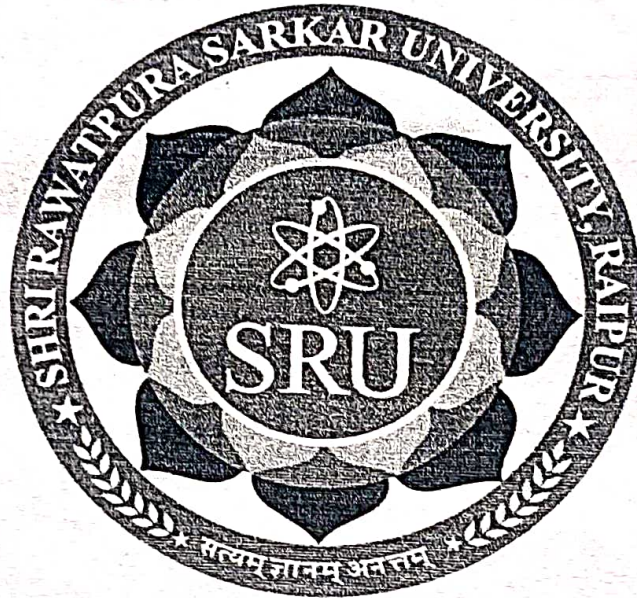


**Shri Rawatpura Sarkar University,
Raipur, CG, Bharat**



Examination Scheme & Syllabus

For

**Master of Physical Education & Sports
Semester - III**

(Effective from the session: 2022-23)



Faculty of Arts & Humanities
Shri Rawatpura Sarkar University, Raipur

Master of Physical Education & Sports

Semester - III

Examination Scheme

(As Per CBCS)

(Effective from the session: 2022-23)

Paper Name	Paper Code	Th./Pr.	Type of Paper	Teaching Hours Per Week			TC	Examination Scheme				Total Marks
				L	T	P		Theory		Practical		
								SEE	CE	SEE	CE	
Scientific Coaching Methods	ABA08-301	Th.	Core I	4	1	-	5	70	30	-	-	100
Sports Psychology	ABA08-302	Th.	Core II	4	1	-	5	70	30			100
Sports Medicine	ABA08-303	Th.	Core III	4	1	-	5	70	30			100
Athletics & Game	ABA08-304	Pr.	Core Prac.			8	4			140	60	200
Total Contact Hours Per Week: 24				Total Credit: 19			Total Marks: 500					

L-Lecture

T-Tutorial

P-Practical

Course Title	SCIENTIFIC COACHING METHODS				
Course Code	ABA08-301				
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 style="text-align: center;">UNIT-I</p> <ol style="list-style-type: none"> Historical development of coaching schemes in India. Philosophy of coaching and qualities of coach. Introduction to motor development, stages of motor development. <p style="text-align: center;">UNIT II</p> <ol style="list-style-type: none"> Technical preparation – Fundamental methods for the development of technique in sports. Stages of technical development, grounding, causes and correction of faults. Tactical preparation – Tactical concepts, methods of tactical training. <p style="text-align: center;">UNIT III</p> <p>Psychological preparation</p> <ol style="list-style-type: none"> Psychology of a coach and his trainees Individual differences, psychological potentiality Development of will power, stress, anxiety, frustration control Planning for competitions. Main and build up competition. Frequency, preparation for competition. <p style="text-align: center;">UNIT IV</p>				

	<ol style="list-style-type: none"> 1. Preparation for competition. Competition system. Competition frequency. 2. Preparation for competition – Long term and Short term plans. 3. Arrangement of training session. Post competition plan. <p style="text-align: center;">UNIT V</p> <ol style="list-style-type: none"> 1. Diet for sportsmen during training and pre-post competition, time for diet. 2. Use of drugs and their ill effects. Ergogenic aids – its use in competitive sports. 3. Talent identification, steps for talent identification.
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.
Text Books	<ol style="list-style-type: none"> 1. Singh Ajmer et.al, "Essentials of Physical Education", Kalyani Publishers Ludhiana Second revised addition 2008. 2. 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"> 1. Kamlesh M. L. "Principles and history of physical Education" ,Parkash Brother Paliala, 1991. 2. Charles, E. Foxythe and Irrn A. Keuer, "Administration of High School Athletics" , Prentice Hall Inc. Englewood, N.J. 1979.

Course Title	SPORTS PSYCHOLOGY				
Course Code	ABA08 -302				
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 style="text-align: center;">UNIT-I</p> <ol style="list-style-type: none"> The meaning, nature and scope of sports psychology. Development of sports psychology. Relationship of sports psychology with other sports sciences. Importance of sports psychology for physical education. <p style="text-align: center;">UNIT II</p> <ol style="list-style-type: none"> Methods of investigation in sports psychology, its importance. Various methods used in sports psychology. Different test to be used in sports psychology. <p style="text-align: center;">UNIT III</p> <ol style="list-style-type: none"> Growth and development, factor affecting growth and development. Individual differences and their influence on physical activity. Psychological aspects of action regulation. Importance of action regulation in physical activities, psychological characteristics of physical activities. <p style="text-align: center;">UNIT IV</p> <ol style="list-style-type: none"> Psychological aspects of competition, psychology of sports competition. Psychological characteristics of pre-competition, competition and post competition. Motivation, meaning of motive, role of motive, attitudes, interest for physical 				

activity, importance of motivation in peak performance.

UNIT V

1. Cognitive process in physical activities, characteristics of cognitive process in sports.
2. The importance of perception in physical activities.
3. The function of thinking and imagination in physical activity.
4. The role of memory in physical activities.
5. The importance of attention in sports and its relationship with cognitive process.

Course Outcomes

- On the successful completion of this course students will be able to understand test item for psychological and physical test.

Text Books

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

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.

Course Title	SPORTS MEDICIAN				
Course Code	ABA08-303				
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. 				
	UNIT- I				
	<ol style="list-style-type: none"> 1. Definition of sports medicine, it's aims and objectives 2. Brief History nature and effect of sports medicine, Physiological, pathological and psychological problems of sportsmen. 3. Care and problems of sportsmen, before competition and after competition. 				
	UNIT- II				
	<ol style="list-style-type: none"> 1. Nutrition: Athletic nutrition malnutrition, low cost High caloric diet role of vitamins, minerals, salts. Carbohydrate loading. 2. Doping: Agents, effect, dope test and sanctions. 				
	UNIT- III				
Course Contents	<ol style="list-style-type: none"> 1. Work capacity under different environmental conditions. Thermoregulation and sports. 2. Physique and performance. 3. Somato-types. 				
	UNIT- IV				
	<ol style="list-style-type: none"> 1. Prophylactic health-care. Health related fitness. 2. Aging & sports. 3. Women in sports. Pregnancy and exercises. 				
	UNIT- V				
	<ol style="list-style-type: none"> 1. Common old age problems namely – arthritis, heart diseases and diabetes. Role of exercise in rehabilitation. 2. Obesity and weight control. 3. Adapted physical Education – Physically & Mentally challenged persons. 				

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"> Brooks, G. Fahey, T. and Baldwin, K. (2004). Exercise physiology, MC Graw Hill. USA 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"> Powers, S. and Howley, E. (2006), "Exercise Physiology" MC Graw Hill. USA. Wilmore Hack Hand Costil David L. (2004), "Physiology of sports and exercise Human Kinetics. Rowland Thomas W. Children's (2005), "Exercise Physiology" 2nd edition Human Kinetics.