

SCHEME OF STUDIES

M.A.

Complementary Copy

Physical Education

(Under Annual System)

For the year 2012 and onward



**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
GC UNIVERSITY, FAISALABAD**

CURRICULUM AND SYLLABUS

MASTER OF ARTS IN PHYSICAL EDUCATION & SPORTS SCIENCES

FOR EXTERNAL AND ANNUAL EXAMINATIONS SYSTEM FROM 2012 AND ONWARDS

LIST OF COURSES (All courses are compulsory)

PART-I

Course code	Paper No.	Scheme of Studies	Marks
HPE-C11	1.	Philosophy of Physical Education & Recreation	65
HPE-C12	2.	Movement Education	65
HPE-C13	3.	Basic Anatomy & Physiology	65
HPE-C14	4.	Sports Psychology	65
HPE-C15	5.	Science of Track & Field	65
HPE-C16	6.	Theory of Games	65
PRACTICALS			
	1.	Athletics	30
	2.	Games	30
	3.	Gymnastics	15
	4.	Swimming	10
	5.	Physical Efficiency & Fitness	25
Total Marks of Practical			110
Total Marks of Part-I			500

PART-II

Course code	Paper No.	Scheme of Studies	Marks
HPE-D11	1.	Research Methodology in Physical Education	70
HPE-D12	2.	Movement Education (Bio-Mechanics)	70
HPE-D13	3.	Sports Medicine	70
HPE-D14	4.	Psychology of Sports	70
HPE-D15	5.	Measurement & Evaluation in Physical Education	70
OPTIONAL (Choose anyone of the following)			
HPE-D51	1.	Leadership in Sports	50
	2.	Curriculum Planning in Physical Education	50
PRACTICALS			
	1.	Athletics	30
	2.	Games	30
	3.	Gymnastics	15
	4.	Hiking and Tracking and Scouting	25
Total Marks of Practical			100
Total Marks for Part-II			500
Grand Total Marks for MA Physical Education Degree			1000

Contents

Sr. No.	Topics	Page No.
1.	Philosophy of Physical Education & Recreation	01
2.	Movement Education	03
3.	Basic Anatomy & Physiology	05
4.	Sports Psychology	06
5.	Science of Track & Field	07
6.	Theory of Games	09
7.	Athletics	10
8.	Games	10
9.	Gymnastics	10
10.	Swimming	10
11.	Physical Efficiency & Fitness	10
12.	Research Methodology in Physical Education	11
13.	Movement Education (Bio-Mechanics)	13
14.	Sports Medicine	15
15.	Psychology of Sports	16
16.	Measurement & Evaluation in Physical Education	17
17.	Leadership in Sports	19
18.	Curriculum Planning in Physical Education	21
19.	Athletics	22
20.	Games	22
21.	Gymnastics	22
22.	Hiking and Tracking and Scouting	22

PHILOSOPHY OF PHYSICAL EDUCATION & RECREATION

code = HPE - C11

1. Introduction

- a. Definition of P.E.
- b. Nature, Scope and Significance of P.E.
- c. Objective of P.E.

2. Philosophy of P.E. & Sports

- a. What is Philosophy
- b. Philosophy of Education and good life
- c. Some General Philosophy
 - i. Naturalism and P.E.
 - ii. Pragmatism and P.E.
 - iii. Humanistic Philosophy & P.E.
 - iv. Jingoism is Sports

3. Community Recreation

- a. Nature, Scope and Significance of P.E.
- b. Objective of Recreation
- c. Kinds of Recreation
 - i. Community Recreation
 - ii. Hospital Recreation
 - iii. School Recreation
 - iv. Industrial Recreation

4. School and Recreation

- a. School Centered Recreation
- b. Regular School Programme and Leisure
- c. Co-curricular activities and Leisure

5. Leadership in Recreation

- a. Definition of Leadership
- b. Qualities of Recreational Leader
- c. Responsibilities of Leadership

6. Camping and outdoor education

- a. Nature, Scope and Signification of School, Camping and outdoor Education

7. Administration and Management of Recreation

- a. Factors involved in the Planning of Recreation
- b. Types of Recreation Facilities
- c. Site Selection

Recommended Books:

1. Krishnamurthy V, Educational Dimensions of Physical Education, 1990, Sterling Publisher Ltd, New Delhi, India.
2. Singh S.B, Sodhi T.S, Sandhu G.S, Philosophies of Education, 1st Edition, 1988, Indian Publications, Hill Road, Ambala Cantt, India.

3. Zeigler Eerle F, An Introduction to Sports and Physical Education, Philosophy, 1989, C. Brown Publisher Int, New York.
4. Charles Bucher A, Donald Chu, Dimensions of Physical Education, 2nd Edition, C V Mosby Company, New York, USA.
5. Zeigler Eerler F, Philosophical Foundation for Physical Health and Recreation Education.
6. Hatfield Bral, Seppo E, ISO Alhola, Psychology of Sports, 1986, W M Brow Publishers, Dubuque, Iowa.
7. Charlas A Ucher, Foundation of Physical Education, Saint Louis, C V Mosby Company.
8. Harold ABL, Men and Movement & Principles of Physical Education. 2nd Edition, Lea and Fbinger.
9. Wilam V E and Brow-Well, Administration of Health Education and Physical Education. A B Sanders and Co, Philadelphia.

MOVEMENT EDUCATION

code = HPE-C12

1. **Movement: The key stone of Physical Education**
 - a. Origins of Movement Education
 - b. Nature of Movement Education
 - c. School of Thought
 - d. Theories of Movement

2. **General Factors that Affect Movement**
 - a. Physiological Factors
 - b. Psychological Factors
 - c. Sociological Factors

3. **Movement of Concept**
 - a. Special Awareness
 - b. Body Awareness
 - c. Qualities of Movement
 - d. Relationship

4. **Movement Vocabulary Development Concepts**
 - a. Conceptuazation Leading to Movement Vocabulary
 - b. Movement and Music
 - c. Formulation of Tasks

5. **Selected Fundamental Movement**
 - a. Locomotors Movements

Walking	-	Running	-	Jumping	-	Hopping
Sliding	-	Leaping	-	Rolling	-	Folding
 - b. Non Locomotors Movements

Curling & Stretching	-	Turning & Twisting	-	Pushing & Pulling
Lifting & Lowering	-	Swinging & Circling	-	Stillness & Balancing
 - c. Other Areas
 - Movement Sequence
 - Partner and Group Work
 - Small Area Games and Lead-up Activities

6. **Educational Gymnastics**
 - a. Definition of Educational Gymnastic
 - b. Objectives of Education Gymnastic
 - c. Planning and Presentation of Education Gymnastic Progmmme

7. **Somatotyping**
 - a. Historical Overview
 - b. Body Types - Sheldon's Method
 - c. Hesomarphy - Ectomorphy

8. Corrective Physical Education

- a. Posture (Descriptive and Anatomical Definitions)
- b. General Causes of Bad Posture
- c. General Postural Deformities
 - i. Round Upper Back
 - ii. Hollow Back
 - iii. Scollshots
 - iv. Knock-Knees
 - v. Flat Foot
- d. Remedial Exercise
- e. Adapted Physical Education
 - i. Definition
 - ii. Nature, Scope and Significance of Adapted Physical Education
 - iii. Physical activities for convalescents
 - iv. Rehabilitation Programme for Special Persons

9. Message

- a. Definition of Message
- b. Importance of Message
- c. Types of Message
 - i. Hydrotherapy
 - ii. Mud Therapy
 - iii. Electro Therapy
 - iv. Physiotherapy
 - v. Recreational Therapy

10. Equipment and Apparatus

- a. Kinds of Apparatus
- b. Handling of Apparatus
- c. Maintenance of Apparatus
- d. Importance of Apparatus
- e. Improvisation Apparatus

Recommended Books:

1. Barrow, 1988. Principles of Man and Movement, Lea.
2. Bouchard, 1991. Physical Activity Sciences, Huamn.
3. Pana P K, Sharama O P, New Encyclopedia of Physical Education Vol. 5, Khel Satitya Kendra.
4. Barratt, Physical Ethics or the Science of Action.
5. Wads, 1995. Introduction to Kinesiology, WCB Brown.
6. Thompson, 1994. Manual of Structural Kinesiology, Mosby Year Book.
7. Anna Espenschade, Helen M Eckert, Motor Development, Charles E Mrril Publishing Company.
8. Clayen, Gordon and Blauer, Applied Kinesiology and Biomechanics, McGraw-Hill Book Company.
9. Winter, David A. Biomechanics of Human Movement, John Willy and Sons.
10. Schurr, Evelyn L, Movement Experiences for Children, Prentice Hall, Inc. Englewood Cliffts, New Jersey.

BASIC ANATOMY & PHYSIOLOGY

code = HPE-C13

INTRODUCTION:

- a. Definition and Importance of Anatomy and Physiology

SKELETAL MUSCLES

- i. Anatomy of Skeletal Muscles
- ii. Description of Major Muscles of the body
- iii. Function of Muscles during Exercise

BONES AND JOINTS

- i. Description of Joints
- j. Anatomy of Bones and Joints
- k. Effect of exercise on bones and joints and senility changes

ANATOMY AND PHYSIOLOGY OF THE FOLLOWING SYSTEMS

- a. Nervous System (Peripheral- Autonomic)
- b. Circulatory System
- c. Respiratory System
- d. Digestive System
- e. Excretory System

ENDOCRINOLOGY

- a. Endocrine glands and functions
- b. Effects of Malfunctioning of endocrine glands on human body
- c. Detail of Muscles related hormones

Recommended Books:

1. Lost R J, Caningam, A manual Practical Anatomy.
2. Elaine N Marieb, 2002 Human Anatomy & Physiology, The Benjamin/Cummings Publishing Company, USA
3. King & Shower, Human Anatomy and Physiology, W B Saunders, Co, New York, Philadelphia, USA.
4. Soloman and Davis, Human Anatomy and Physiology, W B Saunders.
5. Marieb, 1992. Human Anatomy and Physiology, The Benjamin Publishers.
6. Thibodeau, 1992. Structure & Function of the Body. Mosby Year Book.
7. Marieb, 1994. Essentials of Human Anatomy & Physiology. The Benjamin Publishers.
8. Wynsberghe, 1995, Human Anatomy and Physiology. Mc-Graw Hill.

PSYCHOLOGY OF SPORTS-I

code = HPE-214

1. Introduction

Definition and Methods of Sports Psychology – Significance of Psychology in Sport.

Psychological benefits from Physical activities

2. Behavior Genetics, Glands and Nervous System

Genes: Key to heredity – Glands and their effects on behavior – Basics of the Nervous System, Response Mechanism in Human Body

3. Learning

Definition - Theories of Learning - Laws of Learning - Forces Influencing Learning - (Motivation and Learning – Intelligence and Learning) Motor Learning - Motor Concepts – Perceptual Motor Learning

4. Retroactive Inhibition

Transfer of Training – Retroactive Inhibition – Pro-setive inhibition

5. Concentration

Attention – When and where to focus attention – Attention and Maximized Performance

Types of Attentional Focus. Variations in concentration

6. Motivation and Performance

Definition – Biological Drives – Stimulus Needs – Motives – Motives and behavior – Motivation and Performance

7. Social Institutions and Sports

Money – Television – Radio and Press – Social Status and Performance

8. Personality and Sports

Definition – Personality – Theories – Measurement of Personality – Personality development and athletes

Recommended Books:

1. Harper N Y and Brothers, Maslow, J, 1954. The Motivation and Personality.
2. Liaget J, 1965. The Moral Judgment on Child, N Y Free Press.
3. Polarad, M B and Geogheen B, The Growing Child in Contemporary Society. Milkaukees. The Bruce Publication Co.
4. Schultz, B M, 1969, Psychology in Use an Introduction to Applied Psychology, N Y Macmillam & Co.
5. Harvey P G Health, 1988. Psychology, Longman, London.
6. Bothy V Harns and Bettle L Harris, 1984. the Athletics Science to Sports Psychology, Leisene Press.
7. William P Stranb, 1980. Sports Psychology in Analysis of Athlete Behaviour. Movement Publications USA.
8. Borcas Busam But, 1987. Psychology of Sports, Van Nostrand Rouledge Company, New York.
9. Terry Orlick, 1975. Human Kinetics, Publishers, Inc. USA.
10. Kane J E, 1972. Psychological Aspects of Physical Education and Sports, Rouledge and Kegan Paul, London and Boston.

SCIENCE OF TRACK & FIELD code: HPE-C15

1. **Olympic Movements**
 - a. Olympism
 - b. Ancient Olympic
 - c. Modern Olympic

2. **Conditioning in Athletics**
 - a. Strength Training
 - b. Endurance Conditioning
 - c. Flexibility Training
 - d. Other Aspects
Power, Speed, Agility, Reaction Time, Periodization, Rest and Recovery

3. **Training Principles**
 - a. Overloading and Stress
 - b. Specificity of Training
 - c. Progression
 - d. Recovery of Sports Participation
 - e. Recovery / Rest
 - f. Diminishing Returns
 - g. Seasons
 - h. Individuality

4. **Resistance Training (Isotonic, Isometric & Isokinetic)**
 - a. Uses of Weight Training
 - b. Training for General Fitness
 - c. Specific Exercises for Athletic Events

5. **Technology in Athletics**

Technical Aspects of:

 - a. Running
 - b. Jumping
 - c. Throwing
 - d. Walking

6. **Philosophy of Warm-up**
 - a. Explanation
 - b. Passive General and Specific Warm-up
 - c. Uses of Warm-up
 - i. Psychological Benefits

7. **Out of Standard Track**

8. **Administration and Organization of Athletic Competition**

9. **Rules of Athletic Events**

Recommended Books:

1. How to Organize an Athletics Meeting, Amateur Athletic Association Hand Book.
2. Abdul Waheed Mughal, Athletic Officiating, Islamabad.
3. Primo Bebiol, 1997. Hand Book Inter. Amateur Athletic Federation, IAAF.

4. Vivek, 1996. *New Encyclopedia of Track & Field*, Khel Sahitya Kendra.
5. Gummerson, 1992. *Sports Coaching and Teaching*, A & B Black.
6. Tony Pocock, 1992. *Official Rules of Sports & Games*.
7. Thani, 1995. *Skills & Tactics field Athletics*, Sports Publishers.
8. 1994. *Track Athletics*, A & C Black.
9. 1994. *Field Athletics*, A& C Black.
10. Amateur Athletics Association, *Hand Book*.
11. Rashid Khalid, 1993. *Taaleem-e-Jismani*, Ilmi Kutab Khana, Lahore.

THEORY OF GAMES

code = HPE - C16

1. Organization and Conduct of Tournament

- a. Types of Tournaments
 - i. Round Robin (Leafue System)
 - ii. Elimination (Knock Out)
 - iii. Combination
 - iv. Double Elimination
 - v. Consolation
 - vi. Ladder
 - vii. Pyramid
- b. Organization and Conduct

2. Planning of Sports Facilities, Maintenance

- i. Playfields
- ii. Gymnasia
- iii. Stadia
- iv. Covered Areas
- v. Artificial Surfaces

With special reference to layout / orientation. Environments and environmental relationship, Parking, Financial Considerations, Care and Maintenance.

3. Rules and techniques of the following games and their application.

- a. Hockey
- b. Football
- c. Cricket
- d. Basket Ball
- e. Volley Ball
- f. Lawn Tennis
- g. Badminton
- h. Table Tennis
- i. Hand Ball
- j. Net Ball (for Girls)

4. Use and advantages of A.V. Aids in the development of skills in sports.**Recommended Books:**

1. 1991. Official Rules of Sports and Games. Methnen.
2. 1991. Complete Illustrated Encyclopedia of All the "Rules of the Game" Sport of the World. Collins.
3. Barrett, 1993 Players, Games and Spectacle. F Watts.
4. Anshel, 1991. Dictionary of the Sports and Exercise. Human.
5. Gregory. Activity Book About Sport. Remansleigh.
6. Smith, 1992. Chronicle of the 20th Century Sport. Pak Am.
7. Rustad, 1995. Cricket Encyclopedia. Pak Am.
8. Barker, 1992. Go & Play Tennis. Pak Am.
9. 1995. Rules of Games & Sports. Pak Am.
10. Thani, 1995. Skills & Tractics Cricket. Pak Am.

PRACTICAL**1. Athletics**

Individual performance, Coaching, Judging / Officiating and programme planning to two Events (One from Track and one from field events).

The combination being:

FOR BOYS

High Jumps, Broad Jump, Putting the shot, Throwing the Javelin, Sprint Events, Hurdles, Relays

FOR GIRLS

Broad Jump, Putting the shot, Throwing the Javelin, Sprint events, Relays.

2. Games

Individual performance, Coaching, Judging / Officiating and Programme Planning in TWO EVENTS (One indoor and one outdoor)

The combination being:

	BOYS	GIRLS
Outdoor	Football Hockey	Hockey Netball
Indoor	Basketball Volleyball Badminton	Basketball Volleyball Badminton

3. Educational Gymnastic

Skill dexterity in:

Warming up, Stretching Agility, Balance, Flexibility, Coordination exercises and sequence patterns

4. Physical Efficiency and Fitness Test

To be devised by the respective PE College/Institution

5. Swimming

Skill dexterity in any of the following strokes

- i. Back
- ii. Breast
- iii. Butterfly

6. Recreational and Educational Training

Excursions and Visits to Historical Places, Parks, Sports Complexes, Sports Competitions followed by written assignments.

Important Note.

Each area of proposed practical is Compulsory. Results of the absentee will be withheld till such time he/she successfully completes the practical requirement(s). No second chance shall be given immediately after the scheduled time and the defaulter will have to wait for the next examination.

code = HPE-D11

RESEARCH METHODOLOGY IN PHYSICAL EDUCATION

- 1. Science and scientific Method & Research**
 - a. What is scientific research
 - b. Use of scientific method of research in P.E.
 - c. Relationship between research and theory
- 2. Scientific Concepts**
 - a. Nature and Functions of Concepts
 - b. The process of conceptualization
 - c. Concepts and Variables
 - d. Definition: Theoretical and Operational
- 3. Selection and formulation of Research Problem / Topic**
 - a. Determinants of the significance of a research problem
 - b. Review of relevant literature
 - c. Objective of the problem / topic
 - d. Theoretical Framework
- 4. Research Design**
 - a. Types of research Design
(Survey, Experiments, Case Study, Observation, Content analysis scope of each)
 - b. Population and samples
- 5. Hypothesis**
 - a. Definition and Functions of Hypothesis
 - b. Source and logic through which hypothesis are derived
 - c. Characteristics of Testable hypothesis
- 6. Tools of Data Collection**
 - a. Interview Schedule, Interview guide, Questionnaire
 - b. Guidelines for the Construction of Questions
 - c. Guidelines for Interview/Mailed Questionnaire
- 7. Measurement, Scaling and Analysis of Data**
 - a. Scores, Indexes, Scales, Tables
 - b. Hypothesis
 - c. Use of Statistics
- 8. Writing of Research Report**
 - a. Contribution of Chapters
 - b. Presentation of Matter
 - c. References

Recommended Books:

1. Iqbal A Qureshi. 1996. Research Methods in Physical Education, Hyderabad. Alumni.
2. David Clarke and Harrison Clarke, 1984. Research Process in Physical Education, Prentice Hall Inc, New Jersey.

3. John Best, 1981. Research in Education, Prentice Hall Inc, New Jersey.
4. Deobold Dalen, 1979. Understanding Educational Research. McGraw-Hill Inc, New York.
5. Bhatnagar O P, 1990. Research Methods & Measurement in Behavioural and Social Science. Agricole Publishing Academy, New Delhi.
6. Annel Rothstein, Research Design and Statistics for Physical Education, Prentice Hall Inc.
7. David H Clarke and H Harrison Clarke, Research Processes in Physical Education, Prentice Hall Inc.
8. Louis Conen and Lawrence Manion, Research Methods in Education, Croom Helm London.

MOVEMENT EDUCATION (BIOMECHANICS)**1. Biomechanics in Physical Education and Athletics**

What is biomechanics – What is the function of Biomechanics – Importance of Biomechanics to the Physical education, Coach & Athlete.

2. Forms of Motion

- I. Translation (or Linear Motion)
 - a. Rectilinear Translation
 - b. Curvilinear Translation
 - c. Non-Linear Motion
- II. Rotation (or Angular Motion)
- III. General Motion

3. Kinematics**I. Linear Kinematics**

- a. Distance and Displacement
- b. Speed and Velocity
- c. Acceleration
- d. Vectors and Scalars
- e. Projectile

II. Angular Kinematics

- a. Angular Distance and Angular Displacement
- b. Angular Speed and Velocity
- c. Angular Acceleration
- d. Angular motion vectors

4. Kinetics**I. Linear Kinetics**

Inertia – Mass – Force – Newton's Laws of Motion – Friction – Impulse – Conservation of Momentum – Impact – Pressure – Work

II. Angular Kinetics

- a. Eccentric Force – Moment – Resultant Moment – Equilibrium Levers – Center of Gravity – Moment of Inertia – Angular Momentum – Centripetal and Centrifugal Force

5. Fluid Mechanics

Flotation – Buoyant Force – Specific Gravity – Effect of Buoyancy – Fluid Resistance – Surface Drag – Wave Drag – Lift From Drag

6. Analysis of Sports Technique

- a. Foot Ball
- b. Basket Ball
- c. Gymnastics
- d. Track and Field : Running
- e. Track and Field : Jumping
- f. Track and Field : Throwing
- g. Swimming

Recommended Books:

1. James G Hay, 1993. The Bio-Mechanics of Sports Techniques.
2. Prentice Hall International Ltd, Uk.
3. B M Nigg, 1994. Biomechanics of the Musculo-Skeletal System.
4. W. Herzog, 1994. John Wily & Sons Publisher, USA.
5. Susan J Hall, 1995. Basic Biomechanics, McGraw-Hill Companies, USA.
6. J P Troup and Others, 1996. Biomechanics and Medicine in Swimming.
7. VIIE & FN Spun Publisher, UK.
8. Robert A Robergs, 1999. Fundamental Principles of Exercise Physiology for Sports.
9. Scott O Roberts, 2000. Fitness Performance and Health McGraw-Hill Publisher, USA.

SPORTS MEDICINE**1. Sports Injuries**

- a. Muscle and Tendon Injuries, Their causes and preventive measures.
- b. Bones and joints injuries, specific common sports injuries of elbow, wrist shoulder, ankle and knee joint and their treatment principle.
- c. Injuries of back and back pain in Athletes
- d. Strain and sprain their signs / symptoms and treatment principles

2. Nutrition for Today's Athlete

- a. Carbohydrates, Proteins, Fats, Vitamins, and Minerals, Their importance and function in life
- b. Athletes diet and supplemented diet
- c. Achievement of balance diet in Pakistan
- d. Weight control and diet
- e. Hazards of over and under weight
- f. Carbohydrates loading
- g. Athletics drink
- h. Precontest and during contest meal

3. Environment

- a. Environment factors in athletics training and sports medicine
- b. Effects of weather, Temperature, Humidity, Cloud and Winter Velocity and Air Condition in Athletes performance

4. Stress on Sportsmen

- a. Climate stress e.g. heat cramps, heat fatigue, heat stroke, bite and hypothermia
- b. Exercise on altitude

5. Use of Medicine in Sports

- a. Principles of doping and its prevention in international games
- b. Addiction in sportsman and effect on performance

Recommended Books:

1. Dr. Gupta L C and Dr. Pandey P K, 1987. Outlines of Sports Medicine, Jaypee Brothers Medical Publishers, New Delhi, India.
2. Dr. Vidya Ratan, 1989. Hand Book of Preventive and Social Medicine, Jaypee Brothers Medical Publishers, New Delhi, India.
3. Dr. Vidya Ratan, 1991. Multiple Choice Questions in Preventive and Social Medicine.
4. John M C Coslon and Williams armour. Sports Injuries and Their Treatment.

PSYCHOLOGY OF SPORTS –II**1. Stress**

Stress – Neurochemical Aspects of Stress – Theory of Stress – Effects of Sports Stress – Dynamics of Stress – Regression under of Stress Arousal and Performance

2. Psychological Obstacles

Commitment – Conflict of Interest – Information Overload – Mind Set – Situational Blocks – Plateaus in Performance – Slimps – Staleness – Burn out – Rituels

3. Aggression

Types of Aggression – Theory of Aggression – Aggression and Individual Behavior. Significance of Aggression in Sports. Violence in Sports.

4. Relaxation

Definition – Progressive relaxation – How to do progressive relaxation – Additional relaxation Techniques in autogenic training – Focus on Breathing – Visualization

5. Imagery

Definition – Benefits of imagery – Suing mental Imagery – imagery during competition. Recovery from imagery

6. Goal Setting

What is goal setting – Rational goal setting – Goal identification – Criteria for goal selection – Types of goals – How goals affect performance.

7. Self Talks – Self Thought and Attitudes

Thoughts stopping – Guide to promotion positive thoughts – Awareness of Pain and pain control – Thoughts of winners and thoughts of losers

8. Treatment Techniques

Positive thinking – Competence Training – Meditation – Relaxation – Affective Control – Cognitive Behavioural Techniques – Attentional Control Training Hypnosis and Suggestion.

Recommended Books:

1. Harper N Y and Brothers, Maslow, J, 1954. The Motivation and Personality.
2. Liaget J, 1965. The Moral Judgment on Child, N Y Free Press.
3. Polarad, M B and Geogheen B, The Growing Child in Contemporary Society. Milkaukees. The Bruce Publication Co.
4. Schultz, B M, 1969, Psychology in Use an Introduction to Applied Psychology, N Y Macmillam & Co.
5. Harvey P G Health, 1988. Psychology, Longman, London.
6. Bothy V Harns and Bettie L Harris, 1984. the Athletics Science to Sports Psychology, Leisene Press.
7. William P Stranb, 1980. Sports Psychology in Analysis of Athlete Behaviour. Movement Publications USA.
8. Borcas Busam But, 1987. Psychology of Sports, Van Nostrand Rouledge Company, New York.
9. Terry Orlick, 1975. Human Kinetics, Publishers, Inc. USA.
10. Kane J E, 1972. Psychological Aspects of Physical Education and Sports, Rouledge and Kegan Paul, London and Boston.

MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION

- 1. Approach to measurement and evaluation**
 - a. Historical overview
 - b. What are measurement and evaluation
 - c. Uses of measurement and evaluation in P.E.
 - d. Place of measurement and evaluation in P.E.
 - e. Basic principles of evaluation

- 2. Evaluation of performance test**
 - a. The need for selecting appropriate test
 - b. Criteria for test selection

- 3. Administration of Tests**
 - a. Advance preparation
 - b. Duties during testing
 - c. Duties after testing

- 4. Basic Statistics**
 - a. Quantitative Data
 - b. Frequency table
 - c. Measure of central tendency
 - d. Quartiles and percentiles
 - e. Normal probability curve
 - f. Standard scores (Z-Scores – T. Scores)
 - g. Correlation
 - h. Tandard deviation

- 5. Physical Fitness**
 - a. Definition of Physical Fitness
 - b. Components of Physical Fitness
 - c. Physical Fitness index

- 6. General Motor Ability**
 - a. Definition Motor Ability
 - b. Components of Motor Ability
 - c. Measurement of Motor Ability

- 7. Cardio Vascular Fitness**
 - a. Definition
 - b. Measurement of Cardio Vascular Fitness

- 8. Classification in Physical Education**
 - a. Philosophy
 - b. Purposes of Classification
 - c. Values of Classification

9. Grading in Physical Education

- a. Philosophy
- b. Purposes of grading
- c. Criteria for grading
- d. Methods of grading

10. Rating scales in Physical Education

- a. Steps in the construction of Rating Scales
- b. Rules for the use of Rating
- c. Types of Rating devices

11. West of scucitif Sports Skills

- a. Hockey
- b. Football
- c. Basketball
- d. Badminton
- e. Volleyball
- f. Tennis

Recommended Books:

1. Harrison Clerk A. Application of Measurement in Health & Physical Education.
2. Wilson N R. Test & Measurement in Physical Education. (California National Text PA, ALTO).
3. Ch. Mecloy. Test and Measurement in Health & Physical Education. (NY FSc, Croits & Co.)
4. Johnson Barry and Nelson Jack K. Practical Measurement for Evaluation in Physical Education. Burgess Publishers. 7/10 Ohms Lane Edina M N 55435.
5. Clarke H Harrison. Application of Measurement to Health and Physical Education, 1967. Prentice Hall Inc, Englewood Ckuff, New Jersy, New York, USA.
6. Baugartner. Measurement for Evaluation in Physical Education, 4th Edition. C Brown Publishers, New York, USA.
7. Lien. Measurement and Evaluation of Learning, 4th Edition, 1980. C Brown Publishers, New York, USA.
8. Banow Harold M & Rosemary McGee. A Practical Approach to Measurement in Physical Education.
9. Walpole Ronald E, Introduction to Statistics, the Macmillan Company, New York, USA.
10. Lindsey Ruth Lt Al. Body Mechanics. WMC Brown.

LEADERSHIP IN SPORTS**1. Leadership**

- a. Definition
- b. Types of Leadership
- c. Methods of Leadership
- d. Qualities of an effective leader
- e. Responsibilities

2. Management**Identification and use of resources**

- a. Human Resources
- b. Financial Resources
- c. Material Resources
- d. Facility Resources

3. Administration

- a. Constitution of the Sports Organization
- b. Office holders of an organization and their functions
- c. Meetings
 - i. Notice of meeting
 - ii. The agenda
 - iii. Conducting a meeting
 - iv. Tips for good meeting
 - v. Minutes of meeting
 - vi. Report writing

4. Programmes

- a. Communications
 - i. Introduction
 - ii. Barriers to effective communications
 - iii. Communication network
 - iv. Types of communication
 - v. Methods of communication
 - vi. The press release
 - vii. The media conference
 - viii. Tips on speeches
- b. Planning a sports Tour
 - i. The contingent
 - ii. Finances
 - iii. Documents
 - iv. Clothing and equipment
 - v. Protocol
 - vi. Customs
 - vii. Media coverage

5. Organizing on Event

- a. Before apply for or taking on an event
- b. Having been awarded the event

6. Issues (Fair Play)

- a. The rules
- b. Breaking the rules
- c. Unfair judging
- d. Rules for training
- e. The sporting spirit
- f. Theory into practice

CURRICULUM PLANNING IN PHYSICAL EDUCATION**1. Introduction**

- a. Definition of Curriculum
- b. Need for curriculum
- c. Importance of Curriculum planning P.E.
- d. Principles of curriculum planning

2. Curriculum Planning

- a. International Trends
- b. People involved in curriculum planning
 - i. Administrators
 - ii. Teachers
 - iii. Parents and community leaders
 - iv. Other individuals from specialized areas
- c. Steps in Curriculum Planning
 - i. Determining the objectives
 - ii. Translating the purposes into all school programme
 - iii. Translating the purposes into specific subject matter
 - iv. Providing curriculum guidance and instructional aids materials
 - v. Carry on the teaching – learning process
 - vi. Exhalation of feed back

3. Curriculum Evaluation

- a. Methods of Curriculum Evaluation
 - i. Formative
 - ii. Summative
 - iii. Normative
- b. Basis for curriculum Evaluation

4. Content Selection**Methods of Content Selection**

- i. The empirical Method
- ii. The Survey Method
- iii. The Scientific Method

5. Intramural

- a. Objectives
- b. Rules governing Intramural or
- c. Research in lieu of the optional paper

PRACTICALS**1. Athletics**

Individual performance, Coaching, Judging / Officiating and Programme Planning in two Events. (One Track and one Field). The combination being.

Boys:

Tripple Jump, Pole-Vault, Discuss Throw, Hammer Throw, Middle and Long Distance Races, Hurdles

Girls:

High Jump, Throwing the Discuss, Middle and Long Distance Races, Hurdles

2. Games

Individual performance, coaching Judging / Officiating and Programme Planning in two Games (One indoor and one outdoor)

3. Gymnastics

Skill Dexterity: one activity from each of the following areas

a. Floor Exercises

Forward Roll

Backward Roll

Dive Roll

Head Spring

Hand Spring

b. Vaulting

Astride Vault

Through Vault

Thief Vault

Dive Roll

Horizontal Astride

c. Multiple Tasks

Formulating and performing of Task with and without apparatus

(Apparatus: 30x, Beach, Beam, Mat, Mattress, Horizontal Bar, Parallel Bar etc.)

4. Hiking and Hill Tracking

07 days programme in the hilly regions

5. Scouting/Girls Guiding

07 days programme in the hilly region/College campus

IMPORTANT NOTE:

Each area of proposed practical is compulsory. Result of the absentee will be withheld till such time he successfully completes requirement. No second chances shall be given immediately after the scheduled time and the defaulter will have to wait for the next examination.