



MAHATMA GANDHI UNIVERSITY
KOTTAYAM

BACHELOR OF PHYSICAL EDUCATION
[B.P.Ed.]

**REGULATION, SCHEME OF EXAMINATION AND SYLLABUS FOR
THE BACHELOR OF PHYSICAL EDUCATION [B.P.Ed.] PROGRAMME**

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M.G. UNIVERSITY

REGULATIONS, SCHEME OF EXAMINATIONS AND SYLLABUS FOR B.P.Ed.

TWO YEAR PROGRAMME (FOUR SEMESTERS)

2015 ADMISSION ONWARDS

1. PREAMBLE

The main objective of the Bachelor of Physical Education [B.P.Ed.] programme is to give opportunity for professional training in Physical Education and excellence in sports to students with sports background and professional aptitude. B.P.Ed is the foundation course and basic professional qualification for appointment of Physical Education teachers in high/secondary schools and they can also work as instructors and trainers in fitness centres, health clubs etc.

The B.P.Ed. programme shall be designed to integrate the study of childhood, social context, subject knowledge, pedagogical knowledge and aim & objective of Physical Education. The programme comprises theory as well as practical courses.

2. NAME, DURATION AND INTAKE OF THE COURSE

The name of the programme shall be BACHELOR OF PHYSICAL EDUCATION [B.P.Ed.]. The duration of the programme shall be two academic years (four semesters) and the number of seats shall be 100 w.e.f 2015 admission as per the new regulations of NCTE 2014.

3. ELIGIBILITY FOR ADMISSION

- Candidate should have passed a Bachelor Degree of Mahatma Gandhi University or any other University recognized as equivalent there to.
- Should be physically fit for the daily heavy load of Physical exercises and should not have any physical deformity or mental disability which prevents him/her from taking part in physical activities. A medical certificate issued by a qualified medical officer to prove the above criteria should be produced at the time of admission.
- The candidate should undergo a selection test in written, physical fitness and game proficiency with minimum of 40% marks.

4. ADMISSION CRITERIA

ENTRANCE TEST

Written Test:----- 40 Marks

1. General English
2. GK in Sports and Related Subjects
3. Reasoning Ability

PHYSICAL ABILITY TEST BATTERIES--- 20 Marks

- 1.50 m Run
2. Pull Ups (Boys), Flexed Arm Hang (Girls)
3. Bent Knee Sit Ups
4. Standing Broad Jump
5. 10 m x 4 Shuttle Run
6. 200 m/400 m Run
7. Optional Sports(One/Two)

PROFICIENCY IN GAME --- -----20 Marks

CERTIFICATES OF REPRESENTATION— 20 Marks

Note. Irrespective of Years, in-service teachers' past performance should be taken into consideration.

- International Participation - 20 marks
- National/AIU-First position - 10 marks
- National /AIU second position - 8 marks
- National / AIU Third position - 7 marks
- Zonal / IU – first /second/third - 6.5 marks
- State / university representation - 6 marks
- State/University first position - 5 marks
- State/university second position - 4 marks
- State/University third position - 3 marks
- State participation - 2.5 marks
- District – First position - 2 marks
- District – Second position - 1.5 marks
- District – Third position - 1 marks
- Inter Collegiate / District Participation - 0.5 marks

TOTAL—100 Marks

5. TEACHING ABILITY

The students should take at least 20 lessons (10 + 10) in which 10 lessons in physical activity and 10 lessons on class room teaching. The classes are to be assessed internally by the faculty members. The candidate should maintain a lesson plan record book and submit it at the time of Teaching Ability Examination conducted by an expert committee appointed by the Institution. The Committee will assess the students and submit the marks of the examination to the Principal. Then the Principal will forward the final marks to the University at the end of the semester.

6. ATTENDANCE

Each semester will have a minimum of 100 working days. The students should have at least 75% attendance in each paper in theory and practical subjects to appear for the examination. Besides, the students should attend leadership training camp for 7 days and complete the prescribed laboratory work, practical project work etc. if any.

7. INTERNAL MARKS

Internal assessment of 20 marks in each theory paper shall be awarded on the basis of the following criteria.

Components of Theory Internal Evaluation	Marks
Attendance	5 Marks
Assignment/Seminar/Viva	5 Marks
Test Paper(s) (1 or 2) (1x10=10; 2x5=10)	10 Marks
Total	20 Marks

- 1) The internal marks should be published on the notice board within 15 days after the completion of assessment.
- 2) The answer sheets/assignments/seminar papers/lesson plan should be returned to the student after assessment.
- 3) If a student missed a Test/Lesson/Assignment/Seminar for valid reasons, the concerned student should give a written request to the Head of the Dept./Institution, for the re-conduct of the test/Lesson/Assignment/Seminar. Etc.

8. GRIEVANCE REDRESSAL MECHANISM

Internal assessment shall not be used as a tool for personal or other type of vengeance. A student has all rights to know, how the teacher arrived at the marks. In order to address the grievance of students a three-level Grievance Redressal mechanism is envisaged. A student can approach the upper level only if grievance is not addressed at the lower level.

Level 1: Dept. Level: The department cell chaired by the Head; and Dept., coordinator and teacher in-charge, as members.

Level 2: College level: A committee with the Principal as Chairman, Dept. Coordinator, HOD of concerned Department and a senior teacher nominated by the College council as members.

Level 3: University Level: A Committee constituted by the Vice-Chancellor as Chairman and Pro-Vice-Chancellor, Convener - Syndicate sub-committee on Students Discipline and Welfare, Chairman- Board of Examinations as members and the Controller of Examination as member-secretary.

8.1. The college council shall nominate a senior teacher as coordinator of internal evaluations. This coordinator shall make arrangements for giving awareness of the internal evaluation components to students immediately after commencement of I semester

8.2. The internal evaluation report in the prescribed format should reach the University before the 4th week of October and March in every academic year.

9. PRACTICAL EXAMINATION

The Assessment in Practical Games/Sports ability should be based on:-

- | | | |
|--|---|-----|
| 1) Skills | - | 40% |
| 2) Playing Ability | - | 30% |
| 3) Assignment/Dairy/Record | - | 15% |
| 4) Attendance, Punctuality, Discipline and Interest in Class | - | 15% |

10. TEACHING PRACTICE EXAMINATION

The Assessment in Teaching Ability should be based on :

- | | | |
|---|---|-----|
| 1) Teaching Skills | - | 30% |
| 2) Lesson Plan | - | 30% |
| 3) Presentation technique | - | 15% |
| 4) Identification and correction of mistakes and errors | - | 15% |
| 5) Attendance, Punctually, Discipline and interest in class | - | 10% |

(The teaching ability (practice) carries a maximum of 200 marks; 100 marks for the internal assessment of concerned teacher and 100 marks for the assessment of the expert committee appointed by the Institution)

11. EXTERNAL MARKS FOR PRACTICAL EXAMINATIONS

The Institution shall constitute an expert committee in order to evaluate skills, proficiency and tactics of each game and event. The committee will assess the students and submit the external marks of the practical to the Principal. Then the Principal will forward the final marks to the University at the end of each semester.

12. MEDIUM OF INSTRUCTION & EXAMINATION

The medium of instruction and examination shall be in English.

13. PROGRAMME AND SCHEME OF EXAMINATION OF B.P.Ed.

There shall be four parts for BPEd programme and Examinations

- 1) Part A – Theory – Core Course & Complimentary course
- 2) Part B – Practical
- 3) Part C – Teaching Practice

4) Part D – Specialization – Complimentary course

Semester- I

Course Code	Title of the Papers	Total Hours (per week)	Credit	Internal Marks	External Marks	Total Marks
PART – A – THEORY PAPERS [CORE COURSE]						
PEDN101	History, Principles and Foundation of Physical Education	4	4	20	80	100
PEDN102	Anatomy and Physiology	4	4	20	80	100
PEDN103	Health Education and Environmental Studies	4	4	20	80	100
PEDN104	Officiating and Coaching	4	4	20	80	100
PART – B – PRACTICAL [CORE COURSE]						
PEDN105	Track and Field (Running Events)	4	4	50	50	100
PEDN106	Indigenous Sports: Kabaddi & Khokho	4	4	50	50	100
PEDN107	Mass Demonstration Activities: Kho-Kho, March Past	4	4	50	50	100
		28	28	230	470	700

Semester II

Course Code	Title of the Papers	Total Hours (per week)	Credit	Internal Marks	External Marks	Total Marks
PART – A – THEORY PAPERS [CORE COURSE]						
PEDN201	Yoga Education	4	4	20	80	100
PEDN202	Administration in Physical Education and Sports	4	4	20	80	100
PEDN203	Sports Nutrition and Weight Management	4	4	20	80	100
PART – A – THEORY PAPERS [COMPLIMENTARY COURSE]						
PEDN204	Educational Technology and Methods of Teaching in Physical Education	4	4	20	80	100
PART – B – PRACTICAL [CORE COURSE]						
PEDN205	Track and Field (Jumping Events)	4	4	50	50	100
PEDN206	Yoga & Aerobics	4	4	50	50	100
PART – C – TEACHING PRACTICE [CORE COURSE]						
PEDN207	Teaching ability (Practices) (10 lessons in class room teaching and 10 lessons in outdoor activities)	4	4	50	50	100
		28	28	230	470	700

Semester III

Course Code	Title of the Papers	Total Hours (per week)	Credit	Internal Marks	External Marks	Total Marks
PART – A – THEORY PAPERS [CORE COURSE]						
PEDN301	Sports Training	4	4	20	80	100
PEDN302	Sports Psychology and Sociology	4	4	20	80	100
PEDN303	Sports Medicine, Physiotherapy and Rehabilitation	4	4	20	80	100
PART – A – THEORY PAPERS [COMPLIMENTARY COURSE]						
PEDN304	Computer Applications in Physical Education	4	4	20	80	100
PART – B – PRACTICAL [CORE COURSE]						
PEDN305	Track and Field (Throwing Events)	4	4	50	50	100
PEDN306	Football & Volleyball	4	4	50	50	100
PART – C – TEACHING PRACTICE [CORE COURSE]						
PEDN307	Teaching ability (Practice)	4	4	50	50	100
		28	28	230	470	700

Semester IV

Course Code	Title of the Papers	Total Hours (per week)	Credit	Internal Marks	External Marks	Total Marks
PART – A – THEORY PAPERS [CORE COURSE]						
PEDN401	Measurement and Evaluation in Physical Education	4	4	20	80	100
PEDN402	Kinesiology and Biomechanics	4	4	20	80	100
PEDN403	Research and Statistics in Physical Education	4	4	20	80	100
PEDN404	Sports Management	4	4	20	80	100
PART – B – PRACTICAL [CORE COURSE]						
PEDN405	Cricket, Basketball	4	4	50	50	100
PART – D – SPECIALIZATION [COMPLIMENTARY COURSE]						
PEDN406	Specialization (Track & Field, Football, Volleyball, Cricket, Basketball, Badminton, Hockey) (Any one of these)	4	4	100	150	250
		28	28	230	520	750

14. CREDIT POINT AND CREDIT POINT AVERAGE

14.1. Credit Point (CP) of a course is calculated using the formula,

$$CP = C \times GP, \text{ Where } C = \text{Credit, } GP = \text{Grade Point}$$

14.2. Credit Point Average (CPA) of a Semester/Programme is calculated using the formula

$$CPA = \frac{TCP}{TC} \quad \text{Where } TCP = \text{Total Credit Point} \\ TC = \text{Total Credit}$$

14.3. Semester Credit Point Average shall be denoted as SCPA and Cumulative Credit Point Average as CCPA

14.4. Cumulative Credit Point Average (CCPA)

$$= \frac{SCPA I + SCPA II + SCPA III + SCPA IV}{4}$$

where, SCPA is Credit Point Average (CPA) of a Semester

14.5. For all courses (Theory and Practical), grades are given on a 7 point scale based on the total percentage of marks as given below. For theory courses total mark is calculated by adding internal and external marks. For practical courses total mark is calculated by considering the internal and external assessment of each component during 1st semester and that of 2nd, 3rd and 4th semesters are calculated by considering internal and external marks and the standardization procedure executed by the respective external examination board/committee.

Percentage of Marks	Grade	Grade Point
90 and above	A+ - Outstanding	10
80-89	A - Excellent	9
70-79	B - Very Good	8
60-69	C - Good	7
50-59	D Satisfactory	6
40-49	E Adequate	5
Below 40	F Failure	4

(Note: Decimals are to be rounded to the next whole number)

Overall grade and semester grade for the B.P.Ed Programme is calculated on a 7 point scale. Grades for the different semesters and overall programme are given based on the corresponding CPA as shown below.

Grades for the different semesters and overall programme based on the corresponding CPA

CPA	Grade
Above or equal to 9.5	A+ - Outstanding
Above or equal to 9, but below 9.5	A – Excellent
Above or equal to 8, but below 9	B – Very Good
Above or equal to 7, but below 8	C – Good
Above or equal to 6, but below 7	D – Satisfactory
Above or equal to 5, but below 6	E – Adequate
Below 5	F - Failure

14.6. For a pass in the examination of B.P.Ed programme, a candidate should secure a minimum of E Grade (CPA = 5) in aggregate for each semester with a minimum of E Grade (40% marks) in each theory course and E Grade (40% marks) for each practical course. A separate minimum of 30% marks each for internal and external assessment of all individual theory courses is required for pass for a course.

14.7. Credit : Credit is a unit of input measured in terms of student's study hours devoted to various aspects of the teaching-learning process. One credit for the B.P.Ed programme is deemed equivalent to 20 study hours. Students can earn and accumulate credits on the basis of the number and type of tasks they have successfully completed. All the tasks that carry credits are compulsory.

14.8. Course : Course means a complete integrated series of instructional content/lessons which are identified by a common title and will be taught and evaluated within a semester.

14.9. Grade : Grade means a letter symbol (Eg: A, B, C, etc.) which indicates the broad level of performance of a student in a Course / Semester / Programme.

14.10. Grade Point: Grade point is the numerical indicator of the percentage of marks awarded to a student in a course.

14.11. Words and expressions used and not defined in this regulation shall have the same meaning assigned to them in the University Act and Statutes.

15. EXTERNAL THEORY EXAMINATION

The theory external examination of all semesters shall be conducted by the University at the end of each semester.

1. Students having a minimum of 75% average attendance for all the courses only can register for the examination. Condonation of shortage of attendance to a maximum of 10 days or 50 hours in a semester

subject to a maximum of 2 times during the whole period of the programme may be granted by the University on valid grounds. This condonation shall not be counted for internal assessment.

Benefit of attendance may be granted to students attending University/College Union/Co-curricular activities by treating them as present for the days of absence, on production of participation/attendance certificates, within one week, from competent authorities and endorsed by the Head of the Institution. This is limited to a maximum of 10 days per semester and this benefit shall be considered for internal assessment also. Those students who are not eligible even with condonation of shortage of attendance shall repeat the course along with the next batch.

2. There will be no supplementary exams. For reappearance/improvement, the students can appear along with the next batch.
3. A student who registers his/her name for the external exam for a semester will be eligible for promotion to the next semester.
4. A student who has completed the entire curriculum requirement, but could not register for the Semester examination can register notionally, for getting eligibility for promotion to the next semester.
5. A candidate who has not secured minimum marks/credits in internal examinations can re-do the same registering along with the University examination for the same semester, subsequently.

16. PATTERN OF QUESTIONS

Questions shall be set to assess knowledge acquired, standard application of knowledge, application of knowledge in new situations, critical evaluation of knowledge and the ability to synthesize knowledge. The question setter shall ensure that questions covering all skills and set. He/She shall also submit a detailed scheme of evaluation along with the question paper.

A question paper shall be a judicious mix of objective type, short answer type, short essay type/problem solving type and long essay type questions.

Pattern of questions for external Theory examination

	Total No. of Questions	Number of questions to be answered	Marks of each question	Total Marks
	14	9	2	18
	8	6	4	24
	5	3	6	18
	4	2	10	20
TOTAL	31	20		80

17. MARK CUM GRADE CARD

The University under its seal shall issue to the students a MARK CUM GRADE CARD on completion of each semester, which shall contain the following information:

- a. Name of the University
- b. Name of the College
- c. Title & Model of the Under Graduate Programme
- d. Name of the Semester
- e. Name and Register Number of the Student
- f. Code, Title, Credits and Max. marks (Int., Ext. & Total) of each course opted in the semester.
- g. Internal, External and Total Marks awarded, Grade, Grade point and Credit point in each course opted in the semester.
- h. The total credits, total marks (Max. & Awarded) and total credit points in the semester.
- i. Semester Credit Point Average (SCPA) and corresponding Grade.
- j. Cumulative Credit Point Average (CCPA) corresponding to Core and Complementary (separately and together) and whole programme, as the case may be.
- k. The final Mark cum Grade Card issued at the end of the final semester shall contain the details of all courses taken during the final semester examination and shall include the final grade/marks scored by the

candidate from 1st to 3rd semester, as the case may be, and the overall grade/marks for the total programme.

18. MONITORING COMMITTEE

There shall be 3 level monitoring committees for the successful conduct of the scheme. They are –

1. Department Level Monitoring Committee (DLMC) comprising HOD and two senior-most teachers as members.
2. College Level Monitoring Committee (CLMC), comprising Principal, Dept. Coordinator and A.O./ Superintendent as members.
3. University Level Monitoring Committee (ULMC), headed by the Vice-Chancellor, Pro-Vice Chancellor, Convenors of the Syndicate subcommittee on Examination, Academic Affairs and Staff and Registrar as members and the Controller of Examinations as member-secretary.

19. MINIMUM MARKS FOR EXTERNAL AND INTERNAL EXAMINATIONS

A separate Minimum of 30% marks each for internal and external (for both theory and practical) and an aggregate minimum of 40% are required for a pass for a course. For a pass in a programme, a separate minimum of Grade E is required for all the individual courses. If a candidate secures F Grade for any one of the courses offered in a Semester/Programme only F grade will be awarded for that Semester/Programme until he/she improves this to E Grade or above within the permitted period.

Theory Courses

SEMESTER - I

HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Unit -1: Introduction

- Meaning, Definition and Scope of Physical Education
- Aims and Objective of Physical Education
- Importance of Physical Education in present era.
- Misconceptions about Physical Education.
- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.

Unit- 2- Historical Development of Physical Education in India

- Indus Valley Civilization Period. (3250 BC- 2500 BC)
- Vedic Period (2500 BC- 600 BC)
- Early Hindu Period (600 BC- 320 AD) and Later Hindu Period (320 AD- 1000 AD)
- Medieval Period (1000 AD- 1757 AD)
- British Period (Before 1947)
- Physical Education in India (After 1947)
- Contribution of Akhadas and Vyayamshals
- Y.M.C.A. and its contributions.

Unit- 3- Foundation of Physical Education

- Philosophical foundation:
- Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism and Indian
- Philosophy and Culture.
- Fitness and wellness movement in the contemporary perspectives
- Sports for all and its role in the maintenance and promotion of fitness.

Unit-4- Principles of Physical Education

- Biological
 - Growth and development
 - Age and gender characteristics Body Types
 - Anthropometric differences
- Psychological
 - Learning types, learning curve
 - Laws and principles of learning
 - Attitude, interest, cognition, emotions and sentiments
- Sociological
 - Society and culture
 - Social acceptance and recognition
 - Leadership

o Social Integration Cohesiveness

References:

- Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
- Mohan, V. M. (1969). *Principles of physical education*. Delhi: Metropolitan Book Dep.
- Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia: W.B. Saunders Co.
- Obertuffer, (1970). *Delbert physical education*. New York: Harper & Brothers Publisher.
- Sharman, 1. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.
- William, 1. F. (1964). *The principles of physical education*. Philadelphia: W.B. Saunders Co.

Semester I ANATOMY AND PHYSIOLOGY

UNIT-I

- Brief introduction of Anatomy and physiology in the field of Physical Education.
- Introduction of Cell and Tissue.
- The arrangement of the skeleton - Function - of the skeleton - Ribs and Vertebral column and the extremities- joints of the body and their types
- Gender differences in the skeleton.
- Types of muscles.

UNIT-II

- **Blood and circulatory system:** Constituents of blood and their function -Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation. Cardiac output.
- **The Respiratory system:** The Respiratory passage - the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.
- **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism,
- **The Excretory system:** Structure and functions of the kidneys and the skin.
- **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.
- **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action
- **Sense organs:** A brief account of the structure and functions of the Eye and Ear.

UNIT-III

- Definition of physiology and its importance in the field of physical education and sports.
- Structure, Composition, Properties and functions of skeletal muscles.
- Nerve control of muscular activity:
 - Neuromuscular junction
 - Transmission of nerve impulse across it.
- Fuel for muscular activity
- Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

UNIT-IV

- Effect of exercise and training on cardiovascular system.
- Effect of exercise and training on respiratory system.
- Effect of exercise and training on muscular system
- Physiological concept of physical fitness, warming up, conditioning and fatigue.
- Basic concept of balanced diet -Diet before, during and after competition.

References:

- Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B. Saunders.
- Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.

- Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co. Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). *Health and physical education*, Gupta Prakashan.
- Singh, S. (1979). *Anatomy of physiology and health education*. Ropar: Jeet Publications.

Semester I

HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Unit- I Health Education

- Concept, Dimensions, Spectrum and Determinants of Health
- Definition of Health, Health Education, Health Instruction, Health Supervision
- Aim, objective and Principles of Health Education
- Health Service and guidance instruction in personal hygiene

Unit- II Health Problems in India

- Communicable and Non Communicable Diseases
- Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,
- Personal and Environmental Hygiene for schools
- Objective of school health service, Role of health education in schools
- Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit- III Environmental Science

- Definition, Scope, Need and Importance of environmental studies.
- Concept of environmental education, Historical background of environmental education,
- Celebration of various days in relation with environment.
- Plastic recycling & probation of plastic bag / cover.
- Role of school in environmental conservation and sustainable development.

Unit- IV Natural Resources and related environmental issues:

- Water resources, food resources and Land resources
- Definition, effects and control measures of:
- Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- Management of environment and Govt. policies , Role of pollution control board.

References:

- Agrawal, K.C. (2001). *Environmental biology*. Bikaner: Nidhi publishers Ltd.
- Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
- Nemir, A. (n.d.). *The school health education*. New York: Harber and Brothers.
- Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

OFFICIATING AND COACHING

Unit- I: Introduction of Officiating and coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

Unit- II: Coach as a Mentor

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching

Unit- III: Duties of Official

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating -position, singles and movement etc.
- Ethics of officiating

Unit- IV: Qualities and Qualifications of Coach and Official

- Qualities and qualification of coach and official
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments, preparation of T A, DA bills
- Integrity and values of sports

Reference Books:

Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.

Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.

Dyson, G. H. (1963). *The mechanics of athletics* . London: University of London Press Ltd.

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Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.

Singer, R.N. (1972). *Coaching, athletic & psychology*.New York: M.C. Graw Hill.

Semester- II

YOGA EDUCATION

Unit- I: Introduction

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

Unit- II: Foundation of Yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita- Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit- III Asanas

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports
- Influences of relaxative, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

Unit- IV Yoga Education

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

References:

- Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaixydahmoe.
- Rajjan, S. M. (1985). *Yoga strenthening of relaxation for sports man*. New Delhi:Allied Publishers.
- Shankar,G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). *Yogafor health*. Delhi: Khel Sahitya Kendra.

EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

Unit- I Introduction

- Education and Education Technology- Meaning and Definitions
- Types of Education- Formal, Informal and Non- Formal education.
- Educative Process
- Importance of Devices and Methods of Teaching. Unit- II Teaching Technique
- Teaching Technique - Lecture method, Command method, Demonstration method, Imitation method, project method etc.
- Teaching Procedure - Whole method, whole - part - whole method, part - whole method.
- Presentation Technique- Personal and technical preparation
- Command- Meaning, Types and its uses in different situations.

Unit- III Teaching Aids

- Teaching Aids- Meaning, Importance and its criteria for selecting teaching aids.
- Teaching aids - Audio aids, Visual aids, Audio - visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc
- Team Teaching- Meaning, Principles and advantage of team teaching.
- Difference between Teaching Methods and Teaching Aid.

Unit- IV Lesson Planning and Teaching Innovations

- Lesson Planning - Meaning, Type and principles of lesson plan.
- General and specific lesson plan.
- Micro Teaching- Meaning, Types and steps of micro teaching.
- Simulation Teaching - Meaning, Types and steps of simulation teaching.

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Semester- II

ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Unit- I: Organization and administration

- Meaning and importance of Organization and Administration in physical education o Qualification and Responsibilities of Physical Education teacher and pupil leader
- Planning and their basic principles,
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit- II: Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget. Unit-III: Facilities, & Time-Table Management
- Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit-IV: Competition Organization

- Importance of Tournament,
- Types of Tournament and its organization structure - Knock-out Tournaments, League or
- Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals & Extramural Tournament planning

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Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

Semester II

SPORTS NUTRITION AND WEIGHT MANAGEMENT

Unit- I Introduction to Sports Nutrition

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

Unit- II Nutrients: Ingestion to energy metabolism

- Carbohydrates, Protein, Fat- Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water- Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition- daily caloric requirement and expenditure.

Unit- III Nutrition and Weight Management

- Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity- Definition, meaning and types of obesity,
- Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit- IV Steps of planning of Weight Management

- Nutrition - Daily calorie intake and expenditure, Determination of desirable body weight
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

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Semester - III
SPORTS TRAINING

Unit- I Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training- Basic Performance, Good Performance and High Performance Training

Unit- II Training Components

- Strength - Mean and Methods of Strength Development
- Speed - Mean and Methods of Speed Development
- Endurance - Mean and Methods of Endurance Development
- Coordination- Mean and Methods of coordination Development
- Flexibility- Mean and Methods of Flexibility Development

Unit- III Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training- Meaning and Methods of Technique Training
- Tactical Training- Meaning and Methods of Tactical Training

Unit- IV Training programming and planning

- Periodization - Meaning and types of Periodization
- Aim and Content of Periods - Preparatory, Competition, Transitional etc.
- Planning - Training session
- Talent Identification and Development

Reference:

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books. Harre, D. (1982). *Principles of sports training*. Berlin: Sporulated.
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Semester III

COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit- I: Introduction to Computer

- Meaning, need and importance of information and communication technology (ICT). Application of Computers in Physical Education
- Components of computer, input and output device
- Application software used in Physical Education and sports

Unit- II: MS Word

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing features Drawing table,
- Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit- III: MS Excel

- Introduction to MS Excel
- Creating, saving and opening spreadsheet
- creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

Unit- IV: MS Power Point

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- format and editing features slide show , design , inserting slide number
- picture ,graph ,table
- Preparation of Power point presentations

References:

Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.

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Semester - III

SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit -I: Introduction

- Meaning, Importance and scope of Educational and Sports Psychology
- General characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible –Heredity And environment
- Psycho-sociological aspects of Human behavior in relation to physical education and sports

Unit-II: Sports Psychology

- Nature of learning, theories of learning, Laws of learning,
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality,
- Dimension of personality, Personality and Sports performance
- Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.
- Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
- Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

Unit-III: Relation between Social Science and Physical Education.

- Orthodoxy, customs, Tradition and Physical Education.
- Festivals and Physical Education.
- Socialization through Physical Education.
- Social Group life, Social conglomeration and Social group, Primary group and Remote group.

Unit-4 Culture : Meaning and Importance.

- Features of culture,
- Importance of culture.
- Effects of culture on people life style.
- Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method

References:

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Semester - III

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Unit-I:- Sports Medicine:

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education o Prevention of injuries in sports- Common sports injuries- Diagnosis-
- First Aid- Treatment- Laceration- Blisters- Contusion- Strain- Sprain- Fracture Dislocation and Cramps- Bandages- Types of Bandages- trapping and supports.

Unit-II: Physiotherapy

- Definition- Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy- infrared rays - Ultraviolet rays -short wave diathermy- ultrasonic rays.

Unit-III: Hydrotherapy:

- Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath- Steam Bath- Sauna Bath- Hot Water Fomentation- Massage: History of Massage- Classification of Manipulation (Swedish System) physiological Effect of Massage.

Unit-IV: Therapeutic Exercise:

- Definition and Scope - Principles of Therapeutic Exercise - Classification, Effects and uses of Therapeutic exercise- passive Movements (Relaxed, Forced and passive - stretching) - active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise- Shoulder, Elbow- Wrist and Finger Joints - Hips, Knee, ankle and Foot joints -Trunk. Head and Neck exercises.

References:

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Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: Human Kinetics.

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Semester- IV

MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit- I Introduction to Test & Measurement & Evaluation

- Meaning of Test & Measurement & Evaluation in Physical Education
- Need & Importance of Test & Measurement & Evaluation in Physical Education
- Principles of Evaluation

Unit- II Criteria; Classification and Administration of test

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation- Duties during testing- Duties after testing.

Unit- III Physical Fitness Tests

- AAHPER youth fitness test
- National physical Fitness Test
- Indiana Motor Fitness Test
- JCR test
- U.S Army Physical Fitness Test

Unit- IV Sports Skill Tests

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test
- S.A.I Hockey test

References:

- Bangsbo, 1. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho+Storm.
- Barron, H. M., & Mchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
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Semester- IV

KINESIOLOGY AND BIOMECHANICS

Unit- I Introduction to Kinesiology and Sports Biomechanics

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms - Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

Unit- II Fundamental Concept of Anatomy and Physiology

- Classification of Joints and Muscles
- Types of Muscle Contractions
- Posture -Meaning, Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal
- Innovation

Unit- III Mechanical Concepts

- Force -Meaning, definition, types and its application to sports activities
- Lever - Meaning, definition, types and its application to human body.
- Newton's Laws of Motion- Meaning, definition and its application to sports activities.
- Projectile- Factors influencing projectile trajectory.

Unit- IV Kinematics and Kinetics of Human Movement

- Linear Kinematics -Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics - Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- Linear Kinetics - Inertia, Mass, Momentum, Friction.
- Angular Kinetics -Moment of inertia ,Couple, Stability.

Reference:

Bunn, J. W. (1972).*Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.

Hay, J. G. & Reid, J. G.(1982).*The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.

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Simonian, C.(1911).*Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.

Semester- IV

RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Unit-I Introduction to Research

- Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-II Survey of Related Literature

- Need for surveying related literature.
- Literature Sources, Library Reading
- Research Proposal, Meaning and Significance of Research Proposal.
- Preparation of Research proposal I project.
- Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

Unit-III Basics of Statistical Analysis

- Statistics: Meaning, Definition, Nature and Importance
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit-IV Statistical Models in Physical Education and Sports

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, importance, computing from group and ungroup data
- Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

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Semester- IV
SPORTS MANAGEMENT

Unit-I

- Nature and Concept of Sports Management.
- Progressive concept of Sports management.
- The purpose and scope of Sports Management.
- Essential skills of Sports Management.
- Qualities and competencies required for the Sports Manager.
- Event Management in physical education and sports.

Unit-II

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership.
- Forms of Leadership.
 - Autocratic
 - Laissez-faire
 - Democratic
 - Benevolent Dictator
- Qualities of administrative leader.
- Preparation of administrative leader.
- Leadership and Organizational performance.

Unit-III

- Sports Management in Schools, colleges and Universities.
- Factors affecting planning
- Planning a school or college sports programme.
- Directing of school or college sports programme.
- Controlling a school, college and university sports programme.
 - Developing performance standard
 - Establishing a reporting system
- Evaluation
 - The reward/punishment system

Unit-IV

- Financial management in Physical Education & sports in schools, Colleges and Universities.
- Budget - Importance, Criteria of good budget,
- Steps of Budget making
- Principles of budgeting

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Ashton, D. (1968)*Administration of physical education for women.*New York: The Ronal Press Cl.

Bucher, C.A. *Administration of physical education and athletic programme.* 7th Edition, St.Louis: The C.V. Mosby Co.

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CICILY PEARLY ALEX

CHAIRMAN

BOARD OF STUDIES

PHYSICAL EDUCATION

MAHATMA GANDHI UNIVERSITY

KOTTAYAM

Model Question Paper
B.P.ED. DEGREE EXAMINATION - FIRST SEMESTER
Paper - I - HISTORY PRINCIPLES AND FOUNDATION OF PHYSICAL
EDUCATION

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Period of Indus valley civilization
 - b) Define Anatomical Age
 - c) Who is the founder of YMCA
 - d) Headquarters of IOA
 - e) Father of Olympic Game
 - f) NSNIS is started in which year
 - g) Define Naturalism
 - h) Rajiv Gandhi Khel Ratna Award started in the year
 - i) Proponent of existentialism
 - j) Proponent of realism
 - k) Principles of use and disuse
 - l) Youth welfare Programmes
 - m) Arjuna Award
 - n) Principles of Physical Education
- II. Write short note on any six of the following questions [4x6=24]
- a) Chronological and mental age
 - b) Scope of physical education
 - c) Idealism
 - d) Evolution of Man
 - e) Maturity
 - f) National Association of Physical Education and Sports
 - g) Rajiv Gandhi Kel Ratna Award
 - h) Dronacharya Award
- III. Explain any three of the following questions [6x3=18]
- a) Motor growth and Development
 - b) Meaning, Aim of Physical Education
 - c) Transfer of training/learning
 - d) Forebel Montessory and Dewey
 - e) Modern Olympics
- IV. Write an essay on any of the two following questions [10x2=20]
- a) Effect of exercise on physiological system
 - b) Explain sports and games in ancient Rome.
 - c) Physical Education in U.S.S.R.
 - d) Contribution of Indian Olympic Association, National Sports Federation and State Associations
for the development of Sports in India.

Model Question Paper
B.P.ED. DEGREE EXAMINATION - FIRST SEMESTER
Paper - II - ANATOMY AND PHYSIOLOGY

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Normal blood Pressure of human body
 - b) Length of the spinal cord
 - c) Master gland is also known as
 - d) Fat store in which tissue of human body
 - e) Organ which help to filter the waste from human body
 - f) Largest organ of the human body
 - g) Mention a ductless gland in human body
 - h) How many lobes in the lungs
 - i) Name the valve divided the left auricle and ventricle
 - j) Largest part in the brain
 - k) The Neuron
 - l) Reflex action
 - m) Bones of wrist joint
 - n) Scapula
- II. Write short note on any six of the following questions [4x6=24]
- a) Neuro-muscular junction
 - b) Cell division
 - c) Functions of Kidney
 - d) Pancreas
 - e) Digestion
 - f) Heart Chambers
 - g) Ureters
 - h) Regulating blood pressure
- III. Explain any three of the following questions [6x3=18]
- a) Excretory system
 - b) Functions of Blood
 - c) Skeletal system
 - d) Functions of Bone
 - e) Structure of typical movable joints
- IV. Write an essay on any of the two following questions [10x2=20]
- a) Explain the structure and functions of cell organelles with diagram.
 - b) Describe the structure of the Heart. Explain the effect of exercise on circulatory system.
 - c) Describe the structure of bone and explain the structure of skeletal system.
 - d) Describe the structure of human eye and add a note on the mechanism of vision.

Model Question Paper
B.P.ED. DEGREE EXAMINATION - FIRST SEMESTER
Paper - III - HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Expand WHO
 - b) Mal functioning of the body is known as
 - c) Carbon monoxide cause which disease
 - d) Expand RICE
 - e) Expand TPFP
 - f) Give an example for renewable resources
 - g) Mention a location for biodiversity
 - h) Depletion of ozone layer is due to
 - i) resistance of the body from disease is known as
 - j) Expand UNICEF
 - k) Water conservation
 - l) Sewage and refuse disposal
 - m) Common sports injuries
 - n) Population explosion
- II. **Write short note on any six of the following questions** [4x6=24]
- a) Artificial inspiration
 - b) Bio-diversity
 - c) Population Explosion
 - d) Endangered species of India
 - e) Personal hygiene
 - f) Scope of environmental studies.
 - g) Sewage and refuse disposal
 - h) Mal-nutrition
- III. **Explain any three of the following questions** [6x3=18]
- a) HIV/AIDS
 - b) Nutrition and Balanced Diet
 - c) School Health Services
 - d) First Aid
 - e) Safety at Play fields
- IV. **Write an essay on any of the two following questions** [10x2=20]
- a) Define health and explain the dimensions and spectrum in relation to the practice of the health education.
 - b) Explain the Natural resources and also explain how these resources are necessary for human life.
 - c) Explain the Disease transmission and immunity.
 - d) What are the concept of eco-system and narrate the energy flow and food chains?

Model Question Paper
B.P.ED. DEGREE EXAMINATION - FIRST SEMESTER
Paper - IV - OFFICIATING AND COACHING

Time: Three Hours

Maximum: 80 Marks

I. Answer any nine of the following questions

[2x9=18]

- a) Training
- b) Coaching
- c) Sports training
- d) Training load
- e) Motor components
- f) Strength
- g) Endurance
- h) Speed
- i) Flexibility
- j) Coordinative ability
- k) Periodisation and its type
- l) Aim of Sports Training
- m) Super compensation
- n) Meso cycles

II. Write short note on any six of the following questions

[4x6=24]

- a) Philosophy of Coaching
- b) Quality of a good Coach
- c) Qualification of a Coach
- d) Quality of a Champion
- e) Drug and doping
- f) Micro cycles
- g) Principles of officiating
- h) Sports officiating

III. Explain any three of the following questions

[6x3=18]

- a) Definition of conditioning, training and coaching
- b) Principles of planning
- c) Periodical cycles
- d) Qualification and qualities of sports officiating
- e) Long term plan and training schedule

IV. Write an essay on any of the two following questions

[10 x2=20]

- a) Define sports training and its principles.
- b) Briefly explain principles and characteristics of training load.
- c) Sketch out remedial measures and methods of overcoming over load.
- d) Draw a training plan of short distance runner for University Meet.

Model Question Paper
B.P.ED. DEGREE EXAMINATION - SECOND SEMESTER
Paper - V - YOGA EDUCATION

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Define Yoga
 - b) Who is the father of Yoga?
 - c) What is the aim of Yoga?
 - d) Meaning of Yoga
 - e) What is the essence of Yoga?
 - f) What is the secret of Yoga practice?
 - g) Define Asanas
 - h) Main objective of Yoga
 - i) Period of Upanishads
 - j) Define flexibility
 - k) Define Samadhi
 - l) Define Njana Yoga
 - m) Define Bhakthi Yoga
 - n) Define Nauli Kriya
- II. Write short note on any six of the following questions [4x6=24]
- a) Methods of Yoga
 - b) The Yoga in Men
 - c) Full Definition of Yoga
 - d) Medical Definition of Yoga
 - e) Buddhism and Yoga
 - f) Jainism and Yoga
 - g) The eight limbs of Yoga
 - h) Kriya Yoga
- III. Explain any three of the following questions [6x3=18]
- a) Physiological benefits Yoga practice
 - b) Physical benefits of Yoga practice
 - c) Mental Benefits of Yoga practice
 - d) Psychological benefits of Yoga practice
 - e) Physiological benefits of Pranayama
- IV. Write an essay on any of the two following questions [10 x2=20]
- a) Yoga in Bhagavatgita. Explain?
 - b) Meaning and definition, aim and objectives Yoga.
 - c) Need and importance of Yoga in Physical Education and Sports.
 - d) Effect of Asanas and Pranayama on various systems of the body

Model Question Paper
B.P.ED. DEGREE EXAMINATION - SECOND SEMESTER
Paper - VI - EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING
IN PHYSICAL EDUCATION

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Write any two Major games?
 - b) What is Meditation?
 - c) Write any two motor skills?
 - d) What is the duration of a 'lesson plan'?
 - e) Define Motivation?
 - f) Define Educational Technology.
 - g) Write any five Field events in Athletics
 - h) What is Calisthenics?
 - i) Define Methodology.
 - j) Define Command Method.
 - k) Methods of teaching physical activities
 - l) Presentation techniques
 - m) Importance of devices and methods of teaching
 - n) Year Plan
- II. Write short note on any six of the following questions [4x6=24]
- a. Simulation Teaching
 - b. Class and time management
 - c. Modern traits of teaching
 - d. Teaching on the Ground
 - e. Learning process
 - f. Difference between teaching method and teaching aid.
 - g. Principles of teaching
 - h. Complex learning
- III. Explain any three of the following questions [6x3=18]
- a) Computer Assisted Instruction
 - b) Audio Visual and Aids in teaching physical activities
 - c) Presentation technique
 - d) Formal education
 - e) Non formal education
- IV. Write an essay on any of the two following questions [10 x2=20] a)
- Explain different aspects of education.
- b) Types of Education. Explain?
 - c) Explain Lesson Plan and Teaching innovations?
 - d) Explain the principles of teaching, simple, complex learning individual and group

Model Question Paper
B.P.ED. DEGREE EXAMINATION - SECOND SEMESTER
Paper - VII - ORGANIZATION AND ADMINISTRATION IN PHYSICAL
EDUCATION

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Define Organization
 - b) Define Administration
 - c) Define Planning
 - d) What is office management?
 - e) Definition of Office Management
 - f) Define Budget
 - g) Importance of Tournaments
 - h) What is the main factor affecting the timetable
 - i) What is the main criteria of a good budget.
 - j) Define coordination
 - k) Medical examination record
 - l) Indoor infrastructure
 - m) Equipment Management
 - n) Importance of tournament
- II. Write short note on any six of the following questions [4x6=24]
- a. Importance of administration in physical education
 - b. Meaning and importance of organization in physical education
 - c. The main responsibilities of a good physical education teacher.
 - d. Principles of planning
 - e. Functions of Planning
 - f. Kinds of office management
 - g. Stock Register
 - h. Physical efficiency record
- III. Explain any three of the following questions [6x3=18]
- a) Round Robin Tournament
 - b) Knock out tournament
 - c) Combination tournament
 - d) Extramural tournament
 - e) Principles of programme planning in physical education
- IV. Write an essay on any of the two following questions [10 x2=20]
- a) Meaning, Importance, Principles of planning in physical education.
 - b) Important criteria of a good budget?
 - c) Meaning, importance, aim and objectives of organization and administration in physical education
 - d) Explain Meaning, definition, function of office management, record and register.

Model Question Paper
B.P.ED. DEGREE EXAMINATION - SECOND SEMESTER
Paper - VIII - SPORTS NUTRITION AND WEIGHT MANAGEMENT

Time: Three Hours

Maximum: 80 Marks

I. **Answer any nine of the following questions**

[2x9=18]

- a) Nutrition
- b) Sports diet
- c) Weight orientation
- d) Weight loss
- e) Healthy life style
- f) Stress
- g) Full form of BMI
- h) Obesity
- i) Stroke
- j) Blood Pressure
- k) Cause of obesity
- l) Old idle body weight formula
- m) Bone density
- n) Anaemia

II. **Write short note on any six of the following questions**

[4x6=24]

- a) Diabetics
- b) Abnormal Blood Fats
- c) Metabolic Syndrome
- d) Sleep apnea
- e) Gallstones
- f) Balance Diet
- g) Abdominal obesity
- h) Osteoarthritis

III. **Explain any three of the following questions**

[6x3=18]

- a) Weight Control
- b) What are the main tips to control obesity?
- c) Diet plan for weight loss
- d) Macro nutrients
- e) Diet plan for weight gain

IV. **Write an essay on any of the two following questions**

[10 x2=20]

- a) How to maintain a Healthy Life Style, explain?
- b) What are the main solutions for overcoming obesity?
- c) What are the means and ways to control body weight?
- d) What are the factors affecting weight management?

Model Question Paper
B.P.ED. DEGREE EXAMINATION - THIRD SEMESTER
Paper - IX - SPORTS TRAINING

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Training
 - b) Coaching
 - c) Sports training
 - d) Training load
 - e) Motor components
 - f) Strength
 - g) Endurance
 - h) Speed
 - i) Flexibility
 - j) Coordinative ability
 - k) Periodisation and its type
 - l) Extramural Competitions
 - m) Tournaments
 - n) Meso cycles
- II. **Write short note on any six of the following questions** [4x6=24]
- a) Intramural Competitions
 - b) Event Management
 - c) Sports litigation
 - d) Knockout Tournaments
 - e) Drug and doping
 - f) Micro cycles
 - g) Principles of officiating
 - h) Sports officiating
- III. **Explain any three of the following questions** [6x3=18]
- a) Draw a round robin fixture of five teams.
 - b) Principles of planning
 - c) Periodical cycles
 - d) Qualification and qualities of sports officiating
 - e) Planning and organization of training and competition
- IV. **Write an essay on any of the two following questions** [10 x2=20]
- a) Define sports training and its principles.
 - b) Briefly explain principles and characteristics of training load.
 - c) Sketch out remedial measures and methods of overcoming over load.
 - d) Draw a training plan of short distance runner for University Meet.

Model Question Paper
B.P.ED. DEGREE EXAMINATION - THIRD SEMESTER
Paper - X - COMPUTER APPLICATION IN PHYSICAL EDUCATION

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Full form of ICT
 - b) Input device
 - c) Output device
 - d) Full form of CPU
 - e) Software
 - f) MS-Word
 - g) MS-Excel
 - h) MS-PowerPoint
 - i) Define Computer
 - j) Operating System
 - k) Footnotes
 - l) Header and footer
 - m) How to create a new folder?
 - n) How to insert picture in MS-Powerpoint?
- II. **Write short note on any six of the following questions** [4x6=24]
- a) LCD stands for
 - b) Explain briefly WWW?
 - c) Brain of the computer is.
 - d) Formatting a document
 - e) Creating formulas in MS-Excel
 - f) Name three input devices
 - g) Name two output devices
 - h) Input device which is used for computer games.
- III. **Explain any three of the following questions** [6x3=18]
- a) What is Super Computers?
 - b) What is Internet?
 - c) What is Anti-Virus?
 - d) What is laptop?
 - e) Collection of data is called.
- IV. **Write an essay on any of the two following questions** [10 x2=20]
- a) Briefly explain the concept of E-mail?
 - b) Explain any five input devices?
 - c) How to prepare a PowerPoint Presentation?
 - d) What are the most important components of the Computer?

Model Question Paper
B.P.ED. DEGREE EXAMINATION - THIRD SEMESTER
Paper - XI - SPORTS PSYCHOLOGY AND SOCIOLOGY

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Psychology
 - b) Observation
 - c) Introspection
 - d) Sports Psychology
 - e) Learning
 - f) Spiritual Intelligence
 - g) Social stratification
 - h) Hereditary
 - i) Anxiety
 - j) Aggression
 - k) Hereditary and Environment
 - l) Indian Society
 - m) Sports Sociology
 - n) National Integration
- II. **Write short note on any six of the following questions** [4x6=24]
- a. Stratification and Sports
 - b. Growth and culture
 - c. Sociological principles
 - d. Social phenomenon
 - e. Law of readiness
 - f. Motivation
 - g. Emotions
 - h. Personality
- III. **Explain any three of the following questions** [6x3=18]
- a) Branches of Psychology
 - b) Methods of Psychology
 - c) Stages of growth and development
 - d) Principles of learning
 - e) Laws of learning
- IV. **Write an essay on any of the two following questions** [10 x2=20]
- a) Explain sports psychology and its important in sports.
 - b) Briefly explain traditional theories of learning and give examples related to sports.
 - c) Nature and scope of sports psychology
 - d) How sports play a role in national integration and socialization in society?

Model Question Paper
B.P.ED. DEGREE EXAMINATION - THIRD SEMESTER
Paper - XII - SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION
Time: Three Hours *Maximum: 80 Marks*

- I. **Answer any nine of the following questions** [2x9=18]
- a) First Aid
 - b) Dislocation and Cramps
 - c) Sports medicine
 - d) Physiotherapy
 - e) Rehabilitation
 - f) Electrotherapy
 - g) Ultraviolet rays
 - h) Ultrasonic rays
 - i) Sauna Bath
 - j) Whirlpool bath
 - k) Shock
 - l) Heat Stroke
 - m) Heat Cramps
 - n) Contusions
- II. **Write short note on any six of the following questions** [4x6=24]
- a) Contrast bath
 - b) Doping
 - c) Abstraction
 - d) Tennis elbow
 - e) Pre-game meal
 - f) PRICE
 - g) Nutrition
 - h) Low Back Ache
- III. **Explain any three of the following questions** [6x3=18]
- a) Cardiopulmonary emergencies
 - b) Proximate principles of diet
 - c) Classification of doping agent
 - d) Infrared
 - e) Ultra sound
- IV. **Write an essay on any of the two following questions** [10 x2=20]
- a) Describe the structure and functions of cardio vascular system.
 - b) Give a detailed notes on factors of sports injury.
 - c) Explain the causes for Sprain.
 - d) How to manage cardio respiratory emergencies.

Model Question Paper
B.P.ED. DEGREE EXAMINATION - FOURTH SEMESTER
Paper - XIII - MEASUREMENT AND EVALUATION IN PHYSICAL
EDUCATION

Time: Three Hours

Maximum: 80 Marks

I. Answer any nine of the following questions

[2x9=18]

- a) Measurement
- b) Evaluation
- c) Test
- d) Mean
- e) Mode
- f) Median
- g) Variability
- h) Reliability
- i) Validity
- j) Objectivity
- k) Anthropometric measurement
- l) Classification and purpose of values
- m) Criteria for classification
- n) Method for classification

II. Write short note on any six of the following questions

[4x6=24]

- a) Need and importance of Test
- b) Measurement in Physical Education
- c) Construction of frequency table
- d) Standard Deviation
- e) Co-relation
- f) Sampling
- g) Importance principles of sampling
- h) Techniques of sampling

III. Explain any three of the following questions

[6x3=18]

- a) Somatotyping and its importance
- b) Strok Stand Balance Test
- c) Technique of sampling
- d) Techniques of taking anthropometric measurements
- e) Administration of testing programme

IV. Write an essay on any of the two following questions

[10 x2=20]

- a) Criteria of test selection.
- b) Concept of physical fitness, motor fitness and general motor ability.
- c) Explain cardio-respiratory endurance and describe how to conduct Harward step test.
- d) Describe Johnson Basketball Ability Test or Mc. Donald Soccer Test.

Model Question Paper
B.P.ED. DEGREE EXAMINATION - FOURTH SEMESTER
Paper - XIV - KINESIOLOGY AND BIOMECHANICS

Time: Three Hours

Maximum: 80 Marks

- I. **Answer any nine of the following questions** [2x9=18]
- a) Kinesiology
 - b) Bio-mechanics
 - c) Muscles
 - d) Mass
 - e) Weight
 - f) Force
 - g) Speed
 - h) Motion
 - i) Acceleration
 - j) Stability
 - k) Energy
 - l) Lifting
 - m) Climbing
 - n) Throwing
- II. **Write short note on any six of the following questions** [4x6=24]
- a) Movement of inertia
 - b) Projectiles
 - c) Air resistance
 - d) Walking
 - e) Elasticity
 - f) Power
 - g) Water resistance
 - h) Fluid mechanics
- III. **Explain any three of the following questions** [6x3=18]
- a) Momentum and impulses
 - b) Impact and elasticity
 - c) Moment of force and moment of inertia
 - d) Concept of speed lever
 - e) Muscular action at various joints
- IV. **Write an essay on any of the two following questions** [10 x2=20]
- a) Briefly explain the meaning and scope of kinesiology and biomechanics.
 - b) Describe muscular actions of various joints.
 - c) Equilibrium and their application in sports
 - d) Centrifugal and centripetal force.

Model Question Paper
B.P.ED. DEGREE EXAMINATION - FOURTH SEMESTER
Paper - XV - RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Time: Three Hours

Maximum: 80 Marks

I. Answer any nine of the following questions

[2x9=18]

- a) Mean
- b) Medium
- c) Mode
- d) Research
- e) Class intervals
- f) Discrete series
- g) Variability
- h) Reliability
- i) Validity
- j) Objectivity
- k) Null Hypothesis
- l) Research proposal
- m) Sampling
- n) Pie diagram

II. Write short note on any six of the following questions

[4x6=24]

- a) Philosophical Research
- b) Location of Research Problem
- c) One tailed and two tailed test
- d) Research report format
- e) Historical Research
- f) Delimitation and Limitation
- g) Type I and type II errors
- h) Survey method

III. Explain any three of the following questions

[6x3=18]

- a) Graphic presentation of class distribution
- b) Skewness
- c) Quantitative Data
- d) Kurtosis
- e) Post hoc test

IV. Write an essay on any of the two following questions

[10 x2=20]

- a) Define Research. Give a brief description on the types of research.
- b) Give a brief description on the steps in Research process.
- c) Discuss the scope of experimental research. Explain any two experimental design.
- d) Describe in brief the properties of a normal curve. Discuss it's application.

Model Question Paper

B.P.ED. DEGREE EXAMINATION - FOURTH SEMESTER Paper - XVI - SPORTS MANAGEMENT

Time: Three Hours

Maximum: 80 Marks

I. Answer any nine of the following questions

[2x9=18]

- a) Management
- b) Leadership
- c) Personal Management
- d) Communication
- e) Petty Cash
- f) Infrastructural Management
- g) Government Organization
- h) Equipment Maintenance
- i) Budget
- j) Intramurals
- k) Student Leadership
- l) Objectives of Extramural
- m) Importance of financial management
- n) Principles of personal management

II. Write short note on any six of the following questions

[4x6=24]

- a) Scope of Management
- b) Principles of Management
- c) Principles of supervision
- d) Techniques of supervision
- e) Accounting and auditing
- f) Office Management
- g) Importance of sports management in physical education
- h) Public Relationship

III. Explain any three of the following questions

[6x3=18]

- a) Theories and styles of sports management
- b) Main theories of management
- c) Play field Management
- d) Swimming pool management
- e) Gymnasium Management

IV. Write an essay on any of the two following questions

[10 x2=20]

- a) Explain the major sports management functions.
- b) Explain Principles and guidelines for management organization and structure.
- c) Explain activity management in the field of physical education and sports.
- d) Explain the importance of financial management in physical education and sports.

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