Semester-II

TITLE: HISTORY, PRINCIPLES AND PSYCHOLOGY OF PHYSICAL EDUCATION-II

Objectives: To develop the behavioural and Historical perspectives of Physical Education among the students.

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-201
Duration: 02 Hours

UNIT-I

Biological Principles
1.1 Concept of growth and Motor development in Physical Education.
1.2 Heredity and environment and their effects.
1.3 Principle of use and discus.
1.4 Body types and their classification.
1.5 Basic concept of Physical Activities

UNIT-II

Psychological Principles
2.1 Importance of Sports Psychology
2.2 Laws of learning
2.3 Basic concepts of learning process:- (Transfer of learning, Associate learning, types and characteristic of learning curve)
2.4 Concept of play and its theories
2.5 Motivation and its characteristics

UNIT-III

Sociological Principles of Physical Education
3.1 Man as a social creature
3.2 Concepts of social values and its influence on life
3.3 Character building through Physical Education
3.4 Concepts of cooperation, competition and recognition
3.5 Physical Education as a socializing agency

Book Recommended:
1) Bucher, Charles A. Foundation of Physical Education st/Louis, The C.V. Moby.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2014-15)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-II*nd

TITLE: ANATOMY AND PHYSIOLOGY-II

Objective: The primary objective and outcome of this course is to make the student understand the construction of the human body and how this construction is related to the function of the human body. This will be achieved by: To provide a forum where critical thinking is developed, understanding and working knowledge of the human body, introduction to the language of anatomy and physiology and use anatomical terms fluently when describing different tissues and organs and the understanding of the techniques and tools to analyze anatomical structures and function in relation to physical activity.

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BEd.-202
Duration: 02 Hours

UNIT-I
Cardio-respiratory System
1.1 Circulatory system and its functions.
1.2 Composition and function of blood.
1.3 Blood circulation in human body.
1.4 Respiratory system and its functions.
1.5 Physiology of Respiration.

UNIT-II
Nervous and Endocrine System
2.1 Basic structure and function of Neurons.
2.2 Classification and function of Nervous system.
2.3 Reciprocal innervations inhibition.
2.4 Different sense organs of the body.
2.5 Major glands and their functions.

UNIT-III
Digestive and Excretory System
3.1 Organs of digestive system.
3.2 Physiological process of digestion.
3.3 Function of liver, pancreas and gall bladder.
3.4 Structure of Excretory system.
3.5 Function of Excretory system.

Book Recommended:
1) Rerrot, T.V.: Anatomy for student and teacher of physical system.
2) Tuttle, E.S.: Physiology.
3) Brownell and William: Human Body. Hoe it is built and how it works.
4) Karpovitch, Peter V.: Physiology of Muscular Activity.
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2014-15)  
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

**Semester-II**

**TITLE:** ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION SUPERVISION AND RECREATION-II

**Objectives:** To develop the insight quality of Organization and Administration, Recreation and Supervision as well as the Programme Planning, promotion and incentives with the provision of budget and records.

Credits : 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Paper Code: BPEd.-203  
Duration: 02 Hours

**UNIT-I**

**Activity**  
1.1 Picnic & tour/camp meaning and importance  
1.2 Organisation of Picnics & Tour/ Camp.  
1.3 Essentials of a good Picnic & Tour / Camp.  
1.4 Intramural Activities, Merits and Demerits  
1.5 Extramural Activities, Merits and Demerits

**UNIT-II**

**Methods of Promoting Physical Education**  
2.1 Means of Promotion  
2.2 Incentives and credits  
2.3 Store Keeping, importance, key skills for sport managers  
2.4 Procedure of purchasing sports equipments/materials  
2.5 Procedure of disposing equipment/materials

**UNIT-III**

**Supervision**  
3.1 Supervision and Supervisor  
3.2 Supervisory Functions  
3.3 Principles of Supervision  
3.4 Recreation, Meaning and importance  
3.5 Leadership meaning and qualities

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**Book Recommended:**

4) M. L. Kamlesh “Methods of teaching”
TITLE: METHODS IN PHYSICAL EDUCATION, TEST AND MEASUREMENT-II

Objectives: To developed insight regarding Test, Measurement and Evaluation in relation to the Organization and Administration part as well as utility in field of Physical Education.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-204
Duration: 02 Hours

UNIT-I
Methods in Physical Education
1.1 Meaning, Scope and Importance of methods in Physical Education
1.2 Principles of Teaching (with special reference to different kinds of physical Activities)
1.3 Teaching Methods.
1.4 Steps in Effective Teaching
1.5 Age and Sex characteristics with their play preferences.

UNIT-II
Lesson Planning in Physical Education
2.1 Lesson Plans in Physical Education.
   (a) General Lesson
   (b) Specific Lesson
2.2 Audio-Visual aids their there types, uses and values.
2.3 Criteria of Audiovisual aids selection.
2.4 Incentives; credit, awards, trophies, certificates.
2.5 Methods of Physical education promotion.

UNIT-III
Tournaments and Competitions
3.1 Tournament:
   (a) Single Elimination (Knock-out) seeding etc.
   (b) Double Elimination for consolation.
   (c) League – cum Knockout type.
   (d) Knock out cum league.
   (e) League – cum – League.
   (f) Ladder.
   (g) Spider and Pyramids.
3.2 Competition:
   (a) Athletic type of competitions.
   (b) Group competitions.
3.3 Gymnastic Competitions.
3.4 Rhythmic Activities.
3.5 Elementary Statistics: Frequency distribution, Measure of central tendency and variability.

Book Recommended:
1) Tirunarayanan, C; Sharma, S. Harirahan: Methods in Physical Education.
2) Kozman, B; Cassidy, Rosalind and Jackson, C, O: Methods in Physical Education.
3) Knapp, Cyyde; Hagma, E.P.: Teaching Methods for Physical Education.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2014-15)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-II

TITLE: TRAINING, COACHING & OFFICIATING IN GAMES/SPORTS-II

Objectives: To train Physical Sports Teacher for conducting games/sports tournaments, organize in well manner by knowing organizing knowledge of Coaching and Officiating of different games/sports.

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-205
Duration: 02 Hours

UNIT-I
Coaching
1.1 Meaning, Aim and Objectives
1.2 Duties of Coach
1.3 Qualities of good coach
1.4 Criteria of selection of University / College / School teams
1.5 Warming – Up and Cooling down

UNIT-II
Principles of Officiating
2.1 Meaning, Aim and Objectives.
2.2 Importance of officiating.
2.3 Principles of officiating.
2.4 Qualities of good officials.
2.5 Importance of officiating

UNIT-III
Officiating
3.1 Inspection of Ground, Equipments and Players dress
3.2 Communication with players via whistle, signals, cards and verbal
3.3 Relation of officials with Management, Coach and Players
3.4 Duties of officials, Penalty and punishment on and off the ground.
3.5 Scoring football, basketball, volleyball, hockey and cricket.

Book Recommended:
1) Sigh, H: Scientific Principles of Sports Training
2) Bunn, John D: The art of Officiating Sports
3) Lawther, J.D.: Psychology of Coaching
4) Bunn, J, N.: Scientific Principles of Coaching
5) Kamlesh, M.L.: Methods in Physical Education
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2014-15)
BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Semester-II

TITLE: HEALTH EDUCATION, HYGIENE, FIRST AID AND SPORTS INJURIES - II

Objectives: To develop an understanding/ skills related to-
- The application of first-aid in various emergency situations
- Appropriate usages of therapeutic modalities for active recovery
- Nutrition its importance in general and role in sport specifically

Credits : 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: BPEd.-206
Duration: 02 Hours

UNIT– I

First Aid
1.1 Outline and Scope of first – aid for physical education professionals.
1.2 General rules of treatment for various types of wound and hemorrhage-
   - Incised wound
   - Laceration wound
   - Abrasion wound
   - Contusion wound
   - Puncture wound
   - Hemorrhages- Arterial, Venous and Capillary (Internal and External Bleeding)
1.3 General rules of treatment for
   - Poisoning
   - Burns
   - Foreign matter under the skin, eye, ear etc.
1.4 Drug addiction and its effects on individual and society.

UNIT– II

Sports Injuries:
2.1 Define injuries, Principles pertaining to the prevention of the sports injuries.
2.2 Common sports injuries and treatment-
   - Sprains
   - Strain
   - Fracture, and dislocation.
2.3 Therapeutic modalities I- Heat and cold, Ultraviolet, Infrared
2.4 Therapeutic modalities II- Wax bath, Ice massage and Diathermy
2.5 Soft Tissue Manipulation (Massage)– Indication, contra-indications and general principles of massage.

UNIT–III

Diet:
3.1 Define nutrition and its role in sports.
3.2 Balanced diet and its components
3.3 Calculating daily energy requirement
3.4 Nutrients of Athlete (Moderate, Low, and High Intensity work)
3.5 Concept of Malnutrition and its prevention.

Book Recommended:
5) Trucker W.E. & Castle Molley, Sportsman and their Injuries Copper, John M. & Glasson, R.W.
   Kinesiology, St. Louis C.V. Mosby Co. 1963
6) First Aid manual-St John Ambulance- British Red Cross
DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

SYLLABUS

Practical: Proficiency in Games & Sports

PRACTICAL: Proficiency in Games & Sports (Specialization)
TITLE: HOCKEY

Objectives: To developed the basic concept and fundamental skills in hockey.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P2

UNIT-I
Scoop:
Straight scoop, Push scoop
Demonstration, method of execution, method of practice, lead up game
Hit, hitting a stationary ball, hitting on the run
Hitting off the wrong foot, the slap hit

UNIT-II
Dribbling:
The open sided Dribble, the stop Dribble, the under the ball Dribble, Demonstration,
Method of Execution, Method of practice, leap-up game

UNIT-III
Goal Keeper:
Goalkeeping, us of either foot, different place of adjustment at the time of penalty corner

Set Plays:
Penalty Stroke (Taking and Defending)
Penalty Corner (Taking and Defending)
Corner (Taking and Defending)

Books Recommended:
1) P. Narang: Play and Learn Hockey.
2) D. Jain: Hockey Skills and Rules.

*****
PRACTICAL: Proficiency in Games & Sports(Specialization)
TITLE: FOOTBALL

Objective: To develop technique and tactical training of basic skills in football.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P2

UNIT-I

Tackling: Front tackle, side tackle and interception.

UNIT-II

Direct and Indirect free kick
Throwing: Stance, Correct throw and rules. Pertaining to throw.

UNIT-III

Goal Keeping Techniques: Basic Technique with crosses, Punching, Narrowing the angles, Throwing.
Formations: W.B. Formation, 2.3. and 4 back systems.

Books Recommended:
1) Kumar, N. Play & Learn Football, Khel Sahitya Kendra Publication, New Delhi.

*****
PRACTICAL: Proficiency in Games & Sports (Specialization)
TITLE: CRICKET

Objective: To develop technique and tactical training of basic skills in cricket.

UNIT-I

Fielding:
1.1 Types of Set-play of fielding
1.2 Ground fielding and throwing
1.3 High, Low and Waist-height catching

UNIT-II

Batting:
2.1 Straight-bat Drives
2.2 Horizontal-bat Drives
2.3 Running between the Wickets

UNIT-III

Bowling:
3.1 Delivery phase and follow-through
3.2 Principles of using the Bowling-box
3.3 Swing and Cut bowling

Books Recommended:
1) Vivek Thani, Coaching Cricket, Khel Sahitya Kendra Publication, New Delhi.
2) Rachna Jain, Play & Learn Cricket, Khel Sahitya Kendra Publication, New Delhi.

******
PRACTICAL: Proficiency in Games & Sports(Specialization)
TITLE: BASKETBALL

Objectives: To develop the fundamental skill and basic concept of the basketball.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P2

UNIT-I
- Screening
- Shooting – Set shot, Jump shot, Distance shooting
- Pivoting – Front pivot, Reserve pivot

UNIT-II
- Defensive Techniques & Skill – Rebounding, zone defense, man to man defense with or without ball, blocking 2-1-2 and 2-3 defensive skill

UNIT-III
- Offensive Technique & Skill – Fast break, cutting, overload offensive skill against man to man and zone defense

Books Recommended:
1) O.P. Sharma, Published by Khel Sahitya Kendra, New Delhi in 2005.
2) Naveen Jain, Published by Khel Sahitya Kendra, New Delhi in 2005.
3) J.P. Sharma, Published by Khel Sahitya Kendra, New Delhi in 2007.
4) Kanik K., Published by Sports Publication in 2005.

*****
PRACTICAL: Proficiency in Games & Sports (Specialization)

TITLE: BADMINTON

Objectives:
- To develop the strategic understanding related to different skills.
- To extend situation based understanding of effective court utilization.
- Inculcate the tactical knowledge of the game.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P2

UNIT -I

Advance Tactics:
- For Singles
- Court Positions
- Cross Courting
- Serving

UNIT -II

Advance Tactics for Doubles:
- Court Positions
- Serving
- Attack
- Defence

UNIT -III

System of Play for Doubles:
- Front and Back
- Rotation
- Side by Side

Books Recommended:

**********
PRACTICAL: Proficiency in Games & Sports (Specialization)
TITLE: JUDO

Objectives:
- To develop scientific understanding and skills of holding and strangulation technique in judo.
- To develop scientific understanding and skills of bending and twisting joints in judo.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P1

UNIT -I
Osae waza (Holding Techniques):
- Kesa gatame
- Kata gatame
- Kami Shio gatame
- Kuzure Kami Shio gatame
- Yoko Shio gatame
- Tata Shio gatame

UNIT-II
Shime waza (Strangulation Techniques):
- Ukeri Eri Jime
- Hadake Jime
- Kataha Jime
- Kata Juji Jime
- Yoko Sankaku Jime
- Ura Sankaku Jime
- Omote Sankaku Jime

UNIT-III
Kansetsu waza (The art of bending and twisting the joints):
- Ude Garami
- Ude Hishigi Juji gatame
- Ude Hishigi Ude gatami
- Ude Hижиги Hiza gatami
- Ude Hishigi Waki gatami

Books Recommended:

*****
PRACTICAL: Games & Sports (Subsidiary)
TITLE: GYMNASTIC

Objective:
- To develop skills and scientific understanding of various floor, parallel bar, and balance beam exercise in gymnastic.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P3

UNIT-I
Floor Exercise:
Roll Forward, Roll Backward, Hand Stand roll forward.
Roll sideways (with stretched body or in truck position)
Cartwheel, Roll backward to hand stand, Front split.

UNIT-II
Parallel Bar:
Single arm march, forward roll and backward roll,
Shoulder balance, half arm balance, hand Stand
Stand forward roll and split sit, and Dismount.

UNIT-III
Balance Beam:
Walk on beam, different body position, turn on beam, walking with jumping, front roll split.

References:
1) Mitchell et. al.(2002) Teaching Fundamental Gymnastic Skills. Published by Human Kinetics
PRACTICAL: Subsidiary Games & Sports other than Specialization

TITLE: FOOTBALL (Subsidiary)

Objective: To developed the basic concept and fundamental skills in football.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P3

UNIT-I

- Push pass (inside of the foot).
- Inside instep, instep, outside instep, heeling.

UNIT-II

- Inside of the foot receive, instep receive, out side of the foot.
- Receive, Joe trap, Shin trap, Thigh trap.

UNIT-III

- Ball control (inside +outside of the foot), dribbling out side of the foot, zig-zag dribbling.

Books Recommended:
1) Kumar, N. Play & Learn Football, Khel Sahitya Kendra Publication, New Delhi.

*****
PRACTICAL: Proficiency in Games & Sports
TITLE: BADMINTON (Subsidiary)

Objectives:
- To establish higher motor and cognitive learning related to basic badminton skills.
- To develop an understanding of bio-mechanical aspects in skills execution.
- To develop skills related to court marking.
- To develop understanding of measurements related to various equipments and court sections.

Credits: 02
Max. Marks: 50
Sessional Marks: 10
Exam. Marks: 40
Paper Code: PE2P3

UNIT-I
- About Equipments: Racket, shuttle, Net.

UNIT-II
- Court Dimensions
- Court Marking

UNIT-III
- Grip: Forehand grip, Backhand grip.
- Service: High service, Low services, Drive service, Flick service.

Books Recommended:
DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

Syllabus of M.P.Ed. Course
for the session 2014–2015

(Semester-II)
DEPARTMENT OF PHYSICAL EDUCATION
MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Semester-II

Title of Paper: RESEARCH METHOD AND STATISTICS-II

Objectives:
- To expand knowledge base and extend its implacability in the Research.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Duration: 2 Hrs.
Paper Code: PEM-8005

UNIT-I

1.1 Need of Statistics in Physical Education.
1.2 Nature of Data and its types.
1.3 Graphical representation of Data: Guidelines for constructing the graph. Line Diagram, Pie Diagram and Bar Diagram, Frequency Polygon, Frequency Curve, Histogram, Ogive.
1.4 Measures of Central Tendency: Mean, Median, Mode, Percentiles, Deciles & Quartiles.
1.5 Measures of Dispersion: Range, Mean Deviation, Quartile deviation, Standard Deviation, Coefficient of Variation.

UNIT-II

2.1 Normal Distribution: Characteristics of Normal Curve, Skewness & Kurtosis, Uses of Normal Distribution.
2.2 Developing norms in the form of grading, Percentile Scale, T-Scale, Z scale, Sigma, 7 Sigma.
2.3 Testing of Hypothesis – Region of Acceptance & Region of Rejection, Null & alternative Hypothesis, Level of Significance, Type I & Type II errors, One tail & Two tail test.

UNIT-III

3.1 t test, z-test
3.2 Analysis of variance & Post hock test
3.3 Correlation Co-efficient
3.4 Partial correlation
3.5 Chi square
3.6 Multiple Correlation

Books Recommended:
6. Gupta B.V.: Methodology of research in physical education and sports, Managing Director, Netaji Subhash Market, New Delhi, (1994).
Title of Paper: KINANTHROPOMETRY – II

Objectives: To develop reflective and critical thinking regarding the role and nature of somatic growth, body composition and body types with reference to sport performance and methods of measurements.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Duration: 2 Hrs.
Paper Code: PEM-8006

UNIT-1

Somatic Growth and Development of Physique.
1.1 Definition and Context; Understanding Human Variability and Types of Studies.
1.2 Principles and Methods of Measurement and Observation in Kinanthropometry.
1.3 Postnatal Growth: Scammon’s Curve
1.4 General Regulation of Growth & Maturation

UNIT-2

Models of Body Composition.
2.1 Ratios & Proportions in Kinanthropometry.
2.2 Levels and Multi Component Models of Body Composition.
2.2 Changes in Body Density and Total Body Water during Growth.
2.3 Concept of Chemical Maturity.
2.4 Growth in Fat-free Mass, Fat Mass, & Percent Fat.

UNIT-3

Development of Physique
3.1 Concept of Somatotype
3.2 Methods in the Assessment of Physique
3.3 Somatotyping Children & Adolescents
3.4 Changes in Somatotype during Growth.

References:
3) M. Marfell-Jones, T. Olds, & A. Stewart (Eds.), Kinanthropometry IX: Proceedings of the 9th
International Conference of the International Society for the Advancement of Kinanthropometry London: Rutledge.
Elite Athlete (eds. S.D.McDougall, M.A. Wenger and H.A.Green), Mutual., Ottawa
7) Tanner, J.M. (1964) The Physique of Olympic Athletes. George Allan & Unwin, University, San
Diego, California. USA). Human Kinetics
9) Williams & Wilkins.
(IL.

Some useful websites:
http://www.pecentral.org/
http://home.hia.no/~stephens/exphys.htm
http://www.tahperd.sfasu.edu/links3.html
http://www.sportsci.org/
http://www.gssiweb.com/
Title of the Paper:  **TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION-II**

**Objectives:**
- Developing technical skills in constructing various type tests and establishing scientific authenticity.
- Developing technical skill related to physical and psychological measurements.

**Credits:** 04  
**Max. Marks:** 100  
**Semester Exam:** 75  
**Sessional:** 25  
**Duration:** 2 Hrs.  
**Paper Code:** PEM-8007

**UNIT-I**

**Selection and Construction of Tests:**
1.1 Criteria of Test Selection-Scientific Authenticity, (Reliability, Validity, objectivity, norms) Administrative Feasibility and Educational application. Classification of Tests-Standardised and teacher made tests (objective and subjective tests).
1.2 Construction of Tests-knowledge tests (Written tests) and skill tests.
1.3 Suggestions for administering tests. Medical Examination, Testing Personal. Time and testing, Economy of testing. Test records, preparation of reports, construction of table groups, purpose of reporting, justification of particular phases of the programme, worth of a change in methodology.

**UNIT-II**

**Posture:**
2.1 Measures of Postures, Anthropometry Social Efficiency and Psychological Factors.
2.2 Measures of Postures-IOWA Postures Test (Cureton’s).
2.3 Anthropometric Measurements:
   (i) Girth Measurement-Upper arm, forearm, calf, chest.
   (ii) Width Measurement-Biccromial chest illiocrestal, Biepicondylar (Femur and Humerus).
   Height Measurement-Stature and Sitting height.

**UNIT-III**

**Psycho-Physical Measurement:**
3.1 Somatotype-Sheldon’s technique-an-introduction
   (i) Social Efficiency
   (ii) Socio-metric techniques: Introduction
3.2 Psychological Factors:
   (i) Anxiety Scale-Speil-berger’s Competitive State-Anxiety Scales.
   (ii) Eysenck Personality Inventory (H.J. Eysenck and Sybil B.G. Eysenck).

**Books Recommended:**
Title of the Paper: **SCIENTIFIC PRINCIPLES OF SPORTS TRAINING-II**

**Objectives:** To expand the knowledge base and also extend its implacability in field.

Credits: 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Duration: 2 Hrs.

**UNIT-I**

**Technique and Tactics:**
1.1 Definition of technique, skill and style, characteristics of technique.
1.2 Phases of skill acquisition, characteristics and implications in various phases.
1.3 Methods of techniques training.
1.4 Strategy and Tactics: Definition, aim and importance, difference between strategy and tactics.
1.5 Classification of tactics.
1.6 Attack: Classification & Principles of Attack.
1.7 Defense: Classification & Principles of Defense.

**UNIT-II**

**Periodisation:**
2.1 Meaning and aim of periodisation, Top form (Peaking) and its determining factors.
2.2 Types of periodisation: Single, Double and Multiple periodisation.
2.3 Aims and contents of various periods: Preparatory period, competition period, Transitional period.
2.4 Competition: Definition, meaning and importance.
2.5 Classification of competition: Build-up, Major, Main competitions.
2.6 Special preparation for competition.

**UNIT-III**

**Planning:**
2.1 Meaning, definition and importance of planning.
2.2 Types of Plan: Long term and short term plans.
2.3 Principles of Planning.
2.4 Steps in formulation of yearly plan.
2.5 Selection process, criteria of selection, steps of selection.

**Books Recommended:**
DEPARTMENT OF PHYSICAL EDUCATION
MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Semester: II\textsuperscript{nd}

Title of Paper: Officiating in Hockey

Objectives: To provide practical approach to understand and application of rules.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-8071

UNIT-I

Fitness Programme for Umpires:
1.1 Physical Fitness.
1.2 Mental Fitness.
1.3 Proximity.
1.4 Model fitness programme for Umpires.
1.5 Important rules and their interpretation.

UNIT-II

Co-operation with Co-Umpire:
2.1 Ground Inspection
2.2 Pre-match discussion
2.3 Inspection of players dress and equipment.
2.4 Area of control.
2.5 After the game.

UNIT-III

Communication with Players:
3.1 Communication Via the whistle.
3.2 Communication Via the signals.
3.3 Communication Via the colour cards.
3.4 Positioning: General, Practical and concentration.

Books Recommended:
1) F.I.H., Rules of Hockey, The International Hockey Federation. Avenue des Arts 1 Bte 5 B-1210 Brussels, Belgium.
Title of the Paper: **Officiating in Football**

**Objectives:** To provide practical approach to understand and application of rules.

**Credits:** 04  
**Max. Marks:** 100  
**Semester Exam:** 75  
**Sessional:** 25  
**Paper Code:** PEM-8072

### UNIT-I

1.1 Rule and interpretation  
(a) Law 1-4  
(b) Law 5-6  

1.2 Rule and Interpretation  
(a) Law 7-8  
(b) Law 9-10

### UNIT-II

2.1 Rule and interpretation  
(a) Law 11  
(b) Law 12  

2.2 Rule and Interpretation  
(a) Law 13-15  
(b) Law 16-17

### UNIT-III

3.1. Procedures to determine the Winter of a match.  
The technical Area  
The Fourth official  

3.2 Referee signals  
Assistant Referee Signals

**Books Recommended:**

Title of Paper: **Officiating in Judo**

**Objectives:** To provide practical approach to understand and application of rules.

**Credits:** 04  
**Max. Marks:** 100  
**Semester Exam:** 75  
**Sessional:** 25  
**Paper Code:** PEM-8073

### UNIT-I

**Article 1 to 10**

- 1.1 Article 1 - 2  
- 1.2 Article 3 - 4  
- 1.3 Article 5 - 6  
- 1.4 Article 7 - 8  
- 1.5 Article 9 - 10

### UNIT-II

**Article 11 to 20**

- 2.1 Article 11 - 12  
- 2.2 Article 13 - 14  
- 2.3 Article 15 - 16  
- 2.4 Article 17 - 18  
- 2.5 Article 19 - 20

### UNIT-III

**Article 21 to 30**

- 3.1 Article 21 - 22  
- 3.2 Article 23 - 24  
- 3.3 Article 25 - 26  
- 3.4 Article 27 - 28  
- 3.5 Article 29 - 30

**Books Recommended:**

1) Jain, D., Play and Learn Judo, Khel Sahitya Kendra 4264/3, Ansari Road, Daryaganj, Delhi (2003).

Title of Paper: **Officiating in Track and Field**

**Objectives:** To provide practical approach to understand and application of rules.

**Credits:** 04  
**Max. Marks:** 100  
**Semester Exam:** 75  
**Sessional:** 25  
**Paper Code:** PEM-8074

**UNIT-I**

1.1 Rules and Interpretation:
   (a) Sprints
   (b) Distance Running or Long Distance
   (c) Steeple Chase
   (d) Field Events

**UNIT-II**

2.1 Officiating for Track Events
   (a) Judges for Tracks
   (b) Judges for Fields
   (c) Positioning of officials

**UNIT-III**

3.1 Layout and Standard and Non-Standard Track
   (a) Tracks Marking
   (b) Field Marking
   (c) Marathons

**Books Recommended:**

2) Thani V.: Encyclopaedia of Track & Field (with Latest Rules), Khel Sahitya Kendra-4264/3, Ansari Road, Darya Ganj, New Delhi (2003).
Title of Paper: **Officiating in Basketball**

**Objectives:** To provide practical approach to understand and application of rules.

**Credits:** 04  
**Max. Marks:** 100  
**Semester Exam:** 75  
**Sessional:** 25  
**Paper Code:** PEM-8075

### UNIT-I

1.1 Court and Equipment  
1.2 Court with its dimensions.  
1.3 Ball  
1.4 Back board and Basket  
1.5 Technical equipment  
1.6 Player dress

### UNIT-II

2.1 Signals  
2.2 Rules from 1 to 15  
2.3 Rules from 16 to 30

### UNIT-III

3.1 Rules from 31 to 45  
3.2 Rules from 46 to 68  
3.3 Terms used in Basketball

**Books Recommended:**


DEPARTMENT OF PHYSICAL EDUCATION
MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Semester: II

Title of Paper: **Officiating in Badminton**

**Objectives:** To provide practical approach to understand and application of rules.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-8076

**UNIT-I**

**Rule and Interpretation:**

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<td></td>
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<tr>
<td>1.2</td>
<td>6 - 10</td>
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</table>

**UNIT-II**

**Rule and Interpretation:**

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<td></td>
</tr>
<tr>
<td>2.2</td>
<td>15 - 19</td>
<td></td>
</tr>
</tbody>
</table>

**UNIT-III**

**Officiating:**

3.1 Communication Via Signals, Verbal.
3.2 Warning
3.3 Penalisation

**Books Recommended:**

2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lone Halborn London EC4P 4AB.
Title of Paper: **Officiating in Cricket**

**Objectives:** To provide practical approach to understand and application of rules.

**Credits:** 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Paper Code: PEM-8077

**UNIT-I**

**Rules and their Interpretation:**
1.1 Rules of Batting and their Interpretation.
1.2 Rules of Bowling and their interpretation.
1.3 Rules of Fielding and their interpretation.

**UNIT-II**

**Co-operation with Third Umpire and Referees:**
2.1 Ground Inspection.
2.2 Pre-Match Discussion.
2.3 Inspection of Players Dress and Equipment.
2.4 Area of Control.
2.5 After the Game.

**UNIT-III**

**Duties of the Officials:**
3.1 Duties of Umpires.
3.2 Duties of Referees.
3.3 Duties of Scorers.
3.4 Communication of Umpires to Players and other officials.
3.5 Positioning of Umpires.

**Books Recommended:**
DEPARTMENT OF PHYSICAL EDUCATION
MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Semester: II

Title of Paper: **Officiating in Yoga**

**Objectives:** To provide practical approach to understand and application of rules.

<table>
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<th>Credits: 04</th>
<th>Max. Marks: 100</th>
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<td>Sessional: 25</td>
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Paper Code: PEM-8078

**UNIT-I**

**Officiating and Coaching:**
1.1 Essentials of Yoga Practice.
1.2 Time, Place, Dress, Seat, Sequence of Yoga Practice.
1.3 Yoga and other Exercises.
1.4 Caution and limitation of yoga.

**UNIT-II**

**Officiating in Yoga:**
2.1 Difference between Asana and exercise.
2.2 Rights and Duties of Judges and Chef Judge.
2.3 Procedure of Evaluation in competition.
2.4 Materials and equipments.

**UNIT-III**

**Yogic Relaxation Technique:**
3.1 Relaxation Asanas.
3.2 Pronayama.
3.3 Dhyana.
3.4 Meditation.
3.5 Transcendental Meditation of Mahesh Yogic.

**Books Recommended:**
DEPARTMENT OF PHYSICAL EDUCATION
ALIGARH MUSLIM UNIVERSITY, ALIGARH

Semester System

Syllabus of M.P.Ed. Course
for the session 2014–2015

(Semester- IV)
Title of Paper : EXERCISE PHYSIOLOGY-II

Objectives:
- To expand the knowledge base and also extend its implacability in field.

Credits: 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Duration: 2 Hrs.  
Paper Code: PEM-X005

UNIT-I
Bio-energetic and measurement of energy cost
1.1 ATP: its structure, source and functions.
1.2 Aerobic and anaerobic systems during rest and exercise.
1.3 Replenishment of energy stores.
1.4 Recovery of lactic acid from blood and muscle.
1.5 Recovery Oxygen.
1.6 Measurement of energy cost of exercise.

UNIT-II
Nutrition and exercise performance
2.1 General nutrients of the diet and their proportion in it.
2.2 Food Requirement of athletes engaged in different sports activities.
2.3 Appropriate Diet Before, During and After Sports Activities.
2.4 Ergogenic aids.
2.5 Exercise prescription.
2.6 Obesity and weight control.

UNIT-III
Exercise and Environment:
3.1 Effects of high altitude on physical performance.
3.2 Altitude acclimatization.
3.3 Exercise in Heat and Heat Disorders.
   - Exercise in Heat
   - Heat Disorders in Athletics and Other Sports.
3.4 Prevention of Heat Disorders
   - Salt and water replacement
   - Acclimatization to Heat
3.5 Exercise and Temperature Regulation in hot and cold climate.

Books Recommended:
Title of the Paper: SPORTS MEDICINE-II

Objectives:
- To extend situation based learning experience related to:-
  - Sports rehabilitation
  - Sports injuries and First-Aid
  - Legal issues in doping
  - To develop practical skills and understanding of massage for rehabilitative purposes.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Duration: 2 Hrs.

UNIT-I

Rehabilitation-Meaning, Goals, Factors affecting its programme:
1.1 Principles of Rehabilitation in Sports.
1.2 Means and methods of rehabilitation in Sports.
1.3 Testing methods of Progress in injured Sports Persons.
1.4 Rehabilitation Programme.
1.5 Application of Proprioceptive Neuromuscular Facilitation (PNF).

UNIT-II

Emergency care and Athletic first Aid:
2.1 First-Aid Principles.
2.2 Diagnosis of injuries, signs and symptoms of dangerous illness/injuries.
2.3 Means and Methods for transportation of an injured player.
2.4 First Aid
   (i) Loss of consciousness
   (ii) Drawing
   (iii) Bleeding from a wounds, Nosebleeds
2.5 Athletic Bandages and Massage-its classification, indication and contra indication,
   General Principle of massage.

UNIT-III

Legal liability of injuries and Doping:
3.1 Supervision of injured Sports Persons.
3.2 Instruction, First Aid, Medical Assistance.
3.3 Reporting form of student status.
3.4 Meaning, classification of doping, its side effects.
3.5 Legal liability of Coach regarding doping.

Books Recommended:
Title of the Paper: **SPORTS PSYCHOLOGY-II**

**Objectives:**
- To expand the knowledge base and also extend its implacability in field.

**Credits:** 04  
**Max. Marks:** 100  
**Semester Exam:** 75  
**Sessional:** 25  
**Duration:** 2 Hrs.  
**Paper Code:** PEM-X007

**UNIT-I**

**Psychological Aspects of Motor Learning:**
1.1 Motor learning definition and phases of learning physical skills.  
1.2 Laws of learning.  
1.3 Factors affecting motor learning.  
1.4 Plateau: Causes and remedies.  
1.5 Motivation: Meaning, classification, role of motivation in sports, Factors affecting achievement motivation, Motivation techniques.  
1.6 Goal setting: Importance, Types of goals, process of goal setting.

**UNIT-II**

**Personality and Sports Performance:**
2.1 Definition, types and important personality traits.  
2.2 Concept of Athletic Personality.  
2.3 Personality traits of elite athletes.  
2.4 Sports participation and personality development.

**Emotional Process and Sports Performance:**
2.5 Definition and types of emotion, Role of Emotion in Sports.  
2.6 Emotional arousal and Sports Performance.  
2.7 Yerkes Dodson law.  
2.8 Psychologica manifestations of prestart states: Competitive readiness, pre-start fever, pre-start apathy.

**UNIT-III**

**Psychological Aspects of Sports Performance:**
Determinant factors of competitive behaviour.  
Anxiety, Fear, frustration, Aggression, Conflict and their effects on performance.  
Psychological stress and its management: Causes and symptoms, Psychoregulatory techniques.  
Effects of Audience on Sports performance, Audience behaviour, Types of Audience.

**Books Recommended:**
Title of Paper: **SPORTS BIOMECHANICS-II**

**Objectives:**
- Basic concept of Biomechanics and Sports Biomechanics.
- Overview the mechanical (Kinematic) descriptions.
- Learn about principles and Biomechanics on projectile motion.

Credits: 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Duration: 2 Hrs.

**UNIT-I**

1.1 Concept of Biomechanical Analysis:
1.1.1 Qualitative and Quantitative Analysis  
1.1.2 Overview of Kinematics and Kinetic Analysis of Human motion.  
1.1.3 Introduction to the Deduction and Inductive type of Mechanical Analysis.

1.2 Introduction to Mechanical Analysis:
1.2.1 Introduction to Photographic Analysis System (data acquisition and data reduction).  
1.2.2 Introduction to Electronic Analysis System (data acquisition and data reduction).

**UNIT-II**

2.1 Introduction to Mechanical Analysis:
2.1.1 Components of Linear Displacement.  
2.1.2 Measurements of Linear Displacement.  
2.1.3 Components of Angular Motion (Definition of Radian, Finding the conversion factor between Degree and Radians).

2.2 Kinematics Analysis:
2.2.1 Analysis of Linear speed.  
2.2.2 Analysis of Linear velocity – Average and Instantaneous.  
2.2.3 Analysis of Linear Acceleration – Average and Instantaneous.

**UNIT-III**

3.1 Projectile:
3.1.1 Definition and Explanation of Projectile and free falling bodies.  
3.1.2 Analysis of vertical projection.  
3.1.3 Calculation of Time of Flight and Height  
3.1.4 Analysis of Horizontal Projection / Trajectory.  
3.1.5 Calculation of Time of Flight, Maximum Height and Range of Flight.

3.2 Projectile from different surfaces:
3.2.1 Calculation of Time of Flight.  
3.2.2 Calculation of Range of Flight.  
3.2.3 Calculation of Maximum Height.

**Books Recommended:**
Title of Paper: Lesson Planning and Class Management in Football

Objectives: To provide practical understanding, teaching various skills of football to novice and skilled players.

UNIT-I
Teaching Fundamentals Skills:
1.1 Push Pass
1.2 Receive
1.3 Training
1.4 Kicks

UNIT-II
Teaching Advance Skills:
2.1 Side Volley
2.2 Back Volley
2.3 In swing
2.4 On swing

UNIT-III
Tactics:
3.1 Defense to direct Free Kicks
3.2 Defense to indirect Free Kick

Books Recommended:
2) Widdows R: The Hand Book of Football Techniques and Tactics.
5) http://www.fifa.com
Title of Paper: **Lesson Planning and Class Management in Track & Field**

**Objectives:** To provide practical understanding, teaching various skills of Track & Field to novice and skilled players.

Credits: 04  
Max. Marks: 100  
Semester Exam: 75  
Sessional: 25  
Paper Code: PEM-X074

**UNIT-I**
1.1 Concept & principles of teaching in Track & Field event.  
1.2 Sprints and Middle  
1.3 Throws and Jumps.

**UNIT-II**
2.1 Teaching Advance skill:  
2.2 Running  
2.3 Jumping  
2.4 Throws

**UNIT-III**
3.1 Fundamental Lesson Plan and their class Management in Track & Field.

**Books Recommended:**
2) Thani V.: Encyclopaedia of Track & Filed (with Latest Rules), Khel Sahitya Kendra-4264/3, Ansari Road, Darya Ganj, New Delhi (2003).
Title of Paper: Lesson Planning and Class Management in Basketball

Objectives: To provide practical understanding, teaching various skills of Basketball to novice and skilled players.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-X075

UNIT-I
Teaching Fundamental Skills
1.1 Objectives.
1.2 Class formations.
1.3 Demonstrations.
1.4 Skills Practice.
1.5 Rectifications of errors.
1.6 Equipment distribution and collection.
1.7

UNIT-II
Teaching Advance Skills:
2.1 Objectives
2.2 Demonstration
2.3 Skill practice
2.4 Rectification of errors
2.5 Lead-up games

UNIT-III
Lesson Plan
3.1 Sample Lesson Plan

Books Recommended:
Title of Paper: **Lesson Planning and Class Management in Badminton**

**Objectives:** To provide practical understanding, teaching various skills of Badminton to novice and skilled players.

**Credits:** 04  
**Max. Marks:** 100  
**Semester Exam:** 75  
**Sessional:** 25  
**Paper Code:** PEM-X076

**UNIT-I**

Teaching Fundamental Skills:
1.1 Service-Low & High  
1.2 Drive Shots  
1.3 Clear

**UNIT-II**

Teaching Advance Skills:
2.1 Backhand Service  
2.2 Lob  
2.3 Offensive Drop

**UNIT-III**

Tactics:
3.1 Offensive Singles  
3.2 Offensive Doubles  
3.3 Mixed Doubles

**Books Recommended:**
Title of Paper: Lesson Planning and Class Management in Cricket

Objectives: To provide practical understanding, teaching various skills of Cricket to novice and skilled players.

Credits: 04
Max. Marks: 100
Semester Exam: 75
Sessional: 25
Paper Code: PEM-X077

UNIT-I

Teaching Fundamental Skills:
1.1 Stance, grip and coverage of wickets.
1.2 Back lift.
1.3 Push.
1.4 Run-up in bowling.
1.5 Follow through in bowling.
1.6 Approach to the ball in Fielding.
1.7 Throwing and follow-through in fielding.

UNIT-II

Teaching Advance Skills:
2.1 Back-foot cover Drive
2.2 Flick
2.3 Sweep
2.4 Yorker
2.5 Top-spin
2.6 Reverse Throw
2.7 Slip fielding

UNIT-III

Training Methodology:
3.1 Fielding:
  3.1.1 Close-in Fielders
  3.1.2 Boundary-line Fielders
3.2 Batting:
  3.2.1 Individual Defensive Batting
  3.2.2 Running Between the Wickets
  3.2.3 Individual Aggressive Batting
3.3 Bowling:
  3.3.1 Spin Bowlers
  3.3.2 Medium Pacers
  3.3.3 Fast Bowlers

Books Recommended: