

MPET- PHYSICAL EDUCATION SYLLABUS

Unit-I HISTORY & FOUNDATION

- Introduction to and definition, aim and objectives of Physical Education and other terms- health education and recreation.
- Philosophies of Education as applied to Physical Education- Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism.
- Biological basic of Physical Activity-benefits of exercise, growth and exercise, exercise and well-being and age characteristics of adolescent, body types.
- Psychological basic of Physical Education- Play and Play theories general principles of growth and development, Principles of Motor-skill acquisition, transfer of training effects.
- Social basic of Physical Education - socialization process, social nature of merit and physical activity, sports as culture heritage of mankind, customs, traditions and sports, competition and cooperation.
- Physical Education in ancient Greece, Rome and Contemporary Germany, Sweden, Denmark and Russia.
- Olympic Movement- Historical development of Ancient and Modern Olympic Games.
- Physical Education in India.

Unit-II EXERCISE PHYSIOLOGY

- Physiology of Muscular activity, Neurotransmission & Movement mechanism.
- Physiology of respiration.
- Physiology of blood circulation.
- Factors influencing performance in sports.
- Bioenergetics and recovery process
- Athletic injuries-their management and rehabilitation
- Therapeutic and modalities.
- Ergogenic acids and doping.

Unit-III KINESIOLOGY & BIO-MACHANICS

- Joints and their movements-planes and axes
- Kinetics, Kinematics linear and angular levers.
- Laws of motion, principles of equilibrium and force, spin and elasticity.
- Muscular analysis of various sports activities.
- Mechanical Analysis of fundamental movements – (Running, jumping, throwing pulling and pushing).
- Massage manipulation and therapeutic exercises.

Unit-IV SOCIO-PHYCHOLOGY

- Learning process-theories and laws learning.
- Motivation, theories and dynamics of motivation in sports.
- Psychological factors affecting sport performance- viz, stress, anxiety, tension and aggression.
- Personality, its dimension, theories, personality and performance.
- Individual differences and their impact of skill leaning and performance.
- Group dynamics, team cohesion and leadership in sports.
- Sociometrics, economics and politics in sports.
- Medical and sports.

Unit-V PROFESSIONAL PREPERATIONS

- Development of teacher education in Physical Education.
- Professional course in Sports and Physical Education in India.
- Professional Ethics.
- Qualities and Qualifications of Physical Education Personnel.
- Principles of Curriculum Planning.
- Course content for academic and professional course.
- Age characteristics of pupils and selection of activities.
- Construction of class and school Physical Education time table.

Unit-VI HEALTH EDUCATION

- Health- Guiding principle of health and education.
- Nutrition and dietary manipulations.
- Health-related fitness, obesity and its management.
- Environmental and occupational hazards and first aid.
- Communicable disease-their preventive and therapeutic aspect.
- School health programme and personal hygiene.
- Theories and principles of recreation.
- Recreation programme of various categories of people.

Unit-VII SPORTS TRAINING

- Characteristics and Principles of sports training
- Training load and periodization.
- Training methods and specific training programme for development of various motor qualities.
- Technical and Tactical preparation for sports.
- Sport term and long term training plans.
- Sports talent identification-process and procedures.
- Preparing for competition- (build up competitions, main competitions, competitions frequency, psychological preparation.)
- Rule of Games and Sports and their interpretation.

Unit-VIII RESEARCH

- Nature, scope and type of research
- Formulation and selection of research problem.
- Sampling-process and techniques.
- Methods of research.
- Data collection- tools and techniques.
- Statistical techniques of data analysis- measures of central tendency and variability, correlation, normal probability curve, t-test and f-test chi-square, z-test
- Hypothesis-formulation, type and testing.
- Writing research report.

Unit-IX MEASUREMENT & EVALUATION

- Concept of test, measurement and evaluation.
- Principal of measurement and evaluation.
- Construction and classification of tests.
- Criteria of test evaluation.
- Concept and assessment of physical fitness, motor fitness, motor ability and motor educability.
- Skill test of Badminton, Basket ball, Hockey, Lawn-tennis, Soccer, Volley Ball.
- Testing Psychological variables- competitive anxiety, aggression, team, cohesion, motivation and self-concept.
- Anthropometric measurements and body composition.

Unit-X MANAGEMENT

- Concept and principles of management
- Organization and functions of sports bodies.
- Intramurals and Extramural.
- Management of infrastructure, equipments, finance and personnel.
- Methods and Techniques of teachings.
- Principles of planning Physical Education lessons.
- Pupil-teacher, interaction ad relationship.
- Concept of techniques of supervision,
