

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



Examination Scheme & Syllabus

For

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

(Effective from the session: 2022-23)



Faculty of Arts & Humanities
Shri Rawatpura Sarkar University, Raipur

Master of Physical Education & Sports

Semester - IV

Examination Scheme

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S. N.	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	
1	Research Process	ABA08-401	Th.	Core I	4	1	-	5	70	30	-	-	100
2	Foundation of Physical Education and Current Trends	ABA08 -402	Th.	Core II	4	1	-	5	70	30			100
3	Professional Preparation and Curriculum Designs	ABA08 -403	Th.	Core III	4	1	-	5	70	30			100
4	Athletics & Game	ABA08-404	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

ABA08-405 and ABA08-406 Syllabus not submitted because this is a ground and physical works (Lesson plan).

Course Title	Reserch Process				
Course Code	ABA08-401				
Course Credits	L	T	P	TC	
	4	1	-	5	
Course Objectives	In a sport like tennis this also includes the interplay between an athlete, their environment and the equipment. Generally the primary goals of sports biomechanics are: Improve athletic performance by identifying and applying optimal technique. Prevent injury and speed up recovery.				
Course Contents	<p style="text-align: center;">UNIT-I</p> <p>Meaning of research, Need and importance and its scope in physical education.Type of research, survey of related literature, need for library search, library sources, Preparation of Bibliography and abstract.</p> <p style="text-align: center;">UNIT II</p> <p>Formulation and development of research problem: location of research problem. Criteria in selecting the research problem. Formulation of hypothesis.</p> <p style="text-align: center;">UNIT III</p> <p>a) Historical research: scope of historical research in Physical Education.Historical evidence, validity of historical data.</p> <p>b) Philosophical Research: Brief Introduction.</p> <p style="text-align: center;">UNIT IV</p> <p>Survey studies: Place of survey Research in Physical Education. Tools of survey research, questionnaire and interviews, case studies. Definition of case studies, Importance of case studies. Characteristics of case studies, data collection in case studies.</p> <p style="text-align: center;">UNIT V</p> <p>Experimental Research</p> <p>a) Meaning, scope, and nature. Control of experimental factors. Experimental designs.</p> <p>b) Research Proposal and preparation of research report.</p>				

Course Outcomes	Demonstrate the ability to choose methods appropriate to research aims and objectives.
Text Books	<ol style="list-style-type: none"> 1. Barrelea, R. (20047), "Introduction to Sports Biomechanics." Ran sedge Publishers, USA. 2. Blazeovich, A. (2007), "Sports Biomechanics." A and C Black Publishers USA. 3. Beer and Zarmicks (1979), "Efficiency of Human Movement." WIB Sounders CO. USA.
Reference Books	<ol style="list-style-type: none"> 1. Hamill. J and Knutzen, K.M. (2003), "Biomechanical Basis of Human Movement." Lippincott Williams and Wilkins USA. 2. McGimsis, P. (2004), "Biomechanics of Sports and Exercise." Human Kinetics, USA. 3. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana second revised addition 2008.

Course Title	Foundation of Physical Education and Current Trends				
Course Code	ABA08 -402				
Course Credits	L	T	P	TC	
	4	1	-	4	
Course objectives	Development of Mental Health. Social Development. Development of Organic Fitness. Development Of Desirable Habits. Development OF Functional Knowledge. Development Of Neuro Muscular Co-Ordination. Providing For Mental Hygiene. Development Of Qualities Of A Good Citizenship.				
Course Contents	<p style="text-align: center;"><u>UNIT-I</u></p> Philosophical foundation of physical education <ol style="list-style-type: none"> 1. Idealism 2. Pragmatism 3. Naturalism 4. Existentialism and other philosophies <p style="text-align: center;">UNIT-II</p> <ol style="list-style-type: none"> 1. Journalism & Sports journalism <ol style="list-style-type: none"> a. Meaning, concept, scope b. Basic principles of sports reporting, source of sports news c. News gathering process 2. Reporting for print media and electronic media 3. Editing, writing for various media 				

	<p>4. Layout and design for print media</p> <p style="text-align: center;"><u>UNIT-III</u></p> <p>Adapted physical education</p> <ol style="list-style-type: none"> 1. Introduction to adapted physical education – meaning, definition, aims and objectives. 2. Classification of disabilities 3. Development of adapted physical education program <ol style="list-style-type: none"> a. Guiding principles b. Special adapted physical education program for different categories <p style="text-align: center;"><u>UNIT-IV</u></p> <p>Communication skills. Types of communication. Methods of communication. Official communication. Reports, minutes and agenda. Circular, notice, office orders, note sheet and memo etc.</p> <p>Press release, media conferencing and invitation Verbal and non verbal communication</p> <p style="text-align: center;"><u>UNIT-V</u></p> <p>Yoga and fitness Introduction to Yog, concept, meaning and definition. Importance of Yog, benefits of yoga asanas and Pranayam</p> <p>Meaning , Definition and Types of fitness, Components of fitness and assessment of fitness</p>
Course outcomes	<p>Graduates will describe and apply physiological and biomechanical concepts related to skillful movement, movement patterns, motor development and motor learning, biomechanics and developmental readiness to learn.</p>

<p>Text Books</p>	<p>physical education book is for all types of competitive and entrance exams. - Based on current trends, detailed syllabus and latest pattern based . Physical Education Reference Books ... Scientific Basis Of Physical Education And Sports</p>
<p>References Books</p>	<p>Foundations In Physical Education And Sports ... Modern Trends in Teaching Physical Education ... Reference Guide to Physical Education</p>

Course Title	Professional Preparation and Curriculum designs				
Course Code	ABA08 -403				
Course Credits	L	T	P	TC	
	3	1	-	4	
Course objectives	<ul style="list-style-type: none"> This subject focuses on the creation of the overall course blueprint, mapping content to learning objectives, including how to develop a course outline and build the course. Each learning objective is met with assessment strategies, exercises, content, subject matter analysis, and interactive activities. 				
Course Contents	<p style="text-align: center;">UNIT-I</p> <p>Foundation of professional preparation</p> <ol style="list-style-type: none"> Ideals of Indian Democracy: Contribution of Physical Education. Forces and factor effecting Education Policies and programmes – social, religious, economic and political. Education and professional preparation in physical education in India with those in USA, USSR and UK. <p style="text-align: center;">UNIT-II</p> <ol style="list-style-type: none"> Under graduate preparation of professional areas of health education, physical education and recreation. Purpose of under graduate preparation. Administration, curriculum, laboratory experiences, field experiences, Laboratory Experiences, Field Experiences, Teaching Practice and Professionalcompetences to be developed. Facilities and special resources for Library. Post Graduate preparation of professional personnel: Purposes of post graduate studies, admission requirements, sports, curriculum, area of specialization and concentration on core areas, Research requirement, Methods of instruction. In service education of professional personnel: Nature and scope of in service education; Responsibility for in service training, Role of administration, Physical Education Training Institute, Supervisors, the 				

professional, and in – service training programmes. In service through individual efforts, apprenticeship on the job projects. Survey and reports, critical appraisal of existing types of post graduate programs.

UNIT-III

1. Importance of Curriculum Development Factors affecting curriculum, changing needs of student, national and professional policies
2. The Role of the teacher in curriculum development.
3. Principles of Planning: Understanding the capacity characteristics and needs of the learner. Evaluation and follow up.
4. selecting material for instruction – classification of activities for different age group and sexes. Progress in curriculum. Cultural influences in the choice of activities flexibility of programme material.

UNIT-IV

Selecting methods of teaching

1. Grouping of students for instruction, lecture, projects, activities, demonstration,
2. Block of period, total time allotment do a given activity, teaching aids, conditioning
3. Special gadgets to concentrate on development of particular skills or activity, provision for individual differences.

Development program for different levels of education: Kindergarden, elementary school, Middle School, High School and Higher Secondary School, College and University, Special institution (Technical School & orphan hostel) special days, national days etc.

UNIT V

	<ol style="list-style-type: none"> 1. Co-education in physical education – Interrelating the Programs for boys and girls. Activities suitable for co-education, levels at which co-education is desirable, special provision for development of girls programme. 2. Evaluation and follow up process in physical education – nature, importance and procedure for evaluation in physical education, follow-up: curriculum followed in colleges of physical education – BPE, MPEd, BPEd. In physical Education, M. Phil. Etc. committees recommendation: NCE – CBSE, UGC recommendation on curriculum for schools and colleges.
Course Outcomes	Graduates will describe and apply physiological and biomechanical concepts related to skillful movement, movement patterns, motor development and motor learning, biomechanics and developmental readiness to learn.
Text Books	. PROFESSIONAL PREPARATION IN HEALTH, PHYSICAL EDUCATION AND RECREATION Hardcover – 1 January 2016. by H. A. SCOTT (Author), R. A. SNYDER (Author). "Professional Preparation in Physical Education and Sports 100% Pure ... Yoga and Health - 100% Pure Adrenaline ebook by Dr. C.S. Gore
References Books	Professional Preparation And Curriculum Designs In Physical Education And Sports ; Author, Rakesh Gupta Trends And Developments In Professional Preparation In Physical Education And Sports Author: KIRAN SANDHU

