

UNIVERSITY OF MYSORE

SYLLABUS FOR Ph.D. ENTRANCE TEST

PHYSICAL EDUCATION AND SPORTS SCIENCES

I. Physical Education and Movement Education:

Concept of Physical Education. Physical Education as a Discipline and profession. Concept of movement Education. The nature of movement Education. Significance of human movement. Historical determinants of Physical Education. Scope of Physical Education. Aim and objectives of Physical Education.

II. Health and Fitness:

Need for study of health education. Scope of health Education. Aim and objectives of Health Education. Concepts of total fitness and wellness. Physical Fitness, Motor fitness and Motor ability and their components. Health related and skill related physical fitness. Body composition and its assessment. Overweight and obesity and their health implications. Basics of Nutrition.

III. Exercise Physiology

Origin of Exercise Physiology and Historical Development. Energy Sources. Concepts of Neuromuscular system, Cardio-respiratory system, Skeletal system, Endocrine system. Effects of exercise and training on the above. Concept of Fatigue and staleness. Use and abuse of Drugs Environment and Exercise.

IV. Measurement and Evaluation

History of Measurement in Physical Education. Need for Tests, measurement and evaluation in Physical Education. Tests of Physical Fitness, Motor Fitness and Motor ability. Skill and knowledge tests . Anthropometric measurement and their importance. Criteria of a good test. Test Administration.

V. Management in Physical Education and Sports

Meaning, objectives and importance of management in Physical Education and Sports. Principles of Management. Human Resources management and supervisions. Fiscal management: Budgeting and fund raising. Facility management and planning for facilities. Even management and office management. Principles of purchase and care of equipment.

VI. Sports Training

Meaning, Aim and Tasks of Sports Training. Characteristic and Principles of Sports Training. Concepts of Load, Adaptation and recovery. Training means and methods. Importance of Strength, Endurance. Speed, Flexibility and their forms. Methods of development of the above qualities. Brief concepts of Talent identification, planning and coordinative abilities. ...2

VII. Sociological basis of Physical Education and Sports.

Nature and Scope of Sociology in Physical Education and Sport. Types of group and structure of groups. Methods of Sociology. Concepts of leadership , socialization , social stratification and social mobility, competition , cooperation and cohesiveness . Women and Sports Professionalization and commercialization of /in sports. Sports and politics.

VIII. Psychological Basis of Physical Education and ports.

Need for study of Psychology in Physical Education and Sports. Branches of Psychology. Psychology as a science. Methods of Psychology. Brief concepts and theories of personality, motivation , Learning, Transfer of learning , aggression , arousal, anxiety and stress. Stress Management/coping strategies.

IX. Research Methods and Processes

Need for research in Physical Education and Sports. Purposes, Types /methods of research. Scope of research in Physical Education and Sports. Defining and formulating the research problem. Criteria of a research problem. Review of related literature. Sources of literature. Formulation of Hypothesis. Significance of Hypothesis. Testing of Hypothesis. Research design and sampling design. The structural ingredients of a research proposal. Data analysis and research reporting.

X. Statistics in Research

Definitions, meaning and scope of statistics in research in Physical Education and Sports. Statistical data and its organization. Frequency distribution, Graphical representation of data. Measures of, Central tendency, dispersion and relationship. Norms and their uses. Measures of relative position. Correlation and regression. Analysis of variance (ANOVA).

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- 3) Lockhart, Allene S. and Howard S. Shusher (Eds) Contemporary readings in Physical Education. 3rd Edition; Dubuque, IOWA: WMC Brown Company Publisher, 1974.
- 4) Melwin H. Williams. Nutrition for ;health Fitness and Sports, New York: McGraw –hill company
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- 8) Jensen, Clayne R. Administrative Management of Physical Education and Athletic Programs. Philadelphia: Lea and Febiger, 1983.**
- 9) Alderman, R.B. Psychological Behaviour in sport. Philadelphia: W.B.Saunders Company, 1974.**
- 10) Kamlesh, M.L. Psychology in Physical Education and sports. Delhi: Metropolitan Book Co. Pvt. Ltd., 1988.**
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- 12) Kamalesh, M.L. Research Methodology in Physical Education and Sports, New Delhi: Metropolitan Book Co. Pvt. Ltd. 1999.**
- 13) Kerlinger, Fred N. Foundations of Behavioral Research. 2nd edition; Delhi: Surjeet publication,1983.**
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- 15) Marten, Rainer, Coaching Guide to Sports Psychology, Illinois: Human Kinetic Publishers Inc. 1987.**
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- 17) Barrow, Harold M. and Rose Mary McGee. A Practical Approach to Measurement in Physical Education. Philadelphia: Lea and Febiger, 1979.**
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- 25) Mc Ardle, William D, Frank I Katch and Victor L. Katch. **Exercise Physiology: Energy Nutrition and Human Performance.** 4th Edition; Philadelphia: Lippincott William and Wilkins, 1998.
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- 27) Shaver, Larry G. **Essentials of Exercise Physiology:** New Delli: Surgeet Publication, 1982.
- 28) Wilmore, Jack H. and David L.Costill. **Physiology of Sport and Exercise** Champaign. Human Kinetics, 2002.
