

SOLAPUR UNIVERSITY

SOLAPUR

SYLLABUS OF PH.D. COURSE WORK IN

PHYSICAL – EDUCATION

INTRODUCED FROM THE ACADEMIC YEAR FROM 2011

SUBJECT TO MODIFICATION THAT WILL BE MADE

FROM TIME TO TIME

Paper II

RECENT TRENDS IN PHYSICAL EDUCATION AND SPORTS

Unit: I :- Research institutes in Physical Education and Sports Sciences

- i) Research institutes in Physical Education and Sports sciences in India.
- ii) Minor sciences Project, Area, Funding, Agencies.
- iii) Major Project, Area, Funding, Agencies.
- iv) International project, procedure, Design, Area and its Agencies.

Unit II :- Socialization through Physical Education

- i) National and International integration through Sports.
- ii) Role, Scope, Limitation of women in Sports.
- iii) Yogic practices for social welfare.
- iv) Group Activities for healthy social life.

Unit III :- Physical Education and Sports for rehabilitation.

- i) Physical Education for all.
- ii) Exercise for disable persons.
- iii) Exercise for mental health.
- iv) Health awareness for prevention of diseases.

Unit IV :- Modern technology in Sports and Physical Education.

- i) New apparatus and equipments in Sports and games.
- ii) New techniques of testing physical ability, motor ability and anthropometry.
- iii) New measure in Exercise Physiology.

Unit V :- Physical science in Sports and games.

- i) Applications of Biomechanics in Sports and games.
- ii) Mechanical principles involved in Sports.
- iii) Biomechanics for better efficiency
- iv) Nutritional science for better health.

References:

- i) Bucher: Foundation and Physical Education.
- ii) Sunder Rajan: Bio-mechanics of Sports and games.
- iii) Bucher: Bio-mechanics of Sports techniques.
- iv) Hay James R.J.Gaish: The anatomical and mechanical basis of human motion.
- v) Dr. Deshmukh.P.N: Modern Trends in Physical Education Krishakant Distribution,
Latur.
- vi) Alok Ghosh: Hand book of Sports medicine and physical fitness.
- vii) Parle J.E: preventive and social medicine.
- viii) Clarke D.H: exercise physiology.

Paper III

MODERN TOPICS IN PHYSICAL EDUCATION AND SPORTS

Unit -1 Globalization in Physical Education and Sports :

- a) Career in sports and games.
- b) Opportunity & sports industries.
- c) Benefits & Globalization in physical education and sports.

Unit -2 Evaluation in Physical Education and Sports :

- a) Construction & tests and its application.
- b) Statistical measures in physical education and sports.
- c) New measures in sports and games.

Unit- 3 Coaching and Training Aspects in physical Education and Sports :

- a) Application & human psychology in training and coaching.
- b) Factors affecting on coaching and training.
- c) Recent aspects & coaching training.

Unit-4 Sports Medicine :

- a) Management and prevention of sports injuries.
- b) Concept, method of doping.
- c) Massing and therapic Meditation in Sports and Games.

Unit - 5 Yogic Exercises:

- a) application and uses of yogic exercises for better performance in sports.
- b) Scope of research in the field of yoga.
- c) Type of yogic exercises in different era in different countries.

Reference :

- 1) Alok Ghosh : hand goal of sports medicine and physical fitness.
- 2) Park J. E. : Preventive and social medicine.
- 3) Clarke D. H. : Exercise physiology
- 4) Katch : Exercise physiology, Energy, nutrition and human performance- Henery kimpson U. K. 1981.
- 5) Psychology in sports – by Richard in suing, published by – Surjeet publications T. K. Kolhapur road, Kamala Nagar, Delhi.
- 6) Psychology in P. E and sports by Dr. M. L. Kamalesh publisher by metropolitans book co. Pvt Ltd. 1 Netaji Subhash Marg. New. Delhi.
- 7) Cratty Byant J Movement behavior and motor learning Philadelphia law and Febigev, 1975
- 8) Linda K, Bunkar Robert. H. Reteils Anns Reilly : sports, Psychology sandy sharp I thaca, New York, 1985.
- 9) Teacling Methods for yogic practices by M. L. Gharote & s. K. Ganguly published by kaivalyadham - Lonavala.
- 10) Anatomy and physiology of yogic practices by M. M. Gore published by kaivalyadham - lonavala.
- 11) The complete book of yoga - by Shri. Anand Published by orient paper back, Madraja Road- Kasmirguate Delhi.
- 12) Garett- statistics in psychology.
- 13) Clarke - practical Measurement in physical education.
- 14) Dr. Deshmukh P. N - Research Methodology in physical education Krishnakant distributor, Latur. MHS.
- 15) Bucher : foundation & physical education.
- 16) Sunder Rajan: Bio-Mechanics of sports & games.
- 17) Bucher : Bio-Mechanics of sports technique.
- 18) Hay, James and R. J. Gaish : the anatomical and mechanical Basis of Human motion.
- 19) Dr. Deshmakh P. N - Modern Trends in physical education krishnakant Distributor, Latur, MHS.

PAPER NO. 4**ADVANCE DEVELOPMENT IN PHYSICAL EDUCATION AND SPORTS****Unit I : Anatomy and Kinesiology in Sports and Game :**

- 1) Area and scope of anatomy and kinesiology in physical education and sports
- 2) Kinesiological Analysis of sports skill
- 3) Importance of Anatomy and kinesiology in physical education and sports.

UNIT II : Sports Psychology :

- 1) Tests to evaluate personality characteristics.
- 2) Stress Management and measurement of stress.
- 3) Theories of learning.

Unit III : Physiology Of Exercises :

- 1) Neuro musculature of physiology
- 2) Physiology of Bio energetic.
- 3) Impact of exercise and training on human physiology.

Unit IV : Environment and Health :

- 1) Effect of Environment on health variables and welfare variables.
- 2) Effect of environment on coaching and training.
- 3) Effect of exercise and Environment on ageing.

Unit V : Sports Policies :

- 1) State government sports.
- 2) Central Government sports policies.

Reference :

- 1) Guyton A.C. Text Book of Medical physiology W.B. Saunder company, Philadelphia, 1976.
- 2) De. Veries H.A. : Physiology of exercise for Physical Education and Athletics, staples, press London.
- 3) Dourne G.M. The structure and function of muscle Academic of press London 1972.
- 4) Katch : Exercise physiology, Energy, nutrition and human performance – Henery Kimpson U.K. 1981
- 5) Shaver L.G. Essentials of exercise physiology Sajreent Publication, New Delhi 1982.
- 6) Kane J.Ed. Psychological Aspects of Physical Education and Sports , London routedge and Keger Paul – 1972
- 7) Singer, Rober N. Motor Learning and Human Performance, New Yord : Mc-Millan Publishing Co-Inc.1975.
- 8) Stress Management Through Youga and Meditation by – Panditnath, Published by sterling publisher private limited 10 green part extn. New Delhi
- 9) Psychology of coaching theory and application Jack H. Liewllyn and Judy Blacker.
- 10) Psychology of Coaching – Luther.