UNIVERSITY OF RAJASTHAN
JAIPUR
SYLLABUS
M.PHIL IN PHYSICAL EDUCATION
2016-2017
Degree of Master of Philosophy (M.Phil) in Physical Education
Syllabus, Scheme of Examination, Admission procedure, Fee structure etc.
SCHEME OF M. PHIL. EXAMINATION

Part – I Theory Papers

A  Compulsory paper

<table>
<thead>
<tr>
<th>Name of paper</th>
<th>Annual Exam</th>
<th>Sessional mark</th>
<th>Total</th>
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<tbody>
<tr>
<td>Paper-I Research Process and Statistics</td>
<td>80</td>
<td>20</td>
<td>100</td>
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B  Specialization Area: (Each candidate to select one Specialization Group from the Following at the time of registration)

<table>
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<tr>
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<tbody>
<tr>
<td>Paper-II A Physiology of Exercise</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Paper-II B Physiology of Exercise</td>
<td>80</td>
<td>20</td>
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<tr>
<td>Paper-III A Sports Psychology</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Paper-III B Sports Psychology</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Paper-IV A Sports Biomechanics &amp; Kinesiology</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Paper-IV B Sports Biomechanics &amp; Kinesiology</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Paper-V A Management of Physical Education &amp; Sports</td>
<td>80</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Paper-V B Management of Physical Education &amp; Sports</td>
<td>80</td>
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<td>100</td>
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Part –II Compulsory

| Paper-VI | Dissertation | 100 |      | 100 |

REGULATIONS

1. ELIGIBILITY: A candidate who has obtained the degree of Master of Physical Education of Raj. University or any other University recognized by the Raj. University any other qualification considered as equivalent there of by Raj. University, obtaining at least 50% marks, and has passed the qualifying entrance examination conducted by the Deptt. is eligible to register for the Master of Philosophy Degree, (M. Phil) in Physical Education.

2. ADMISSION PROCEDURE: The written test for in-service candidates & fresh candidates will be conducted only once, and shall consist of a paper of three hours duration and shall include topics of Physical Education and allied subjects as taught to Master Degree students besides knowledge of current trends’ in Physical Education and Sports of and subject to being selected On the basis of ‘Admission Test’ prevailing in the year when admission is sought in the institute. A candidate should score 50% marks in the entrance tests to become eligible for admission.

NOTE:
Only those who possess at least three year's service experience after passing M. P. E. I M. P. Ed. / will be treated as in service candidates and all others will be treated as fresh candidates for the purpose of entrance examination.

3. DURATION: The Minimum period of completing the M. Phil course in Physical Education will be one academic year.

4. ATTENDANCE: A candidate is expected to put in attendance in scheduled classes, seminars, practical and tutorials. However, leave may be sanctioned on account of illness, injury or other similar reasons. Each candidate will be required to attend and participate in at least two seminars and deliberate at least one seminar pertaining to his dissertation. Irregular attendance and/or unsatisfactory performance at the seminars/tutorials shall disqualify the M. Phil. students, from further studies on the recommendation of the M. Phil committee.

5. EVALUATION: All the candidates who register themselves for M. Phil in Physical Education shall appear and qualify in the examination according to the following scheme.

PART I THEORY COURSES

A  Compulsory Papers:
Paper-I Research process & Statistics.

B Specialization Area: (Each candidate to select one Specialization Group from the Following at the time of registration)

- Paper-II A Physiology of Exercise
- Paper-II B Physiology of Exercise
- Paper-III A Sports Psychology
- Paper-III B Sports Psychology
- Paper-IV A Sports Biomechanics & Kinesiology
- Paper-IV B Sports Biomechanics & Kinesiology
- Paper-V A Management of Physical Education & Sports
- Paper-V B Management of Physical Education & Sports

Part-II Compulsory
Paper-VI Dissertation

Part-III Compulsory

A candidate who does not secure minimum pass mark in a particulars paper/papers shall be permitted to reappear in that paper/papers only once as an ex-student in the subsequent examination following the first examination.

In order to pass the examination, a candidate must obtain at least 50% marks in each written paper separately in the University examination and also obtain at least 50% marks, in the aggregate marks of the paper including the seasonal marks in each paper. No minimum pass percentage is prescribed for the seasonal grades.

Seasonal marks obtained by a candidate shall be carried over if a candidate fails in the final examination in any or all papers of the examination and appears as ex-student.

1. ADMINISTRATION OF THE M. PHIL DEGREE PROGRAMME:
   i. The M. Phil programme will be administered through M. Phil Committee which shall consist of:-
      1. Head of Department
      2. Convenor of admission
      3. Not more than three staff members of Deptt. with Ph. D. and teaching M.Phil course to be nominated by the Head.
      4. Two Dominated members (external) by the Vice-chancellor of Raj. University
   2. The M. Phil Committee will:- Recommend admission of the M. Phi course and assign supervisor to guide in selection of topics for dissertation and guide the scholar in the completion or dissertations.
      1. Prescribe the course content and suggest the reference books.
      2. Organise seminars/tutorials etc.
      3. Make arrangements for evaluating performance of M. Phil students at the seminars.
      4. Recommend names of examiners for M. Phil examinations (both theory and dissertation).
      5. Recommend to the University for the award of the degree to qualified students on the basis of assessment.
      6. Any other matter related to M. Phil course.

Fee Schedule
1. As per University norms for students who are selected on merit basis
2. For SFS candidates as per University Norms for students who are selected on merit basis.

PAPER-I RESEARCH PROCESS & STATISTICS

Unit-I
3. Characteristic of good Research, Qualities of a good Researcher.
   Difference between fundamental and Action Research.
4. The problem Locating the problem and criteria in selecting a problem,
6. Meaning and Significance of Hypothesis.
7. Type of Hypothesis,
8. Procedure of testing of Hypothesis
   Historical Research,
10. Evaluation of Historical Data,
11. General Principles of Historical critics,
12. Pit falls in Historical Research, Steps involved in Historical Research.
    a. Philosophical studies. Steps in Philosophical, Research, Critical Thinking continues , Pit fall in
       Philosophical Research, Precaution in the use of Philosophical Research,
    b. Surveys, Type of Survey; Criteria of Good Surveyor, Process of Survey Research

Unit- II
1. Laboratory Research; Experimental Designs.
2. Principles of Experimental inquiry (Mills Cannons Control of Experimental Factors, Instrumentation
   Establishing the Research Laboratory.
3. Research Report:
5. Elementary Statistical Concepts

Unit- III
1. Analysis of Variance:
   Need for analysis of variance,
2. combined, Standard deviation of samples.
3. One-way Analysis is of variance and two way analysis of Variance
5. Analysis of Co-Variance :
   (No problem to be given in this area).
6. Partial and Multiple Correlations:
   Meaning and Limitations of partial correlation method.
   Partial correlation-computation.
   Meaning of Multiple Correlation.
   Computation of Multiple correlation.

Unit- IV
1. Prediction and Wherry-Deolittle Method:
   Meaning or prediction.
2. Two-variable Regression Equations.
   Multiple regression Equations.
3. Wherry Doolittle Method of Multiple Correlation
4. Special Correlation and Non-Parametric Methods: Chi-square.
   Rank-Difference Method of correlations.
   Biserial correlation.
   Terachoric correlation.
   Phi-coefficient.
   Contingency coefficient.
   Curvilinear Relationships.
5. Programming with basic, Expressions in basic, Printer control, commas, Semicolon, Tab, Using I
   Print, Jumping, Branching and looping, Subscripted Variables and Functions, Programmes of Mean,
   S.D., Coefficient, One Way ANOVA and two way ANOVA, Chi-Square etc.
6. Practical ; The practical would be conducted in the area of programming with BASIC and
   application of statistical techniques in the research problems of Physical Education
REFERENCE:
Aggarwal, J. C. Educational & Research-An Introduction (New Delhi: Surya Book Depot, 1966)
Best John, Research in Education. (New Delhi Prentice Hall of India, Pvt. Ltd., 1963.)

PAPER II (A) Physiology of Exercise

Unit- I
1. Structure and functions of Muscle:
Classification or muscles,
2. Structure of muscle tissues,
3. Various theories of muscular, contraction.
4. Hypertrophy of muscles in relation to physical activity.
5. Neuromuscular Physiology:
   Neuro, Motor units. Neuromuscular junction Bioelectric potential, kinesthesia. Tone, posture and equilibrium.

Unit- II
1. Bio-Energetics:
   Fuel for muscular work, and Energy for muscular contraction,
2. Aerobic and Anaerobic system- Interrelationship of Aerobic and Anaerobic system with special reference to different activities.
3. Anaerobic-Threshold training.

Unit- III
1. Effect of smoking,
2. Drinking and Drugs and athletic performance,
3. Dope testing Procedure
4. Work and Environment:
   Work capacity under different environmental conditions such as hot humid, cold and high altitude.

Unit- IV
1. Sports and Nutritions:
   Physiological considerations of diet in relation to components quantities and significance,
2. Sport and diet and diet before during and after competition.
3. Glycogen boosting:
   Determination of energy cost of various sports activities.

OPTIONAL PAPER II (B) Physiology of Exercise
Unit-I
1. Role of sports medicine in the field of Physical Education and Sport.
2. Physiological Changes Due to Exercise and Training: Effect exercise and training on various systems Oxygen debt second wind.

Unit-II
1. Prediction and performance by lab and field testing.
2. Role, importance and construction of any National Physical Fitness programme physiological approach.

Unit-III
1. Growth and Development:
   a. Individual rate of growth and development.
   b. Role of Heredity and environment on sports Performance.

Unit-IV
1. Instrumentation:
   Various instruments/equipments used in the field of exercise physiology lab in Bio-chemical, Histological and other studies.
2. Sex difference and sports:
   Exercise-Aging and Cardio-vascular diseases.

REFERENCES:
Bargar, A.R. Applied Exercise Physiology Lea and Febiger, 1982) (Philadelphia :

Sports Psychology  OPTIONAL PAPER III (A)

Unit-I
1. The History & Development of Sport Psychology.
2. Psychology of Play:
3. Traditional Theories of Play.
4. Twentieth Century Theories of Play.
5. The Psycho analytic position on Play,

Unit-II
1. Psychology of Motor Learning: Meaning of the Term
2. Perceptual Motor Learning
3. Retension of Motor skill.
4. Transfer of Skill.
5. Meaning & Measurement of Learning Curve, Attention and its role in Learning Motor Skill,

Unit-III
1. Personality of sports persons and Coaches:
   Nature of personality,
2. The issue of Heredity in Personality, Personality Traits and Sports person,
3. Assessment of Personality Traits.
4. The Coaches and their Personality traits.
5. Motivation in Sports: Nature or Motivation,
6. Theories of Motivation,
7. Achievement Motivation, Motivation and participation In Physical Activity.
8. Drop outs in Sport.

Unit- IV
1. Psychology of Competition: Psychological Characteristic of Pre-During and Post Competition
   (Anxiety, Fear, Frustration),
2. Mental Training,
3. Psychological Preparation for Competition.
4. Psychology of Running.
5. Running Through Your mind, Running Addiction,
6. The Anxiety of Runner.

Sports Psychology  OPTIONAL PAPER III (B)

Unit- I
1. Problem or Sports persons and how to solve their Problems.
2. Aggression in Sports:
3. Theories of Aggression,
4. Cause of Aggression,

Unit- II
1. Socio-Psychological Dimensions of Sport: Sport performance in groups, Team combine,
2. Sociometry in Sport
3. Leadership in Sport,

Unit- III
1. Volitional Regulation In Sport: Characteristics of Volitionally Regulated
2. Actions Factors affecting Volitionally Regulation,
3. Development of Volitional qualities.
4. Children in Sport: Early Psychological Experiences,
5. Motivation of Children In Sport.
6. Emotions of Children in Sport,
7. Children and Competitive Sport.

Unit- IV
1. Woman in Sport:
   Issues and Controversies
2. Physical Activity and the Psychological Development of the Handicapped.
REFERENCE:
Alderman, R.S. Psychological Behaviour in Sports, (Philadelphia: W.B. Saundor Company, 1974.)
Gold Stein and Jaoffery H. Sports Games & Play Social and Psychological View points. (Lawrence Erlbaum
Associates Publishers X.J. 1979)
Ogilives Black & Tutko. Thomas A. Problem Athletics and How to Handle Them. (Pelham Books 1968)
Singer Rober N. Sastaining Motivation in Sport, (Tallehese Flasde, Sports Consultant Incor National Zone, 1984)
Singer Rober N. Motor Learning and Human performance (Nwe York, Mac Millan, Publishing co. 1975)
Singer, Robert N. Coaching Athletic and Psychology. (New York Mec row Hills Book Company 1972.)
Introduction

1. Meaning; Definition of Biomechanics & Kinesiology.
2. Importance, Nature and scope of Biomechanics & Kinesiology.
3. History and Growth of Biomechanics & Kinesiology in Physical Education & Sports.
5. Fundamental Axis and Planes

Unit- II

1. Fundamental Movements of the Body.
2. Human Motion
   i. Meaning
   ii. Types of Motion
3. Neuro Muscular basis of human Motion
   i. Definition of Muscle : Classification of Muscle
   ii. Typeof contraction
   iv. All or none Law. Muscular fatche, muscle cramp, Muscle tone

Unit- III

1. Linear Kinematics :
   • Distance and Displacement
2. Speed
   • Uniform Speed
   • Non Uniform Speed
   • Average Speed
3. Velocity:
   • Uniform Velocity
   • Distinction between Uniform velocity & Uniform Speed
   • Non Uniform velocity
   • Average Velocity
4. Vector and Scalar Quantity
5. Acceleration and Deceleration

Unit- IV

1. Angular Kinematics:
   • Angular Distance and Angular Displacement,
   • Angular Speed and Angular
   • Angular Acceleration
   • Linear and Angular Kinenatics
   • Units in Angular Kinenatics

REFERENCE BOOK:
Hay, James Co. and Reid, The Anatomical and Mechanical Bases of Human Motion. (Englewood Cliffs N. J. Prentice hall 1982.)
Cesiew D. W. and Millor Don's Techniques of Analysis or Human Movement (London: Lepus Boot, 1975)
Hay James G. and Reid J. C. avin, Anatomy, Mechanics and Human Motion (Englewood Cliffs, N. J.
Prentice Hall Inc., 1988)

PAPER-IV (B) Sports Biomechanics & Kinesiology

Unit- I

[Handwritten note: Dr. Registrar (Acting) University of Rajasthan, Jaipur]
1. Linear Kinetics:
2. Inertia, mass and weight
3. Force,
   - Meaning: Unit of force
   - Effect of force: source of force
   - Components and resultants
   - Internal & External forces
4. Newton’s laws of motion
5. Friction: Laws and types of friction
6. Impulse; Pressure, Impact

**Unit - II**
1. Angular Kinetics:
   - Equilibrium, center of Gravity, Line of Gravity
2. Stability
   - Types of stability
   - Factors influencing stability
3. Levers: types of levers. Lever Arms; mechanical ratio

**Unit - III**
1. Fluid mechanics
   - Flotation
   - Buoyant force
   - Specific Gravity
   - Impulse, Pressure, Impact, work, power Energy.
2. Center of buoyancy
3. Fluid resistance (Air)
4. Surface drag, form drag, lift, wave
5. Magnus effect.
6. Spin; type of spin, effect of spin on tye angle of rebound uses of spins.

**Unit - IV**
1. Application of mechanical and muscular analysis of fundamental skills:-
   - Walking, Running, Jumping, Throwing
   - Application of mechanical and muscular analysis of Sports Skills
   - Basketball, Volleyball, Hockey and Football.

**REFERENCES:**
Wells, Katharine F. Kinesiology (Philadelphia: W. B. Saunders Company 1971)
Kelly, David L. Kinesiology Fundamental of Motion (Description New Jersey: Prentice Hall 1971)
Cooper, John M. and Classow, Ruteuhs B. Kinesiology(C. V. Mosby Company, St. Louis, 1968)

Management of Physical Education & Sports
Paper -V (A)

Management of Physical Education & Sports
Paper -V (B)

Paper - VI Compulsory Dissertation

[Signature]
University of Rajasthan
Every candidate shall be required to submit a dissertation. The problem selected for dissertation shall ordinarily be from the area of specialization.

The proposal of the research problem of the Dissertation should be presented at a colloquium of teaching staff and M. Phil. course students. Five copies of the proposal if the proper format should be made available by the candidate before the colloquium for the perusal of the staff.

The proposal should indicate the nature and significance of the research problem review of related litterateurs, sources of data, experimental design, methodology etc.

Three copies of completed dissertation, alongside three copies of abstract shall be submitted by the end of the academic year. Candidates are permitted to submit their thesis before the end of June; every year, of the year of examination, after which a late fees as per will be charged for each extension of six months not beyond two extension, failing which the student will be declared failed in dissertation.

The dissertation under part-II shall be examined by a Committee of two experts (one internal and one external) possessing Doctorate qualification in Physical Education or in the Area of Specialization. The adviser shall be the internal examiner in the Committee. There shall be a Viva-voce examination on the Dissertation and this shall also be conducted by the same Committee. The dissertation will be on pass/fail basis and no marks will be awarded for dissertation. Those who fail in part II (Dissertation) shall be permitted to resubmit the Dissertation with changes suggested and reappear for the Viva-voce examination within one year.

Dy. Registrar (Acad.)
University of Rajasthan
JAIPUR

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