

**National Education Policy 2020 Inserted PG  
Programme on the basis of "Choice Based Credit  
System-C. B. C. S."**

**Master of Arts/ in PHYSICAL EDUCATION**  
*Science*

**(Session 2022-23 onwards)**



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23.08.2023

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**Approved by:**

*Board of Studies- PHYSICAL EDUCATION*

**Maharaja Suhel Dev State University,**

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23/09/2023

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# MAHARAJA SUHELDEV STATE UNIVERSITY, AZAMGARH

Syllabus for

M.Sc./M. A. in Physical Education

Designed as per Syllabus Development Guidelines under

National Education Policy – 2020

Consolidated Semester wise list of papers

Year	Sem.	CourseCode	Paper Title	Type	Credits	
B.A. (Res) IV /M.A. I	VII	E020701T	Research Process in Physical Education and Sports Sciences	Compulsory	04	
		E020702T	Applied Statistics in Physical Education and Sports Sciences		04	
		E020703T	Test, Measurement and Evaluation in Physical Education & Sports		04	
		E020704T	Sports and Exercise Physiology		04	
		E020705P	Practical		04	
		E020706R	Major Research Project		04	
				<b>Total Credit Load for Semester-VII</b>	<b>--</b>	<b>24</b>
	VIII	E020801T	Scientific Principles of Sports Training	Compulsory	04	
		E020802T	Yogic Sciences		04	
		E020803T	Sport Journalism and Mass Communication	Optional (Choose any TWO)	04	
		E020804T	Sports Engineering		04	
		E020805T	Sport Technology		04	
		E020806P	Practical	Compulsory	04	
E020807R	Major Research Project	04				
			<b>Total Credit Load for Semester-VIII</b>	<b>-</b>	<b>24</b>	
<b>Total Cumulative Credit Load (VII Plus VIII Semester)</b>					<b>48</b>	
M.A. II	IX	E020901T	Health Education and Sports Nutrition	Compulsory	04	
		E020902T	Sports Psychology		04	
		E020903T	ICT & Education Technology in Physical Education	Optional (Choose any TWO)	04	
		E020904T	Sport Medicine		04	
		E020905T	Physical Fitness and Wellness		04	
		E020906P	Practical	Compulsory	04	
		E020907R	Major Research Project		04	
				<b>Total Credit Load for Semester-IX</b>	<b>24</b>	
	X	E021001T	Kinesiology and Sports Biomechanics	OPTIONAL (Choose any FOUR)	04	
		E021002T	Gender, Disability & Inclusive Sports Education		04	
		E021003T	Athletic Care & Rehabilitation		04	
		E021004T	Curriculum Designing Physical Education		04	
		E021005T	Introductory Physical Education, Sports & Yoga		04	
		E021006T	Sports Management		04	
		E021007P	Practical		Compulsory	04
E021008R		Major Research Project	04			
			<b>Total Credit Load for Semester-X</b>	<b>24</b>		
<b>Total Cumulative Credit Load (IX and X Semester)</b>					<b>48</b>	
<b>Total Cumulative Credit Load (VII, VIII, IX and X Semester)</b>					<b>96</b>	

**Note: 1.** Students will be required to opt one paper as minor paper (4 credit) from the other faculty/subject in addition to major papers either in FIRST semester or SECOND semester. **2.** Students undertake a Major Research Project of 4 credits each semester. However, Major Research Projects may be either individual type (completed in only one sem.) or progressive type (completed in two semester).

# Syllabus of M.A. in Physical Education

## Semester I

### PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020701T	Research Process in Physical Education and Sports Sciences	4+0

#### UNIT - I INTRODUCTION

- Meaning, Definition and Objectives of Research.
- Need, Nature and Scope of research in Physical Education.
- Classification of Research, Location of Research Problem.

#### UNIT - II. METHODS OF RESEARCH

- Descriptive Methods of Research: Survey Study, Case study.
- Historical Research: Steps in Historical Research, Sources of Historical Research.
- Primary Data and Secondary Data, Internal Criticism and External Criticism.

#### UNIT- III: SAMPLING

- Meaning and Definition of Sample and Population.
- Types of Sampling; Probability Methods, Systematic Sampling, Cluster sampling, Stratified Sampling.
- Sampling Techniques: Area Sampling, Multistage Sampling.

#### UNIT — IV: RESEARCH PROPOSAL AND RESEARCH REPORT

- Defining Research Project.
- Writing a Research Proposal and Research Report, Footnotes & Bibliography. E-Referencing.
- Ethical Issues in Research: Areas of Scientific Dishonesty, Ethical issues regarding copyright. Plagiarism.

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# Syllabus of M.A. in Physical Education

## Semester I

### PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020702T	Applied Statistics in Physical Education and Sports Sciences	4+0

#### UNIT I

- Meaning and Definition of Statistics.
- Need and importance of Statistics in Physical Education and Sports.
- Meaning of the terms: Population, Sample, Data, Variables.

#### UNIT II

- Meaning, uses and construction of frequency table
- Measures of Central Tendency — Mean, median and mode. Range Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error. Normal Curve and its properties.

#### UNIT III

- Sample Distribution of Means, Standard Error of Mean.
- Testing of Hypothesis, Rejection of Null and Alternative Hypothesis.
- Level of Significance.
- Type I and Type II Errors.

#### UNIT-IV

- Tests of significance: Independent "t" test, Dependent "t" test, Chi - square test.
- Level of confidence and interpretation of data.
- Meaning of correlation, Co-efficient of correlation.
- Calculation of co-efficient of correlation by the product moment method and rank difference Method.
- Concept of ANOVA and ANCOVA.

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## Syllabus of M.A. in Physical Education

### Semester I

#### PART - A: THEORY COURSES

Course Title: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION & SPORTS

Course Code	Course Title	Credits
E020703T	Test, Measurement and Evaluation in Physical Education & Sports	4+0

#### UNIT I: Introduction

- Meaning and Definition of Test, Measurement and Evaluation
- Need and Importance of Measurement and Evaluation in Physical Education.
- Criteria for Test Selection — Scientific Authenticity.
- Meaning, definition and establishing Validity, Reliability, Objectivity.

#### UNIT II: Selection & Construction of Tests

- Factors Affecting Scientific Authenticity
- Procedure to establish Scientific Authenticity
- Construction of Test — Knowledge Test & Skill Tests.

#### UNIT III: Motor & Physical Fitness Tests

- Meaning and Definition of Motor Fitness and Physical Fitness.
- Tests for Motor Fitness:
- Barrow Motor Ability Test.

#### UNIT IV: Anthropometric and Aerobic-Anaerobic Tests

- Physiological Testing:
- Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test.
- Anaerobic Capacity: Margaria- Kalamen test, Wingate Anaerobic Test.

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Syllabus of M.A. in Physical Education

Semester I

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020704T	Sports and Exercise Physiology	4+0

**UNIT I: Introduction to Sports & Exercise Physiology and Muscular system**

- Meaning, Definition & Historical Development of Sports & Exercise Physiology
- Macro&MicroStructureoftheSkeletal Muscles, Chemical Composition, Sliding Filament theoryof Muscular Contraction. TypesofMuscle fiber, Muscle Tone, Chemistryof Muscular Contraction
- Heat Production in the Muscle, Effect of exercises and training on the muscular system

**UNIT II: Cardio Respiratory System and Exercise**

- Blood Supply to the Heart, Cardiac Cycle, Stroke Volume, Cardiac Output, Heart Rate, Factors Affecting Heart Rate, Cardiac Hypertrophy
- Effect of exercises and training on the Cardio-vascular system.
- Mechanics of Breathing. Minute Ventilation — Ventilation at Rest and During Exercise
- Diffusion of Gases, Exchange of Gases in the Lungs(external respiration)
- Exchange of Gases in the Tissues (internal respiration).
- Second Wind, Oxygen Debt, Lung Volumes and Capacities

**UNIT III: Metabolism and Energy Transfer**

- Metabolism — ATP — PC or Phosphagen System
- Anaerobic Metabolism and Aerobic Metabolism
- Aerobic and Anaerobic Systems during Rest and Exercise.
- Effects of Short Duration, Long Duration and High Intensity Exercises

**UNIT IV: Environment, Sports & Exercise**

- Sports/Exercise in Hot and Cold Conditions
- Thermoregulatory Mechanism
- Physiological response, Health Risk associated with Exposure to heat and cold.
- Acclimatization: Sports & Exercise - Training in High Altitude.

**PRACTICUM: (PHYSIOLOGICAL ASSESSMENT)**

- Measurement orresting heart rate - before, after and during activity.
- Measurement of Blood Pressure by Sphygmomanometer
- Measurement of Vital Capacity and Peak Flow Rate,
- Assessment of Respiratory Rate.
- Measurement of Body Fat.
- BMI method
- Assessment of Body Composition by Skinfold caliper method
- Assessment of Cardio Respiratory Fitness, through various field methods

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# Syllabus of M.A. in Physical Education

## Semester I

### SPORTS PRACTICUM COURSE

Course Code	Course Title	Credits
E020705P	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport / Team Game/ Racket Game.	0+4

#### UNIT — I: Introduction

- Historical development of the game/sport at national and international levels
- National Bodies controlling game/sport and their affiliated units.
- International Bodies controlling game/sport and their affiliated units.
- Major National and International competitions in Game/Sport
- Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport.

#### UNIT - II: Techniques/Skills development

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic. Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports.

#### UNIT —III: Officiating:

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post game)
- Rules & their interpretations.

#### UNIT — IV: Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept or preparation of training schedules.
- Tactical training in game/sport.
- Psychological preparation required during competition in game/sport.
- Preparation of short term and long term training plans in game/sport.

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Syllabus of M.A. in Physical Education

Semester II

PART-A: THEORY COURSES

Course Code	Course Title	Credits
E020801T	Scientific Principles of Sports Training	4+0

**UNIT I: Introduction to Sports training**

- Definition, Aim, Characteristics, Principles of Sports Training.
- Training Load: Types of Training Load, Factors of Training Load, Load and Adaptation
- Over Load: Definition, Causes of Over Load, Symptoms or Overload
- Phases and Means of Recovery

**UNIT II: Physical Fitness Components & their Development (Strength, Speed & Endurance)**

- Strength: Meaning, Definition & Methods to improve Strength: Weight Training, Isometric, Isotonic and Circuit Training
- Speed: Meaning, Definition & Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints.
- Endurance: Meaning, Definition & Methods to develop Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training.

**UNIT III: Physical Fitness Components & their Development (Flexibility & Coordinative abilities) and Techniques & Tactics**

- Flexibility: Meaning, Definition & Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Plyometric Training.
- Coordinative abilities: Types and Methods to improve Coordinative abilities.
- Meaning & Definition of Technique.
- Meaning & Definition of Strategy & Tactics.

**UNIT IV: Training Plan & Introduction to Doping**

- \* Training Plan: Meaning & Importance, Micro-Cycle, Macro-Cycle, Meso-Cycle
- Short Term Plan and Long Terms Plans – Periodization.
- Preparatory Period, Competition Period and Transition Period.
- Definition of Doping, Drug abuse in sports and their effects on performance and body.

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Syllabus of M.A. in Physical Education

Semester II

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020802T	Yogic Sciences	4+0

**UNIT I: Introduction to Yoga**

Meaning and Definition of Yoga, Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samathi.

Concept of Yogic Practices: Principles - Breathing - Awareness - Relaxation. Pre-requirements conditions and contraindication of Yoga practice.

**UNIT II:**

Prelim and minor exercises: Techniques and benefits.

Asanas: Types, Techniques and Benefits.

Surya Namaskar: Methods and benefits. Pranayama:

Types, Methods and benefits. Chakras and Shudhi kriyan.

**UNIT III:**

Yoga and Sports: Supplementary, Compensatory & Regenerative Yogic Exercises

Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression, Concentration, Self-Actualization.

Effects of Yoga practice on different Systems of body.

International Yoga Day, Common Yoga Protocol suggested by AYUSH

**UNIT IV: PRACTICUM**

1. Yogasana (In Sitting, Standing, Bending & Twisting poses)
2. Pranayama (5 types)
3. Mudras: Meaning, Techniques & Benefits
4. Shat Kriyas- Meaning, Techniques and Benefits
5. Bandas: Meaning, Techniques & Benefits
6. Meditation: Meaning, Techniques & Benefits
7. Relaxation (Shavasana & Makrasana)

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## Syllabus of M.A. in Physical Education

### Semester II

#### PART - A: THEORY COURSES

Course Code	Course Title	Credits
E020803T	Sport Journalism and Mass Communication	4+0

#### UNIT — I: Introduction to Sports Journalism & Mass Communication

- Meaning, Definition & Evolution of Sports Journalism. Ethics of Journalism.
- Sports Ethics and Sportsmanship, Reporting Sports Events, National and International Sports News Agencies, Definition, meaning, scope and importance of Sports Journalism.

#### UNIT — II: Mass Communication and Media

- Introduction to mass communication - The concept of mass media - Mass media in India.
- Mass media institutions in India — Government media units - Press registrar of India, Press council of India - Indian news agencies media educational institutions.
- The function of press - Press freedom and responsibility, Current trends in journalism.

#### UNIT - III: Report & Advertising

- News Reporting. Functions, responsibilities and qualities of reporter. - Functional differences of reporters — Special correspondents, foreign correspondents, columnists, free lancers.
- Structure of Advertising - Functions of advertising, Psychology of advertising, Types of advertising.
- Modern trends in Reporting and Advertising sports events.

#### UNIT — IV (Practical)

1. Preparation of General news reporting and sports reporting.
2. Methods of editing a Sports report.
3. Evaluation of Reported News.

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# Syllabus of M.A. in Physical Education

## Semester II

### PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020804T	Sports Engineering	4+0

#### UNIT I: Introduction to sports engineering

- Meaning of Sports engineering.
- Designing and making of Protective sports Equipment.
- Role and importance of Surface Materials used in different sports.
- Role and importance of different types of foot wears in sports.

#### UNIT II: Sports Dynamics

- Concepts of internal force, external force, axial force, shear force, bending movements.
- Biomechanics of daily and common activities — Gait, Posture and Body levers. Ergonomics.
- Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc.

#### UNIT III: Building and Maintenance

- Sports Infrastructure: Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Outdoor Stadium, Play Park, Academic, Administrative & Research Block, Library, Sports Hostels etc.
- Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms (M/F), Echo free Sound System, Emergency provisions of lighting, fire and exits, Eco-friendly surrounding. Maintenance staff.

#### UNIT IV

- Understanding the process of construction & requirements of Building process:- design phase (including brief documentation), construction phase, functional (occupational) life. re-evaluation, refurbish, demolish.

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Syllabus of M.A. in Physical Education

Semester II

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020805T	Sport Technology	4+0

**UNIT I: Introduction to sports technology**

- Meaning of Sports Technology.
- Scope and importance of technology in sports.
- Limitations and potential of technology in the field of physical education and sports.

**UNIT II: Technology and Sports Performance**

- Relationship of development in technology and human performance.
- Use and abuse of technological advancement in sports.
- Role of Technology in Historical development of sports and sportspersons.
- Modern technological trends in sports.

**UNIT III: Use of Technology in Sports Equipment & Surface:**

- Technology in sports footwear.
- Technology in Balls and hitting equipment.
- Technology in different sports surface.
- Technology in Protective equipment and gears.

**UNIT IV: Measurement and Evaluation through Technological equipment:**

- Human motion detection, recording and performance assessment.
- Technological equipment used in different sports.
- Softwares used in measurement, evaluation, research and prediction of Human performance.

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Syllabus of M.A. in Physical Education

Semester II

PART — B : SPORTS PRACTICUM COURSE

Course Code	Course Title	Credits
E020806P	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport / Team Game/ Racket Game.	4+0

UNIT — 1: Introduction

- Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport.

UNIT—II: **Techniques/Skills development:**

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic, Supplementary exercises.
- Identification and Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports..

UNIT —III: **Officiating:**

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and postgame)
- Rules & their interpretations.

UNIT — IV: Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept of preparation of training schedules.

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Syllabus of M.A. in Physical  
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Semester III

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020901T	Health Education and Sports Nutrition	4+0

UNIT I: Health Education

- Definition of Health, Health Education, Health Instruction and Health Supervision
- Aims, Objectives and Principles of Health Education
- \* Level of Health Care — Primary, Secondary, Tertiary.

UNIT II: Hygiene, Sanitation, Communicable and Non-communicable disease

- Meaning and types of Hygiene and Sanitation
- Personal and Community Hygiene.
- Communicable (Tuberculosis, AIDS, Rabies, Cholera) and Non Communicable Diseases (Cardiovascular Diseases, Cancer, Diabetes)

UNIT III: Schools Health Services

- Meaning & Objective of School Health Services.
- Role of health education and health related schemes at school level.
- Health Services - Health record, health evaluation, first- aid and emergency care.

UNIT IV: Food, Sports Nutrition and Related Health Problem:

- Meaning and concept of Food, Nutrition and Balanced diet.
- Sources and functions of various nutrients.
- Sports specific diet requirements.
- Obesity, Malnutrition, Adulteration in food.

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Semester III

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020902T	Sports Psychology	4+0

**UNIT I: Introduction to Sports Psychology**

- Meaning & definition of sports psychology.
- Historical development of sports psychology in India and Abroad.
- Interdisciplinary approach of Sports Psychology with other Sports Sciences.
- Importance of Sport and Exercise Psychology for Physical Education Teachers, Athletes and Coaches
- Role of sportpsychologist

**UNIT II: Personality & Motivation**

- Personality: Meaning, definition and types.
- Theories of personality.
- Personality difference among sports person and its influence on performance.
- Motivation: Meaning, definition and types.
- Theories of Motivation.
- Techniques of Motivation for developing sports performance and exercise adherence.

**UNIT III: Emotions & Athletic Performance**

- Meaning, definition and types of Emotions
- Anxiety: Nature, Causes and Method of Measuring Anxiety.
- Stress: Nature and causes of Stress. Stress and Sports Performance.
- Aggression: Meaning and definition of Aggression. Aggression and Sports Performance.
- Relationship of Emotions with Sports Performance.

**UNIT IV: Cognitive Process, Motor Development & Group Cohesion**

- Meaning of Sensation, Perception, Memory, Information processing, Decision Making.
- Attention Processes and Concentration.
- Role of Cognitive process for Motor Skills acquisition and Motor control of sports person.
- Concept of Group and Group Cohesion in sports. Structure of Group & Team Dynamics.

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Semester III

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020903T	ICT & Education Technology in Physical Education	4+0

**UNIT I: Basics of Education Technology**

- Concept of Education Technology.
- Role of Technological Educational Practices.
- Technological Education Means (Hardware Technologies, Overhead Projector, Still and Movie Projector, Audio-Visual Recording Instruments, Television and Computers)

**UNIT II: Communication Process and Teaching**

- Communication: Concept and process of Communication, Principles of Communication, Barriers of Communication, Class room communication (Verbal and Non-Verbal)
- Teaching: Meaning, Objective, Types, Principles and Procedure of teaching.

**UNIT III: Information Technology**

- Meaning, Nature and significance of information technology in teaching learning process.
- Multimedia Approach to Education: Role of Video conferencing, radio conferencing, television, Internet in teaching learning process, their advantage and limitations.
- Role of Central Institutes of Education and Technology, National Open School, State Educational Technology Cells, Distance Educational Institutes in the improvement of teaching-learning process.

**UNIT IV: Introduction of Computer, Internet, Networking, E-learning and Cyber Security**

- MS Office, Data management System using Excel and Power point presentation.
- Advantages of Networking and Internet Connectivity
- E-learning — Definition, Advantage and Characteristics.

**LIST OF PRACTICUM**

- Design various types of formats in MS Excel
- Preparation of PPT
- Searching & Browsing
- E-referencing System
- Video conferencing

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Syllabus of M.A. in Physical Education

Semester III

PART - A: THEORY COURSES

Course Code	Course Title	Credits
E020904T	Sport Medicine	4+0

UNIT I: Introduction to Sports Medicine

- Concept of Sports Medicine, Its aim and objectives, Need and Scope of Sports Medicine in Physical Education and sports.
- Role of Sports Physician, Physical Educator/ Athletic Trainer, the coach and the player in sports medicine.
- Brief historical sketch of Sports medicine in India.

UNIT II: Sports Medical Problems

- Lowback problems in sports and their management through therapeutic exercises.
- Advantages and disadvantage of exercises, before, during and after pregnancy.
- Common old age problems and evaluation of male and female athletes.
- Sports medical problems of athletes and rehabilitation.

UNIT III: Doping in Sports

- Dope History, definition of Drug abuse and Doping.
- Classification of Doping, IOC list of doping classes and methods.
- Signs and symptoms of Doping
- Procedure and sampling at National and International levels. Use and abuses of drugs.
- Role of WADA and NADA

UNIT IV: Food supplements for Sportsmen

- Protein and creation utilization
- Planning and management of athletic diets for different category of sports
- Advisory Bodies
- Role of Water in diet for Athletes.

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Syllabus of M.A. in Physical Education

Semester III

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E020905T	Physical Fitness and Wellness	4+0

UNIT I: Introduction to Fitness & Wellness

- Meaning and Definition of Fitness, Wellness & Nutrition
- Physical Fitness Concepts, Components, Techniques and Principles of physical fitness.
- Leisure time physical activity. Current trends in fitness and conditioning.

UNIT II: Application of Fitness & Wellness

- Nutrition & Wellness
- Body Composition & Weight Management
- Endurance: Cardio respiratory & Muscular
- Flexibility, Fitness & Wellness relationship
- Stress Management & Behavior Modification

UNIT III: Fitness & Wellness Assessment

- Measurement of Height & Weight
- Measurement of Body Composition
- Measurement of Basic Strength, Endurance and Flexibility
- Assessment of cardio respiratory fitness, Health Related Fitness.
- Stress Assessment & its Management Techniques.
- Preparation & implementation of Group Exercise Plans and Personal Training Plans.

UNIT IV: Establishment and Management of Fitness Centre

- Principles of starting fitness center -- location, policy, programmes, record keeping, public relation.
- Fitness center membership and its types.
- Safety aspects and designing aspects of a fitness centre.
- Qualification and qualities for a fitness trainer.

**PRACTICUM:** Orientation and management of fitness center, fitness parks and health clubs .

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Syllabus of M.A. in Physical Education

Semester III

SPORTS PRACTICUM COURSE

Course Code	Course Title	Credits
E020906P	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport/ Team Game / Racket Game.	0+4

(A) TRACK AND FIELD (B) GYMNASTICS (C) SWIMMING (D) COMBATIVE SPORT: BOXING/JUDO/TAEKWONDO/ WRESTLING (E) INDIGENOUS SPORT:KABADDI/ KHO-KHO (F) TEAM GAME: BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL / HOCKEY/ VOLLEYBALL (G): RACKET GAME: BADMINTON/ TABLE TENNIS/ TENNIS

**ESSENCE OF THE COURSE**

It is designed to provide an opportunity to the students to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

**COURSE CONTENTS:**

(General guidelines for development of required course contents in particular game/sport are given below)

**Note:** The course contents to be followed for the purpose of developing practical knowledge regarding marking, rules & regulation, officiating, technical training, tactical training, psychological preparation & preparation of training schedules)

**UNIT - 1: Introduction**

- Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport.

**UNIT — II: Techniques/Skills development:**

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic, Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports.

**UNITS — III: Officiating:**

- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post game)
- Rules & their interpretations.

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#### UNIT - IV: Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept of preparation of training schedules.
- Tactical training in game/sport.
- Psychological preparation required during competition in game/sport.
- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport.

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Syllabus of M.A. in Physical Education

Semester IV

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E021001T	Kinesiology and Sports Biomechanics	4+0

**UNIT I: Introduction to Kinesiology and Sports Biomechanics**

- Meaning, nature, role and scope of Kinesiology and Sports Biomechanics.
- Relationship of Kinesiology and Physical Education.
- Fundamental concepts of – Axes and Planes, Centre of Gravity and Line of Gravity.
- Concept of work, power and, energy in physical activities and sports.

**UNIT II: Concepts of Muscular Movement**

- Classification of Joints and Muscles.
- Types of Muscle Contractions.
- Fundamental concepts of following terms- Angle of Pull, All or None Law and Reciprocal Innervation

**UNIT III: Mechanical Concepts of Human Movement**

- Linear and Angular Kinematics.
- Linear and Angular Kinetics.
- Fundamental Concept of Equilibrium, Force, Lever, Motion and Projectile insports.

**UNIT IV: Air & Fluid Mechanics**

- Application of Mechanical concepts in different sports situations.
- Understanding the concept of: Spin, Flotation, Fluid Resistance, Drag & lift.

**LIST OF PRACTICUM**

- Analysis of movement:
- Types of analysis, Kinesiological, Biomechanical, Cinematographic
- Methods of analysis — Qualitative, Quantitative, Predictive

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Syllabus of M.A. in Physical Education

Semester IV

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E021002T	Gender, Disability & Inclusive Sports Education	4+0

**UNIT I: Understanding the Construction of Gender**

- Defining Gender and features of gender inequality.
- Gender inequality in Education.
- Gender based violence as a development and rights challenge.
- Historical roots of gender construction in India —patriarchy and its socio- cultural origins.
- Impact of gender as a social Construct.

**UNIT II: Gender and Schooling**

- Gender issues in access to education & physical education.
- Quality of work and equal opportunity.
- Gender issues in physical education class and peer interactions.
- Gender issues and participation in sports.

**UNIT III: Gender and Constitution of India**

- Constitutional provision for education of women in India.
- Programmes of women education in India.
- Gender and policies perspective.
- Class and Inequality.

**UNIT IV: Disability & Inclusive Education**

- Definition, concept and importance of inclusive education.
- Historical perspectives on education of children with diverseneeds.
- Difference between special education, integrated education and inclusive education.
- Advantages of inclusive sports education for all children.
- Role of teachers, parents and society in supporting inclusion of children with diverse needs for participation in sports.

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Syllabus of M.A. in Physical Education

Semester IV

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E0210031	Athletic Care & Rehabilitation	4+0

**UNIT I: Introduction to Athletic Care & Rehabilitation**

- Meaning, definition and importance of Athletic Care & Rehabilitation
- Concept & Categories of the athletic injuries: Traumatic and Overuse.
- Common athletic injuries: Sprain, Strain, Contusion, Dislocation, Fracture
- Types of Skin Wounds: Open & closed wounds, laceration, Abrasions.
- Stages of Healing.

**UNIT II: Prevention & Treatment of Injuries**

- Preventive principles of athletic injuries.
- Common treatment of soft tissue injuries.
- Immediate treatment: PRICE
- Rehabilitation: General Principles, role of therapeutic exercises.
- Role of Massage in the treatment of athletic injuries.

**UNIT III: Therapeutic Modalities**

- Cryotherapy modalities: General description, physiological and therapeutic effects. Methods of application & contraindications, Ice, cold packs, immersion, evaporating sprays.
- Hydrotherapy Modalities: General description, physiological and therapeutic effects. Methods of applications and contraindication: Contrast Bath, Whirl Pool.
- Heating Modalities (Thermotherapy): General description, physiological and therapeutic effects, methods of application & contradictions: Hot Moist Packs, Intra-red Radiation, Wax Bath, Short Wave Diathermy, Microwave Diathermy, Ultra Sound

**UNIT IV: Special Sports Injuries**

- Common causes, General care and Prevention of:
- Knee Injuries.
- Ankle Injuries.
- Elbow Injuries.
- Lower Back Injuries.
- Over Use Injuries.

**LIST OF PRACTICUM**

- Demonstration & practice of Therapeutic Modalities. Infrared, Hot Moist Pack, Wax Bath, Shortwave Diathermy, Ultrasound, Contrast Bath, Whirl Pool.
- Demonstration of Athletics Injuries: Shin Splint, Tennis Elbow, Ankle Sprain, Knee Sprain.
- Demonstration and Practice of Massage

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Syllabus of M.A. in Physical Education

Semester IV

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E021004T	Curriculum Design in Physical Education	4+0

**UNIT - I: Curriculum Meaning and Definition of Curriculum**

- Principles of Curriculum Construction: Student centered, Activity centered and Community centered.
- Theories of curriculum development. Curriculum Framework.
- Relevance, flexibility, quality, contextually and plurality
- Approaches to Curriculum: Subject centered, Learner centered and Community centered.

**UNIT — II: Factors & Resources**

- Factors that affects curriculum.
- Sources of Curriculum materials: Books, Journals, Encyclopaedia, Magazines, Internet.
- Integration of Physical Education with other Sports Sciences.
- Curriculum research. Objectives of Curriculum research, Importance of Curriculum research.

**UNIT — III: Curriculum Practices**

- Preparation & selection of content of the curriculum at school level.
- Preparation of the curriculum at the middle and secondary school.
- Organising for instruction in the middle school.
- Organising the program of physical education at the urban and rural areas.

**UNIT—IV: Safety Consideration & Evaluation**

- Planning for safety in outdoor settings.
- Planning for safety in indoor settings.
- Planning for safety of spectators.
- Evaluation procedure in curriculum design.

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Syllabus of M.A. in Physical Education

Semester IV

PART — A: THEORY COURSES

Course Code	Course Title	Credits
E021005T	Introductory Physical Education, Sports & Yoga	4+0

UNIT I: Introduction to Physical Education, Sports and Yoga

- Meaning, Definition and Scope of Physical Education & Sports.
- Aims and Objective of Physical Education & Sports.
- Importance of Physical Education, sports and Yoga in present era.
- Misconceptions about Physical Education.
- Sports and Yoga for all and its role in the maintenance and promotion of fitness and Wellness.

UNIT II: Scientific Basis of Physical Education and Sports

- Biological Basis of Physical Education and Sports.
- Psychological Basis Physical Education and Sports.
- Sociological Basis Physical Education and Sports.
- Mechanical Basis Physical Education and Sports.
- Stress Management & Behavior Modification through practice of Sports and Yoga
- 

UNIT III: Nutrition, Health and Wellness

- Meaning of Food & Nutrition, Balance diet, Obesity, Malnutrition.
- Concept of Health and Wellness. Personal Health and Hygiene, Management of Healthy Lifestyle
- Effects of Exercise and sports activities on Human body

UNIT IV: Praticum

- Practice of Yogasana (Sitting, Standing, Bending & Twisting postures) and Pranayama
- Types of Exercises, Concept of Warm up and Cool down
- Preparation of fitness and training schedules
- Modern concepts of Health and Fitness

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PART — A: THEORY COURSES

Course Code	Course Title	Credits
E021006T	Sports Management	4+0

Unit I:

- Management: Concept and Principles of Management.
- Sports Management: Definition, Importance.
- Basic Function and Procedures of Sports Management.
- Personal Management: Objectives of Personal Management, Personal Policies

Unit II:

- Management of infrastructure, equipment, finance and personnel.
- Organization and Functions of Sports bodies.
- Management of Competitive Sports Programmes.
- Factors affecting/influencing sports Programme Management.
- Management of Community Based Physical Education and Sports programme.

Unit III:

- Purchase and Care of Equipment.
- Guidelines for selection of equipment and Supplies.
- Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment.
- Planning and Principles of Public Relations in Sports.

Unit—IV: (Practical)

- SWOT Analysis
- Organising sports meet:
  - o Institutional sport event
  - o Community sport event
  - o Fitness Events for children
- Officiating in the institutional tournaments
- Planning & Organising sport event
- Report preparation of sport event
- Audit Management of sport event

- Bowers, M. (20 15). Sport management. Champaign: Sagamore Publishing. ISBN- 10:

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Semester IV

PART — B

SPORTS PRACTICUM COURSE

Course Code	Course Title	Credits
E021007P	Sports Practical with specialization in any one: Track & Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport/ Team Game / Racket Game.	0+4

(A) TRACK AND FIELD (B) GYMNASTICS (C) SWIMMING (D) COMBATIVE SPORT:  
BOXING/JUDO/TAEKWONDO/ WRESTLING (E) INDIGENOUS SPORT:KABADDI/  
KHO-KHO (F) TEAM GAME: BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL /  
HOCKEY/ VOLLEYBALL (G): RACKET GAME:  
BADMINTON/ TABLE TENNIS/ TENNIS  
(Select any one from the previous semesters)

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