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UNIVERSITY OF MYSORE



Estd. 1916

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Dated: 03-05-2013

AC6/520/2012-13

NOTIFICATION

Sub: Guidelines governing M.P.Ed. course under CBCS-Scheme during
the year 2013-14.

Ref: 1. Proceedings of the Academic Council meeting held on 27-03-2013.
2. Proceedings of the Faculty of Education meeting held on 15-2-2013.

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The Board of Studies in Physical Education (Composite) at its meeting held on 04-12-2012 has restructured the Guidelines governing M.P.Ed. course under CBCS-Scheme.

The Faculty of Education and the Academic Council at their meetings held on 15-02-2013 and 27-03-2013 respectively have approved the above proposal and the same is hereby notified.

The Copy of the Guidelines governing M.P.Ed. course under CBCS-Scheme is annexed herewith.

For S Sampath
Registrar
University of Mysore
MYSORE
31/5/2013

To:

1. Registrar(Evaluation), University of Mysore, Mysore.
2. The Chairman, BOS in Physical Education/DOS in Physical Education and Sports Sciences, University of Mysore, Mysore.
3. The Dean, Faculty of Education, DOS in Physical Education and Sports Sciences, University of Mysore, Mysore.
4. The Director, C.D.C, University of Mysore, Mysore.
5. The Deputy/Assistant Registrar, Examination Branch, University of Mysore, Mysore.
6. The Special Officer, Statistician, Examination Branch, University of Mysore, Mysore.
7. The Supdt, AC1 and AC2, Academic Section, University of Mysore, Mysore.
8. The PS to Vice Chancellor, University of Mysore, Mysore.
9. The PA to Vice Chancellor/Registrar/Registrar(Evaluation), University of Mysore, Mysore.
10. The Section Guard File.

UNIVERSITY OF MYSORE
REGULATIONS, SCHEME OF EXAMINATION AND SYLLABI GOVERNING
DEGREE OF MASTER OF PHYSICAL EDUCATION (M.P.Ed.) COURSE
UNDER CBCS SCHEME 2013-14

1.0 Course Offered and Duration of the Course

- 1.1 Master of Physical Education (M.P.Ed)
- 1.2 The M.P.Ed. degree course shall be offered under the faculty of Education.
- 1.3 The course shall be residential one.
- 1.4 M.P.Ed degree course under semester scheme shall be organised as a regular course.
- 1.5 Duration of the course: 4 semesters/two years.

Note: Each semester shall extend over a minimum period of sixteen weeks excluding examination days.

2.0 Eligibility for Admission

2.1 Candidates with a pass in Bachelor of Physical Education (B.P.Ed.) degree Course of University of Mysore or of any other University recognized as equivalent thereto, securing at least 50% of marks are eligible for Admission (In case of SC/ST candidates, percentage shall be relaxed up to 5%)

2.2 The age of the candidates seeking admission to the M.P.Ed. Degree course should be below 28 years as on 1st July of the year of admission, extendable up to 30 years for outstanding sportspersons. (Outstanding sportsperson means a candidate who has participated in recognized Inter-University / Inter-State / Inter-National Sports or Games competitions).

2.3 In case of in-service candidates (Trained Physical Education Teachers and Coaches), age may be relaxed up to 35 years, subject to the condition that they are medically fit. All candidates shall produce a Medical Fitness Certificate issued by the Medical Officer of not less than the rank of District Surgeon.

Note: In-service candidates shall be working on a regular basis and shall have put in a minimum of two years of completed service in a recognized school/college/institution as teachers or coaches. The candidates should produce a certificate to the effect signed by a competent authority/appointing authority

Note: NCTE Norms as adopted by the University shall be followed.

3.0 Selection Procedure

3.1 Candidates shall be selected on the basis of merit. Merit shall be determined on the basis of candidate's performance in the qualifying Examination, besides representation and achievement in sports. The weight age will be as follows:

- a) Sixty percent (60%) for marks obtained in the qualifying examination (which means 60% of the aggregate marks obtained in the qualifying examination), that is 60 points.
- b) Forty percent (40%) that is forty points (40 points) for representation and achievement in sports / games.

AWARD OF POINTS FOR ACHIEVEMENT IN SPORTS / GAMES

Points will be awarded for achievement in sports as follows:

1. International level: Representing the country ----- 40 points

2.	National Level (Representing the State / Combined University Team)	3.	All India Inter-University (Representing the University)	4.	Inter-Collegiate Level (Representing the College)	
	1 st Place	30 Points	1 st Place	20 Points	1 st Place	10 Points
	2 nd Place	25 Points	2 nd Place	15 Points	2 nd Place	05 Points
	3 rd Place	20 Points	3 rd Place	10 Points	3 rd Place	03 Points
	Participation only	15 Points	Participation only	08 Points	Participation only	02 Points
For each additional place won or representation 05 points will be awarded. However, the total shall not exceed 30 points.		For each additional place won or representation 04 points will be awarded. However, the total shall not exceed 20 points.		For each additional place won or representation 02 points will be awarded. However, the total shall not exceed 10 points.		

- Note:**
1. Marks for sports representation and achievement will be considered at only one level to the advantage of the candidate.
 2. Sixty percent of the marks (aggregate marks) scored in the qualifying examination will be added to the marks obtained in the sports achievement and participation to decide the Merit of candidate.
 3. Allotment of seats will be governed by the roster system as laid down by University.

4.0 Hours of Instruction

In each working day, 02 hours shall be devoted for lecture / tutorials. In each specialization area 02 hours will be devoted for tutorials and 10 hours will be devoted for practical, per week. For dissertation work 06 hours shall be devoted for tutorial, in a week.

4.1 No. of Credits in a semester

The total No. of Credits to be completed by the candidate shall be 21 credits in each semester. There shall be 03 credits for each theory paper (03papers X 03 credits=09 credits) and 06 credits for each specialization activity (02activities X 06 credits=12 credits). The candidate shall complete 21 credits in each semester.

5.0 Scheme

The course shall be on CBCS and CAGP

5.1 There shall be 03 theory papers in each semester. There shall be 02 specialization activities in each semester. Dissertation shall be offered, in the fourth semester as an optional paper/under unit 4.3 (a)

5.2 The syllabus of every theory paper shall, as far as possible be divided into 4 units (modules).

Note: a) The students shall opt for two specialization activities in each semester from among the Following Sports / Games activities:
Athletics, Basketball, Cricket, Football, Handball, Hockey, Gymnastics, Kabaddi, Kho-kho, Shuttle Badminton, Swimming, Volleyball, Wrestling and Yoga.

b) Athletics - I and Athletics - II will be Compulsory / core specialization activity during the first and second semesters, respectively.

**PROPOSED SCHEME OF EXAMINATION GOVERNING DEGREE OF
MASTER OF PHYSICAL EDUCATION (M.P.Ed) UNDER CBCS SCHEME 2013-14**

M.P.Ed. FIRST SEMESTER

Theory Paper No.	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits Per Semester	Total Hours Per Week	Component 1 & 2 Continuous Assessment in terms of Percentage of Marks	Component-3 Semester end Evaluation in terms of Percentage of Marks
1.1	Hard core Foundations & Principles of Physical Education	02 Credits	01 Credit	-	03	04	30	70
1.2	Health, Fitness & Wellness	02 Credits	01 Credit	-	03	04	30	70
1.3	Elective a) Sport Management-I b) Sport Psychology-I c) Sport Biomechanics-I (only one paper to be opted)	02 Credits	01 Credit	-	03	04	30	70
1.4	Specialization: Game / Sport (HC)	-	01 credit	05 Credits	06	12	30	70
1.5	Specialization: Athletics – I (HC)	-	01 credit	05 Credits	06	12	30	70
	GRAND TOTAL	06 Credits	05 Credits	10 Credits	21 credits	36 hours	150 Marks	350 Marks

M.P.Ed. SECOND SEMESTER

Theory Paper No.	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits Per Semester	Total Hours Per Week	Component 1 & 2 Continuous Assessment in terms of Percentage of Marks	Component-3 Semester end Evaluation in terms of Percentage of Marks
2.1	Hard core Statistics and Computer Applications in Physical Education	02 Credits	01 Credit	-	03	04	30	70
2.2	Research Processes in Physical Education	02 Credits	01 Credit	-	03	04	30	70
2.3	Elective a) Sport Management-II b) Sport Psychology-II c) Sport Biomechanics-II (Paper opted in the first semester shall be continued)	02 Credits	01 Credit	-	03	04	30	70
2.4	Specialization: Game / Sport (HC)	-	01 credit	05 Credits	06	12	30	70
2.5	Specialization: Athletics-II (HC)	-	01 credit	05 Credits	06	12	30	70
	GRAND TOTAL	06 Credits	05 Credits	10 Credits	21 credits	36 hours	150 Marks	350 Marks

M.P.Ed. THIRD SEMESTER

Theory Paper No.	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits Per Semester	Total Hours Per Week	Component 1 & 2 Continuous Assessment in terms of Percentage of Marks	Semester end assessment in terms of Percentage of Marks
3.1	Hard core Exercise Physiology-I	02 Credits	01 Credit	-	03	04	30	70
3.2	Evaluation in Physical Education-I	02 Credits	01 Credit	-	03	04	30	70
3.3	Elective a) Guidance and Counseling b) Sport Training c) Sport Sociology (only one paper to be opted)	02 Credits	01 Credit	-	03	04	30	70
3.4	Specialization: Game / Sport(HC)	-	01 credit	05 Credits	06	12	30	70
3.5	Specialization: Game / Sport(HC)	-	01 credit	05 Credits	06	12	30	70
	GRAND TOTAL	06 Credits	05 Credits	10 Credits	21 credits	36 hours	150 Marks	350 Marks

M.P.Ed. FOURTH SEMESTER

Theory Paper No.	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits Per Semester	Total Hours Per Week	Component 1 & 2 Continuous Assessment in terms of Percentage of Marks	Component-3 Semester end Evaluation in terms of Percentage of Marks
4.1	Hard core Exercise Physiology - II	02 Credits	01 Credit	-	03	04	30	70
4.2	Evaluation in Physical Education -II	02 Credits	01 Credit	-	03	04	30	70
4.3	Elective a) Dissertation b) Sports Nutrition c) Sports Medicine Candidates shall opt only one area (paper) under electives	02 Credits 02 Credits 02 Credits	01 Credit 01 Credit 01 Credit	-	03	04	30	70
4.4	Specialization: Game / Sport(HC)	-	01 credit	05 Credits	06	12	30	70
4.5	Specialization: Game / Sport(HC)	-	01 credit	05 Credits	06	12	30	70
	GRAND TOTAL	06 Credits	05 Credits	10 Credits	21 credits	36 hours	150 Marks	350 Marks

* Note: The candidates do not have time to take up additional credits since the total number of credits taken by the candidates is higher. The distribution of subjects automatically covers the expected additional credits in terms of cross / Trans border disciplines. The number of credits and hours devoted for dissertation is not considered in the Table.

6.0 Attendance

6.1 A candidate shall be considered to have put in the required attendance for the semester, if he / she attends not less than 85% of number of working periods (Lectures, Tutorials / specialization practical periods). The candidate shall put in a minimum of 85% attendance in each sub unit or credits taken.

A candidate who does not fulfill the requirement of attendance shall not be eligible to take the examination in the concerned semester and shall be considered to have dropped the paper / sub unit/ credit in the concerned semester.

Note: The candidate is said to have dropped a paper/sub unit

- a. If a candidate has failed to put in 85% attendance in each sub unit/paper/ or credit.
- b. If a candidate decides to discontinue to study the paper.
- c. If in component I and component II put together the candidate has not secured the minimum prescribed.
- d. If at the end of component III the candidates has remained unsuccessful, and remains unsuccessful even after one re-appearance during the subsequent semester-end examination.
- e. If a candidate withdraws a paper / sub unit after final grades are notified to improve the performance.
- f. The candidate should complete component I and component II to appear for component III examination. If he/she has not completed the components I and II a candidate is said to have dropped the paper/sub unit.

7.0 Medium of Instruction

Medium of instruction shall be English. However, the candidates are permitted to write the examination in English or Kannada.

8.0 Continuous Assessment (Internal)

The assessment and award of marks shall be on the basis of regularity, initiative, learning aptitude, skill development, proficiency and performance throughout each semester.

Assessment pattern (seminar, tests and assignment/skill testing in specialization area) shall be worked out by the concerned faculty members. The continuous assessment and scores of first half of the semester will be consolidated during the 8th week of the semester **(Component-1)**. The continuous assessment and scores of second half of the semester will be consolidated during the 16th week of the semester **(Component 2)**. During the 18th and 20th week of the semester a semester end examination will be conducted at the University level **(Component 3)**.

8.1 Dissertation: - An internal viva-voce-examination will be conducted by the staff council.

9.0 Scheme of Examination

9.1 Theory:-There shall be an examination/evaluation conducted by the University at the end of each semester. The duration of the examination will be 03 hours per theory paper. In each paper syllabus shall be divided into four units. Each question paper will have four questions.(one question from each unit) There shall be internal choice for each question in each unit.

9.2 Specialization: - There shall be a semester end External examination/Evaluation. Evaluation in

Specialization shall be done as follows:

i) Demonstration of skills/Techniques	- 25 marks
ii) Coaching Ability	- 25 marks
iii) Specialization record	- 10 marks
iv) Viva-voce	- <u>10 marks</u>
Total	<u>70 marks</u>

The evaluation shall be done by two Examiners', one internal and one external. The average marks shall be awarded (credited).

9.3 Dissertation: Evaluation of dissertation shall be done at the end of the semester. At the end of the fourth semester (16th Week) the candidates should submit the dissertation for semester end examination concerning the problem on hand which shall be evaluated by examiners both internal and external / university guidelines in vogue shall be followed (External examination at the end of the semester shall be during 18th to 20th week of 4th semester).

10.0 Awarding the Grades

Grades are awarded as per University guidelines.

11.0 Provision for repeating the course and improvement of results

The rules as per University guidelines shall be followed.

M.P.Ed: I Semester –CBCS

PAPER 1.1

FOUNDATIONS AND PRINCIPLES OF PHYSICAL EDUCATION

	L	T	P
Credits- 03	02 hrs.	02 hrs.	-

Objectives

On completion of the course the student shall

- Develop an understanding and appreciation of importance of physical education and values of physical education
- Develop philosophical and scientific perspective of Physical Education.
- Develop an understanding of the Biological, psychological and sociological principles of physical education.
- Understand leadership and social values of Physical Education.
- Understand physical education as a Discipline and Profession

Unit 1: Physical Education as a Discipline and Profession

Meaning and characteristics of a discipline. Conceptualizing sub-disciplines within the discipline of Physical Education. Physical Education as a profession. Characteristics of a profession. Need for professional preparation in Physical Education. Objectives of professional preparation. Accountability and professional ethics. Need and importance of Physical Education. Alternative careers open to Physical Educators.

Unit 2: Movement Education

Concept of movement Education. Origin of movement Education. Traditional approaches vs movement education; schools of thought. The nature of movement education. Significance of Human movement. Historical determinants of Physical Education. Scope of Physical Education. Physical Education and Education of whole man. Biological Values of Physical Education (Physical activity. Fitness the hidden health Factor.

Unit 3: Psychological & Sociological perspectives in Physical education

Need for study of Psychology in Physical Education. Theories of learning, Theories of transfer of training. Theories of Personality. Psychological values of Physical activity / Physical Education. Sociology of Physical Education and Sport. Physical Education and democracy. Leadership in Physical Education and Sport. Leadership styles. Social values of Physical education/physical activity, socialization.

Unit 4: Selected considerations in physical education, sports and culture

Brief concept of Sports and Culture. Sports and human relations ; New life style through physical education, health education and recreation education; Educational values of physical education and sports; Aesthetics and sports. Brief concepts of : status of physical education in schools and colleges : Leadership challenges of physical educators; problems of physical educators and competencies needed by them; Need for extended professional preparation and Extended curricular programs .

References:

1. Barrow, Harold M. Man and Movement : Principles of Physical Education. Philadelphia: Lea and Febiger, 1977.
2. Bookwalter, Karl E. and Harold J. Vaderzwaag. Foundations and Principles of Physical Education. Philadelphia: W.B. Saunders company, 1969.
3. Bucher, Charles A. Foundations of Physical Education. St.Louis: The C.V.Mosby Company, 1968.
4. Bucher, Charles A (Ed). Dimensions of Physical Education. 2nd Edition : Saint Louis: The C.V. Mosby Company, 1974.
5. Howell, Reet and Howell Maxwell. Foundations of Physical Education. Baroda: Friends Publication 1994.
6. Kamlesh, M.L. Principles and History of Physical Education. Ludhiana: Prakash Brothers, 1994.
7. Lockhart, Allene S. and Howard S. Slusher (Eds). Contemporary readings in Physical Education. 3rd Edition; Dubuque, IOWA : WMC Brown Company Publisher, 1974.
8. Mangan, J.A. (Ed). Physical Education and Sports : Sociological and Cultural Perspectives : Introductory Reader. Oxford : Babil Blackwell Company, 1973.
9. William, J.F. The Principles of Physical Education. Meerut: College Book House, 1994.

M.P.Ed : I Semester –CBCS

PAPER 1.2 HEALTH, FITNESS AND WELLNESS

Credits- 03

L	T	P
02 hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Health, Hygiene and Health Education.
- Basic Concepts in Nutrition.
- Forms of cardio vascular diseases, Maintaining /Developing & Cardio Vascular health / physical fitness
- Health hazards of modern age:
- Total fitness and Wellness.

Unit I: Concept of health, hygiene and health education.

Need for study of health education. Scope of health education. Aim and Objectives of health education. Factors affecting health. Concept of total fitness and wellness. Components of wellness. Interaction of wellness components. Physical fitness: Types and components of Physical fitness. Factors affecting Physical Fitness. Values of Physical fitness. Concepts of measurement and assessment of physical fitness.

Unit II: Basic Concepts in Nutrition.

Malnutrition, Under nutrition and over nutrition. Nutrients and their importance. Nutrient density and Nutrition density. Components of a healthy diet. Nutrition and health .Balanced diet. Nutritional requirements and nutritional planning. Body composition: Concept of body composition. Assessment of body composition. Over weight and obesity and their health implications . Factors contributing to obesity. Weight management measures.

Unit III: Cardio Vascular health

Forms of Cardio Vascular Diseases. Risk factors of/in cardiovascular diseases. Exercise and cardio vascular condition. Ageing: Changes associated with **ageing**. Aging and cardio vascular health. **Stress**: Concept of Stress. Stress related ailments. Stress management. Anxiety: Meaning and concept of anxiety. Techniques of relaxation from anxiety.

Unit IV : Health hazards of modern age:

Effects of smoking, tobacco consumption and alcoholism. Drug abuse. Principles of mental health and hygiene. Relationship of wellness with yoga, Pranayama and meditation. Reaching wellness through lifestyle management. Concepts of safety education and First Aid.

References:

1. Fahey, Thomas D. and others. Fit and Well. 6th Edition; New York: McGraw Hill publishers, 2005.
2. Melwin H. William. Nutrition for health Fitness and Sports. New York: McGraw-hill company, 1995.
3. Scott, K. Powers and Stephen L. Dodd. Total fitness: Exercise, nutrition and wellness. Boston: Allyn and Bacon , 1999.
4. William, and others. Essentials of exercise physiology. Second Edition; New York: Lipincoff Williams and Wilkins, 2000.
5. Strand N. Bradford, Ed Scantling and Martin Johnson. Fitness Education. Arizona : Gorsuch Scaris Brick, Publishers, 1997.

M.P.Ed : I Semester –CBCS

PAPER 1.3 (a) SPORT MANAGEMENT - I

	L	T	P
Credits-03	02 hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following:

- Concepts of Management and History of sport management
- Management principles applied to sports
- Steps in planning process in management
- Facility Management and programme development

Unit I: Management, meaning concept History of sport management

- Historical background, meaning, objectives, and importance of Sports management. Sports Management as an academic field.
- Modern concept of management.
- Organizational set up of different sports agencies world body, Asian body, National, State, SAI schemes, Universities.

Unit II: Management principles applied to sports

Introduction, definition, functional areas and current issues. Human Resource Management and Supervision.

- Policy and principles
- Special qualification for Physical Educators and coaches.
- Human Resources Recruitment and Selection
- Guidelines for Human Resources selection.
- Human Resources problem.

Unit III: Steps in planning process:

- Setting objectives, identification, constraints, generation of alternatives. Perspective in planning and future projections.
- Fiscal Management – Importance, functions of Budgeting, Fund raising, traditional sources of income. Estimate and Expenditure. Budget Management.

Unit IV: Facility Management and programme development

- Planning for facility
- Health consideration in Facility. Construction trends in sports facility, Facility maintenance.
- Steps in programme development. Factors that influence programme development. Role of management.

References:

- Bonnie L. Barkhouse, The Management of Sports its foundation and application. St. Louis : The C.V. Mosby Co., 1991.
- Charles A Bucher and Maron L. Krotee. Management of Physical Education and Sports. St. Louis : The C.V. Mosby Co., 1993.
- Dheer, S and Radhika Kamal. Organisation and Administration of Physical Education, Delhi. 1991.
- Earle F. Zeigler and Gary W. Browic. Management Competency Development in Sports and Physical Education. Philadelphia : Lea and Febiger, 1983.
- Edward F. Voltmer and Arthur S. Esslinger. The organization and Administration of Physical Education. Bombay, Times of India Press, 1956.
- Jensen, Clayne R. Administrative Management of Physical Education and Athletic Programs. Philadelphia : Lea and Febiger, 1983.
- Pestolesi, Robert A and William Andrew Sinclair. Creative Administration of Physical Education and Athletics. New Jersey : Prentice-Hall Inc., 1978.
- Pillai, R.S.N. and Others. Marketing Management. New Delhi : S. Chand and Company Ltd., 2010.
- Reuben B. Frost and Stanley J. Marshall. Administration of Physical Education and Athletics. IOWA : Wm. C. Brown Co., 1988.
- Tripathi, P.C. and P.N. Reddy. Principles of Management. New Delhi : Tata McGraw-Hill Publishing Company Ltd., 2006.

M.P.Ed : I Semester –CBCS

PAPER 1.3 (b) SPORT PSYCHOLOGY - I

Credits-03

L	T	P
02 hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Psychology as a Science
- Methods of psychology
- Characteristics of play, game, sports and physical activity
- Recent advances in sports psychology
- The basic consideration and factors in motor learning and athletic performance
- Psychological concepts

Unit 1: Introduction

Psychology as a Science. Branches of Psychology, Importance of Psychology in Physical Education and sports. Scope of Sports Psychology. History of sports Psychology, Methods of Psychology.

Unit 2: Play, Games, Sport and Physical Activity

Play and its importance and characteristics, Traditional and modern theories of play. The Socio- psychological nature of games, sport and physical activity

Unit 3:

Selected psychological considerations in Sports. Recent advances in sports Psychology. Scientific foundations of the psychological study of sports. Psychology of coaching. Enhancing coach-Athlete relationships.

Unit 4: The basic consideration in motor learning and athletic performance

Growth and development. Psychology of competition. Psychological techniques of competition. Psychological techniques for the development of sports potential.

References:

- Alderman, R.B. Psychological Behaviour in Sport. Philadelphia : W.B. Saunders Company, 1974.
- Cox, Richard H. Sports Psychology : Concepts and Application. IOWA : W.M.C. Brown Publishers, 1985.
- Kamlesh, M.L. Psychology in physical education and sports. Delhi : Metropolitan Book Co. Pvt. Ltd., 1988.
- Llewellyn, Jack H. and Judy Blucker. Psychology of coaching: Theory and applications. New Delhi: Surjeeth Publications, 1982.
- Mohan, Jitendra. Recent Advances in sports Psychology. New Delhi: Friends publications, 1996.
- Pate, Russel R. et al., Scientific Foundation of Coaching. New York : CBS College Publishing, 1984.
- Sandhu, Gurubux S. Psychology in Sports: Contemporary Perspectives. New Delhi: Friends Publishers. 1992.
- Shaw, D and Others. Sport and Exercise Psychology : New York : Bios Scientific Publishers, 2005.
- Suinn, Richard M. Psychology in sports: Methods and Application. New Delhi: Surjeeth Publishers. 1982.
- Whiting H.T.A (Ed) Readings in Sports Psychology. London: Henry Kimpton Publishers, 1972.

M.P.Ed : I Semester –CBCS

PAPER 1.3 (c) SPORT BIO-MECHANICS - I

	L	T	P
Credits-03	02 hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Scope of Biomechanics
- Fundamentals of Physical laws
- Need and importance of the study of Biomechanics
- Fundamental mechanical concepts and their application in sports

Unit I: Mechanics, Bio-Mechanics, kinesiology

Definition, meaning, need and Scope of bio-mechanics in Physical Education and Sports. Fundamental Movements and their implications in Physical Education, problem solving Approaches. Forms of motion – Distance and displacement (linear and angular) Speed and velocity. Kinetic concepts for analyzing Human motions.

Unit II : Liner and angular acceleration.

Centripetal and centrifugal forces. Fundamental concepts of Physics-Inertia, mass/force, momentum. Newton's laws of motion.

Unit III: Projectile

Freely falling bodies, stability, equilibrium, static and dynamic posture. Centre of gravity, spin, float, Lever- Definition, types, mechanical advantages in sports

Unit IV: Fundamental mechanical concepts

Pressure, mass and weight, volume and density, work, energy, power. Mechanics of basic motor skills : walking, running, Jump, Pull, Push Bend, stretch, turning, twisting, climbing, hopping and skipping.

References:

- Bunn, John W. Scientific principles of coaching. Englewood Cliffs, N.J : Prentice-Hall Inc. 1979.
- David, A Dainty. Standarising Biomechanical Testing in sports : Champaign: Human kinetics publication, 1987.
- James G.Hay and Reid J. Gavin. Anatomy, Mechanics and Human Motion. Englewood cliffs, N.J : Prentice Hall Inc. 1988.
- Miller, Dorris I and Nelson, Richard C. Biomechanics of Sport. Philadelphia : Lea and Febiger, 1976.
- Narlene J. Aerian and John M. Cooper. Biomechanics of Human Movement. New York : McGraw-Hill Publication, 1995.
- Uppal, A.K. and Others. Biomechanics in Physical Education and Exercise Science. New Delhi : Friends Publications, 2004.

M.P.Ed : II Semester CBCS

PAPER 2.1

STATISTICS AND COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

	L	T	P
Credits-03	02 hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Need for statistics in physical education and research
- Measures of Central Tendency and dispersion and their uses
- Meaning and importance of graphical representation of data
- Introduction, meaning, need and history of computer and use of computer.
- Application of statistical concepts in physical education research

Unit 1: Statistical Concepts in Research

Statistics : Definition, Meaning, Scope, Uses and limitations. Need for statistics in physical education and research. **Statistical data:** levels of measurements-nominal, ordinal, interval, ratio level of measurements. Types of data and raw score. **Frequency distributions-** Construction of frequency table, score-data limits– selecting size of interval and midpoints.

Unit 2: Measures of Central Tendency :

Mean, median and mode, their meaning, importance, merits demerits and uses. Measures of Dispersion-Range, mean deviation, standard deviation, quartile deviation, standard error of mean, their merits, de-merits and uses; meaning of skewness and kurtosis. Correlation and Regression : Rank correlation and simple regression.

Unit 3: Meaning and importance of Graphical representation of data

Bar diagram, simple and comparison, percentage bar diagram, pie diagram, stem and leaf plot. Histogram, frequency polygon, ogive curve. **Norms and computation** of norms. Scales-sigma scale, Hull scale, T-scale, percentiles, their importance and meaning.

Unit 4: Computer Education

Introduction, meaning, need for computer education. History of computer. Characteristics of computer, Computer Programmes, Hardware & Software, mini and Micro computers, symbols, Analog computer, visual display unit, Floppy, Disc, Data Processing. Mouse, Key Board, Monitor, Types of Printer, Operation Internet, E-mail.

References:

- Clarke, David H and Clarke and H. Harrison, Application of Measurement to Physical Education. Englewood Cliffs, N.J : Prentice Hall Inc., 1987.
- Garrett, Henry E and Woodworth R.S. Statistics in Psychology and Education. Bombay : Vakil and Sons Ltd., 1981.
- Gaur, Ajai S. and Sanjay S. Gaur. Statistical methods for practice and research : A Guide to Data Analysis. New Delhi : Sage Publications, 2007.
- Kaniji, Gopal K. One Hundred Statistical Tests. New Delhi : Safe Publications, 2006.
- Mangal, S.K. Statistics in Psychology and Education. New Delhi : Prentice Hall of India Pvt. Ltd., 2006.
- Rotastein, Amie L. Research Design and Statistics for Physical Education. Englewood Cliffs, New Jersey : Prentice Hall Inc, 1985.

M.P.Ed : II Semester -CBCS

PAPER 2.2

RESEARCH PROCESSES IN PHYSICAL EDUCATION

	L	T	P
Credits-03	02hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Need and importance of Research in Physical Education
- Scope of Research in Physical Education
- Locating and selecting a Research Problem
- Reviewing related Literature
- Formulation of Research Hypothesis
- Different types and methods of research
- Writing Research Proposal and Writing Thesis

Unit I : Introduction to Research

Meaning, Nature and Characteristics of Research. Need, Importance and Scope of Research in Physical Education. Types of Research, Science and Scientific method. Ethical Issues in Research. Qualities and Qualifications of a Researcher. Need for training in Research. The Research Problem: Formulation and Development of a research problem (identification, location and selection). Criteria for selecting a research problem

Unit II : Literature Search

Need to Survey related literature. Basic literature search Strategies. Sources of literature. Critical and allied literature. Steps in literature search. Formulation of hypothesis. Types of hypothesis. Research Proposal.

Unit III : Methods of Research

Historical Research: Steps in Historical Research; Sources of data; Historical Criticism. Philosophical Method: Nature of philosophical method; Critical Thinking Continuum. Descriptive Research: Survey, Case Study and Job analysis. Experimental Research: Types of Experimental Designs. Nature of Experimental Research. Tools of Research. Concepts, Sampling and Sampling procedure.

Unit IV : Research Reporting

Thesis Format, Organization of Thesis report, use of sources, style of writing, typing the report; heading, paginations, Tables, footnote, bibliography. Follow up with publication. Research Project.

References:

- Clarke, David H. and Clarke H.Harrison. Research processes in Physical Education. 2nd edition; Englewood cliffs, New Jersey: Prentice-Hall Inc.,1984
- Best, John W. Research in Education. Englewood cliffs, New Jersey: Prentice-Hall Inc.,1971
- Campbell, William G. Form and Style in thesis writing. Boston: Houghton Mifflin Company., 1954
- Kamalesh, M.L. Research Methodology in Physical Education and Sports. New Delhi: Metropolitan Book Co.,Pvt.Ltd.,1999
- Kerlinger, Fred N. Foundations of Behavioral Research. 2nd edition; Delhi: Surjeet publication, 1983.
- K.P.Manilal and Y.S.Lakshmeesha. Writing Thesis format and style for Physical Education and Sports Sciences. First Edition; Bangalore : Adrints Publishers.,2003.
- Kothari, C.R. Research Methodology: Methods and Techniques. New Delhi: New age International Pvt. Ltd Publisher, 2004.
- Thomas, Jerry R, and others. Research in Physical Activity. Sydney: Allyn-Bacon Publishers, 1983.

M.P.Ed : II Semester-CBCS

PAPER 2.3 (a) SPORT MANAGEMENT –II

	L	T	P
Credits-03	02hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Event Management
- Legal liabilities, Risk and Insurance management
- Office Management
- Latest, surfaces, equipment, sportswear, Maintenance of modern material, sports engineering, Fashion technology

Unit I : Event Management

Purpose, scope, modern concept, consultancy services, Event organisation – Teaching, Technical guidance – Men, material, type of events, level of competition. Mass media, player -organizer relations. Sports Marketing- Principles, traditional sports marketing, sponsorship, growth of sports sponsorship, promotional strategies, Research in marketing.

Unit II: Legal liabilities, Risk and Insurance management

Legal concepts, sports products. Liability, law suits, Tort Law, judicial review, Agency law, Contract law. Public relation – Planning, Guidance, Player management relation, Contracts, Broadcasting – History, Business of Broadcasting.

Unit III: Office Management

Importance, relationship of Office personnel Management. Routine, Records and Reports. Job description and Job specialization. Professional Ethics and values. Women sports manager. Management of disabled sports and facilities.

Unit IV:

Sports Training, Latest, surfaces, equipment, sportswear, Maintenance of modern material, sports engineering, fashion technology. Purchase and care of supplies and Sports equipment. Equipment room and equipment manager, checking, storing, issuing, maintaining.

References:

- Bonnie L. Barkhouse, The Management of Sports its foundation and application. St. Louis : The C.V. Mosby Co., 1991.
- Charles A Bucher and Maron L. Krotee, Management of Physical Education and Sports. St. Louis : The C.V. Mosby Co., 1993.
- Chakraborty, Samiran., Sports Management, Delhi: Sports Publications, 1998.
- Dheer S. and Radhika Kamal, Organisation and Administration of Physical Education , Delhi: Friends publications, 1991.
- Earle, F. Zeigler and Gary W. Browic. Management Competency Development in Sports and Physical Education. Philadelphia : Lea and Febiger, 1983.
- Edward F. Voltmer and Arthur S. Esslinger. The organization and Administration of Physical Education. Bombay : Times of India Press, 1956.
- Frost, Reuben B., Barbara Day Lockhart and Starley J. Marshall, Administration of Physical Education and Athletics. 3rd Edn; New Delhi: Universal Book Stall, 1995.
- Harold J. Vander Zwaag, Sports Management in Schools and Colleges. New York : Mc. Millian Co.,
- Jensen, Clayne R., Administrative Management of Physical Education; and Athletic Programme. Philadelphia: Lea and Febiger, 1983.
- Lisa Pike Masteralexis, Carol A. Barr, Mary A. Hums. Principles and practice of sports management. Jones and Bartlett Publishers, 2004.
- Pestolesi, Robert A and William Andrew Sinclair. Creative Administration of Physical Education and Athletics, New Jersey : Prentice Hall, 1978.
- Roy, Sudhanshu Shekhar, Sports Management, Delhi: Friends Publications, 1995.

M.P.Ed : II Semester-CBCS

PAPER 2.3 (b) SPORT PSYCHOLOGY –II

Credits-03

L	T	P
02hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Personality and Sport
- Achievement motivation and competitiveness
- Group and Structure of the group
- Goal setting and its principles

Unit I:

Personality and Sport. Approaches to personality using psychological measures. Theories of personality, understanding motivation. Types of motivation, characteristics of motivation, views of motivation. Motivational techniques.

Unit II :

Achievement motivation and competitiveness. Theories of achievement motivation. Developing Achievement motivation and competitiveness. Arousal, stress and anxiety. Stress and stress process. Sources of anxiety and stress. Arousal, anxiety and performance, Managing stress.

Unit III:

Group: Structure of the group. Team performance in sport. Effective Team climate. Cohesion: Cohesion and performance success. Correlates of cohesion. Imagery:- Uses of imagery. Types of imagery. Basics of imagery. Self- Confidence and its benefits, self – efficacy theory. Building self-confidence.

Unit IV:

Goal setting and its principles. Problems is goal setting. Burnout and its causes and symptoms. Burnout in sport. Aggression in sport; types of aggression; Theories of aggression.

References:

- Llewellyn, Jack H. and Judy Blucker. Psychology of coaching: Theory and application, New Delhi: Surjeeth Publications, 1982.
- Marten, Rainer, Coaching Guide to Sports Psychology. Illinois : Human Kinetic Publishers Inc., 1987.
- Mohan, Jitendra. Recent Advances in Sports Psychology. New Delhi: Friends Publications, 1996.
- Robert, S. Weinberg and Daniel Gauld Foundations of Sport and Exercise Psychology. Canada: Human kinetics, 1995.
- Sandhu, Gurubux S. Psychology in sports; Contemporary perspectives. New Delhi: Friends Publishers, 1992.
- Shaw, D and Others. Sport and Exercise Psychology : New York : Bios Scientific Publishers, 2005.
- Suinn, Richard M. Psychology in sports; Methods and Application. New Delhi: Surjeeth publishers, 1982.
- Whiting H.T,A, (Ed.) Readings in sports psychology-I London: Henry Kimpton 1972.
- Whiting H.T.A. (Ed) Readings in Sports Psychology II London: Henry Kimpton, 1972.

M.P.Ed : II Semester -CBCS

PAPER 2.3 (c) SPORT BIO-MECHANICS - II

	L	T	P
Credits-03	02hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Movement analysis and tools for human movement Analysis,
- Bio-mechanics of human skeletal Articulation
- Factors affecting sports performance
- Mechanical analysis of sports activities

UNIT-I: Movement analysis

Concept and importance. Tools for human movement Analysis; Qualitative and Quantitative - Assessments, improvement and prediction of movement. Marked eye observational Procedure, video graphic, cinematographic analysis, Basic dynamographic Analysis.

UNIT –II: Bio-mechanics of human skeletal Articulation

Joint Articulation, stability, Flexibility, classification of joints. Biomechanics of Human skeletal muscle, Behavioral properties of musculotendrous unit, sensibility elasticity, Muscular contractions.

UNIT-III: Factors affecting sports performance

Air resistance, gyration, available force, Human characteristics, lift, Magnus effect, drag force. Hydro dynamics – Buoyancy, Hotention, Resistance, Efficiency and speed.

UNIT –IV: Mechanical analysis of selected sports activities

Mechanics in Track events / Jump events / throw events. Mechanics of Sprint and hurdling. Mechanics of discuss; Javelin, Broad jump and High jump. Biomechanics of selected Team sports and Combative sports.

References:

- Bunn, John M. Scientific Principles of coaching., Englewood cliffs, N.J : Prentice Hall, Inc., 1979.
- David, A Dainty: Standardising Biomechanical Testing in sports, Champaign: Human kinetics publication, 1987.
- James, G.Hay and Reid J.H. Gavin. Anatomy, Mechanics and Human Motion. Englewood cliffs, N.J : Prentice Hall Inc., 1988.
- Miller, Dorris, and Nelson, Richard C. Biomechanics of Sport. Philadelphia : Lea and Febriger, 1976.
- Narlene, J. Aerin and John M.Cooper. Biomechanics of Human Movement: New York : McGraw-Hill Publication, 1995.
- Susan, J. Hall. Basic Biomechanics. 2nd Edition; Boston : McGraw-Hill Publication, 1993.
- Uppal, A.K. and others. Biomechanics in Physical Education and Exercise Science. New Delhi : Friends Publications, 2009.

M.P.Ed : III Semester -CBCS

PAPER 3.1 EXERCISE PHYSIOLOGY - I

Credits-03

L	T	P
02hrs.	02 hrs.	-

Objectives

The student shall be able to understand the concepts of exercise physiology as related to physical activity and sports performance in the following aspects:

1. Past and present trends as regard to the development of exercise physiology
2. Nutrients required for exercise and work capacity and their role pertinent to work
3. Detailed structure of skeletal muscle and its energy producing mechanism and Role of muscle fiber types and significance in sports performances.
4. Differentiate different energy systems in the body and the process of energy production and assessment of aerobic and anaerobic fitness
5. Cardio-respiratory adjustments to exercise and assessment of blood pressure, vital capacity and heart rate.
6. Neural control of movement and endocrine system with respect to exercise and their regulation mechanisms.

Unit I: Introduction to Exercise Physiology

Importance of exercise physiology – definition, need and scope of exercise physiology. Contributions of Harvard Fatigue Laboratory, current perspectives of exercise physiology. Nutrition the base for Human Performance: Carbohydrates, lipids, proteins, vitamins, minerals and water. Their importance and utility during exercise.

Unit II: Skeletal Muscle and Energy for physical activity

Skeletal Muscle – Gross and microscopic structure of skeletal muscle, sliding filament theory of muscular contraction. Properties of skeletal muscle. Types of muscle contractions – Isotonic, isometric, eccentric and iso-kinetic muscle fiber types and their relation to exercise performance. Energy for physical activity: Energy systems – Immediate energy system, Short-term energy or the lactic acid energy system. The long term energy system – Oxidation of carbohydrate and fat. Assessment of aerobic and anaerobic fitness.

Unit III : Respiratory system and Cardiovascular system regulation during exercise

Respiratory system regulation during exercise – pulmonary ventilation during exercise, various lung capacities and exercise adjustments, gaseous exchange and transport during exercise, recovery oxygen and second wind. Cardiovascular regulation during exercise – Regulation of heart rate, stroke volume, cardiac output, blood distribution and venous return. Measurement of heart rate, blood pressure and vital capacity.

Unit IV : Neural Control of Human Movement and Endocrine System

Motor unit – structure and function, motor movement, proprioceptors – muscle spindle, golgi tendon organ and joint capsule, proprioceptors and their role in the control of movements – muscle tone, posture and balance. Endocrine systems – endocrine glands and their secretions, resting and exercise induced secretions. Endocrine role during exercise and adaptations to training.

Reference:

- Fox, Edward L. and Others. The Physiological Basis of Physical Education and Athletics. Iowa: W.M.C. Brown Publishers, 1988.
- 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.
- Noble, Bruce J. Physiology of Exercise and Sports. St. Louis : Mosby College Publishing, 1986.
- Powers, Scott. K. and Edward T. Howly, Exercise Physiology. USA W.B. Brown Company, 1990.
- Shaver, Larry. G. Essentials of Exercise Physiology. New Delhi : Surjeet Publication, 1982. Willmore, Jack H. and David L. Costill. Physiology of Sport and Exercise. Champaign : Human Kinetics, 2002.

M.P.Ed : III Semester -CBCS

PAPER 3.2

EVALUATION IN PHYSICAL EDUCATION – I

	L	T	P
Credits-03	02hrs.	02 hrs.	-

Objectives

- To develop the awareness in evaluation procedures.
- To develop the awareness in test administration.
- To develop the awareness in health related fitness assessment.
- To develop the awareness in assessment of agility and flexibility
- To develop the awareness in assessment of motor fitness.

Unit - I: History of measurement in Physical Education

Meaning of the terms Test, Measurement and Evaluation; Need and use of Measurements and Evaluation in Physical Education; Evaluation procedures; Criteria for selecting tests–Validity, Reliability, Objectivity, Norms, Directions, Administrative feasibility, Interpretability.

Unit - II: Test Administration

Pre test duties (Advance preparation), During test duties, and Post test duties; Construction of performance tests and skill tests; Principles of writing sports knowledge tests, Determination of validity and reliability of knowledge test.

Unit - III: Physical Fitness Tests

Health related and Skill related (specific) fitness, Roger's Physical Fitness Index (P.F.I); Health related fitness tests: Measurement of Muscular strength and Muscular endurance - Cable tension tests, Isometric and isotonic strength tests. Measurement of Cardiovascular endurance - Cooper's aerobic test, Harvard step test; Measurement of Flexibility – Sit and reach test, Extent flexibility and Dynamic flexibility.

Unit - IV: Motor fitness tests

Indiana motor fitness test, AAHPER youth fitness test, JCR test; Agility tests – Right boomerang run, Quadrant jump; Measurement of Speed and Reaction time - 50 yard dash test, Nelson hand reaction test; Motor Educability tests –Johnson test of Motor Educability;

References:

- Barrow, Harold M. and Rose Mary McGee. A Practical Approach to Measurement in Physical Education. Philadelphia: Lea and Febiger, 1979.
- Clarke, H. Harrison and David H. Clarke. Application of Measurement to Physical Education. Englewood cliffs, NJ: prentice Hall Inc., 1987.
- Johnson, L. Barry and Jack K. Nelson. Practical Measurement for Evaluation in Physical Education. Delhi: Surjeeth Publications, 1982.
- Mathews, K. Donald. Measurement in Physical Education. Philadelphia: W.B. Saunders Co., 1973.
- McLoy, Charles Herald. Tests and Measurement in Health and Physical Education. New Delhi: Friends Publications, 2004.
- Willgoose, Carl E. Evaluation in Health Education and Physical Education. New York: McGraw-Hill Book Co. Inc, 1961.

M.P.Ed : III Semester-CBCS

PAPER 3.3 (a) GUIDANCE AND COUSELING

	L	T	P
Credits-03	02 hrs	02 hrs.	-

Unit-I

Guidance and Guidance movement- A Brief Historical perspective. Guidance Programme in India and U.S.A. meaning of the term Guidance. Need for guidance in changing society. Scope of Guidance. The inter-disciplinary Basis of Guidance. Aim and objectives of Guidance.

Unit-II

Major Areas of Guidance-Educational Guidance, Vocational Guidance, Personal-Social Guidance. Aim and objectives of Guidance in the above areas. Contributions of Rousseau, Pestalozzi, Froebel and Dewey to Guidance.

Unit-III

Characteristics of Guidance. Guidance as process. Guidance services. Objectives of Guidance at primary, secondary and college levels of education. Agencies of Guidance.

Unit-IV

Meaning and nature of counseling. Counseling services or approaches. Personality of Counselor. Tools and techniques of Guidance and Counselling. Guidance of the exceptional (gifted, personality deviate, under achievers etc.).

References:

- Agarwal, J.C. Educational and Vocational Guidance and Counseling. New Delhi: Doba House, 1977.
- Kochhar, S.K. Educational and Vocational Guidance in Secondary Schools. New Delhi: Sterling Publisher Pvt. Ltd, 1976.
- Kaur, Surjith. Foundation of Counseling and Guidance. New Delhi: Sterling Publishers Pvt. Ltd, 1971.

MPEd: III Semester – CBCS

PAPER 3.3 (b)

SPORT TRAINING

	L	T	P
Credits-03	02hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Scope, Aim, Task and Objectives of Sports Training
- Training Means and methods
- Importance of Motor qualities in sport and their development
- Talent Identification in sports
- Planning in sports
- Concept of Coordinative abilities in sports

Unit I. Introduction to Sports Training

Definition and concept of sports training. Scope of sports training. Aim, Task and objectives of sports training. Characteristics of Sports training. Principles of sports training. Concept of Load, Adaptation and Recovery. Talent Identification in sports.

Unit II. Training Means and Methods

Principal training means. Classification of Exercises. Additional training means. Methods of Training: Continuous method, Interval method, Repetition method. Concept of Physical Conditioning. . Brief concepts of Weight Training, Plyometrics and Circuit Training.

Unit III. Motor Abilities

Importance and Types of Strength, Endurance, Flexibility and their development. Methods and Load parameters for developing different forms of strength, endurance and flexibility

Unit IV. Special Considerations

Brief concepts of, Periodisation and Cyclicity in sports training; Planning in sports training; Designing effective training sessions and practice sessions; Importance and types of competitions; Forms of Speed and their development; coordinative abilities: Technique, Skill and Style.

References:

- Dick, Frank W. Sports training Principles. London: Henry kimpton publishers, 1980.
- Harre, Dietrich (ed). Principles of sports training. Berlin: Sportverlag, 1982.
- Klafs, Carl E. and Daniel D. Arnheim. Modern principles of Athletic training. Saint Louis: The C.V. Mosby Company, 1969.
- Matveyev, L. Fundamentals of sports training. Moscow: Progress Publishers, 1981.
- Singh, Hardayal, Science of Sports training. New Delhi : D.V.S. Publication, 1991.
- Wilmore, Jack H. Athletic Training and Physical fitness. Boston: Allyn and Bacon, 1977.

M.P.Ed : III Semester -CBCS

PAPER 3.3 (c) SPORT SOCIOLOGY

	L	T	P
Credits-03	02hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Need for study of sports sociology
- Culture, Sports culture and elements of culture.
- Sports within educational institutions
- Women and Sports.
- Values of sports participation

Unit -I:

Definition and meaning of Sports, sociology and Sports sociology. Sports Sociology- its nature and scope. Need for study of sports sociology. The field of Sociology and The methods of sociology. Social structure: its Meaning and importance. Social relationships and social roles. Social Groupings, types of groups, Types of societies. Individual, Society and Culture. Theories of socio cultural change.

Unit -II:

Culture, Sports culture and elements of culture. Sports as a reflection and Transmitter of values. Cross cultural differences : ethnic, political and Democratic issues related to sports. Socialisation into and through sports – Agencies promoting socialization. Sports as leisure among the general population. The Olympic human ideal and the whole man.

Unit -III:

Sports within educational institutions. College level, secondary level, Primary grades. Sports participation, and academic achievement. Social Mobility and social stratification. Educational implications of life long participation in sports. Influence of social factors on sports performances. Competition, co-operation and cohesiveness.

Unit -IV:

Women and Sports : The female athlete. Sports and the mass media: The Symbiotic relationship. Emerging dilemmas in the world of sports. The audience, sports and aggression. Collective violence in sport. Sports: professionalisation and commercialization.

References:

- Cratty, Bryant J. Social dimensions of physical activity. Englewood cliffs, New Jersey: Prentice-Hall Inc., 1967.
- Dharam, vir. Sports and Society: Readings in the sociology of sports. New Delhi : classical publishing company, 1989.
- Iso-Ahola, Seppo E. and Brad Hatfield. Psychology of Sports: A Social Psychological approach. Dubuque, Iowa : WMC Brown publishers, 1986.
- Marten, Rainer. Social Psychology and Physical activity. New York: Harper and Row Publishers, 1975.
- Mohanty, Girisha Bala, Social Psychology, New Delhi, Kalyani Publishers, 1997.
- Popenoe, David. Sociology. 2nd Edition; Englewood cliffs, New Jersey: Prentice Hall Inc. 1974.
- Snyder, Eldon E. and Eloner Spreitzer. Social aspects of sports. Englewood cliffs, New Jersey : Prentice-Hall Inc., 1978.
- Ulrich, Celeste. The social matrix of physical education. Englewood cliffs, New Jersey: Prentice-Hall Inc., 1968.

M.P.Ed : IV Semester -CBCS

PAPER 4.1 EXERCISE PHYSIOLOGY – II

Credits-03

L	T	P
02hrs.	02 hrs.	-

Objectives

The student shall be able to understand the concepts of exercise physiology as related to physical activity and sports performance in the following aspects:

1. Physiological limitations of physical training and their importance.
2. To be able to identify suitable training programmes based on physiological needs.
3. Knowledge of different environmental stresses to exercise and preventive measures.
4. Special considerations regarding female athlete, elite athlete.
5. Importance of physical activity and exercise perspectives.

Unit I Physiological considerations of physical training

Physiological considerations of physical training: Principles of training – overload principle, specificity principle, individual differences principle and reversibility principle. Factors affecting training – exercise intensity, training duration, training frequency, exercise mode. Physiology of strength and physiology of endurance. Adaptation to exercise training.

Unit II Exercise performance and environmental factors

Exercise at medium and high altitude, thermoregulation mechanism, exercise and thermal stress – exercising in hot weather, exercising in hot and humid weather, exercising in cold weather, preventive measures in different environmental stresses, acclimatization to different environmental conditions and training adaptations.

Unit III: Fatigue and Staleness

Concept of fatigue, types of fatigue, symptoms of fatigue, Causes of fatigue and factors contributing to fatigue. Probable sites of fatigue. Physique, performance and physical activities. Elite athletes, sex differences, racial difference, physique and performance in selected sports.

Unit IV Special considerations in exercise and performance

Female athlete and performance; ageing and performance; coronary artery disease (CAD), diabetes, hypertension. Importance of physical activity and exercise prescription; Overweight and underweight; obesity and weight control.

Reference:

- Devries, Herbert. A. Physiology of Exercise. Iowa: W.M.C. Brown Company, 1977.
- Fahey Thomas D and Others. Fit and Well. Boston : McGraw Hill Company, 2004.
- Fox, Edward L. and Others. The Physiological Basis of Physical Education and Athletics Iowa : W.M.C. Brown Publishers, 1988.
- 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.
- Noble, Bruce J. Physiology of Exercise and Sports. St. Louis : Mosby College Publishing, 1986.
- Powers, Scott. K. and Edward T. Howly, Exercise Physiology, USA W.B. Brown Company, 1990.
- Shaver, Larry. G. Essentials of Exercise Physiology. New Delhi : Surjeet Publication, 1982.
- Wilmore, Jack H. and David L. Costill. Physiology of Sport and Exercise. Champaign. Human Kinetics, 2002.

M.P.Ed : IV Semester-CBCS

PAPER 4.2

EVALUATION IN PHYSICAL EDUCATION – II

	L	T	P
Credits-03	02hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- To develop the awareness in assessment of sports skills.
- To develop the awareness in anthropometric measurements.
- To develop the awareness of body types.
- To develop the awareness in remedial work.
- To develop the awareness in measuring intangible qualities.

Unit - I: Sports skill tests

AAHPER Basketball test, French short service test, Dyer Backboard test, Russel lange volleyball test. Mc Donald soccer test, Henry friedel hockey test, Crist one-wall handball test, Conner swimming test.

Unit - II: Anthropometric Measurements

Anatomical land marks of human body, Girth Measurements, Width and length measurements, Biepicondylar measurements of femur and humerus. Somatotypes – Primary components, Krestschmer, Sheldon and Heath-Carter Somatotypes, Implication of somatotypes to physical education.

Unit - III: Measurement in Remedial work

Importance, Values of Posture, Tests of Antero-Posterior deviation of spine. Foot measurement - Pain on pressure test, IOWA foot mechanic test, Clark's foot print angle test; Measurement of Body composition – Importance, Types of assessment, Skin fold and Anthropometric methods.

Unit - IV: Psychological measurements in sports

Importance of behaviour study in Sports. Eysenck's Personality Inventory (EPI), Sports Competition Anxiety Test (SCAT), Sports Achievement Motivation Test (SAMT). Intelligence test - Raven's Progressive Matrices (RPM). Measurement of Social Efficiency - Cowell's personal distance scale, Blanchard's behavior rating scale, Sociogram.

References:

- Clarke, H. Harrison and David H. Clarke. Application of Measurement to Physical Education. Englewood cliffs, NJ: prentice Hall Inc., 1987.
- McLoy, Charles Herald. Tests and Measurement in Health and Physical Education. New Delhi: Friends Publications, 2004.
- Montoye, Henry J. An Introduction to Measurement in Physical Education. Sydney: ALLyn – Bacon Publishers, 1983.
- Morrow, and others. Measurement and Evaluation in Human Performance. Champaign Human Kinetics, 1995.
- Nataraj, P. Manual of Experiments in Psychology. Mysore : Srinivasa Publications, 2002.
- Sodhi, H.S. Sports Anthropometry: A Kinanthropometric Approach. Annova publications, 1991.
- Willgoose, Carl E. Evaluation in Health Education and Physical Education. New York: McGraw-Hill Book Co. Inc, 1961.

M.P.Ed : IV Semester-CBCS

PAPER 4.3 (a) DISSERTATION

Credits-03

L	T	P
-	06 hrs.	-

The course work involves the student to complete the Dissertation for the semester end examination/evaluation. The course work involves the following:

1. Identifying and selecting the problem. Defining the problem of Dissertation.
2. Making Specific and related Literature survey. (Collection of 20-30 abstracts in the area related to the study/problem)
3. Defining the procedure and developing a methodology of/ for the study on hand.
4. Designing the study and preparation of a proposal to be justified in the colloquium.
5. Formulation of Hypothesis.
6. Collection of Data, Analysis of data, Analysis of results, Discussion of results, Interpretation of results.
7. Drawing conclusion and making recommendations.
8. Writing of abstract.
9. Understanding the Format of writing dissertation.
10. Proposing a model of Research problem for further Researchers.

Note: Internal Assessment for Components-1&2 shall be awarded for 30 marks. The internal Assessment marks shall be awarded based on Attendance, Regularity and Attitude of the Student as well as the Progress made by the Student in Dissertation work, along with performance of the student in internal viva-voce.

Semester end evaluation/Assessment/Examination (Component-3) shall be made by valuation of dissertation submitted by the candidate. Evaluation shall be made by an internal and an external examiner for 70 marks during the Semester end External Examination. The Regulations in Vogue / The Guidelines of the University, at the time of External Examination during that semester shall be followed.

M.P.Ed : IV Semester-CBCS

PAPER 4.3 (b)

SPORTS NUTRITION

	L	T	P
Credits-03	02hrs.	02 hrs.	-

Objectives

On completion of the course the student shall understand the following concepts:

- Basics of Nutrition
- Nutrients and their importance
- Classification of foods
- Importance of Nutrition in sports
- Planning diet for sports persons
- Nutritional status
- Nutrition, diet, exercise and weight control

Unit I. Introduction to the science of the Nutrition

Basics of Nutrition. Malnutrition, Over Nutrition and under nutrition. Need for, Importance, Functions, Sources and recommended daily allowance of Nutrients – Proteins, Carbohydrates, Fats, Vitamins, Minerals and Water.

Unit II. Foods and Nutritional planning.

Classification of foods: Acidic, Alkaline and Neutral foods. Nutritive and Caloric value of different food stuffs; energy requirement for different sports activities. Balanced diet, Nutritional planning and Nutritional tips for sports persons

Unit III. Nutritional status

Factors affecting Nutritional status. Measuring Nutritional status. Place of Nutrition in health, Importance of Nutrition in fitness. Obesity, Nutrition, diet, exercise and weight control.

Unit IV. Special Considerations in sport Nutrition

Brief concepts of the following: Use of Alcohol, drugs and doping and their effects on sports performance; dietary fiber; deficiency symptoms of various nutrients and remedies for malnutrition; Glycogen loading; Importance of fluids in sports.

Reference:

1. Mc.Devitt, Maxine, E and Sumathy Rajagopal Mudambi, Human Nutrition: Principles and application in India. New Delhi: Prentice Hall of India, 1969.
 2. Mottram, V.H. Human Nutrition London: Arnold Company, 1968.
 3. Somagyi J.C. and others (Editors). Nutrition in early childhood and its effect on later life. Basel: Karger Publishers, 1982.
- Melwin H. William. Nutrition for health Fitness and Sports. New York: McGraw-hill company, 1995.
 - Scott, K. Powers and Stephen L. Dodd. Total fitness: Exercise, nutrition and wellness. Boston: Allyn and Bacon , 1999.

M.P.Ed : IV Semester-CBCS

PAPER 4.3 (c) SPORTS MEDICINE

Credits-03

L	T	P
02 hrs.	02 hrs	-

Objectives

On completion of the course the student shall understand the following concepts:

- Importance of sports medicine
- Scope of sports medicine
- Role of sports medicine expert in enhancing sports performance
- Sports injuries, their prevention, management and rehabilitation
- Ill effects of drug use.

Unit I

Meaning, objectives, scope and importance of sports medicine. Contributions of ASCM. Historical development of Sports Medicine. Role of sports medicine expert.

Unit II

Health, fitness and hygiene of an athlete; relationship between coach and athlete, relationship of sports medicine expert with teams before training, before, during and after competitions, relationship with coach and trainer, athlete and officials, interpersonal relations. Medical care of sports teams during competitions.

Unit III

Sports injury management – classification of sports injuries, signs and symptoms of sports injuries; first-aid treatment for different sports injuries; preventive and rehabilitation procedures in the management of sports injuries. Massage and its effects on the body.

Unit IV

Doping and dope control – Meaning and definition of doping, IOC and dope control movement; Functions of NADA/WADA. Doping classes, doping methods, classes of drugs subject to certain restrictions.

Measures taken by IOC for dope control and education of athletes, Dope test sample collection procedure, developing awareness among coaches and officials regarding ill effects of drug use and abuse.

Reference:

- Dirix, A.H.G. Kunuttgen and Tittal. The Olympic Book of Sports Medicine. Vol. I, London : Blackwell Scientific Publications, 1988.
- Sareem, Karem. Sports Medicine and Management : A Practical Approach. Vol. I, New Delhi : IVP Publishing House, 2004.
- Mellion, Morris, B. Sports Medicine. 2nd Edition, Toronto : Henley and Belfus, Inc. 1988.
- Fu. Freddic. H. and Edavid A. Stone. Sports Medicine. Philadelphia : Lippin Cott Williams and Wilins, 2001.
- Grirogono, Vivian. Sports Injuries – A Self help guide. London : John Murray Publishers, 1984.
- Mellion, Morris. G.B. Sports Injuries and Athletic Problems. New Delhi : Surjeet Publications, 1976.

Syllabi for Specialization - M.P.Ed. –CBCS

- 1) Historical Background – India, Asia, World
 - Present development trends, awards, teaching, training, coaching of technical skills
 - Basic and advanced techniques
 - Tactics and strategies
 - Coaching drills
 - Coaching practice

- 2) Officiating
 - Terminologies
 - Rules, Regulations and Interpretation
 - Mechanics of officiating

- 3) Organization of tournaments / Competitions
 - Preparation, Marking and maintenance of courts / grounds /Arena.
 - Equipment and facilities.

- 4) Talent identification / Selection of players / Handling the team/Players during competition
 - Fitness – specific and competitive
 - Developing motor qualities with various forms of training
 - Tests and measurements – advanced, skill tests

Athletics Specialization Syllabus-CBCS

Athletics – I

Unit-I

Historical background of Athletics – India, Asia, World; Category of Athletic Events; Lay out and marking of/ for Track and field; Officiating- Duties and responsibilities of officials (Pertaining to the events taught in the semester).

Unit-II

Athletic Fundamentals- Sprints, Hurdles, Shot Put and Long Jump. Introduction and Brief history. Characteristics required for specific events in Athletics /for the Athletes. Technique, Errors, Reasons for errors and corrections.

Unit-III

Athletic Fundamentals- Pole vault, Javelin throw and Relays
Introduction and Brief history; Characteristics required for specific events in Athletics /for the Athletes. Technique, Errors, Reasons for errors and corrections.

Unit-IV

Teaching and Training- Talent identification; Training Methods; Designing a training plan – Model of Training plan; Teaching of Athletic fundamentals.

Athletics Specialization Syllabus

Athletics – II

Unit – I

Lay out and marking of / for Track and field; Officiating –Duties and responsibilities (Pertaining to the events taught in the semester). Warming-up and limbering down – importance, principles, methods and means.

Unit – II

Athletic Fundamentals - High Jump, Discus Throw, Steeple Chase, Race Walking

Introduction and Brief history; Characteristics required for specific events in Athletics /for the Athletes. Technique, Errors, Reasons for errors and corrections.

Unit – III

Athletic Fundamentals - Triple Jump, Hammer Throw, Middle and Long distance races.

Introduction and Brief history. Characteristics required for specific events in Athletics /for the Athletes. Technique, Errors, Reasons for errors and corrections.

Unit – IV

Nutritional guidance for athletes in training and competition. Common athletic injuries, First aid and rehabilitation; Organization of athletic meet. Test and evaluation procedures. Important Athletic meets. Important awards. World records.

Reference books and manual for Athletics Specialization (Athletics Part-I and Athletics Part-II)

- Arthur E. Ellison (ed) (1994). Athletic Training and Sports Medicine.
- Ballisteros, J.M. (1998). Hurdles Basic Coaching Manual, IAAF.
- Bosen K.O. (1993). Teaching Athletics Skills and Technique.
- Bosen K.O. (1990). Study Material on Hurdles for the Regular Course Students.
- Doherty K. (1995). Track and Field Omni book.
- Martin, David E. Peter N. Coe (1991). Training Distance Runner.
- S.Howard (1981). Science of Track and Field Athletics.
- Briggs Graeme (1987). “Track and field coaching Manual”, Australian Track and Field Coaches Association. Rothmans Foundation National Sports Division.
- Carr, Gerry (1999). “Fundamentals of Track and Field. Track Athletics 1 Title G.V. 1060 5.e. 368.
- I.A.A.F. Level-II (2001). Text Book on Jumping Event.
- Jarver, Jesse (1987). “The Jumps”, Track and Field Coaching Manual Australia.

SYLLABUS FOR SWIMMING SPECIALIZATION

1. **Origin and development of swimming.**

Science of swimming. General information on safety and sanitary rules.
Facilities and equipment. Getting accustomed to the water.

2. **Teaching of basics skills**

Free style, Back stroke, Breast stroke and Butter fly stroke, starts and Turns.

Techniques of competitive skills.

3. **Basic principles of training. Fitness for competitive swimming.**

Strategies.

Selection procedure.

Organization of Competition

4. **Rules and regulations.**

Nutrition.

Common injuries and First Aid procedure.

Life saving.

Important meets and Awards.

References:

- Ron Ballatore, William Miller and Bob O'Connor. Swimming and Aquatics Today. New York: West Publishing Company, 1990.
- Colwin, Cecil M. Swimming in to the 21st century. Illinois: Leisure Press, 1992.
- Torney, John A. and Clayton Robert D. Teaching Aquatics. New Delhi. Surjeet Publications, 1990

SPECIALIZATION: YOGA

SYLLABUS

1. Introduction to Yoga. Definitions and meaning of yoga. Types/classification of Yoga. Paths of Yoga. Ashtanga Yoga. Benefits of Yogic practices.
2. Yogic postures (asanas) and suryanamaskara. Classification of asanas/postures. Physical benefits of Asanas/ Therapeutic values of Asanas.
3. Pranayama. Different Types of Breathing Regulation. Nadis, Chakras and Bandhas. Therapeutic values of Pranayama.
4. Yoga Mudras. Kriyas and Meditation. Special and advanced Yogic techniques. Spiritual benefits of Yoga.

References:

- Iyengar, B.K.S. Light on Yoga: Yoga Deepika. New Delhi: Harper Collins Publishers, 2008.
- Iyengar, B.K.S. Light on Pranayama: Pranayama Deepika. New Delhi: Harper Collins Publishers, 2005.
- A.R. Seetharam. Yoga For Healthy Living. Mysore: Paramahansa Yogashrama Publishers, 1996.

PROPOSED SCHEME OF EXAMINATION FOR OPEN ELECTIVE PAPERS/SUBJECTS OFFERED TO THE SECOND AND FOURTH SEMESTER STUDENTS OF OTHER POST GRADUATE DEPARTMENTS UNDER CBCS SCHME FROM THE ACADEMIC YEAR 2013-14

SEMESTERS	Title of the Paper	Lecture	Tutorial	Practical	No. of Credits Per Semester	Total Hours Per Week	Component 1 & 2 Continuous Assessment in terms of Percentage of Marks	Component-3 Semester end Evaluation in terms of Percentage of Marks	Total Marks
SECOND	Physical Education, Fitness and Wellness	02 CREDITS	01 CREDIT	-	03 CREDITS	04 HOURS	50	50	100
FOURTH	Sociology of Sports	02 CREDITS	01 CREDIT	-	03 CREDITS	04 HOURS	50	50	100

Note: The scheme of evaluation- awarding internal assessment (components-1&2) and semester end examination (component-3) shall be as per university guidelines. The staff council shall decide the pattern of awarding internal assessment.

** The regulations in vogue / the guidelines of the University for the award of / distribution of marks for internal and external assessment shall be followed.

Syllabus

FOR SECOND SEMESTER STUDENTS OF OTHER POST-GRADUATE COURSES/DEPARTMENTS-UNDER CBCS SCHEME 2013-14.

PAPER : PHYSICAL EDUCATION, FITNESS AND WELLNESS (OPEN ELECTIVE)

	L	T	P
Credits-03	02hrs.	02 hrs.	-

I. Physical Education: Historical determinants of Physical Education. Modern concept of Physical Education. Foundations and scope of Physical Education, Need and importance of Physical Education. Aim and objectives of physical Education. Movement Education: Need for Movement Education. History of Movement Education. Nature of movement Education. Concept of movement Education. Need importance and objectives of Health Education. Need importance and objectives of Recreation Education.

II. Concept of Fitness, Physical Fitness, Motor fitness, Motor ability and Motor Educability. Health related and skill related physical fitness. Fitness Assessment and Evaluation. Concept of wellness, Factors in wellness. Components of wellness, Interaction of wellness components. Physical Fitness and wellness. Reaching wellness through lifestyle management.

III. Body composition. Assessment of Body Composition. Overweight and obesity and their health implications. Factors contributing to excess body fat. Approaches to overcoming weight problem; weight management. Ageing and cardiovascular health. Changes associated with ageing. Risk factors of Cardiovascular diseases. Forms Cardiovascular diseases. Meeting the challenges of ageing. physical activity and types of exercise. Health benefits of exercise training . Exercise prescription. General principles of Exercise Training.

IV. Stress: An overview of stress. Sources of stress. Effects of stress. Types of Stress. Assessment of stress. Stress and its management. Stress management and wellness. Principles of mental health and Hygiene. Yoga and meditation. Yoga in modern civilization. Impact of yoga on wellness.

References:

- Fahey, Thomas D. and others. Fit and Well. 6th Edition; New York: McGraw Hill publishers, 2005.
- Melwin H. William. Nutrition for health Fitness and Sports. New York: McGraw-hill company, 1995.
- Scott, K. Powers and Stephen L. Dodd. Total fitness: Exercise, nutrition and wellness. Boston: Allyn and Bacon , 1999.
- William, and others. Essentials of exercise physiology. Second Edition; New York: Lipincoff Williams and Wilkins, 2000.
- Strand N. Bradford, Ed Scantling and Martin Johnson. Fitness Education. Arizona : Gorsuch Scaris Brick, Publishers, 1997.
- Barrow, Harold M. Man and Movement : Principles of Physical Education. Philadelphia: Lea and Febiger, 1977.
- Bookwalter, Karl E. and Harold J. Vaderzwaag. Foundations and Principles of Physical Education. Philadelphia: W.B. Saunders company, 1969.
- Bucher, Charles A. Foundations of Physical Education. St.Louis: The C.V.Mosby Company, 1968.
- Kamlesh, M.L. Principles and History of Physical Education. Ludhiana: Prakash Brothers, 1994.
- Lockhart, Allene S. and Howard S. Slusher (Eds). Contemporary readings in Physical Education. 3rd Edition; Dubuque, IOWA : WMC Brown Company Publisher, 1974.
- William, J.F. The Principles of Physical Education. Meerut: College Book House, 1994.
- Barrow, Harold M. and Rose Mary McGee. A Practical Approach to Measurement in Physical Education. Philadelphia: Lea and Febiger, 1979.
- Clarke, H. Harrison and David H. Clarke. Application of Measurement to Physical Education. Englewood cliffs, NJ: prentice Hall Inc., 1987.
- Johnson, L. Barry and Jack K. Nelson. Practical Measurement for Evaluation in Physical Education. Delhi: Surjeeth Publications, 1982.

Syllabus

PAPER FOR FOURTH SEMESTER STUDENTS OF OTHER POST-GRADUATE COURSES/DEPARTMENTS-UNDER CBCS SCHEME, 2013-14

PAPER: SOCIOLOGY OF SPORTS (OPEN ELECTIVE)

	L	T	P
Credits-03	02hrs.	02 hrs.	-

I. Sociology as a field of study. Methods of sociology. Social structure and its meaning. Theories of socio-cultural change. Types of groups. Sociology of sport. Need for study of sport Sociology. Scope of sport sociology.

II. Sport and Culture. Sport as a reflection and transmitter of values. Educational implications of life-long participation in sports. Socialization. Sport and socialization. The Olympic ideal and the whole man. Excellence in sports as an indicator of social development.

III. Sport in Educational Institutions -- in schools and Colleges. Sport and Academic Achievement. Perceived athletic competency. Sport and Social competency. Social Mobility; Social stratification., Competition and co-operation.

IV. Leadership in Sport. Leadership styles. Leadership effectiveness model. Emerging dilemmas in the world of sports: Ethnic and political issues related to sport. Professionalization and commercialization. women and sports. Sports and Mass Media. Audience and aggression (violence) in sport.

References:

- Cratty, Bryant J. Social dimensions of physical activity. Englewood cliffs, New Jersey: Prentice-Hall Inc., 1967.
- Dharam, vir. Sports and Society: Readings in the sociology of sports. New Delhi : classical publishing company, 1989.
- Iso-Ahola, Seppo E. and Brad Hatfield. Psychology of Sports: A Social Psychological approach. Dubuque, Iowa : WMC Brown publishers, 1986.
- Marten, Rainer. Social Psychology and Physical activity. New York: Harper and Row Publishers, 1975.
- Mohanty, Girisha Bala, Social Psychology, New Delhi, Kalyani Publishers, 1997.
- Popenoe, David. Sociology. 2nd Edition; Englewood cliffs, New Jersey: Prentice Hall Inc. 1974.
- Snyder, Eldon E. and Eloner Spreitzer. Social aspects of sports. Englewood cliffs, New Jersey : Prentice-Hall Inc., 1978.
- Ulrich, Celeste. The social matrix of physical education. Englewood cliffs, New Jersey: Prentice-Hall Inc., 1968.