

**BHAGWANT UNIVERSITY**  
**Sikar Road, Ajmer**  
**Rajasthan**



**Syllabus**

**Institute of Humanities & social Sciences**  
**M. Phil**  
**(Physical Education)**

### **ANNUAL SCHEME OF EXAMINATION:**

1. Every candidate shall be required to offer three written papers and one dissertation (equivalent to one paper). Within this frame work the Board of Studies shall recommend the course of study for the M. Phil examination.
2. The course of study for the M. Phil degree shall extend over a period of one academic year. There shall be a continuous internal assessment and as external assessment. The proportion of internal and external assessment shall be 30:70. There will be no internal assessment in the dissertation. Total marks for M. Phil will be 400. Dissertation may be written by the candidates under the supervision of any teacher who is registered as M. Phil Supervisor. Supervisor can guide normally five dissertations. However, the maximum limit may be relaxed by the permission of Vice-Chancellor on the recommendation of Head. The internal Supervisor can guide five candidates and workload of six hours is admissible for each M. Phil course for dissertation. The Supervisor will sign and issue a certificate counter signed by the Head of department concerned.
3. The internal assessment may be evaluated on the basis of:
  - (a) Mid Terms : 15 Marks
  - (b) Assignments /Seminar Presentation /Group Discussion: 15 Marks
4. Each theory paper shall consist of 100 marks. The dissertation shall also consist of 100 marks. For a pass, a candidate shall be required to obtain (a) at least 40% marks in each paper separately (b) a minimum of 50% marks in the aggregate of all the papers prescribed for the examination. In the mark sheet, successful candidates shall be classified as under

First Division	65% or more.
Second Division	50-65%
- 6- A candidate will have to pass individually both in the Internal as well as external examination and it should be shown separately in the marks sheet.
- 7- The placement of every candidate under a Supervisor/Guide shall be decided within two months from the last date for admission.
- 8- A candidate who fails at the examination even in one paper/dissertation shall be required to reappear at the examination in a subsequent year in all the papers/dissertation prescribed for the examination, provided that a candidate who obtains at least 50% marks in dissertation shall be exempted from the submitting a fresh dissertation and the marks obtained by him shall be carried forward for working out his result.
- 9- For each theory paper 10 questions will be set for the final examination and the candidate will have to attempt at least five questions. All the questions will carry equal marks.
- 10- Workload distribution: There will be a teaching of four periods of one hour duration per week for each theory paper and six hours for dissertation.  
i.e. 4X3 = 12 hours for theory papers and six hours for dissertation per week.

Subject Code  PAPER CODE	Subject Name  PAPERS NAME	TEACHING PERIOD			EXTE RNAL MAR KS	Internal Midterm - 15 Assignme nt -15	Total
		L	T	P			
OMPL28101	Research Methodology Theory And Techniques	3	1	0	70	30	100
01MPL28102	Training Methods - I	3	1	0	70	30	100
O1MPL28103	Training Methods - II	3	1	0	70	30	100
O1MPL28201	Dissertation[Phy.E du]	0	0	3	100	0	100
TOTAL		13	5	0	310	45	400

## **Research Methodology Theory And Techniques**

**Course/Paper: O1MPL28101**

**Year-I**

### **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 coefficient. 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: 01MPL28102**

**Year-I**

### **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, instrapulse apparatus and biomonitors

**Training Methods – II**

**Course/Paper: 01MPL28103**

**Year-I**

**Unit - 01**

Aerobic muscle metabolism - anaerobic muscle metabolism - the cardiorespiratory system - cardiorespiratory - 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 steroids.

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 basal metabolic rate.

C. respiratory system

D. cardiovascular system

E. nervous system. Training adaptation in the aged . Basic principles and guidelines for constructing cardiorespiratory

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 - caffeine - smoking on performance – blood doping - anabolic steroid - drug abuse in athletes. Effect of climate changes and high altitude on human performance.

## **Dissertation[Phy.Edu]**

### **O1MPL28201**

Each student will submit dissertation on any one topic related to Physical Education.  
Dissertation will be guided by supervisor of the university and will be examined by external.