

BHAGWANT UNIVERSITY

Sikar Road, Ajmer

Rajasthan



Syllabus

Institute of Humanities & Social Sciences

M. Phil I Semester

Physical Education

Course Category

MPed : M.Phil in Physical Education

CCC: Compulsory Core Course

ECC: Elective Core Course

Contact Hours:

L: Lecture

T: Tutorial

P: Practical or Other

Marks Distribution :

IA: Internal Assessment (Test/Classroom

Participation/Quiz/Presentation/Assignment etc.)

EoSE: End of Semester Examination

M. Phil (Physical Education)

(Course Structure)

Subject code	Subject Name	Teaching hours			Marks		
		L	T	P	External	Internal	Total
01MPed101	Research Methodology :Theory & Techniques	3	0	0	70	30	100
01MPed102	Training Methods -I	3	0	0	70	30	100
01MPed103	Training	3	0	0	70	30	100

	Methods -II						
01MPEd104	Measurement and Evaluation in Physical Education	3	0	0	100		100
Total		12	0	0	280	120	400

Research Methodology Theory And Techniques

Course/Paper: O1MPEd101

Unit - 01

Research - definition - importance and meaning of research - characteristics of research - types of research - steps in research - identification, selection and formulation of research problem – research questions - research design - formulation of hypothesis - review of literature

Unit - 02

Sampling techniques : sampling theory - types of sampling - steps in sampling - sampling and non-sampling error - sample size - advantages and limitations of sampling. Collection of data : primary data - meaning - data collection methods - secondary data - meaning - relevances, limitations and cautions.

Unit - 03

Statistics in research - measure of central tendency - dispersion - skewness and kurtosis in research. Hypothesis - fundamentals of hypothesis testing - standard error - point and interval estimates - important non-parametric tests : sign, run, kruskal - wallis tests and mann-whitney test.

Unit - 04

Para metric tests : testing of significance - mean, proportion, variance and correlation - testing for significance of difference between means, proportions, variances and correlation co-efficient. Chi-square tests - anova - one-way and two-way.

Unit - 05

Research report : types of reports - contents - styles of reporting - steps in drafting reports - editing the final draft - evaluating the final draft.

Training Methods – I

Course/Paper: 01MPed102

Unit - 01

Types of training - weight training - circuit training - fartlek training - over distance and under distance - pressure training. Basic concept of physical fitness - basic principles in training – basic physical characteristics - fitness and training emotional fitness and psychological training.

Unit - 02

Strength - maximum strength elastic strength - strength insurance - absolute and relative strength - external resistance and athletic ability to express force..

Unit – 03-

tatic muscular activity - dynamic muscular activity - eccentric muscular activity - isokinetic muscular activity - strength relative as movement - development of strength - strength development training.

Unit – 04-

Speed in sports, speed development - training for speed development – the speed barrier - endurance and speed training. Training methods - duration - repetition - competition and testing - endurance sports.

Unit – 05-

Mobility classification - factors influencing mobility - role of mobility - mobility training - mobility unit construction - mobility derivatives.

Strength, speed, endurance and ability - vital capacity - apparatus - spirometer - sphygmomanometer ; grip dynamometers, leg dynamometer, intra pulse apparatus and biomonitor

Training Methods – II

Course/Paper: 01MPEd103

Unit - 01

Aerobic muscle metabolism - anaerobic muscle metabolism - the cardiorespiratory system - cardio respiratory - response to exercise. Aerobic training, effects on heart rate and heart size, blood pressure, blood distribution, blood, lungs, maximal oxygen uptake - lactic acid.

Unit - 02

Anaerobic power and power and speed, anaerobic capacity, anaerobic glycolysis - anaerobic periods.

Growth and development - physical growth effects - height, weight, chest width - physiological effects - heart rate response, oxygen consumption responses and other combined responses - reaction and movement time.

Unit - 03

Physiological changes accompanying the aging process.

A. muscle size and strength

B.fat, lean body weight and bascal metabolic rate.

C.respiratory system

D.cardiovascular system

E.nervous system. Training adaption in the aged . Basic principles and guidelines for constructing cardio respiratory

Endurance exercise programme for the aged.

Unit - 04

Carbohydrate, fat, protein, minerals, vitamins, etc. Pre game meal - sleep - rest, muscle tone and readiness.

Unit - 05

Effect of drugs - alcohol - coffine - smoking on performance – blood doping - anabolic steroid - drug abuse in athletes.Effect of climate changes and high attitude on human performance.

Measurement and Evaluation in Physical Education

Course/Paper: 01MPed104

UNIT I: Meaning of the term Test, measurement, Evaluation and Assessment
Use of the term Test, measurement, Evaluation and Assessment in Research

UNIT II

Introduction the different test: Knowledge, Psychological, Fitness, Skill, Physiological, Special Population, Test batteries, Anthropometric test Trends in Evaluation in Physical Education

UNIT III:

Construction of Data collection tools .Questionnaire and Opinionnaire .Fitness and Skill test Rating Scale

UNIT IV:

Testing Validity and Reliability of testing tools Different methods for testing validity of tool Different methods for testing reliability of tool Norms- Types, Importance and construction

UNIT V:

Factors affecting measurement in physical education .Characteristics of Test batteries .Factors to be Considered for selecting test .Factors to be considered for administration of test. Written, Motor test