

Shri Rawatpura Sarkar University, Raipur



Examination Scheme & Syllabus

For

Master of Physical Education & Sports Sem-I

(Effective for the session: 2022-23)



Faculty of Arts & Humanities

Shri Rawatpura Sarkar University, Raipur

Master of Physical Education & Sports

SEM-1

Examination Scheme

(Effective from the session: 2022-23)

S. N	Course Code	Th /Pr	Subject	Type of Course	Teaching hours per week			TC	Examination Scheme				Total Marks
					L	T	P		Theory		Practical		
									EX	IN	EX	IN	
1	MPES101	Th	Management of Physical Education	Core	4	1	-	5	70	30	-	-	100
2	MPES102	Th	Test Measurement and Evaluation in Physical Education	Core	4	1	-	5	70	30	-	-	100
3	MPES103	Th	Exercise physiology	Core	4	1	-	5	70	30	-	-	100
4	MPES104	Pr	Performance testing	Core	-	-	6	4	-	-	140	60	200
Total Contact hr per week: 21				Total Credit: 19				Grand Total Marks				500	

L-Lecture

T-Tutorial

P-Practical

MPES104Syllabus not submitted because this is a ground work.

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Course Title	MANAGEMENT OF PHYSICAL EDUCATION				
Course Code	MPES101				
Course Credits	L	T	P	TC	
	4	1	-	5	
Course Objectives	<ul style="list-style-type: none"> • This study was conducted to empirically evaluate specific human, curricular, and material resources that maximize student opportunities for physical activity during physical education (PE) class time. A structure-process-outcome model was proposed to identify the resources that influence the frequency of PE and intensity of physical activity during PE. The proportion of class time devoted to management was evaluated as a potential mediator of the relations between resource availability and student activity levels. 				
Course Contents	<p>UNIT- I</p> <ol style="list-style-type: none"> 1. Review of principle and philosophy in of Education, Physical Education, Recreation and Healtheducation. 2. Progressive concept of administration/management. General administrationtheories. 3. Personal and material management programming for instruction and activities. 4. Hierarchy of education administration in Central, State local authorities and Individual Institution inIndia. <p>UNIT- II</p> <ol style="list-style-type: none"> 1. Responsibilities of General Administration, technical Experts & Professionals. 2. Selected problems in Management /Administration. 3. Professional preparation, professional ethics class discipline, student teaching. <p>UNIT- III</p> <ol style="list-style-type: none"> 1. Budget and Finance: Budget heads principles of accounting financial power of different authorities, Sources of income auditing, terms of sanctions and purpose. 2. Staff job analysis, qualifications, requirement, supervision, training, leave, retirement deputation fringe benefits and staff meetings. 3. Office management's gathering data, programming and scheduling (Calendar, Timetable, thing that requires periodical attention) storing data (Filling), General office procedure like correspondence interview. <p>UNIT- IV</p> <ol style="list-style-type: none"> 1. Management of sports in school, college & universities, Inter-University, District 				

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	<p>State & National level.</p> <ol style="list-style-type: none">Indian and International Olympic association, SAI.Public relation and promotional activities including-press relations, publications, Public speeches, assemblies, exhibitions demonstration, special events, staff, studentwelfare. <p>UNIT- V</p> <p>SUPERVISION</p> <ol style="list-style-type: none">Definition of SupervisionScope of SupervisionGuiding Principles of SupervisionMethod of Supervision:<ol style="list-style-type: none">VisitationConferenceBulletingDemonstration Functions of SupervisionsAdministrative duties.Duties pertaining to facility & Equipment.Duties pertaining to instruction.Duties pertaining to supervision.Duties pertaining to professional Growth.
Course Outcomes	<ul style="list-style-type: none">On the successful completion of this course students will be able to understand management, supervision of physical education.
TextBooks	<ol style="list-style-type: none">Singh Ajmer et.al, “Essentials of Physical Education”, Kalyani Publishers Ludhiana Second revised addition 2008.Kamlesh M. L. and Sangral M.S., “Methods in Physical Education”, Parkash Brothers, 5,6 Book Market Ludhiana 1986.
References Books	<ol style="list-style-type: none">Kamlesh M. L. “Principles and history of physical Education” ,Parkash Brother Paliala, 1991.Charles, E. Foxythe and Irrn A. Keuer, “Administration of High School Athletics” , Prentice Hall Inc. Englewood, N.J. 1979.

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Course Title	TEST MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION				
Course Code	MPES102				
Course Credits	L	T	P	TC	
	4	1	-	5	
Course Objectives	<ul style="list-style-type: none"> To evaluate the learners - In the field of physical education and sports Test and Measurement helps in collection of data which further helps in evaluating the learner's ability separately. It also helps the sports person in enhancing his sports performance. 				
Course Contents	<p>UNIT- I</p> <ol style="list-style-type: none"> Meaning of evaluation. Nature and scope of evaluation program. Need and importance of evaluation in the field of physical education. Principles of Evaluation. <p>UNIT- II</p> <ol style="list-style-type: none"> Criteria of test selection (reliability, validity, objectivity and norms), Administrative feasibility and educational application, Classification of test, standardized tests (objective and subjective test). Construction of test, Knowledge tests (written and skill tests). Suggestions for administering test-Medical Examination, Testing Personnel, Time of testing, Economy of testing, Test record, Preparation of reports, Construction of tables & graphs and Purpose of reporting. <p>UNIT - III</p> <p>Measurements of Organic Function, Motor Fitness and General Motor Ability-</p> <ol style="list-style-type: none"> Organic function: Cardiovascular respiratory function. <ol style="list-style-type: none"> Cooper's 12 minute continuous run / walk test. Tuttles pulse ration test. Harward step test and its modification. Motor Fitness– <ol style="list-style-type: none"> Oregon motor fitness test JCR test AAHPER youth fitness test. General motor ability: <ol style="list-style-type: none"> Mcloy's general motor ability test Methany Johnson motor educability test. <p>UNIT- IV</p> <ol style="list-style-type: none"> Test for strength: <ol style="list-style-type: none"> Strength, Roger's physical fitness index and suggested changes. Kraus-Weber test Test for skills: 				

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	<ol style="list-style-type: none">a. Tests Volleyball-Brady test, Russell and Lange test.b. Basket ball-Johnson test, Knox test.c. Soccer-Mc Donald test, Johnson test.d. Field Hockey-Harbans Singh field hockey test.e. Badminton-Miller test,f. Dyer tennis test. <p>UNIT- V</p> <ol style="list-style-type: none">1. Measures of posture-IOWA posture test.2. Mc cloys behavior rating scale.3. Co-well social behavior trend index.4. Socio metric Questionnaire.5. Mental health analysis..6. Washburn social adjustment inventory.7. Personality inventory.
Course Outcomes	<ul style="list-style-type: none">• On the successful completion of this course students will be able to understand test item for psychological and physical test.
Text Books	<ol style="list-style-type: none">1. Clarks H. Harrison; “Application of measurement to health and Physical Education” Practice Hall Inc., Englewood Cliffs, N.J. 5th Edition, 1976.2. Scott Gladys and French; “Measurement and Evaluation in Physical Education”, W.M.C. Brown Co. Publishers, Dubugue, Iowa, 1959.
Reference Books	<ol style="list-style-type: none">1. Mathews K. Donald; “Measurement in Physical Education” W.B. Saunders Co., Philadelphia, London (Second Edition).2. Mayer J.C; “Tests and Measurements in health and Physical Education”, Appleton Century Crafts, Inc. Third Edition.3. Johnson, Barry L. and Nelso Jack K; Practical Measurement for Evaluation in Physical Education”, Surjeet Publications, 1982.

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Course Title	EXERCISE PHYSIOLOGY				
Course Code	MPES103				
Course Credits	L	T	P	TC	
	4	1	-	5	
Course Objectives	<ul style="list-style-type: none"> The main purpose of health and wellbeing within Curriculum for Excellence is to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing now and in the future. 				
Course Contents	<p>UNIT- I</p> <ol style="list-style-type: none"> Skeletal Muscle, Structure, function and Characteristics Chemical composition of skeletal muscle. Gross structure of Skeletal Muscle. Microscopic structure, structure of the myofibril and contractile mechanism, Molecular basis of the contraction of skeletal muscle. <p>UNIT- II</p> <p>Bio-energetic:</p> <ol style="list-style-type: none"> Fuel for muscular work. Energy for muscular contraction and biochemical changes during muscular contraction. Heat production and thermo-dynamics of muscle contraction. <p>UNIT- III</p> <p>Neuro-muscular concepts:</p> <ol style="list-style-type: none"> Neuron and motor unit transmission of nerve impulses, bio-electrical potentials Nerve to nerve synapse, neuromuscular junction and transmission of nerve impulse across it. Propioception and kinesthesia. Tone, posture and Equilibrium. <p>UNIT- IV</p> <p>Physiological changes due to exercise. Effect of exercise and training on:</p> <ol style="list-style-type: none"> Heart and circulatory systems. <ol style="list-style-type: none"> Blood supply to skeletal muscle and Regulation of blood flow during exercise. Respiratory system [a brief discussion on other systems <ol style="list-style-type: none"> Oxygen debt & recovery rate Aerobic and Anaerobic muscular activity. Second wind. 				

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	<p>UNIT- V</p> <ol style="list-style-type: none">1. Other physiological aspects of exercise and sports.2. Concept of physical fitness and physical training, warming up conditioning and fatigue.3. Physiological aspects of development of strength, endurance, skill, speed, agility and coordination.4. Work capacity under different environmental conditions hot, humid, cold, high altitude.5. Energy cost of various sports activity.
Course Outcomes	<ul style="list-style-type: none">• On the successful completion of this course students will be able to understand how to work our organs, systems and effect of exercise in human body.
Text Books	<ol style="list-style-type: none">1. Brooks, G. Fahey, T. and Baldwin, K. (2004). Exercise physiology, MC Graw Hill. USA2. MC Ardle, WD, Katch, FI and Katch VL (2000), Essentials of Exercise physiology 2nd edition Lippincott Williams and Wilkons, USA.
References Books	<ol style="list-style-type: none">1. Powers, S. and Howley, E. (2006), "Exercise Physiology" MC Graw Hill. USA.2. Wilmore Hack Hand Costil David L. (2004), "Physiology of sports and exercise Human Kinetics.3. Rowland Thomas W. Children's (2005), "Exercise Physiology" 2nd edition Human Kinetics.