Department of Physical Education  
Faculty of Social Sciences  
Aligarh Muslim University, Aligarh  

Syllabus for Ph.D. (Physical Education) Admission Test, 2018-2019  
(Paper-II)

| Physical Education | 40 Marks | 20 Multiple choice questions of 01 mark each.  
08 Descriptive questions out of which candidate will be required to answer 05 questions of 04 marks each. |

Research in Physical Education:  

Test, Measurement and Evaluation in Research:  

Statistical Application:  

Exercise Physiology:  
Physiology and physical training, Exercise Physiology, Physiological changes, De-training, retraining and maintenance, Types and structure of muscle fibres and theory, Body size and Body composition, Physiology and altitude training, Physiology of female in sports, Physiological changes in aging, Ergogenic aids, Energy sources and cost of exercises, Training and Recovery, Acclimatization.
**Sports Psychology:**

**Sports Biomechanics:**

**Sports Management:**

**Sports Training:**

**Kinanthropometry:**
Kinanthropometry, Anthropometric Instruments, Kinanthropometric techniques, Assessment of body composition, Age, Prediction of Adult-height and Physique in sports, Application of Growth and Development in the field of sports, Body composition and determination method, Growth pattern, variables and body types.

**Books Recommended:**
2) Bose N.M., Research Methodology (Sher Niwas Publication, Jaipur (India) 2005).
3) Kamlesh M L, Methodology of Research in Physical Education & Sports, (Metropolitan, New Delhi, 1994).
7) Fern F. Adward, Advanced focus group research (Saye Publication, New Delhi, 2001).
8) Silverman David, Doing qualitative research (Saye Publications, New Delhi, 2000).
18) Uppal A.K. Lawrence Mamta MP Kinesiology(Friends Publication India 2004)
60) Bartlett Publications Yograj Thani (2003), Sports Training, Delhi : Sports Publications