

PGQP11- M.P.Ed

1. Introduction, History and Foundations of Physical Education

- 1.1 Aims and objectives of Education and Physical Education, Biological, Psychological and Sociological Principles and their application in Physical Education.
- 1.2 Different Schools of Philosophy and their relevance to Physical Education (Idealism, Realism, Pragmatism, Naturalism and Existentialism)
- 1.3 Physical Education in Greece (Sparta and Athens), Rome (Circus, Gladiatorial Combats), Germany (Johann B. Basedow, Guts Muths), Sweden (Per Henric Ling), India (Raj Kumari Amrita Kaur Coaching Scheme, YMCA, LNIPE, SAI, NSNIS).
- 1.4 Olympic Games (Ancient and Modern)

2. Health Education

- 2.1 Definition of Health, health Education and Description of its components.
- 2.2 Health Problems in India (Communicable and Non-Communicable Diseases, Nutritional Diseases and Environmental Diseases)
- 2.3 School Health Services
- 2.4 Nutrition, Assessment of Nutrition
- 2.5 Classification of Food, Balance Diet

3. Anatomy, Physiology and Physiology of Exercise

- 3.1 Cell, Tissues, Organs and Systems Structure and Function.
- 3.2 Bio-Electric Potential
- 3.3 Study of following systems and processes with a view to understand the effect of exercise on different systems of the body.
 - 3.3.1 Cardio-Vascular System
 - 3.3.2 Respiratory System
 - 3.3.3 Nervous System
 - 3.3.4 Metabolism and Temperature Regulation
 - 3.3.5 Muscular System

4. Educational Methods and Educational Technology

- 4.1 Teaching Technique in Education
- 4.2 Principles of Teaching, Commands and Class Management
- 4.3 Lesson Planning - Physical Education and Coaching Lessons
- 4.4 Tournaments-Knockout, League, Combination and Challenge types.
- 4.5 Audio-Visual aids-values, criteria for selection and suggestion for use
- 4.6 Presentation Techniques in Physical Education
- 4.7 Micro Teaching, Simulation Teaching

5. Educational Psychology

- 5.1 Development Psychology (Heredity and Environment, Stages of Growth and Development, Individual Differences)
- 5.2 Learning Processes (Theories of Learning (Trial and Error, Conditioned Response and Learning by Insight), Laws of Learning (Law of readiness, Exercise, effect)
- 5.3 Transfer of Learning and Learning Curve, Memory and Types of Memory
- 5.4 Personality (Meaning & Nature)
- 5.5 Motivation and Emotion

6. Kinesiology and Corrective Physical Education

- 6.1 Types of Joints and Muscles
- 6.2 Major Terminologies of Fundamental Movements
- 6.3 Location and Action of Major Muscles
- 6.4 Motor Unit and All and Non-law
- 6.5 Reciprocal Innervation
- 6.6 Line of Gravity, Center of Gravity, Gravitational Force, Axis and Planes
- 6.7 Equilibrium and Friction, Newton's Laws of Motion, Centripetal and Centrifugal Force and Types of Lever
- 6.8 Prevention of Injuries
- 6.9 Massage, Postural Deformities, Therapeutic Exercises, Rehabilitation of Sports Injuries.

7. Tests & Measurements

- 7.1 Tests, measurements, Evaluation, Statistics, their Meaning
- 7.2 Measures of Central Tendency, Measures of Variability.
- 7.3 Percentile and Correlation
- 7.4 Criteria of Test Selection
- 7.5 Motor Fitness Tests (AAHPER, JCR, Barrow, Indiana)
- 7.6 Skills Tests of different Games and Sports (Badminton, Basketball, Football, Hockey, Volleyball)

8. Management of Physical Education

- 8.1 Meaning, Phases, Nature and Importance of Management
- 8.2 Location, Preparation, Layout and Maintenance of Play Fields Construction
- 8.3 Cares and Maintenance of Gymnasium and Swimming Pool
- 8.4 Equipments in Physical Education, Criteria of Selection, Procedure of Purchase, Care and Maintenance of Equipments.
- 8.5 Intramural and Extramural Programmes
- 8.6 Budget for Physical Education - Budget making and Accounting.

9. Sports Training

- 9.1 Meaning, Definition and Principles of Sports Training
- 9.2 Training Load Definitions, Types and Factors of Training and Adaptation
- 9.3 Meaning, Factors Affecting and Classification of Speed, Strength, Endurance, Flexibility and Coordinative Abilities.
- 9.4 Means and method of development of Motor Abilities (Speed, Strength, Endurance, Flexibility, Coordinative Abilities).
- 9.5 Meaning, Types and Importance of Periodization.
- 9.6 Aim and Contents of different phases of Periodization, Build-up and main Competition.
- 9.7 Psychological Preparation for Competition.

10. Central Advisory Board & Recreation

- 10.1 Nation Discipline Scheme
- 10.2 Kaul Kapoor Committee, National Physical Efficiency Drive
- 10.3 All India Council of Sports
- 10.4 Sports Authority of INDIA (SAI)
- 10.5 N.S.N.I.S. Netaji Subhash National Institute of Sports
- 10.6 L.N.I.P.E. Institute of Physical Education