

SOLAPUR UNIVERSITY, SOLAPUR

Syllabus of M.P.Ed.Part-II SEMESTER III AND IV

(Introduced from June 2011-12)

(Subject to modifications that will be made from time to time.)

M.P.Ed Part -I
Semester – I

Practical (150 Marks)

External Practical 50 Marks
One lesson on specialization in any one game or sports.

Internal Assessment Practical 100 Marks
A) Four tutorial one in each paper- 20 Marks
B) Two coaching lesson on specialization game or sports- 20 Marks
C) Skill test and officiating in specialization game or sports- 50 Marks
D) Journal on specialization- 10 Marks

M.P.Ed Part –I
Semester – II

Practical (150 Marks)

External Practical 50 Marks
.One lesson on Athletics in any one Event.

Internal Assessment 100 Marks

- A)Four tutorial one in each paper- 20 Marks
B) Skill test in Athletics – 40 Marks
(Spint-10 Marks, Long Jump- 10 Marks, High Jump- 10 Marks
Shot Put- 10 Marks)
C)Two coaching on Athletics (Any two Event Mention “B”) 20 Marks
D) Journal in Athletics 20 Marks

M.P.Ed- Part –II Semester -III

There are four theory Papers 200Marks

- IX) Psychology of Sports
- X) Exercise Physiology
- XI) Research Process in Physical Education
- XII) Information Technology

Practicals (150 Marks)

External Practical 50 Marks

One lesson on specialization in any one game or sports.

Internal Assessment Practical 100 Marks

- A) Four tutorial one in each paper- 20 Marks
- B) Three coaching lesson on specialization game or sports- 30 Marks
- C) Skill test and officiating in specialization game or sports- 30Marks
- D) Journal in specialization- 20 Marks

Note:- The student have to select the title for Research project and get it approved by the head of the institution at the end of third semester.

M.P.Ed. Part- II
Semester –IV

There are four theory Papers

200 Marks

- XIII) Sociology of Sports
- XIV) Health Education
- XV) Sports Medicine & Physiotherapy
- XVI) Yoga

Practical (150 Marks)

External Practical

50 Marks

Evaluation of research Project and Viva-Voce

Internal Assessment - 100 Marks

- A) Four tutorial one in each paper- 20 Marks
- B) Skill test in Athletics – 20 Marks
(Discuss- 10 Marks, Hurdles - 10 Marks)
- C) Two coaching lesson Athletics (two Event Mention “B”) 20 Marks
- D) Journal in Athletics - 20 Marks
- E) Yoga Practical - 20 Marks

Note :- The student have to submit three copies of research project approved by Guide, H.O.D. and Principal at the end of the forth semester.

SEMESTER-III**PAPER-I****PSYCHOLOGY OF SPORTS****Marks-50**

1. Meaning, Nature and Scope of Sports Psychology, General factors affecting sports learning and performance.
2. Heredity and Environments its importance in Physical Education and Sports
3. Perception and motor learning, cognitive process, Relationship of intelligence to Motor abilities, Physical factors.
4. Practice: Retention and Forgetting, Motivation, Extrinsic and intrinsic motivation, reinforcement success and failure, reward and punishment praise and criticism, knowledge of results, feedback.
5. Personality: Meaning of personality, personality traits of sportsmen, effects of sports participation personality development.
6. Competitive sports and mental health: Competitive sports and psychological stress, Hypnosis in sports.
7. Importance of sensation and perception in physical activity, function of thinking and imagination in physical activity, the role of memory in physical activity.

8. Psychological aspects of competition; Psycho-regulative procedures in sports, details of selected psycho-regulative procedures for activation and relaxation (Autogenic training and Isometric training)
Sports audience and their effect on the performance of the sportsmen.

BOOKS RECOMMENDED:

1. Alderman R.N. Psychological Behavior in Sports Philadelphia London, Sounder Company, 1974.
 2. But Derces Susan, Psychology of Sports, New York.
 3. Cratty, Braant J Movement Behavior and Motor learning Philadelphia: Low and Febiger, 1975.
 4. Cratty, Brant J Psychology and Physical Activity Englewood: Glifs New Jersey, Prentic Hall Inc. 1978.
 5. Kamlesh M.L. Psychology of Physical Education and Sports, News Delhi; Metropolitan Book Co.Pvt. Ltd.1983.
 6. Kane, J.E. Psychological Aspects of Physical Education and Sports, London; Routedge and Kegar Paul 1972.
 7. Puni A Sports Psychology Patiala N.S.N.L.S. 1980.
- Tutko and Richarods, Psychology of Coaching Allyu and Bacon, inc, 1971.

SEMESTER-III
PAPER-II
EXERCISE PHYSIOLOGY

Marks-50

Unit-I

1. Meaning of Anatomy, Physiology & Exercise Physiology
2. Need & Importance of Exercise Physiology in Sports.

Unit II:

1. Microscopic structure of skeletal muscle molecular basis of muscle contraction sliding filament theory energy for muscular contraction and function of A.T.P. (Adenosine Tri Phosphate)
2. Aerobic and Anaerobic muscular activity,
3. Red & White muscle, Muscular fatigue,
4. Muscular training
5. Effects of exercise on muscular system.

Unit III: Digestive system

1. Metabolism of carbohydrates fats and proteins

2. Exercise and Weight control
3. Nutrition and Athletic performance
4. Enzymes of their actions of food.
5. Effects of exercise on digestive system.

Unit IV: Respiratory System:

1. Vital Capacity, tidal air, Inspiratory & expiratory reserve volume,
2. Mechanics of breathing
3. Effect of exercise on respiratory system

Unit V: Circulatory System:

1. Auto regulation of Heart
2. Blood Pressure at Rest & Work
3. Regulation of Blood flow
4. Cardiac cycle, cardiac output.
5. Stroke volume at rest & during exercise
6. Effect of exercise on circulatory system

Unit VI: Work, Oxygen debt & aerobic capacity

1. Work, sub maximal vs Maximal work

2. A lactic vs Lactic oxygen debts
3. Oxygen uptake
4. Maximal oxygen uptake

Unit VII: Environmental Physiology

1. Altitude
2. The Physiology of Diving
3. Temperature regulation
4. Warm-up
5. Effect of cold

BOOKS RECOMMENDED:

1. Joki Ernest-Physiology of exercise, Illinois Charles C Thomas 1964.
2. Joki Ernest-Scope of exercise in Rehabilitation,
3. Fox: Exercise Physiology
4. Shaver: Essentials of exercise physiology
5. Guyton: Medical Physiology
6. H.De.Varies: Physiology of exercise
7. David H. Clarke : Exercise Physiology

8. Chatterjee: Human Physiology

9. Churasio: Anatomy and Physiology

10. Khanna & Jayprakash : Exercise Physiology & Sports
Medicine

SEMESTER-III

PAPER-III

RESEARCH PROCESS IN PHYSICAL EDUCATION

Marks-50

1. Meaning of Research, Need Importance and scope of Research in Physical Education.
2. Formulation and Development of Research Problem. Location of Research problem, Criteria in selecting the research problem in Operational terms. Formulation of Hypothesis, Research proposal-Need and format.
3. Review of related Literature, Need and importance of reviewing the related literature, Library technique, Methods of reading abstracting the Materials.
4. Types of Research:
 - A)
 - i) Pure Research
 - ii) Applied Research and
 - iii) Action Research

B) From the nature of study point of view:

i) Philosophical Research: Need, Nature, Thinking Process.

ii) Historical Research: Meaning- Scopes Sources (Primary and Secondary Criticism (Internal and External)

iii) Descriptive Research: Meaning, Nature, Laboratory experimentation, field, experimentation, different experimental designs, independent and dependent variables, controlling experimental factors

iv) Survey method

v) Case Study

5. Tools of Research: Questionnaire, interview, observation attitude scales.

6. Concept of population and samples in Research, Sampling Methods and Procedure, concept of standard error or mean, level of significance level of confidence.

7. Methods of Writing the Research Report

REFERENCE BOOKS:

1. Clarke David H and Clarke H Harrison, Research Process in Physical Education, Recreation and Health, Englewood cliffs, New Jersey, Prentice Hall in. 1979.
2. Auther's Guide: Research Methods applied to Health, Physical Education and Recreation Washington D.C.
3. Agrwal J.D. Educational Research An introduction New Delhi: Areya Book Depot. 1966.
4. Best, John, Research in Education New Delhi: Prentice Hall of India (pvt) Ltd.
5. Campbell, willan, G Form and style in Thesis Writing Bostoon: Houghten moffin Company 1954.
6. Galfo , Armand J and Earl Miller, interpreting Educational Research (Second Ed.) Dabuque LQWA: W.M.Brown Co.
7. Hayman john I-(Jr) Research in Education Columbus, Ohio: Chariles E Marill Publishing Co.1968.
8. Lick, S.F., Research in Physical Education New York. Teachers College Press.

9. Lovell K and K.S. Lawson, Understanding Research in Education London University of London Press Ltd. 1970.
10. Muouly George I the Science of Educational Research New Delhi. Eurais Publishing House. (Pvt.1963)
11. Robson M. Brar T.S. and Uppal A.K. Thesis Format Gwalior: L.N.C.P.E. 1979.
12. Research in Education Lokesh Koul.
13. Research Methodology
14. Prof.Dr.Pradeep Deshmukh & Prof. Pravin Shiledar Research Methodology in Physical Education.
15. प्रा. श्री. पाल जर्दे शारिरीक शिक्षण संशोधन तंत्र व पध्दती, चंद्रमा प्रकाशन, कोल्हापूर.
16. शैक्षणिक संशोधन, मुळे उमाटे
17. शैक्षणिक कृती संशोधन, बन्सी, बिहारी, पंडीत
18. शैक्षणिक संशोधन पध्दती, डॉ. वि. रा. भिंताडे
19. शैक्षणिक संशोधन, डॉ. भा. गो. बापट

Paper – IV
Information Technology

Marks-50

OBJECTIVES: To enable the student to

1. Be acquainted with the Information and Communication Technology to apply for Educational research.
2. Be acquainted with Computed Hardware and Software to be able to use in Education & research
3. Be acquainted with the use of statistical packages (Software) and it's applications
In Educational Research.
4. Be acquainted with Internet, e-concepts Media Technology and it's use in Educational research.

UNIT-I: INFORMATION AND COMMUNICATION TECHNOLOGY

- a) Information technology: concept need and importance
- b) Meaning of telecommunication, Analog and digital signals,
Modems
- c) Importance of computer networks, types of network.

UNIT-II: COMPUTER HARDWARE & SOFTWARE

- a) Meaning of hard-ware and various hardware components of a personal computer & it's working.
- b) Input Devices:- Keyboard, mouse, touch pad, touch screen, joystick, light pen, bar code readers optical Mark Readers (OMR), scanners, Optical Character Recognition (OCR), Magnetic Ink Character Recognition (MICR) , Microphone.
- c) Output devices : Monitors (VDU), speakers etc., Impact Printers-dot- matrix printers, Non Impact printers-Ink-jet printers, laser printer etc., plotters.
- d) Computer Software: Meaning and Types (System. Application, Utility)
- e) Operation Systems: Meaning, Types, Functions
- f) Features of MS Windows, features of MS Office i.e.
Word/Excel/PPT

UNIT-III: INTERNET, WORLD WIDE WEB AND APPLICATIONS OF I.T. IN PHYSICAL EDUCATION.

- a) Concept and Meaning of Internet
- b) The World Wide web: Introduction to WWW, web Search engines, Downloading the information for off line viewing
- c) Electronic Mail (e-mail): The Concept of e-mail, Advantages and Disadvantages of e-mail, Use of e-mail in educational research
- d) Computer care – Virus, security and maintenance.
- e) Use of IT in Educational Management: Office Automation, Correspondence, Personal records, Accounting, Examinations
- f) Use of IT in Research: Problem selection, Review of related research & literature, Data collection, Analysis and Interpretation, Reporting, Presentation of research outcome
- g) Use of Statistical Software for data analysis in research (e.g. SPSS, Excel)

References:

Alexis, Leon and others (1999). Fundamentals of Information Technology. New Delhi: Vikas Publishing House Pvt. Ltd.

Babola, Danial T. (1998). Microsoft World. New Delhi: Prentice Hall India Ltd.

Basandra, Suresh K. (2001). Computers Today. New Delhi: Galgotia Publishers Ltd .

Bharihoke, Deepak (2000). Fundamentals of Information Technology. New Delhi: Pentagon Press.

Bloom, R.S. (1974). Taxonomy of Educational Objectives: New Delhi: Mckay c., Inc. Chauhan, S.S., (1983). Innovations in Teaching Learning Proces: New Delhi: Vikas Publishing House. Pvt. Ltd.

Das, B.C. (2000). Educational Technology: Cuttack. Kalyani Publications.

Honcok, A, (1977). Planning for Educational Mass Media; New York, Lougman Group Ltd.

Jain, Madhulika and others (2000). Information Technology Concepts. New Delhi: BPB Publications.

Kovalchick, Anna and Dawson, Kara(2005). Encyclopedia of Education and Technology: New Delhi. Vol 1 and 2 Pantagon Press.

Kumar, Keval. J. (2006). Mass Communication in India. Mumbai.

Kumar, K.L.(1996). Educational Technology: New Delhi. New Age International (P) Ltd.

Mohanti, J. (1992). Educational Technology: New Delhi. Deep

and Deep Publication Percival, Fred, Ellington, Henry (1984). A

Handbook of Educational.

SEMESTER-IV
PAPER-I
SOCIOLOGY OF SPORTS

Marks-50

1. Meaning and definitions of sports Sociology:

Sports social phenomena Sports and Culture, Basic concepts of culture, Work free time and Physical Education and Sports, Impact of Physical Education and Sports on Social development.

2. Social Institutions:

Family Education/ Institution Community, growth of commercial sports, Effects of commercialization of sports status, political consequence of international sports events media and sports.

3. Sports and Social Stratification:

Extent and effect of racial and ethnic gender age and socioeconomic stratification on participation and achievement in sports. Democratization in Sports.

4. Women in Sports

The sports women in our society, participation pattern among women.

5. Group Performance:

Group dynamic, types of Group.

6. Social order and instruction and Association, Social organization groups and development economic instruction.

BOOKS RECOMMENDED:

1. Ball and Loy, sports and Social order, Addison Wesley publishing Co.
2. Cratly B.J.- Social Dimensions Physical Activity.
3. Loy and Kenyon- Sports Culture and Society
4. Loy Mepheron & Sports and Social system, Kenyon.
5. Edwards- Sociology of Sports.
6. Coakely J.J.- Sports in Society

SEMESTER-IV
PAPER-II
HEALTH EDUCATION

Marks-50

1. Concept of health and fitness
Meaning of Health Education,
Contents of Health Education,
Effects of heredity and environment on health.
2. School health programme
School health service-Health instruction
Medical examination- Health supervision
3. Health problems in India & Prevention of disease
Prevention of communicable disease
T.B., Typhoid, Malaria, AIDS, Soin flue
Sex education
 - ❖ National family welfare programme
 - ❖ Drugs, Alcoholisms and smoking
 - ❖ Mental and emotional health
 - ❖ Prevention of heart disease
 - ❖ Prevention of diabetes

- ❖ Pulse polio eradication
 - ❖ Hepatitis A & B Eradication
 - ❖ Malaria Eradication
4. Nutrition: Different nutrients and their role
Nutritional diseases.
 5. Health of community
Housing- Water supply-sewage and refuse
Disposal- Playgrounds- Parks

RECOMMEND BOOKS:

1. Kr. Park- Preventive and Social medicine
2. Bedi- Preventive and Social medicine
3. Swaminathan- Nutrition Vol. I & II
Gangopadhyay- Health Education for school children

SEMESTER-IV

PAPER-III

SPORTS MEDICINE & PHYSIOTHERAPY

UNIT-I- Introduction

- 1) Meaning, scope, concept, content & history of sports medicine.
- 2) Need of sports medicine in physical education & sports (Physical Education Teacher, Coach, Players)

UNIT-II- Athletics diet and nutritional aid

- 1) Elements of good food.
- 2) Athletics diet for different games and sports (caloric needs)

UNIT-III- Sports Injuries

- 1) Causes of injuries in sports
- 2) Prevention of sports injuries
(Related to various Games and Sports)
- 3) Treatment of sprain, strain, contusion, Laceration, abrasion, fracture, dislocation and internal injuries strapping and support.

UNIT-IV- Environment and sports performance

- 1) Hot and Humid cold,
- 2) high attitude

UNIT-V- Doping

- 1) Doping Classes
- 2) Doping methods and classes of drugs subject to certain restrictions.

UNIT-VI- Hydrotheraphy

- 1) Hot & Cold applications
- 2) Mud pack

- 3) Under water exercise (Hubbard tank)

UNIT-VII- Electro therapy

- 1) Short wave diathermy
- 2) Micro wave diathermy
- 3) Ultrasound waves
- 4) Ultra sonic
- 5) Infrared Lamp

UNIT-VIII- Massage therapy

- 1) History of massage (in brief)
- 2) Merit of massage
- 3) Classifications of Massage
- 4) Effects of massage on different system of the body
- 5) Infrared Lamp

UNIT-IX- First Aid

- 1) Definition and meaning of first aid
- 2) Need and importance of first aid for physical education teacher, coach, players etc.
- 3) Different types of fracture
- 4) First aid for (Shock, poisonings, sprain, injuries, dislocation & Fracture)
- 5) Artificial respiration, types

PRACTICAL : Students must have practical knowledge of the following

- 1) Application of splints, bandages and strapping.
- 2) Use of Infrared lamp and diathermies
- 3) Applications of different massage movements

BOOKS RECOMMENDED:

1. Joki Ernes- What is sport medicine, Charles C Thomas 1964.
2. Morehouse, L.E., Rasch, P.J., Sports medicine for trainers 2nd edition, Phialadelphia WB, Saunder and Co. 1963.
3. Joki Erneist-Scope of exercise in Rehabilitation.
4. Dr.P.K. Pande, Know How Sports Medicine Ap Publisher, Ludhina.

5. P.K.Pande:An outline of Sports Medicine
6. Sunderrajan: Sports medicine lectures.
7. M.Houdson: A Complete book on massage.
8. John Ambulance First aid book
9. Bento:Eriksson and others- Sports medicine Health and Medication
10. Carole and jimi Reed-Step by step massage
11. Khanna & Jayprakash: Exercise Physiology & Sports medicine.
12. First Aid and the Injured, New Delhi St.John Ambulance Association.
13. Exercise therapy-by-R-Povck
14. Text book Electrotherapy and Actinotherapy by P.B. Clayton.
15. Massage made easy by Mario paul cassar

SEMESTER-IV**PAPER-IV****YOGA****Marks-50**

1. Definition of Yoga
2. Description of aims and their importance in the field of Physical Education.
3. Growth and Development of Yoga with reference of smritis, Upnishads. Puranas, Geeta and Yoga Sutras.
4. Different Schools of Yoga Raja- Yoga, Ashtana-Yoga, Hata-Yoga, Japa-Yoga and Hata Yoga with special reference to Physical Education.
5. Shatkriyas, their importance and Purpose Particularly in modern times
6. Asanas their purpose, types, Principles. The Psychological and Physiological effects of asanas.
7. Bandhas, Mudras and their physiological significance.
8. Pranayam its importance. Progressive Practives and Precautions.
9. Yogic diet, its principles and importance
10. Relevance of –Yoga in modern life
 - ii) Stress, Strained Meditation

- iii) Psycho- Physiological relaxation
- iv) Sex
- v) Promotion of Yoga

RECOMMENDED BOOKS:

1. Kaivalyananda, Asanas (Yoga Mimansa)
2. Kaivalyananda, Pranayam (Yoga Mimansa)
3. Saraswati Satyanda Asanas Pranayama Budha's Mudrass (Mandiya Shivanda Ashram)
4. Swami Shivananda, Concetration and meditation Guyana yoga (T.Garhnet). The Divine Life Soccity.
5. Swami Shivananda japa Yoga (T Garhwal The Divine Life Society)
6. Swami Shivananda Science of Pranayam (T. Garhwal The Divine Life Society)

1. Structure of the courses :-

- A) Each paper of every subject for Arts, Social Sciences & Commerce Faculty shall be of 50 marks as resolved by the respective faculties and Academic Council.
- B) For Science Faculty subjects each paper shall be of 50 marks and practical for every subject shall be of 50 Marks as resolved in the faculty and Academic Council.
- C) For B. Pharmacy also the paper shall be of 50 marks for University examination. Internal marks will be given in the form of grades.
- D) For courses which were in semester pattern will have their original distribution already of marks for each paper.
- E) For the faculties of Education, Law, Engineering the course structure shall be as per the resolutions of the respective faculties and Academic Council.

2. Nature of question paper:

A) Nature of questions.

"20% Marks - objectives question" **(One mark each and multiple choice questions)**

"40% Marks - Short notes / Short answer type questions / Short

Mathematical type questions/ Problems. **(2 to 5 Marks each)**

"40% Marks - Descriptive type questions / Long Mathematical

type questions / Problems. **(6 to 10 Marks each)**

- B) Objective type question will be of multiple choice (MCQ) with four alternatives. This answer book will be collected in first 15 minutes for 10 marks and in first 30 minutes for 20 marks. Each objective question will carry one mark **each**.
- C) Questions on any topic may be set in any type of question. All questions should be set in such a way that there should be permutation and combination of questions on all topics from the syllabus. As far as possible it should cover entire syllabus.
- D) There will be only five questions in the question paper. All questions will be compulsory. There will be internal option **(25%)** and not overall option. **for questions 2 to 5.**
 1. Practical Examination for B. Sc. I. will be conducted at the end of second semester.
 2. Examination fees for semester Examination will be decided in the Board of Examinations.

The structures of all courses in all Faculties were approved and placed before the Academic Council. After considered deliberations and discussion it was decided not to convene a meeting of the Academic Council for the same matter as there is no deviation from any decision taken by Faculties and Academic Council. Nature of Question Paper approved by Hon. Vice Chancellor on behalf of the Academic Council.