UNIVERSITY OF RAJASTHAN
JAIPUR
SYLLABUS

M.Phil. in Physical Education

Examination 2021
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>
</tr>
</thead>
<tbody>
<tr>
<td>Paper-I Research Process and Statistics</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Name of paper</th>
<th>Annual Exam</th>
<th>Sessional Mark</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper-II A Physiology of Exercise</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>Paper-II B Physiology of Exercise</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>Paper-III A Sports Psychology</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>Paper-III B Sports Psychology</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>Paper-IV A Sports Biomechanics &amp; Kinesiology</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>Paper-IV B Sports Biomechanics &amp; Kinesiology</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>Paper-V A Management of Physical Education &amp; Sports</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
<tr>
<td>Paper-V B Management of Physical Education &amp; Sports</td>
<td>80</td>
<td>20</td>
<td>100</td>
</tr>
</tbody>
</table>

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.
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 particular 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:
   1. The M. Phil programme will be administered through M. Phil Committee which shall consist of:
      1. Head of Department
      2. Convener 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. Phil 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 SPS candidates as per University Norms for students who are selected on merit basis.

CUT SHIN

Dy. Registrar
(Academic)
University of Rajasthan
JAIPLUR

PAPER-I RESEARCH PROCESS & STATISTICS

Unit-I
3. Characteristic of good research, Qualities of a good researcher.
4. Difference between fundamental and action research.
5. The problem locating the problem and criteria in selecting a problem.
7. Meaning and significance of hypothesis.
8. Type of hypothesis.
9. Procedure of testing of hypothesis.
11. Historical research.
12. Evaluation of historical data.

Unit II
1. Laboratory research; experimental designs.
2. Principles of experimental inquiry (Mills Cannons's control of experimental factors, instrumentation. Establishing the research laboratory.
4. Research proposal, tables, figures, footnotes, and bibliography.
5. Elementary statistical concepts.

Unit III
1. Analysis of variance:
   a. Need for analysis of variance.
2. Combined standard deviation of samples.
3. One-way analysis 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:
   b. Partial correlation-computation.
   c. Meaning of multiple correlation.
   d. Computation of multiple correlation.

Unit IV
1. Prediction and Wherry-Doolittle Method:
   a. Meaning of prediction.
2. Two-variable regression equations.
   a. Multiple regression equations.
4. Special correlation and non-parametric methods: Chi-square.
   b. Biserial correlation.
   c. Tetrachoric correlation.
   d. Phi-coefficient.
   e. Contingency coefficient.
   f. 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 Prentio Hall of India, Pvt. Ltd., 1963.)
Clarke, David H. and Clarke H. Harrison, Research Processes in Physical Education (Englewood Cliffs, New
1958.)
Guilford, J. P. Fundamental Statistics in Psychology And Education. (New York Mc Graw Hill Book Co. Inc,
1956.)
Co. 1960.)
Clarke H. H. and Clarke D. H. advanced statistics with application to physical Education recreation & health
London: Prentice Hall Inc.

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 of 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/equipment used in the field of exercise physiology lab in Bio-chemical, Histological and other studies.
2. Sex differences and sports:
   - Exercise-Aging and Cardio-vascular diseases.

REFERENCES:
Gayton, A. C. Text Book of Medical Physiology (Philadelphia: W.B. Saunders company 1976)
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. Elements of Motor Skill.
4. Transfer of Skill.
5. Meaning & Measurement of Learning Curve,
   - Attention and its role in Learning Motor Skill.
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. Socioc-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. Women in Sport
   Issues and Controversies
2. Physical Activity and the Psychological Development of the Handicapped.
REFERENCE:
Asher, R.N. Psychological Behaviour in Sports. (Philadelphia: W.B. Sauder Company, 1974.)
Ogilives, Black & Tutko, Thomas A. Problem Athletics and How to Handle Them. (Pelham Books 1968)
Singer, Robert N. Sustaining Motivation in Sport. (Tallehese Flasde, Sports Consultant Incor National Zone, 1984)
Singer, Robert N. Coaching Athletic and Psychology. (New York Mc row Hills Book Company 1972.)
Introduction

1. Meaning 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. Nervo Muscular basis of human Motion
   i. Definition of Muscle: Classification of Muscle
   ii. Types of contraction
   iii. Properties of Skeletal Muscles: Gross structure of Skeletal Muscle
   iv. All or none Law. Muscular Fatigue, 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 Acceleration
   - Linear and Angular Kinematics
   - Units in Angular Kinematics

REFERENCE BOOK:
Hay, James Co. and Reid. The Anatomical and Mechanical Bases of Human Motion. (Englewood Cliffs N. J. Prentice Hall 1982.)
Cesive D. W. and Milor Don's Techniques of Analysis of Human Motion (London: Lepus Boot, 1973)

PAPER-IV (B) Sports Biomechanics & Kinesiology

MIT- I
1. Linear Kinetics:
   - inertia, mass and weight
2. Force:
   - Meaning: Unit of force
   - Effect of force: source of force
   - Components and resultants
   - Internal & External forces
3. Newton's laws of motion
4. Friction: Laws and types of friction
5. 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
   - Almipulse, Pressure, Impact, work, power Energy.
2. Center of buoyancy
3. Fluid resistance (Air)
4. Surface drag; form drag, lift, wave
5. Magnus effect.

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 I. Kinesiology Fundamental of Motion (Description New Jersey: Prentice Hall 1971)
Cooper, John M. and Chassow, Ruthens 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

Dr. Registrar
Academic
Management of Physical Education & Sports
Paper – V (A)

Unit-I
1. Scope and Concept of Sports Management, (Element or Function).
3. Importance and Philosophy of Sports Management system and profession.
4. Scope and concept of Administration, relation between administration & Sports

Unit-II
1. Management, Importance of Sports administration.
2. Planning, organization, resource mobilization.

Unit-III
1. Organizational elements, rules and regulations.
2. Procedure and attributes of an organization, delegation of authority and division of power.
3. Destination characteristics of delegation, organization dynamics.
4. Open and close advantages and disadvantage.

Unit- IV
1. Type of organizations, line organizational structure, their functional pattern.
2. Manpower plan features of human resources.
3. Controlling and development organizational structures and practices.

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

Unit-I
1. Designation, meaning of leadership, its personality traits.
2. Leadership managerial grid, qualities of leader, leadership and managerial behavior approach.
3. Coordination: its definition, Principle and techniques co-ordination.
4. Motivation for sports, incentive as motivator sports.

Unit-II
1. Direct and Indirect public relation.
2. Importance of public relation media, press relations.
3. Qualifies of good PRO, correspondence and public relation establishment.
4. Community involvement and relations.

Unit-III
1. Infrastructure, equipment, salaries, rewards.
2. Rising of funds, functional budget, management of denial resources.
3. Physical Education Programmers, Teaching Methods, Class Management.
4. Intramural, recreational and leisure services.

Unit-IV
1. Planning, construct maintenance of facilities.
2. Use of computer.
3. Inter scholastic & Inter Collegiate athletics and competitions.
4. School Health Education.
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, along with 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-I 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.