

Principles of Rehabilitation, Passive & Active, Assisted & Resisted exercise for Rehabilitation, Stretching Exercises.

Unit IV – Massage

Brief history of massage – Massage as an aid for relaxation.

Physical, Physiological and Psychological effects of massage. Classification of Massage – Indication / Contra indication of Massage
Practical on massage techniques

Unit V – Sports Injuries Care, Treatment and Support

Principles pertaining to the prevention of Sports injuries

Care and treatment of exposed and unexposed injuries in sports.

Principles of application of cold and heat, infrared rays – Ultrasonic, Therapy – Short wave diathermy therapy.

Principles and techniques of Strapping and Bandages.

Note: Each student shall submit Physiotherapy record of attending the Clinic / health centre / gymnasium and observing the cases of athletic injuries and their treatment procedure. (To be assessed internally)

REFERENCES:

Doherty, J. Meno. Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc.

Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.

McOoy and Young (1954) Tests and Measurement, New York: Appleton Century.

Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.

Rathbone, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co.

Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.


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SYLLABUS OF EXAMINATION M.P.ED. PROGRAMME

Semester- III

MPCC-302 SPORTS MEDICINE

Course Objectives: The objectives of this course are to expose the students to the range of sports medicine, to make familiar them with sports injuries and their treatment, and provide guidance in the essentials of therapeutic exercises, massage and rehabilitation processes.

Course Outcomes: At the end of the course, it is expected that the students will be able to know about sports medicine, sports injuries and its treatment and its scope in the profession of Physical Education and Sports.

1. To define sports medicine and describe the needs, nature.
2. To understand the sports medicine within the area of physical Education and sports.
3. To understand the processes of sports injuriestreatment.
4. Understand and apply basic classifications of massage techniques.

UNIT I – Introduction

Sports Medicine -Meaning, definition, Scope

Sports Medicine – Need, importance/Role.

Therapeutic exercises -Definition and Principles, Strengthening exercise, Gym ball exercise, Injuries: acute, sub-acute, and chronic.

PRICE --Advantages and Disadvantages, Aquatic therapy.

UNIT II – Spine Injuries and Exercise

Head, Neck and Spine injuries: Causes and prevention

Flexion, Compression, Hyperextension, Rotation injuries.

Free hand exercises, stretching and strengthening exercise for head neck, spine.

Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

UNIT III – Upper Extremity Injuries and Exercise

Upper Limb and Thorax Injuries:

Shoulder: Sprain, Strain, Dislocation, and Strapping.

Elbow: Sprain, Strain, Strapping.

Wrist and Fingers : Sprain Strain, Strapping.

Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand.

Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

UNIT IV – Lower Extremity Injuries and Exercise

Lower Limb and Abdomen Injuries:

Hip: Adductor strain, Dislocation, Strapping.

Knee: Sprain, Strain, Strapping.

Ankle: Sprain, Strain, Strapping.

Abdomen: Abdominal wall Contusion, Abdominal muscle strain.

Stretching and strengthening exercise for Hip, knee, ankle and Foot.

Supporting and aiding techniques and equipment for Lower limb and Abdomen injuries.

UNIT V – Basic Rehabilitation

Principles of Rehabilitation.

Strapping/Tapping: Definition, Precautions Contraindications.

Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Isotonic,

Isokinetic, isometric stretching- Advantages, dangers of stretching.



Practicals: Practicalsstapping/tapping/ visit to Physiotherapy Centre/ Gym/health center to observe treatment / rehabilitation procedure of sports injuries.

REFERENCES:

- Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
James, A. Gould & George J. Davics.(1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.
Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
Pande.(1998). Sports Medicine. New delhi: KhelShitya Kendra
The Encyclopedia of Sports Medicine. (1998).
The Olympic Book of Sports Medicine,Australia: Tittel Blackwell Scientific publications.


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SCHOOL OF STUDIES IN EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (CG)
DEPARTMENT OF PHYSICAL EDUCATION

SCHEME OF EXAMINATION

AND

SYLLABUS

FOR

THE Ph.D COURSE WORK

IN PHYSICAL EDUCATION

(Approved in BOS meeting on 07/12/2021)



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Syllabus applicable for the students seeking admission to Ph.D.
Programme in Physical Education in the Academic year 2015-16

Objectives:

The Ph.D. programme is designed to meet the advanced interest of the students of Physical Education. Its aim is to help students develop the ability to organize ideas and present them coherently in keeping with the norms of scholarly research and writing.

Duration:

The duration of the programme shall be one semester. This semester shall be devoted to the formal instruction in the classroom / Play fields which is designed strictly as per the norms prescribed under the title "Course Work" in para 13 of part III-Section IV. The Gazette of India, New Delhi, Saturday, July 11- July 17, 2009.

General Scheme of Examination

Compulsory Course:-

COURSE CODE-502				
Code	Title of Paper	Paper Number	Minimum Passing Marks	Total
PHD502-I	Research Process in Physical Education	I	40	100
PHD502-II	Human Performance in Physical Education	II	40	100
PHD502-III	Statistics and Computer Application in Physical Education	III	40	100

The student shall also present a seminar on his / her research proposal in 3000 words which will carry 100 marks.

Scheme of marks:

(i) Three written paper of 100 marks each	-300
(ii) Seminar presentation Grand	-100
Grand Total	-400

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DEPARTMENT OF PHYSICAL EDUCATION
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Pre Ph.D. Course Work Syllabus
RESEARCH PROCESS IN PHYSICAL EDUCATION (PAPER-I)

Course Objectives:- The objectives of this course are to expose the scholars to the range of research methods, to make familiar them with research and publication ethics, and provide guidance in the essentials of research report writing by using.

Course Outcomes: At the end of the course, it is expected that the scholars will be able to conduct doctrinal and non-doctrinal research on any topic, and will also be able to analyse qualitative and quantitative data, to write research proposal and report.

1. To define research and describe the needs, nature and classify of research process and research methods.
2. To understand the research context within the area of physical Education and sports.
3. To understand the processes and requirements for conducting successful research in physical education and sports.
4. Understand and apply research methods.

Unit-1

Introduction:

1. What, Why and how of Research in Physical Education & Sports.
2. Nature of research
3. Scientific method of problem solving
4. Overview of research process
5. Modern trends of Research in Physical Education & Sports
6. Unscientific Versus Scientific Methods of Problem Solving
7. Areas of Scientific Dishonesty

Unit-II

Research Problem:

1. Identifying the Research problem
2. Stating the Research Problem
3. Presenting the Research Problem
4. Hypothesis, Limitations and delimitations.
5. Justifying the significance of the study.

Unit-III

Review of Related Literature:

1. Meaning and types of Related Literature
2. Purpose of the Literature search
3. Steps in Literature search
4. Quoting related Literature

Unit-IV

Methods of Research:

1. Analytical Research
2. Descriptive Research
3. Experimental Research and research designs.
4. Qualitative Research
5. Ethical Issues in Research and Scholarship
6. Working with faculty

Unit-V

Research Proposal

1. Need of research proposal
2. Preparation of research proposal
3. Purpose of writing research proposal

Research Report:

1. Parts of the research report
2. Problems of preparation of research report
3. Characteristics of good research report

Method of writing abstract and full paper

Making Oral and Poster Presentations

Research Papers and Abstract: Differences between the-thesis-and-the research article.

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Pre Ph.D. Course Work Syllabus

HUMAN PERFORMANCE IN PHYSICAL EDUCATION (PAPER-II)

COURSE OBJECTIVES:

- The objective of this course is to serve the research needs of the PhD Pre-course work program in the areas of sports, clinical exercise physiology, sports psychology and evaluation of various fitness tests.
- The laboratories adhere to basic requirements of environmental health & psychological wellness.
- To understand the concept of motor fitness, general motor ability, motor educability test and skill test.

COURSE OUTCOME:

- It is expected that the students will be able to understand about motor fitness, general motor ability, motor educability test and skill test.
- It is expected that at the end of the course, the students will be able to understand about assessment of various vital organic functions.

Assessment & Evaluation of Health

1. Body mass Index.
2. Body Fat Mass.
3. Fat Percentage.
4. Anthropometric parameters.

Unit-I

Assessment & Evaluation of Fitness

1. Motor fitness test
2. General motor ability test
3. Motor educability test
4. Measurement of organic functions

UNIT-II

Tests

1. Classification of test
2. Construction of test-
 - a) Knowledge test
 - b) Fitness test
 - c) Skill test

UNIT III

A. Psychological Tests

1. Personality and behavioural test
2. Social adjustment test
3. Anxiety test.
4. Motivational test.

B. Physiological Tests

1. Vital capacity.
2. Vo₂ Max.
3. Lactic acid analysis.
4. Heart rate.
5. **Respiratory Rate.**

UNIT IV

UNIT- V

Skill Tests

1. Basketball- Knox basketball test, Johnson basketball test
2. Badminton- Lockhart McPherson badminton test, Miller volley test
3. Soccer/ Football- McDonald soccer test, Johnson Soccer test
4. Volleyball-Brady volleyball test, Russell Lange test


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