



**Dr. Bhimrao Ambedkar University, Agra**

A State University of Uttar Pradesh (Paliwal Park, Agra -282004)

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A Documentary Support

for

*Matric No. – 1.1.1*

**Programme Outcomes & Course Outcomes**

*under the*

**Criteria – I**

**(Curriculum Design and Development)**

*Key Indicator - 1.1*

*in*

*Matric No. – 1.1.1*

**MASTER OF PHYSICAL EDUCATION &  
SPORTS (MPES)**

2022

*Mapping:*



*Local Need*



*Regional*



*National*



*Global Need*

  
Registrar  
Dr. B.R.A. University, Agra



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## M.P.E.S

1.1.1 Curriculum developed and implemented have relevance to the local, national, regional, and global developmental needs which are reflected in Programme Outcomes (POs), Programme Specific Outcomes (PSOs), and Course Outcomes of the programs offered by the University

Programme Outcomes (POs)	
PO1	To use various techniques in test and measurement of games and sports and apply the evaluation technique on test and measurement.
PO2	To apply the knowledge of psychology and sociology and imply the motor activities, types of motivation, administering various equipments, applying social stratification and group cohesion.
PO3	To apply various management skills, like sport management, programme management, Designing the curriculum and attaining various curriculum sources.
PO4	To apply the knowledge of sports medicine, athletic care and rehabilitation, health education and nutrition.
PO5	To implement the practical knowledge on sports biomechanics and kinesiology, including function of the skeleton system, physiological system, forces, levers and law of motion of the body.
PO6	To apply the knowledge on physiology of exercise and sports nutrition,
PO7	To set up the knowledge of various types of sports training, various components of physical fitness training, training plan, awareness of doping.
PO8	To use knowledge of research in physical education and applying various statistical tools in research, selecting the problem, methods of research, experimental research, various sampling technique and writing the research proposal and report.
PO9	To apply the computer knowledge with fundamentals of computers and MS Office.

## PROGRAMME SPECIFIC OUTCOMES (PSO's):-

PSO1 Improving proficiency in various sports and physical activities, including coaching and training techniques.

PSO2 Learning techniques to prevent sports-related injuries and manage rehabilitation protocols.

PSO3 Developing the ability to conduct research in the field of physical education and sports and analyzing data.

PSO4 Understanding the importance of ethical behavior and professional responsibilities in the sports industry.

*Dr. Anurag*



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## M.P.ES – 1<sup>ST</sup> SEMESTER

Course code	Title of papers	Credit	Internal marks	External mark	Total marks
MPESCC-101	Research methods in Physical education	4	25	75	100
MPESCC-102	Health education	4	25	75	100
MPESCC-103	Information technology in physical education And sports	4	25	75	100
MPES CC-104	Elective course(any one) sports journalism/sports Sociology	4	25	75	100

Course code	Title of papers	Credit	Internal marks	External marks	Total marks
IMPES PC- 101	Athletics(running events)	4	25	75	100
IMPES PC '- 102	Kho kho, football, hockey basketball, Badminton Kabaddi (anyone out Of these) sports theory,skills techniques and officiating	4	25	75	100
	Total	24	150	450	600

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## Paper-1

### Research Methods in Physical Education & Sports

#### Objectives of the course:

1. To developing understanding of the effectiveness of various teaching and training approaches.
2. To understanding the factors that influence physical activity participation and performance.
3. To developing skills for evidence-based policy decisions in the field of physical education and sports.
4. Develop the impact of physical education programs on student.

#### Syllabus of the course:

##### Unit 1.

- Meaning, Definition, Nature, Importance and Scope of Research in Physical Education & Sports.

##### Unit 2.

- Meaning, Definition and Selection of Research Problem.
- Hypothesis and Review of Related literature, Library Techniques.

##### Unit 3.

Sampling-Meaning, Definition, Types and importance.

Sampling- Process and Techniques

Research Tools-Questionnaire, Interview, Opinion ire etc.

##### Unit -4

- Research Methods and Procedure.
- Historical Research-Meaning, Definition and Importance, Primary and Secondary Sources, External and Internal Criticism.
- Descriptive Research-Survey Studies(Meaning, Definition and Importance)Case Studies.
- Experimental Research- Meaning, Definition, Need and Experimental Designs and Laboratory Designs.

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## Unit 5.

- Research Proposal
- Research Report

Preparation of a Research Report.

**After completion of the unit students will be able to:-**

### **Course Outcomes:**

- CO1 To know the basic concept of research.
- CO2 To know about the methods of research.
- CO3 To understand the experimental research.
- CO4 To know sampling methods.
- CO5 To understand writing research proposal and report

### **References:**

1. Author's Guide: "Research Methods Applied to Health Physical Education and Recreation". Washington, D.C..1991
2. Best J.W., "Research in Education", Prentice Hall, New Delhi 1982.
3. J. Clarke H. David, "Research Processes in Physical Education, Recreation and Health", Prentice Hall Inc, Englewood Cliffs, New Jersey, 1985.
4. Kamiesh M.L.. "Methodology of Research in Physical Education and Recreation", AHPER, Washington D.C.. 1973.

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## Paper- 2-

### Health education

#### Objectives of the course:

1. Promoting awareness and understanding of the importance of overall health and well-being among students.
2. To developing knowledge about benefits of regular physical activity.
3. To developing the role of diet in supporting an active lifestyle.
4. To developing positive impact on physical, mental, and social health.
5. Development of proper technique in physical activities and sports.

#### Syllabus of the course:

##### Unit 1.

- Health-Guiding Principles of health and Health Education.
- Health related fitness.
- Obesity and its Management.

##### Unit 2.

- Environmental and Professional Hazards and First Aid.
- Public Health and Epidemic Diseases-Symptoms, Treatment and Preventive Measures.
- Communicable Diseases-Symptoms, Treatment and Preventive Measures.

##### Unit 3.

- School Health Program and Personal Hygiene.
- Postural Deformities and their correctives.

##### Unit 4.

- Theories and Principles of Recreation
- Recreation programs for various categories of people.

##### Unit 5.

- Population Education
- Causes for population explosion and its preventive steps.
- National family welfare scheme.
- Nutrition and Dietary manipulation.

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After completion of the unit students will be able to:-

### Course Outcomes:

CO1 To become aware of a positive attitude about health.

CO2 To acquire the knowledge of population education their cause and on nation

CO3 To know about communicable and non-communicable diseases.

### References:

1. Greene, WH., Simon-Morton, B.G0984). Introduction to Health Education. NY: Macmillan Publishing Company
2. Anspaugh, D.J., Ezell, G.(1995). Teaching today's health (4th Ed), Boston: Allyn & Bacon Park, K. (9th Ed), Indian: Varanesi das Blhanot (2007) Park's textbook of Preventive & social medicine Publishers.
3. Y.P, Bedi: Hand Book of Hygiene and Public Health.
4. Mu Curty ad Ma Grace: muscular Exercist.
5. Peter V.Karpovich: Physiology of Muscular Activity.
6. Anatomy, Physiology, Kinesiology & Health Education : Dr. Ruimesh Chund Kanwar



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## PAPER-3

### Information Technology In Physical Education.

#### Objectives of the course:

1. Development of teaching and learning the integration of technology tools.
2. Developing the skills to learning experience.
3. Developing the activity tracking devices.
4. Gaming technology to improve skill development and sports performance.

#### Syllabus of the course:

##### Unit 1.

Local Area Network and Internet

##### A. Networking

Area and Classification

- Features and characteristics of LAN, Need of Network and its importance.
- LAN Topology-Ring, Star, Bus, Ring, Two Ring
- LAN, Survey, Work Station, Connection, Cable.

##### B. Internet

- Meaning, History, Application and Address.
- Introduction of Modem, Web client, Web Server.
- Dial up. Access, Direct Access.

Introduction of Web browser, Use of Web browser (For Sports and Games)

Introduction of Search engine, Uses, Objectives and types.

Meaning and Definition of Firewall and Gateway.

##### C. Email

- Introduction, How to receive and send, how it works and Address book etc.

##### Unit 2.

##### Web Designing

- Introduction.
- Web browser and Programming.
- Program structure, Pair, Tag, Document, Head and Body Tag,
- Leaking Documents, Internal and External Documents.





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•Heading Line, Drawing Line.

Paragraph break- Font Styles (Bold, Italic and Underline)

•Types of Lists-Order and Unordered.

Graphics, Images, Sound and Video.

Tools, Header, Dia, Row, use of Caption Tag Width, Border, Working, Spacing. Big Colour

Column and Row. Sp Alignment (Column etc.)

Form-introduction, Design, Creation.

• Check tyIN, Control Text bot , Drop down. List box, Command and unction button.

## Unit 3.

•Multimedia and Presentation package.

•Fundamentals and application of multimedia.

Tools of multimedia (Sports)

Introduction of graphics, animation and morphing.

Sound and Music

## Unit :4

Presentation package

• Introduction, General Objectives, Tips on effective presentation, Opening, Corruptive presentation. Creative table, Making chart. Save and close, New slide, Slide change, Creation of black presentation, Changing font size, Working with graphic action button.

## Unit 5.

Organizing various sports activities using Microsoft projects.

•Lab work Introduction to sports software, Introduction to internet, Study of Email, Browsing sports activities 1 Interne!, Preparing Slideshow on power-point. Preparing Slideshow on Multimedia. Teaching Multimedia package, Web Design.

**After completion of the unit students will be able to:-**

### Course Outcomes:

CO1.To understand the concept of Communication & Classroom interaction.

CO2. To know the fundamentals of Computer.

CO3. To know MS-Office & E-Learning concepts.

CO4. To know the Nature and Scope of Educational technology.



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### References:

1. Inepov, D. Operating System Fundamentals. Firewall Media.2004.
- 2 Milke, M Absolute Beginner's Guide to Computer Basics, Pearson Education Asia 2007.  
NIIT Basics of Networking! Prentice-Hall of India Pvt. Ltd, 2004
- 3 Computers Today. Suresh K. Basandra, Galyotia publication, upgraded edition-2008
- Computers in Your Future, Marilyn Meyer & Roberta Baber, 2nd edition, Prentice Hall India
- 6 Computer Fundamentals. Pradeep K. Sinha & Priti Sinha, 4th edition. BPB Publication.



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## Paper - 4.

### (Elective) Sports Journalism

#### Objectives of the course:

1. It is provide accurate and timely coverage of sports events.
2. Developing to sportsmanship, fair play.
3. Development of method used in physical education.
4. It developing accomplished of students in various sports and physical activity.

#### Syllabus of the course:

##### Unit 1. Development of Journalism in India:

Publication of newspapers in India

Press, Literature, Renaissance.

• Group Mediums, Newspapers, Magazines, Television, Radio, Internet-Symptoms, Advantages and disadvantages.

Importance of Sports Journalism.

Language skill writing and Editing.

Selection of Headers and Footers, Pictures, Layout, Design, Cartoon, Graphics, Graphs.

##### Unit 2. Qualities of Sports Journalist and Consolidation of news:

A. Qualities

Knowledge of the game. Specialist in Sports.

• Research Attitude

Individual Preparation and Cooperation.

Specialization in Public Relations.

Knowledge of the laws of the games.

Urge for new knowledge.

B. Consolidation of News through, Individual sources, Commercial agencies, Newspaper listings. Meetings and seminars, Radio and television, Internet

##### Unit 3. Difference between compilation of newspapers and magazines:

Difference between newspapers and magazines

Difference between writing styles

Difference between presentations.

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Difference between selections of newspapers.

Special skills.

Selection of Pictures. Intro writing

Intro writing of contemporary event or incident.

Offhand comment on special occasions.

### Unit 4. Sports administration and management:

Level of Authorities: Different sports Associations, Universities, Colleges, schools etc. Level off Invitee non official: Association, Mandals, Clubs, Corporation, Social institutions, Society etc.

Unit 5. Welfare schemes:

Awards to sportsmen: Arjun, Padmashree, Kheiratna, Eklavya etc.

Priority in Government jobs,

Prizes and consolations for excellent performance.

Benefit matches.

Priority for additional marks for college admissions.

### After completion of the unit students will be able to:-

#### Course Outcomes:

CO1. Understand importance of sports journalism to develop social acceptance of sports

CO2. Understand the use of Sports News, Print/Multi-media Journalism to promote sports

CO3. Understand Broad Cast Journalism to promote sports

#### References:

1. Ahuja, B.N., Theory and Practice of Journalism, Surjeet Pub, Delhi, 1988.
2. Health Jr. Gelfand, How to Cover, Write and Edit Sports, Annes Iowa, USA, 1951.
3. Juris, John R.. The Writing Games, Columbia Univ. Press, New York, 1969.
4. Nea. Robest. News Gathering and News Writing, Columbia Hallnc, New York, 1949.
5. "Sports" by Bhola Singh Thakur (pp.I 1.1240) in the Indian Reporter Guide by Richard Richfield. Allied Pacific Pvt. Ltd., Bombay, 1962.
6. Woodward. S., Sports Page, Simon and Schuster, New York. 1949.

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## Paper -4.2

### Sports Sociology (Elective)

#### Objectives of the course:

1. To develop the sociological concepts in respect of physical education.
2. To develop sports administration work with athletic organization to improve sports program.
3. It is help to develop its focuses on understanding and various social factors.
4. To understand how physical education can be better tailored to meet societal needs and challenges.

#### Syllabus of the course:

##### Unit I Earning, Scope, Methods and Use. A. Sociological Classification of Sports

Sociological concept and classification, Sports Research

Concept and understanding of Sports.

##### Unit 2. Sports group and Administration:

A. Group Leadership, Constitution Methodology.

B. Administrative Leadership. Constitution ,Methodology.

##### Unit 3. Games and Social Institutions:

Contribution of Family

Educational Methods in Sports

Contribution of socialization in sports.

- Socialization through sports

##### Unit 4. Sports and Social Status

Sports Socialization and Limitations

Sports related problems and Trends in Society.

Sports and Aggression.

- Violence in sports.
- Commercialization in sports

Women and Children in sports.



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## Unit 5. Sports and Micro Social System

Study of Sports Groups

Group Interaction, Competition and Co-operation Sports and Culture

**After completion of the unit students will be able to:-**

### **Course Outcomes:**

CO1. Learn the Meaning and importance of sociology

CO2. Discuss the sociological issues for optimizing behavior and performance.

CO3. Understanding the relationship between sports and social culture and how it will impact the society and how it will help the sportspersons to live a well and decorated life.

### **REFERENCE:**

1. Loy. John W. Kenyon, Gerald S. & McPherson, Barry D. Sports Culture and Society (Philadelphia: Lea & Febiger, 1981).
2. Ball, Donald W. and Loy John W. Sport and social Order; Contribution to the sociology of sport, (London: Addison Wesley Publishing Co., Inc., 1978).
3. Loy John. W. McPherson, Barry D., and Kenyon Gerald, sport and Social System (London: Addison Wesley Publishing Company Inc., 1978).
4. Edward Larry. Sociology of sport (Illinois: The Dorsey Press, 1973).
5. Cratty., Brayant J. Social Dimensions of Physical Activity New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.

*Aravind*

## Semester 1:- practical

After completion of the unit students will be able to:-

### Course Outcomes:

CO1.To understand the importance of athletics and impact of running events on our body.

CO2.To know how the different type of Bio-Mechanics impact a athlete performance.

CO3.Understanding the rules and regulations of these sports which its important for a sports person.

CO4.Learn the technique and playing style of these games along with how to officiate a game..

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## Semester-II

Course code	Title of papers	Credit	Internal marks	External marks	Total marks
MPESCC-201	Statistics in physical education and Sports	4	25	75	100
IMPESCC-202	Sports psychology	4	25	75	100
MPES CC-203	Exercise physiology	4	25	75	100
IVIPESCC-204	Elective course(any one)principle and organization of recreation/ recreation/ Professional preparation and Curriculum design	4	25	75	100
MPES PC-201	Athletics (jumping events)	4	25	75	100
MPES PC-202	Table tennis handball, cricket, boxing	4	25	75	100
	judo (anyone out of these)				
	Sports theory, skills, techniques And officiating				
	Total	24	150	450	600

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## Paper – I :

### Statistics in Physical Education & Sports

#### Objectives of the course:

1. To develop and analyze and interpret data related to physical activity, fitness levels, and sports performance.
2. To assess the impact of physical education on various health and fitness outcomes.
3. Inform policy-making and curriculum development based on evidence-based findings from statistical analysis.

#### Syllabus of the course:

##### Unit 1. Statistics: Meaning, Definition, Nature and Importance.

Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables and Calculation.

• Graphical Presentation of Class Distribution, Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram.

• Measures of Central Tendency: Mean Median and Mode- Meaning, Definition, Importance, Advantages and Disadvantages.

Calculation of Mean and Median, Grouped and Ungrouped data, Raw Mode and calculation of mode from class intervals.

##### Unit 2. Measures of Variability

Deviation, Percentiles and Quartiles-Meaning and Use.

Calculation of Deviation Percentiles and Quartiles.

Range, Quartile Deviation, Mean/Average Deviation, Standard Deviation-Meaning, Definition and use.

Calculation of Quartile, Mean and Standard Deviation from Grouped and Ungrouped data.

##### Unit 3. Correlation:

Meaning and Types.

Calculation of Karl Pearson (Product Moment Method) and Spearman-Rank Order Correlation Method.

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## Unit 4. The Normal Curve:

- Meaning, Principles, Laws, Properties and Uses.
- Divergence from Normality-Skewness and Kurtosis.

Scoring Scales- Sigma scale, Z Scale, T Scale.

## Unit 5: Reliability

Meaning, Factors affecting Reliability.

Randomization.

- Significance of difference between Means.

T-test and F-test- Uses, Meaning.

- Calculation of T-test.

Type I and Type II Errors.

One Tailed and Two Tailed Tests.

Null Hypothesis.

**After completion of the unit students will be able to:-**

### Course Outcomes:

CO1. Know the fundamentals in statistics.

CO2. Know how to organize, manage, and present data.

CO3. Use and apply a wide variety of specific statistical methods.

CO4. Construct of tables and graphs.

CO5. Understand statistical models used in physical education and sports.

### REFERENCE:

1. Best, John W. Research in Education, New Delhi Prentice Hall of India (P) Ltd. 1963.
2. Clarke David H. and Clarke H. Harrison, research Process in Physical Education, Recreation and Health, Englewood Cliffs, New Jersey Prentice Hall Inc. 1979.
3. Clarke H. Harrison, the Application of Measurement in Headland Physical Education New York, Prentice Hall Inc. 1979.
4. Good V. Caster and Scates Douglas E., Methods of research Application -Century, New York, 1954.
5. Mauly George J., The Science of Educational Research, New Delhi Eurasia Publishing House (P). 1963.

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6. Robson M, Brar T.S. and Uppal A.K., Thesis format, Gwalior, LNCPE, 1979.
7. Bolnmera Paul and Lindquist, EF, Statistical Methods in Psychology and Education, Calcutta: Oxford Book Co.
8. Garret, Harry E and Good Worth R.S., Statistics Psychology and Education, Bombay Allied Pacific Private Lid.
9. Sukhia S.P., Mehrotra P.V. and Mehrotra R.N., Elements of Educational Research (Hindi), Agra Vinod Bood Publisher, 1984.
10. Guilford J.P., fundamental of Statistics in Psychology Educational, New York: McGraw Hill Book Cp. Inc. 1956.

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## Paper- 6

### Sports Psychology

#### Objectives of the course:

1. To enhance athletes mental skills and performance.
2. It is helpful of improve communication.
3. It developing to understand the psychological factors.
4. Its help to developing to collaborate with coaches.
5. It provide support and counseling for athletes.

#### Syllabus of the course:

##### Unit 1. Sports Psychology: Meaning, Definition, Nature, Scope and Importance.

implementation.

##### Unit 2,. Process of Learning: Meaning, Definition, Principles, Laws and their

Individual Differences: Meaning, Definition, Types and Reasons.

Body Types: Sports Activity according to body types, Effect of Individual differences on skill acquisition and sports performance.

##### Unit 3.

Emotion: Meaning, Definition, Types and Characteristics. Factors reflecting Sports Achievement Such as Stress, Fear, Frustration And Aggression.

Motivation: Meaning, Definition, Types and Importance Of Motivation in Sports Achievement.

##### Unit 4.

Personality: Meaning, Definition and Principles.

Dimensions Of Personality, Views Of Personality,

Personality development through Physical Activities and Games.

##### Unit 5.

Psychological Dimension of Competition-Psycho-Regulative Method for Excitement and Mental Relaxation.

Psychological Preparation for competition-Short term and Long Term Preparation.

Elect Audience on the performance of the Athletes.

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After completion of the unit students will be able to:-

### Course Outcomes:

CO1. The study would orient the student in basic concepts of psychology.

CO2 .The student would be oriented in identifying factors determining one's overall personality.

CO3. He would understand various laws of learning and their relevance in teaching learning process.

CO4. The study would orient him in getting through with the psychology of sports person.

### REFERENCE:

1. Alderman, R.B. Psychological Behavior In sports. (Philadelphia: London, Sounders Company. 1974).
2. But Susan Dorcas, Psychology of Sports (Network: Van Nastrand Reinhold Company) Edn.2.
3. Cratty Bryant, J. Movement Behaviour and a Motor Learning. (Philadelphia: I.ca and Febiger, 1973).Edn. 3.
4. Cratty Bryant, J. Psychology ad Physical Activity.(New Jersey Englewood Cleffs, Prentice Hall Inc. 1965)
5. Cratty Bryant, J. Psychological Proportion and Athletics Excellence. (New York: Movement publications Inc. 1978).
- 6 Gold Stein and Joffery J. (Ed.) Sports Games and play Social and psychological View points (Lowerence Eribanm Associates, Publishers R.J. 1979).
7. Kamlesh M.L. Psychology of physical Education and Sports. (New Delhi: Metropolitan Book Co.,. Pvt.Lid. 1983).
8. Kene J.E. Psychological Aspect of Physical Education and sports. (London, Boston: Rutledge and K. Egan Paul, 1972).
9. Liewellyor Jack H. and Blucker Judy A. Psychology Of Coaching Theory and application (Delhi: Surjeet Publishers, 1975).
- 10.Martens Rainer, Social Psychology and physical Activity (New York: Harper and Row Publishers, 1975).
- 11.Robert Glyn C. Learning Experiences in sports Psychology. (Illinois: Human Kinetics Publisher Inc. 1986).
- 12.Martens Rainer. Coaching Guide to Sports Psychology (Illinois: Human Kinetics Publisher Inc.1987).

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## Paper-7

### Exercise Physiology

#### Objectives of the course:

1. Development to understand how the body responds.
2. Developing the effects of different exercise intensities.
3. It is developed the impact of exercise on metabolism and energy expenditure.
4. To developing the various health condition.

#### Syllabus of the course:

##### Unit 1. Exercise Physiology:

Meaning, Definition, Importance and Scope.

##### Unit 2. Muscles, Types Of Muscles and Types of muscular cells:

- Characteristics Of Voluntary and Non voluntary Muscles.
- Design, Functions and Energy for Muscular Function
- Chemical Changes during muscular contraction.

##### Unit 3.

- Structure and functions of Different systems of the body and effect of exercise on various systems. (Muscular System, Cardio-vascular System, Respiratory system, Nervous System and Digestive System)

##### Unit 4.

- Second Wind and Oxygen Debt.
- Warm up, Conditioning, Fatigue and (Prasham).
- Work Capacity under different environmental conditions. (Hot, Humid, Cold, High and Low Altitude)

##### Unit 5

- Sports and Nutrition.
- Concept of Balanced Diet.
- Pre Competition, During Competition and after competition diet of sportsman.
- Effect of smoking, Alcohol, Banned drugs on Sports Performance.

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After completion of the unit students will be able to:-

### Course Outcomes:

- CO1• Understand about the exercise physiology and structure and types of muscles
- CO2• Understand the bioenergetics and muscles contraction
- CO3• Understand the effect of Conditioning and Training on circulatory and respiratory

### Systems

- CO4• Understand the acclimatization conditions to sports performance

### REFERENCE:

1. Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunders company, 1976)
2. Morehouse, L..E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C. V. Mosby Company, 1976).
- 3, Karpovich, P.V. and Sinning, Wayne E. Physiology of muscular Activity (Philadelphia: W.B. Saunders Company, 1971). 7Ed.
4. Boume, Geoffrey H. The Structure and Function of Muscles: (London academic Press 1973). Astrand, P.O. and Rodahl, K. Text Book of work Physiology. (Tokyo McGraw Hill Kogakusha, Ltd. 1979), Mathew, D.K. and Fox, E.L Physiology Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976).



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## Paper - 8.1:

### Principles and Organization of Recreation (Elective)

#### Objectives of the course:

1. To developing the skill among the physical fitness.
2. It help to foster social interaction.
3. It is help to improve mental well-being through recreational physical activity.
4. To developing active lifestyle.

#### Syllabus of the course:

##### Unit 1. Concept of Recreation:

- Definition, Theory, Methodology and games.

Concept of Recreation and Philosophy. Effect Of School on different philosophies.

Work, Relaxation and Recreation.

Importance of recreation for Individual, Groups, Society, National and International brotherhood. Nature of Recreation activities,

##### Unit 2. History of Recreation:

History of different activities and living styles of various civilizations, Momentum to different recreational activities, History of Vedic age, Epic age, Buddha age, Maurya age, British period. India after independence.

- Activities of villages and sources of recreation.

##### Unit 3.

Planned momentum for recreational activities in India. Professor, C.D. Sondhi, Effect of Recreation on educational and industrial institutions, Y.M.C.A, Balkaan ji baati, Service and Ospel Club, Balabhavans, India Nation Association, National and International Associations. Comparative study of recreation-Agitation of Recreation in U.K, U.S.A, U.S.S.R, Japan, France and Germany and its effect on India.

- Recreational Schemes of State and National Government

##### Unit 4. Factors effecting Recreation

- Factors effecting population explosion, age, tribes and social status.
- Types of communities, urban, semi urban, rural, slums and business.

*Arjun*





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- Tools giving momentum to recreation and recreational institutions. Facilities for training.
- Effect of religions, tribes, knowledge and rituals.

### Unit 5. Planning and Management.

.Survey of sources and needs.

- Preparing aims and objectives, managing programmes, managing funds.

Place of training in recreational skills.

- Purchase, preservation and distribution of recreational tools.
- Establishment of evaluation methods.

**After completion of the unit students will be able to:-**

### Course Outcomes:

CO1. Understanding the meaning of recreation when it help in experience new things in life by adding more fun and joy in life..

CO2. Understanding the various factors those affecting the recreation through religion, caste, tribe, knowledge and on the bases of livelihood.

CO3. Learning the impact of recreation in different ages and how it will impact the life of human beings by different activities in different period of time.

CO4. Learning the impact of recreation in present time where the human are busy in collecting wealth.

### References:

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2. Two Experienced Professors, Organization, Administration and Recreation in Physical Education, Parkash brothers, Educational Publishers, Ludhiana 1986.
3. Butler G.O. introduction to "Community Recreation" Newyork Me Graw-hill Co. Inc. 1959 DollarS., 50.
4. H.D. Meyer and C.K. Bright bill community Recreation', A guide to its organization. New Zercy, 1964.
5. "A Recreation". Professor Shri C.H. Dubey L.N.C. P.E. Gwalior.(M.P.)

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## Paper- 8.2-

### Professional Preparation and Curriculum Design (Elective)

#### Objectives of the course:

1. Developing the how to clear learning goals
2. Developing ensure that the curriculum is relevant.
3. It is help to developing the framework for teachers to plan.
4. Development of essential knowledge.
5. Developing the maintain flexibility to adapt to changing educational trends.

#### Syllabus of the course:

##### Unit 1. Foundation of professional Preparation:

Ideals of Indian Democracy: Contribution of physical Education.

.Forces and factors effecting educational policies- Social. Religious, Economical and political.

Educational and professional preparation in physical education - Role of Central government.

- Professional Association. Professional Preparation in Physical Education:
- Historical review of professional preparation of Physical Education in India.
- Curriculum-Old and new concepts, Mechanics of curriculum planning.
- Basic principles of curriculum construction.

##### Unit 2. Under-graduate preparation of professional preparation

Areas of Health education, Physical education and Recreation.

- Curriculum design-Experience of Education, Field and Laboratory.
- Teaching practice.
- Professional Competencies to be developed-Facilities and special resources for library, laboratory and other facilities.

##### Unit 3. Post-graduate preparation of professional preparation:

- Purpose of Post graduate studies.

Area of specialization and concentration on core areas.

Research requirements and methods of instructions.

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## Unit 4. Curriculum Design:

- Importance of curriculum design and effecting factors, Curriculum according to the needs of the students, national and professional policies.
- Role of teachers in curriculum design.

Co-education and special programmes for women.

## Unit 5.

Selection Of Teaching Method - Mass Education, Lecture, Project method and teaching aids.

Time table for Physical Education and Sports activities in schools and classes.

Supervision in Physical Education and Supervision methods.

Recommendations for physical education curriculum by NCERT, CBSE, UGC, NCTE.

**After completion of the unit students will be able to:-**

### Course Outcomes:

CO1. Understand the foundation of professional preparation.

CO2. Understanding about different curriculum design and also learn teaching practice.

CO3. Learn about the purpose of post Graduation for specialization and Concentration on specific cores.

### REFERENCE:

1. Brraw Harold M. Man and Movement: Principles of Physical Education, Philadelphia: Kea and febiger 1983.
2. Bucher, Charles A. Foundation of Physical Education St. Louis: The C.Va Mosby & Company, 1986.
3. Cassidy, r. Curriculum Development in Physical Education, New York: Harper & Company, 1986.
4. Cowell. C.C, and Hazelton H.W. Curriculum Education, Englewood Cliffs: N.J. Prentice Hall Inc. 1965.
5. Iwin: L.W. Curriculum in Health and Physical Education, Iowa: W.M.C. Brown Co.
6. Larson, L.A. Curriculum foundation in Physical Education, Englewood Cliffs; N.J. Prentice Hall Inc.
7. National Plan of Physical Education in Recreation, Ministry of Education, Govt. Of India, 1956.

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8. Pape, L.A, and Means, L.E.A. Professional Career in physical Education, Englewood, Cliffs, N.J. Prentice Hall, Inc. 1952.
9. Reports of Various committees in Education and Physical Education and Physical Education, Govt. of India
10. Underwood, Gordon, L. The Physical Education Curriculum in Secondary School: Planning and Implementation England: Taylor and Francis Ltd. 1983.
11. Willgoose, C.E. Curriculum in Physical Education 3rd Ed. Englewood Cliffs., N.J. Prentice Hall, Inc. 1979

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## Semester 2:- practical

After completion of the unit students will be able to:-

Course Outcomes:

CO1. Understanding the importance jumping events in the life of a sports person who is interested and continuously playing these games.

CO2. Learn the various techniques and Bio-Mechanics used in these jumping events.

CO3. Understanding the rules and regulations of games like table tennis, handball and so on.

CO4. Learning the basics and skills of these games for improving the games and looking for a coach or official in future.

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## Semester – III

Course code	Title of papers	Cred it	Internal marks	External marks	Total marks
1MPES CC-301	Bio-mechanics	4	25	75	100
MPES CC-302	Sports management	4	25	75	100
IVIPESCC-303	Test measurement and evaluation in Physical Education And sports	4	25	75	100
MPES CC-304	Elective course (any One physical fitness: And wellness/gender Disability and inclusive Sports education	4	25	75	100

MPES PC-301	Athletics (throwing events)	4	25	75	100
IMPES PC-302	Volley ball, wrestling, lawn tennis taekwando (anyone out these sports) theory Skills techniques and officiating	4	25	75	100
	Total	24	150	450	600

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## Paper-9

### Bio-Mechanics

#### Objectives of the course:

1. Developing to analyses of mechanics of human movements.
2. Developing to understand the identify and quantify the factors.
3. Developing how the humans body functions during movement.

#### Syllabus of the course:

##### Unit 1.

Biomechanics ant Kinesiology: meaning. Nature and Importance.

Principles of plan and axis. Various types of movement

##### Unit 2. Kinetics and Kinematics

Motion: Linear notion, Rotary motion, Angular Motion, Curvilinear motion, Motion of transition.

- Balance, Newton's Laws of Motion, Acceleration, Velocity and speed.
- . force, Work, Power and Energy, Weight and Projectile.
- Leverage-Principles and Types.

##### Unit 3.

•Fractions resistance, Water and Air Resistance.

Elasticity.

Spin

Centrifugal and centripetal force.

##### Unit 4.

Mechanical Analysis of Motor Movements-Walking, Jumping, Running. Throwing. Catching. Holding. Climbing. Lifting, Swinging, Gliding, Pulling.

##### Unit 5.

Mechanical Analysis of Sports Skills

- Athletics(Running. Jumping, Throwing)
- Swimming.

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- Football
- Basketball
- Volleyball.
- Cricket.

**After completion of the unit students will be able to:-**

### **Course Outcomes:**

- CO1• To understand the concept of biomechanics
- CO2• Understanding the classification and fundamental movements
- CO3• To know the concept of kinetics and kinematics and movement analysis
- CO4• To understand the locomotion of movements and mechanical analysis

### **REFERENCE:**

1. Bunn, Hohn W. Scientific Principles of Coaching (Englewood Cliffs, NJ.: Prentice Hall Inc.,1972).
  2. Simonian Charles, Fundamentals of Sport Biomechanics (Englewood Cliffs, n.J.: Prentice Hall Inc,191).
  3. Hay. James, G. The Biomechanics of Sports Techniques. (Englewood Cliffs, N.J.: Prentice Hall, Inc..1970).
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- Hay, James. G.Reid.J Gavind, The Anatomical and Mechanical Basis \$. Hay, James G. and Reid J. of Humun Motion(EnglewoodClifis,N.J. :prentice Hullinc.. 1982).and human Anatomy, Mechanics Guvind,and Motion(EnglewoodCliffs,N.J.:prenticeHallInc., 1988).





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## Paper- 10

### Sports Management

#### Objectives of the course:

1. Develop and implement strategies to enhance the performance of athletes.
2. To develop cultivating community engagement and participation in sports.
3. Development of maintaining facilities.
4. To developing the marketing sports events.
5. Understanding how to managing budgets.

#### Syllabus of the course:

##### Unit 1.

Sports Management-Meaning, Definition, Importance, Principles and functions.

##### Unit 2, Administration-Meaning. Types.

Administration of the education department and its functions.

- a. School Games Federation of India.
- b. State Education Sports Wing-School Administration.
- c. Association of Indian Universities.
- d. University department of Physical Education.
- e. College Physical Education Department, Administration of non teaching department and its functions.
- f. Youth and Sports department
- g. SAI
- h. Indian Olympic Association, Indian Sports Associations.
- i. State Sports Department

##### Unit 3. Administration of Sports Facilities, Equipment's, Funds and Employees.

Facilities: Administration, Types, Need, Purchase of Equipment's, Preparation of fields and maintenance, Indoor Facilities (Gym, Swimming pool).

Equipment's: Importance, Types, Purchase, Maintenance, Stock maintenance and disposal.

Funds: Objective of Budget, Principles of budget preparation, ideal budget, its uses.

- Employees Administration: Leadership, Principles ,Need, Teacher's training improvement program.

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## Unit 4. Planning and supervision in Physical Education.

Principles of Lesson planning.

Supervision-Definition, Nature, Scope. Principles, Duties of a supervisor, Qualities of a supervisor, Method and effective supervision.

## Unit 5. Public Relations

- Definition, Objectives and Need.
- Principles
- Planning and administration of the program of public relations,. Mediums and agencies.
- Steps for effective and qualitative public relations.

**After completion of the unit students will be able to:-**

### Course Outcomes:

- CO1. Know the basics of sports management.
- CO2. Know the leadership and its forms.
- CO3. Know the sports management in educational institutions.

### REFERENCES:

1. Earl F. Zeigh & Gary V. Bowie. Management Competency Development in Sports and Physical Education.. (Philadelphia: WV. Lea and Febiger, 1963).
2. Joseph Bucher and Earnest Klenige burg, Scientific Inventory Management (New Delhi: Prentice Hall of India Pvt. LId., 1968).
3. Ashton D. Administration of Physical Education for Women (NewYork:The Ronal Press CI.1968).
4. Bucher C.A. Administrate on of Physical Education and Athletic Program(St. Louis: The C.V. Mosby Co., 1979),7 Edition.
5. Daugherty G. and Woods J.B. physical Education and Intramural Programs, Organization and Administration (Philadelphia U.S.A.:W.B. Saunders Cp., 1976), 11"Ed.
6. Ferry the C.E. and Duncan R.C. Administration of Physical Education (New York: Prentice Hall Inc.1951).

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## Paper-11:

### Test, Measurement and Evaluation in Physical Education & Sports

#### Objectives of the course:

1. It is help to determine the progress and achievements of students.
2. To monitoring physical development
3. To understanding the instructional decisions.
4. To enhanced their curriculum development and teaching methods.

#### Syllabus of the course:

##### Unit 1

- Test. Measurement and Evaluation-Meaning, Definition and Importance. Modern Trends in Measurement and Evaluation.
- Test Evaluation-Criteria Of Test Selection, Objectivity, Reliability, Norms Of Validity.
  - a. Classification of tests-Standardized tests, Teacher made tests, Subjective and objective tests.
  - b. Construction of knowledge and skill tests.
  - c. Steps in construction of knowledge and skill tests.

##### Unit 2.

###### A. Physical Fitness and Motor Fitness Tests.

AAHPER Youth Fitness Test.

National Physical Fitness Test.

• Indiana Motor Fitness Test,

• Philip's JCR Test.

###### B. Common Motor Strength Tests.

Baroni Common Motor Strength test.

. Newton Motor Strength test.

Cozen's athletic ability test.

•Mc.Cloy's General motor ability test.

###### C. Cardio vascular and Respiratory Tests.

•Harvard Step Test.

Cooper's 12 min continuous run/walk test.

Kraus-Weber strength test.

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- Roger strength test.

### Unit 3. Sports Skill tests: Need and Use.

- Badminton-Lockhart and McPherson Badminton skill test, Miller wall Volley test.

- Basketball-Johnson Basketball skill test, Beach Basketball skill test.

- Hockey- Harvan Singh Hockey Test.

Tennis- Dyer Tennis skill test, Hewitt Tennis skill test. Volleyball- Russell Lange test, Brady

Volleyball Skill Test. Football- McDonald Football skill test, SAI Football skill test.

### Unit 4. Socio and Psychological Tests.

- Mc. Cloys behavior rating scale.

- Cowell social behavior trend index.

Peterson's Social capacity test.

- Swakhyal test.

### Unit 5.

Anthropometric measurements.

- Equipments.

- Body Fat measurement, General body measurements.

- Body composition measurements.

**After completion of the unit students will be able to:-**

### Course Outcomes:

CO1. Understand the need & importance of test, measurement and evaluation in physical education.

CO2. Describe the criteria, classification and administration of test.

CO3. Develop concepts related to test, measurement & evaluation.

CO4. Construct a strong basis in the evaluation techniques through the various test and

**Measurements method used in physical education.**

CO5. Explain different physical fitness and skill tests.

*Arora*



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### References:

1. Fitness Facility Standards and Guidelines, New York: ACSM's Health Human Kinetics, 1992.
2. Barrow, Harold M. and McGhee, "Rosemary, A Practical Approach to Management In Physical Education" Philadelphia: Lea and Febiger 1979.
3. Clake, H. Harison.: Application of Measurement to Health and Physical Education, New Jersey: Prentice Hall Inc. 1976.
4. Edmond O. Acevedo and Michael A. Starks, Exercise Testing and Prescription Lab Manual, USA: Human Kinetics Publishers. 2003.
- 5, Safrit, Margaret J.: Introduction to Measurement in Physical Education and Exercise Science, St. Louis: Mosby, 1995.

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# DEPARTMENT OF PHYSICAL EDUCATION

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## Paper-12.1:

### Physical Fitness and Wellness. (Elective)

#### Objectives of the course:

1. It is helping to understand the physical fitness.
2. To developing and maintaining the cardiovascular health.
3. To developing lifelong habits.
4. Preventing injuries.
5. To develop being physically fit can boost energy level.

#### Syllabus of the course:

##### Unit 1. Meaning & Definition of Physical Fitness, Importance & Advantage of Physical Fitness.

- Concept of Fitness
- Health Related Fitness
- Skill Related Fitness

##### Unit 2.

- Principles of Exercises.
- Model Program
- Importance of gymnasium and health-clubs.
- Exercise guidance program for Children, youth and special age groups.
- Construction of appropriate exercise programs.

##### Unit 3. Physical Fitness activities:

- Aerobics
- Water exercises.
- Neurological training.
- Agility and equilibrium training.
- Isometric training.
- Cycling.
- Ladder climbing.
- Treadmill.
- Walking

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- Health advantages.

### Unit 4.

- Planning for lifelong fitness program, Aims of fitness, Encouragement for health and prevention of diseases, Domestic exercise equipment's, Fitness program for handicapped and mentally retarded children, Exercise for adults.
- Management in physical fitness and stress, Concept of stress, Effect of exercises in Stress management, Time management.

### Unit 5. Meaning and Definition Of Wellness

- Components of Wellness
- Contribution of Behavior in Wellness
- Advantage of Wellness

**After completion of the unit students will be able to:-**

### Course Outcomes:

- CO1•Understand the modern concept of physical fitness and wellness.
- CO2• Understand the components of health and skill related physical fitness wellness
- CO3• Develop competencies of different types of exercises for physical fitness

### References:

- 1.Anderson, B., Stretch Yourself for Health & Fitness, Delhi: UBSPD,2002.
- 2.Austin and Noble, Swimming For Fitness, Madras: All India Pub.,1997.
- 3.Bean, Anita, Food For Fitness, London: A&C Black, 1999,
- 4.Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
- 5.Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown,1994.,
- 6.Difiore, Judy, Complete Guide to Postnatal Fitness, London :A &C Black,1998.
7. Giam, C.K & The, K.C., Sport Medicine Exercise and Fitness, Singapore: P.G. Medical Book, 1994.
- 8.Gossellior, C.. The Ultimate Guide to Fitness, London: Vermilion, 1995.
- 9.Harrison, J.C., Hooked on Fitness, NY: Parker Pub. Com., 1993.
- 10.Hoeger, W.K. and S.A., Principles and Labs for Physical Fitness, Englewood Morton,1999.
- 11.Kitani, Reema, Physical Fitness, Delhi :Khel Sahitya, 1998.
- 12.Maud, J.R. and Foster, C.. Physiology Assessment of Human Fitness, New Delhi,
- 13.Mcglynn, G., Dynamics Of Fitness, Madison: W.C.B Brown, 1993.

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16. Sagar, S.K., Physical Fitness, New Delhi : Rupa Co., 1994.
17. Sharkey, B.J., Physiology of Fitness, Human Kinetics Book, 1990.
18. Thani, Lokesh, Rules of Games and Games and Fitness, Delhi: Sports, 2003.

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## Paper- 12.2

### Gender, Disability & Inclusive Sport Education: (Elective)

#### Objectives of the course:

1. It is helpful in supporting environment for all students.
2. Developing the activity to meet the diverse needs of all students.
3. Developing individualized plans.

#### Syllabus of the course:

##### Unit 1

Defining Gender and features of gender inequality

- Gender inequality in Education in India
- Gender based violence as a development and rights challenge

##### Unit 2

- Historical roots of gender construction in India -patriarchy and its socio- cultural origins
- Impact of gender as a social construct.
- Gender roles and the female stereotype in India
- The Global Gender Equality Agenda

##### Unit 3

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

##### Unit 4

- Constitutional provisions for education of women in India
- UEE and programs for education of women in India
- Gender and policy perspective
- Class and Inequality

*Dr. Anurag*



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## Unit 5

- Definition, concept and importance of inclusive education.
- Historical perspectives on the education of children with diverse needs.
- Difference between special education, integrated education and inclusive education.
- Advantages of inclusive sports education for all children.
- Educational approaches and measures for meeting the diverse needs
- Building inclusive learning friendly sports facilities, overcoming barriers for inclusion.
- Creating and sustaining inclusive practices.
- Role of teachers, parents and other community members for supporting inclusion of children with diverse needs for participation in sports.

**After completion of the unit students will be able to:-**

### **Course Outcomes:**

CO1. Learning about the gender inequality in India, how it affect the women rights from the sports.

CO2. Learning about the role of female or women in sports by achieving more and more medal.

CO3. Understanding the women's needs in the ground to make her strong healthy and fit.

### **References:**

1. Chanana Karuna (ed) Socialization, Education and Women, Orient Longman, New Delhi. I
2. Mandell, Nancy (ed), Feminist Issues: Race, Class and Sexuality, Prentice i fall, Ontario, 1995
3. Nambissan, Geeta B, Gender and Education: The Social Context of schooling Girl Children in India, 1995.
4. Erik Olin Wright, "From Paradigm Battles to Pragmatist Realism: toward sanintegrated class analysis", New Len Review (forthcoming)
5. Daryl Glaser, "Class as a Normative Category: Egalitarian Reasons to Take It Seriously (With a South African Case Study)
6. Daryl Glaser, 'Should An Egalitarian Support Black Economic Empowerment?', Politikon, vol. 34, n0. 2, 105-123, 2007.
7. John Roemer paper: "Should Marxist's care about exploitation" in Analytical Marxism and Philosophy & public aflairs 1985

*Basaru*



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(Dr. B.R. Ambedkar University, Agra (Formerly- Agra University, Agra))

8. Michael Marmot, Richard Wilkinson, Social Determinants of Health: The Solid Facts
9. Mel Kohn, Class and Conformity, excerpts
10. Mel Kohn and Carmi Scholar, Work and Personality, excerpts
11. Gomberg, How to make opportunity equal (Blackwell, 2007)
12. Ainscow, M., Booth, T (2003): The Index for Inclusion: Developing Learning and Participation in Schools. Bristol: Center for Studies in Inclusive Education.
13. Ahuja, A, Jangira, N.K. (2002): Elective Teacher Training: Cooperative Learning Based Approach: National Publishing house 23 Daryaganj, New Delhi 10002.
14. Jangira N.K. and Mani, M.N.G. (1990): Integrated Education for Visually Handicapped, Gurgaon, Old Subji mandi, Academic Press.
15. Jha, M. (2002) Inclusive Education for All: Schools Without Walls, Heinemann Educational! publishers, Multivista Global Lid, Chennai, 600042, India.
16. Sharma, P.L. (1990) Teachers handbook on IED-Helping children with special needs N. C. ERT Publication.
17. Sharma P.L (2003) Planning Inclusive Education in Small Schools, R.I.E. Mysore

## Semester 3:- practical

After completion of the unit students will be able to:-

### Course Outcomes:

CO1.Learn about what is throwing events and how it is useful for body.

CO2.Learning the basic Bio-Mechanics used in throwing events and the changes needed to make our performance more impactful.

CO3.Understanding the importance with rules and regulations of these Games.

CO4.Learning of skills and techniques of these games so they can helpful in to become a good player and after a good official.

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## Semester- IV

Course code	Title of papers	Credit	Internal Marks	External Marks	Total marks
IMPES CC-401	Scientific principal of sports trading and coaching	4	25	75	100
IMPES CC-402	Sports medicine	4	25	75	100
MFCS CC-403	Yogic science and naturopathy	4	25	75	100
IMPES CC:-404	Elective course(any out-philosophical foundation and history of Physical education and Sports/dissertation	4	25	75	100

IMPES PC-401	Lesson plan of specialization	4	25	75	100
MPES PC-402	Classroom teaching	4	25	75	100
	Total	24	150	450	600

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## Paper- 13:

### Scientific Principles of Sports Training and Coaching.

#### Objectives of the course:

1. Developing the skills.
2. Developing the physical condition.
3. To developing the implementing techniques.
4. To help in developing the mental toughness.

#### Syllabus of the course:

##### Unit 1. Sports Training:

- Definition and meaning of Sports Training and Coaching.
- Aims and objectives.
- Characteristics.
- Principles.

##### Unit 2. Training Load:

- Factors.
- Principles.
- Overload-Meaning, Reasons, Characteristics, Remedies to overcome overload.
- Adaptation Procedure-Meaning, Stages of Adaptation process.

##### Unit 3. Training of Motor Components:

- Strength-  
Meaning, Types, Characteristics, Principles of strength of training, Methods of strength training, Strength training for women and children.
- Endurance-Meaning, Types, Characteristics, Methods of Endurance training.
- Speed- Meaning, Types, Characteristics, Methods of speed training.
- Flexibility- Meaning, Types, Characteristics, Methods of flexibility training.
- Coordination- Meaning, Characteristics, Classification, Importance, Training methods of coordinative abilities.



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### Unit 4.

- Techniques- Meaning, Techniques of different games, Importance of training, Factors.

### Unit 5. Effects on training process, Correction of faults-Skill, Style and Technique.

- Tactics-Meaning, Aims, Training, Principles of preparation of tactics, Difference between tactics and strategy.

#### Planning of Training and Competition:

- Planning overtraining- Meaning, Importance, Principles and Types.
- Periodization-Meaning, High Performance and Periodization, Period and Types.
- Competition-Meaning. Importance. Scope. Methods, Frequency, Preparation of Competition.

#### After completion of the unit students will be able to:-

##### Course Outcomes:

- CO1. To understand Sports Training Concept.
- CO2 .To know the Components of Physical fitness.
- CO3 .To understand Flexibility.
- CO4 .To understand Training Plan.
- CO5 .To understand Coaching methodology.

##### REFERENCE:

- 1.Harre, Dietrich, Principles of Sports Training (Berlin:Sporulated, 1982).
- 2.Dick W. Frank. sports Training Principles (London: Lepus Books, 1980).
- 3.Jensen, R. Clayne, and Fisher A.G. Scientific Basis of Athletic conditioning (Philadelphia: Lea and Fibiger 1979). 2nd Edn.
4. Matvyew, L.P. Fundamental of sports Training (Moscow: Progress Publishers, 1981).
- 5.Cratty, J. Brayant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Clitts, Prentice Hall, Inc. 1979).
- 6.Singh, H. Sports Training, General Theory and methods (Partials: NSNIS, 1984).
- 7.Bunn, J.W.: Scientific Principles of Coaching.
- 8.Morehouse and Rash: Scientific Basis of Athletic-Training.

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# DEPARTMENT OF PHYSICAL EDUCATION

(Dr. B.R. Ambedkar University, Agra (Formerly- Agra University, Agra))

Semester - IV

Paper- 14: Sports Medicine

## Objectives of the course:

1. Providing immediately medical care.
2. Safe return to physical activity.
3. Developing physical performance through personalized training program.
4. To understand how to provide their nutritional guidance.

## Syllabus of the course:

### Unit 1. Effecting training, Stages of Training

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.

### Unit 2. Sports Injuries and Remedies:

- Injuries:
  - a. General Injuries: Wound, Lesion, Contusion, Burn, Abrasion, Sprain, Strain, Fracture.
  - b. Special Injuries: Injuries on Back, Abdomen, Thigh, Knee, Ankle, Feet, Legs.
- Reasons for Injuries, Preventive measures for injuries, Treatment for Rehabilitation.

### Unit 3. Massage and various therapies:

Hydrotherapy: Contrast Bath, Sauna bath, Water Massage, Whirlpool.

- Cryotherapy : Ice pack, Gel and chemical cold Pack, Ice Massage, melting ice cry therapy.

Electrotherapy: Shortwave diathermy, Ultrasound, Electric moist heating pad., stimulant, Infrared. Ultraviolet electric waves.

Exercise Therapy: Isotonic, Isometric, Is kinetic Exercise training.

Massage: Meaning, Importance, need and Types.

### Unit 4. Nutritional diet for athletes and drugs:

- Athlete Nutritional Diet - Factors effecting balance diet, Athlete's Diet for different sports and games, Malnutrition in athletes and its cause.
- Doping - Meaning, History, Definition, Classification, Types, Use of drugs and their side effects, Role of Coach and Managers in solving the problem of doping.

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## DEPARTMENT OF PHYSICAL EDUCATION

(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

### Unit 5. Women Athlete:

Anatomical and Physiological differences.

Health Problems: Menses, Pregnancy, Special problems.

**After completion of the unit students will be able to:-**

#### Course Outcomes:

CO1• Students will understand nature, scope need and importance of sports medicine.

CO2• Students will be able to identify the various kinds of common injuries, preventive measures and their first aid procedure.

**Reference:-**

- 1.Dictionary of sport and exercise science.
- 2.Encyclopedia of sports medicine.
- 3.The encyclopedia of sports medicine.
- 4.The endocrine system in sports and exercise.
- 5.Orthopedics and sports medicine.
- 6.The Oxford dictionary of sports science and medicine.
- 7.Rehabilitation of sports injuries : scientific basis.





# DEPARTMENT OF PHYSICAL EDUCATION

(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

## Semester - IV

### Paper- 15: Yogic Science and Naturopathy

#### Objectives of the course:

1. Developing the fitness, flexibility and strength through yoga postures.
2. Its helping to reducing stress, anxiety and depression.
3. To ability to heal itself through natural means.
4. It is help to improve overall health.

#### Syllabus of the course:

##### Unit 1.

• Yoga-Meaning and Importance, Paths, Precautions, Difference between exercises and Yoga, Types of Asanas and Surya namaskara.

Ashtang Yoga- Different types of Pranayama and its importance, Kriyas, Bandhas and Mudra sciences-Nadis: Chandranadi, Surya nadi and Agninadi.

##### Unit 2.

Place of Shodhan karma in Yoga, Nature of Mechanical Shodhan karma and Classification. Different glands in yoga, effect of yoga on different systems, plexis, Kundlini, Scientific observations of Yogasana.

##### Unit 3.

• Yoga Philosophy, Philosophy of Sankhya yoga, Yoga Psychology, Yoga science of Vibhuti, Prana science of Yoga.

• Panchprana-Upprana and factors deciding pranayama.

• Asanas and Pranayama for therapy of various diseases, Inculcating spiritual values through pranayam.

• Naturopathy-Meaning, History, Importance and Agencies.

##### Unit 4.

• Principles of Naturopathy

Unit 5. Difference therapies done through Naturopathy.

Shivambu method, Acupressure and Acupuncture methods, Magnetic therapy.



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After completion of the unit students will be able to:-

### Course Outcomes:

- CO1. Perform Yogasana, pranayama and Kriya.
- CO2. Acquire the practical knowledge of meditation
- CO3. Learning the importance the Naturopathy and the impact of this on our body.

### References:

1. Swami Kuvalayananda and S.L. Vinckar -Yogic Theraphy.
2. Asanas-Swami Kuvalayananda. Kaivalyadha, a, Lonavla.
3. Swami Kuvalayananda, Kaivalyadhama, Lonavla -Pranayama.
- 4.K. Chandrasekar - Sound Health Through Yoga by Prem KalyanPublications, Sedapatti, 1999.
5. Teaching Methods for-M.L. Gharote and Yogic Practive S.K. Ganguly, Kaivalyadhama, LonavlaM.L. Gharote- Applied Yoga-Kaivalyadhama, Lonavla.
6. Yogasanas :A Teacher's Guide- NCERT, New Delhi,
7. O.P. Tiwari- Asanas-Why? And How?-Kaivalyadhama., Lonvla.
8. R. Thirumalaisamy (1987)- Yoga for Good Health, Karaikudi Senthil Kumar publishers.

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# DEPARTMENT OF PHYSICAL EDUCATION

(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

## Semester- IV

### Paper- 16.2 (Elective) :Philosophical Foundation and History of Physical Education & Sports OR Dissertation

#### Objectives of the course:

1. Developing ethical guidelines.
2. Developing moral values to govern the conduct of individual involved in physical education.
3. To developing and promoting environmental consciousness in sports practice.
4. To provide the knowledge about dissertation.

#### Syllabus of the course:

##### Unit 1.

- Education
- Meaning, Definition, Aims and Objectives of Education.
- Meaning, Definition, Aim and Objectives of Physical Education and Relationship of Physical Education with General Education.
- Physical Education and Philosophy.

##### Unit 2.

- Psychological Basis of Physical Education
- Play and Theories of Play
- General Principles of Growth and Development
- Principles of Motor skill acquisition

##### Unit 3.

Philosophies of Education as applied to Physical Education-idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism.

##### Unit 4.

- Sociological Basis of Physical Education
- Socialization Process
- Social Nature of Man and Physical Activities, Sports as cultural heritage of mankind.
- Customs, traditions and Sports.

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### Unit 5.

- Physical Education in Ancient Greece, Rome, Germany, Sweden, Denmark, and Russia.
- Physical Education in India.
- Olympic Movement- Historical Development of Ancient and Modern Olympics.

**After completion of the unit students will be able to:-**

### **Course Outcomes:**

Students gain a research temperament while writing Thesis/ Dissertation for the enhancement of sports performance.

### **REFERENCES:**

1. Jay Coackley Sports in Society: Issue & controversies (2007) McGraw Hill, New York
2. Shamshad Ahmed. Education in Physical Education Books (200S). Isha. New Delhi.
3. Syal, Meenu. Physical Education Sports and Games. Sports Publication, (2005). New Delhi
4. Davis, M. B. Physical Training in School. Sports Publication, (2004). New Delhi.
5. Shekar, C. K. Foundation of Physical Education and Sports. Khel Sahitya Kendra, (2004). New Delhi.
6. Jain, Anoop. Physical Education Foundation. Sports Publication, (2003). New Delhi.
7. Wuest, Deborah A. Foundation of Physical Education, Exercise Science and sports. McGraw Hill, (2003). New York.
8. Jain, D. Physical Education for Secondary School Children. Khel Sahitya Kendral 2003). New Delhi.

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## Semester 4:- practical

After completion of the unit students will be able to:-

### Course Outcomes:

CO1.Learning about lesson plan and it's important in sports.

CO2.Understanding the impact of lesson planning in future  
as a sports teacher or physical instructors.

CO3.Learning the various methods of classroom teaching and how to make physical education  
more interesting and productive.

CO4.To know the changes that's make the physical education more and more impactful for  
students.

 

 