

# UNIVERSITY OF JAMMU

## DETAILED SYLLABUS

For the examinations to be held in the year 2011, 2012 and 2013

**M.P. Ed-I**  
( Previous )

Paper – I    Title : **History & Principles of Physical Education**

Duration of Examination: 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

Unit I        **Introduction**

Definition of Physical Education; Aims & Objectives; Physical Education as an Art and Science; Social and emotional development; Meaning of the Physical Culture, Physical Training in Games and Sports

Unit II       **Foundation of Physical Education**

Physical and Motor Development; Psychological Development; Sociological Development; Motor Learning; Load : Normal Load, Overload and Crest Load; Use and disuse; Sex differences; Growth and Development; Heredity and environment.

Unit III      **History of Physical Education**

History of Greece ; History of Rome; History of Ancient and Modern India; History of Russia; History of Great Britain; History of Germany; History of Denmark.

Unit IV      **Philosophies of Physical Education**

Naturalism; Idealism; Individualism; Pragmatism and their contribution to Physical Education.

Unit V       **Sport Agencies**

International Competitions; SAI/NS NIS and its contribution to Physical Education; National Sports Awards; YMCA and its contribution; Indian Olympic Association and its contribution; Different Sports Federations (National & International );Modern Olympic Games

**Reference Books :**

1. William, J.P. Principles of Physical Education, Saunders, 1964
2. D. Oberteuffer and Tirich Physical Education and Textbook of Principles of Professional students, 3<sup>rd</sup> B.T., Harper and Row, 1962
3. Eraj Ahmed Khan History of Physical Education, Book Co., Patna
4. Rajagopalan, K.A Brief History of Physical Education, Scientific in India. Army Publications, Delhi, 1962
5. Harold, M. Barrow Man and his Movement : Principles of his Physical Education, Lea and Febigar, 1971, Philadelphia.
6. Charles, A. Buche Foundations of Physical Education
7. Man Daler and Bonnet A World History of Physical Education
8. Hutchinson and Rica Brief History of Physical Education

**Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.

**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2011, 2012 and 2013

**M.P. Ed -I**

**( Previous )**

Paper – II

Title : **Anatomy, Physiology and Kinsiology**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I Introduction and Skeleton System**

Meaning of anatomy and Physiology; Cell structures; Properties of living matter; Anatomy of Bone and Cartilage; Kinds and functions of bones; Name and location of the bones of human body; Types of Joints; Description of diarthrodial joints.

**Unit – II Muscular and Respiratory Systems**

Gross and microscopic structure of skeletal muscles; Mechanism of muscular contraction and relaxation; Nature of neuro-muscular activity; Muscle tone, law of reciprocal innervations; Muscle work and fatigue; Structure of respiration organs; Mechanism of respiration; Tissue and pulmonary respiration

**Unit – III Digestive & Excretory System**

Brief description and location of the mouth, teeth, salivary glands, stomach and intestine; The digestive juices; Mechanism of digestion and absorption of food; Anatomy of Kidney; Functions of Kidneys; Lungs and skin as organs of excretion

**Unit – IV Blood & Blood Circulation**

Composition of blood and its functions; Blood pressure - systolic and diastolic blood pressure; Measurement of blood pressure; Anatomy of heart; Systemic and pulmonary circulation, coronary circulation; Mechanism of circulation; Heart rate, stroke volume, cardiac output, cardiac reserve capacity; Cardiac Cycle

## Unit – V **Kinesiology**

Definition, scope and importance of kinesiology. Terminology of various types of movements, body plans, body axis, characteristics of various joints and their movements, characteristics of skilful performance.

### **Reference Books :**

1. Pearee Evelyn, C Anatomy and Physiology for nurses  
London, Faber and Faber Ltd.,  
1962
2. Pavat, J Anatomy for students and Teachers of  
Physical Education, London, Edward  
Arnold and Co., 1959
3. Willion, JF Anatomy and Physiology London,  
WB Saunders
4. Senson Wright Applied Physiology
5. Kiober Grey Anatomy and Physiology
6. Stackpoles Anatomy and Physiology (6<sup>th</sup> Ed.)
7. Best & Taylor The Living Body, New Delhi, Asia  
Club House, 1960
8. Smount, CFV and  
Mc Donald, RJS Physiotherapy, Occupational Therapy  
and Gymnastics, Edward Arnold Pvt.  
Ltd., 1969

### **Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.

**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2011, 2012 and 2013

**M.P. Ed -I  
( Previous )**

Paper – III      Title : **Advance Techniques of Officiating and Coaching**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I    Introduction**

Meaning, importance and principles of officiating, Measures for improving the standard of officiating, qualifications and duties of a good official, duties of officials in different games and Athletic events. Rules and interpretation of games and athletic events; Pre-game, during game and post game duties of an official.

**Unit – II    Measurement of Tracks & Courts**

Measurements of Courts (different games), track marking and preparing score sheet of different games and track and field.

**Unit – III    Coaching**

Basic coaching Principles in games and sports; Qualities of a good coach. Principles and methods of selection of players/teams for various competitions.

**Unit –IV    Warming up & Fitness**

Warming up and its importance; Various methods of conditioning. Interval training; Fortlek and circuit training; physical fitness; psychological fitness; skill ability and skill execution ability.

## Unit – V **Officiating and Coaching**

Sports for men and women :

Games	:	Football, Basketball, Kabaddi, Badminton, Table Tennis, Hockey, Handball, Volleyball.
Athletics	:	Relay Races, sprints, Middle distance running, Long distance running, Hurdles.
Throws	:	Discus, Javelin and Hammer Throws.
Jumps	:	High Jump, Long Jump, Tripple Jump

Preparation of TA/DA bills and eligibility rules.

### **Reference Books :**

1. John, V. Bunn : The Art of officiating Sports, Prentice – Hall, Inc, Englewood Cliffs, N.J
2. John. W. Duna : Scientific Principles of Coaching, Prentice Hall, Englewood Cliffs, N.J
3. H.C Buck : Rules of Games and Sports.
4. Be Clar : Science of Coaching, A.S. Barhas and Co, New York
5. R. L. Anand : Playing Field Manual, NIS Publication

### **Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.

**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2011, 2012 and 2013

**M.P. Ed-I  
( Previous )**

Paper – IV	Title : <b>Research Methodology</b>
Duration of Examination : 3 Hours	Maximum Marks : 80
20	a) Internal Assessment :
Marks : 32	b) Minimum Pass
Unit – I	<b>Introduction</b>  Meaning and definition of Research; Need, nature and scope of research in Physical Education; Selection and definition of Problem Location of Problem; criteria for selection of problem.
Unit – II	<b>Research Literature :</b>  Location of the research material; Indexes; books; bibliographies; reviews and abstracts; critical literature and allied literature.
Unit – III	<b>Types of Research :</b> Survey research, and case study, meaning , uses and scope. Genetic Research - Meaning, need, importance. Experimental Research - Meaning, uses, characteristics, general principles.
Unit – IV	<b>Tools of Research</b>  Interview, questionnaire, survey, visitation, Psychological tests, skill tests, knowledge tests, socio meteoric techniques, photography.
Unit – V	<b>Research Report</b>  Design of the study, Format & Main Body - Preliminary section, Introduction, statementj of the problem, significance, hypothesis and technical terms, Review of related literature, presentation of data,

interpretation and analysis of data, discussion, conclusion, summary, bibliography and references.

**Reference Books :**

1. D H Clarke                      Research processes in Physical Education, Recreation and Health. Prentice Hall, 1970
2. S P Shukla et al                Elements of Educational Research, Applied Publishers, Pvt. Ltd., New Delhi –1983
3. C V Good                        Methods of Research, Application Century Crafts Inc., New York, 1954.
4. J W Best                         Research in Education Prentice Hall, 1980
5. W R Mouly                      Educational Research and introduction, David Making Co., Inc    New York 1975.
6. Scott G.M Ed                    Research Methods applied to Health, Physical Education and Recreation 2<sup>nd</sup> Edn., Washington D.C Ahper –1959
7. Hillway Tyres                    Introduction to research Boston Henghton Miffin Co., 1956.
8. Smith H L                        Educational Research Principles and practice Bloomington, Indian Pub. Inc 1944

**Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.



## DETAILED SYLLABUS

**M.P. Ed-I  
( Previous )**

Paper – V      Title : **Methods, Organization and Administration of Physical Education**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

### Unit – I    **Introduction**

Meaning, types and importance of Teaching methods; Factors effecting Teaching Methods; Presentation Techniques – Personal and Technical preparation; Meaning, importance and principles of Lesson Plan; Lesson Plan for Gymnastics

### Unit – II    **Teaching & Teaching Aids**

Meaning and importance of Audio-visual Aids in Physical Education; Meaning and types of command; Steps/stages in teaching Motor Skill; Class management

### Unit – III    **Organisation & Management**

Meaning and importance of Organisation and Administration in Physical Education; Objectives and guiding principles of Organization and Administration; Care and maintenance of sports equipment; Care and maintenance of play fields

### Unit – IV    **Records and their Management**

Meaning of records and registers and their importance; Types of record and register; Meaning and purpose of Budget; Qualification and qualities of a good administrator.

### Unit – V    **Organisation of Tournaments**

Scheme of Organisation at the University level; Meaning and types of Tournaments; Merits and demerits of knock-out and League tournaments; Preparation of Fixture on simple knock-out and League basis only.

**Reference Books :**

1. Kannp Clydo & E Teaching Methods for Physical Education, Mc Graw Hill Book
2. Tirunurayana, C & S Hariharan Methods in Physical Education (South India Press, Karaikudi, India)
3. Kamlesh, M.L. & Sangra, M.S Methods in Physical Education Prakash Brothers, Jullundhur. 1982
4. Two experienced Professors Organisation and Administration and Recreation in Physical Education, Prakash Brothers, Jullundur, 1982.
5. Wakharkar, D.C Manual of Physical Education. Pearl Publications. Bombay . 1967

**Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.

**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2009, 2010 and 2011

**M.P. Ed-II  
( Final )**

Paper – I

Title : **Sports Psychology & Sociology**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I Introduction**

Definition of Psychology, importance of Psychology in the field of Physical Education and Sports. Psychology as a science.

**Unit – II Heredity & Physical Education**

Meaning of Heredity and Environment, Growth and Development. Heridity and Environment , Importance, Laws of Heridity and Environment in Physical & Sports. Personality, its types and development.

**Unit – III Motivation & Sports**

Definition of Motivation, Types of motivation, Importance of Motivation in Physical Education and Sports, Emotions; - its arousal, anger, fear, anxiety and stress and their effects on performance in sports.

**Unit – IV Theories of Learning**

Learning, laws of learning, types of learning, learning curves - Thorandike trial and error theory; Gestal (insight) theory; and Parlov (Conditioning) theory.

**Unit – V Sports & Society**

Sociology and its meaning and importance in Physical Education; Physical Education and sports as a socializing agency; Social systems ; School, Family, Peer Group and society.

**Reference Books :**

- |                 |  |
|-----------------|--|
| Rouben, B Frost | Psychological concepts applied to Physical Education and Coaching education and Coaching, Edition, Wesley Publishing Co, London.     |
| Lawther, John D | Psychology of Coaching, Englewood Cliffs, Prantic hall (Latest Edition)  |
| Gratty, B.J     | Psychological and Physical Activities Prentice Hall Inc. 1968  |
| Morgan, CT      | Psychological Psychology, New York, McGraw Hill (Latest Edition)   |
| Dridge & Hung   | Psychological Foundations of Education, Harper and Row Publishers  |
| Larson          | Social Dimension of Physical Activity. Leonard in the Encyclopaedia of Sports Sciences and Medicine. The McMilian Co. New York 1972. |

**Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.

## UNIVERSITY OF JAMMU

### DETAILED SYLLABUS

For the examinations to be held in the year 2009, 2010 and 2011

**M.P. Ed**  
**Part –II ( Final )**

Paper – II    Title : **Sports Medicine & Rehabilitation**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I    Introduction**

Concept of sports medicine scope of sports medicine for Physical educationers and coaches. Sports medicine in India. Prevention of Sports injuries; Role of Physical education and coaches in prevention of sports injuries. Pre-conditioning injury prevention. Exercises and drives Static; Stretching exercises; Therapeutic exercises and their classification; special pre-conditioning exercises for knee; ankle; shoulders and thigh etc.

**Unit – II   Sports Injuries**

Terminology and classification of common sports injuries; pathological changes in sprains; strain and contusion Regional injuries and their management; Frozen Shoulder & Tennis elbow; Rehabilitation procedures of sports injuries; Principles of rehabilitation of injuries; cryotherapy; Pressure bandage; hydrotherapy; electrotherapy; massage;and therapeutic massage; Wax bath

**Unit – III   Physiology of exercise**

Short and long term effects of exercises on muscular tissues; physiological principles of development of strength; endurance; speed and flexibility. Heart role and exercise. Threshold for training; effect on heart;. Blood pressure and exercise; Lung vantilation during rest and exercises. Change in lung diffusion in muscular activity.

#### Unit – IV **Doping & Sports**

Definition of Doping; Types of Doping in Sports; ill effects of Doping; Effects of caffeine and Alcohol on sports performance; Balance diet; Protein loading; carbohydrate loading.

#### Unit – V **Sports Therapy**

Therapy of Sports Injuries Physio – therapy Devices; Static Stretching exercises; Sports for the Physically Handicapped; Rehabilitation principles, Therapeutic Exercises; Exercises for the knee, ankle, shoulder and thighs; Massage and Strapping.

#### **Reference Books :**

1. AAHPER Weight Training in Sports and Physical Education, 1962
2. Armstrong and Tuckler Injuries in Sports, London, Staples Press, 1964
3. Ryans Allan Medical Care of the Athlete, McGraw Hill.
4. William, JGP Sports and medicine, Arnold Press
5. Johnson Warren Science and medicine of exercise and sports, Harper and Bros.(edited)
6. Pande, P.K Know How Sports Medicine, AP Publishers, Jalandhar.
7. Scott & Nisonson Principles of Sports Medicine, William Wilkine Publishers, 1984
8. Barrow and Brow Complete guide on Sports Injuries, William Wilkins Publishers, 1968
9. Kineretal Therapeutic Exercise, Davis Publishers, 1986
10. Admud Bruke 1988 Reading in Exercise Physiology for Coach and Athlete.

#### **Note for Paper Setter :**

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**DETAILED SYLLABUS**

For the examinations to be held in the year 2009, 2010 and 2011

**M.P. Ed  
Part –II ( Final )**

Paper – III                      Title : **Science of Sports Coaching**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I      Introduction**

Teaching, training and Coaching; Meaning, aim, tasks and characteristics of Sports Training; Need and scope of sports training; Professional preparation of Coaches.

**Unit – II      Training State & Load**

Meaning; Means of developing; competitive exercises; General Exercises; Special Exercises; Progressive Training; and Resistance Training.

Meaning and characteristics of training load; Adaptation and Training Load - Principles of Loading : individual load, load of the whole year, interval load.

**Unit – III      Physical Training**

Meaning; importance and kinds of strength; Training Methodology; Methods; Planning; Testing; precautions in strength training.

Endurance Training - Meaning; importance and kinds of endurance; Training Methods; Planning; Testing and precautions in endurance training.

Speed Training - Meaning; kinds of speed; Training methods; planning testing and precautions in speed training.

Flexibility - Meaning; importance; fundamentals of training methodology testing and precautions.

Meaning , importance , training ,methodology , testing , means of developing co-ordinative abilities.

#### Unit – IV **Technical and tactical Training**

Technical Training - Meaning and importance; stages of training;

Tactical Training - Meaning of tactics and tactical action; Measures for improving the standard of officials in different games and sports in India; Criteria for selection of teams at different levels; warming up and cooling down.

#### Unit – V **Psychological training & periodization**

Meaning, importance, planning long term and direct mental preparation; Psychological factors affecting performance in sports and games and methods to improve them; Methods of Psychological preparation in Competitions; Planning in sports; whole year plan; competition plan; Macrocycle;

General principles of training schedules and periodization of training; Microcycle; Mero cycle.

#### **Reference Books :**

1. Fundamentals of sports training, progress Publishers, Moscow, 1977
2. Vidyasagar, Training Systematics in throwing Netaji Subhash National Institute of Sports, Patiala, India
3. Gene Hooks, Application of Weight Training to Athletics, Prentice Hall Inc., Englewood, Cliffs, N.J
4. Cooper, KH The acrobic Way, Bantom Books, Inc., 1978
5. Breer Marison, R Efficiency of Human Movement, London, WB Saunders.
6. Bunn, JW Scientific Principles of Coaching, Englewood Cliffs, Prentice Hall
7. Bounder, JB How to be successful Coach, New York, Prentice Hall.



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|----|-------------|---|
| 8. | Wilf Parish | Track & Field Athletic, Lepus Books, Henry<br>Kimton, Ltd. Edinburge, 1976. |
| 9. | Broer, M.   | Efficiency of Human Movement, Philadelphia,<br>WB Saunders Co. 1878         |

**Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.

**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2009, 2010 and 2011

**M.P. Ed  
Part –II ( Final )**

Paper – IV

Title : **Measurement and Evaluation  
in Physical Education**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I      Introduction**

Meaning, value and importance of Tests, measurement and evaluation in Physical Education; Principles of Tests; measurement and evaluation; Scientific criteria for selection of a Test; Measurement of validity, Reliability, objectivity and norms Skill Test for Hockey, Soccer, Badminton, Basketball, Volleyball and Lawn Tennis.

**Unit – II      Physical Fitness Testing**

Concept and assessment of Physical fitness; Related Physical fitness tests; Motor ability fitness tests; Anthropometrics measurement and body composition tests.

**Unit – III      Psychological testing variables**

Testing Psychological variables – Competitive anxiety, aggression, team cohesion, motivation and self concept.

**Unit – IV      Statistics in Physical Education**

Arranging data into frequency distribution tables; Polygram and Histogram; Meaning of measures of Central Tendency, Calculation of mean, median and mode; Meaning of measures of variability – Calculation of Range, Quartiles and Standard deviation (SD)

**Unit – V      Percentiles & Correlation**

Meaning of percentiles and percentile Ranks; Calculation of percentile and percentile ranks; Meaning of co-efficient of correlation; Calculation of co-efficient of correlation by rank order method; Karl Pearson method of correlation and co-efficient of correlation.

**Reference Books :**

- |                                   |   |
|-----------------------------------|---|
| Clarks H. Harison                 | Application of Measurement to Health and Physical Edu. Puentice Hall Englewood Cliffs, NJ 5 <sup>th</sup> Edition, 1976 |
| Scott Gladys and French           | Measurement and Evaluation in Physical Edu. WMC Brown Co. Publishers, Dubuque, Iowa, 1959                               |
| Mathew K. Donald                  | Measurement in Physical Edu. WD Saundoos Co. London (Second Edition).   |
| Movvey, E. Gavvett                | Statistics in Psychology and Education David Mekay, Company. Inc.   |
| Johnson, Barry L. & Nelson Jack K | Practical Measurement for Evaluation in Physical Education, Surjeet Publications, 1982                                  |

**Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.

**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2009, 2010 and 2011

**M.P. Ed  
Part –II ( Final )**

Paper – V  
**Recreation**

Title : **Yoga &**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I Introduction**

Definition of Yoga; Importance of Yoga in the field of Physical Education & Sports; Aims of Yoga; Yoga as an art and science.

**Unit – II Types of Yoga**

Raj Yoga and Ashtang Yoga with special reference to Physical Education; Different Schools of Yoga and their benefits; Bakti Yoga, Karam Yoga, Jap Yoga & Hath Yoga.

**Unit – III Asanas**

Asanas and their purpose; Types of Asanas; principles of Asanas; The Psychological & Physiological effects of Asanas.

**Unit – IV Recreation and Yoga**

The importance of Recreation in the field of Physical Education; The educational value of Recreation; The role of Recreation leader in the field of Physical Education.

**Unit – V Camping**

Educational nature of the Camp; Allied Equipment required for the Camp; Organisation of Camp; Leadership in Camping; Importance of Camping.

**Reference Books :**

1. Asanas and Pranayama by Swami Kuvalyanand.
2. Yoga for Health, Happiness and Peace by Yoga Acharya Prakash Dev
3. Yoga Method of Reintegration by Alain Danial.
4. Yoga Personal Hygiene by Shri Joginder
5. Introduction to Community Recreation, by Mc. Graw Hill Book Comp., New York.
6. Introduction to Recreation Education, WDS Sunders Company, by Philadelphia, London.
7. Leadership to Recreation, AS Barnas and Co. New York.

**Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.

# **UNIVERSITY OF JAMMU**

## **DETAILED SYLLABUS**

**For the examinations to be held in the year 2009, 2010 and 2011**

**M.P. EdPart –II ( Final )**

### **DISSERTATION**

Candidate who shall score atleast 55% marks in Theory Papers in Part –I of the M.P.Ed Course can only opt for Dissertation

Admission & Eligibility Criteria for admission to the Masters Degree in Physical Education

1. A candidate who has passed the following examinations shall be eligible to join the course :-
  - a) B.P.Ed/D.P.Ed (One Year Course after Graduation.)
  - b) B.P.E (Four Year Degree Course from a recognized Indian or Foreign University/Institution with at least 45% marks in aggregate)
  - c) B.P.E three year with B.P.Ed/D.P.Ed Course (One Year)
  - d) Any other equivalent and recognized course as above as approved by the University of Jammu

2. The duration of the course of studies in Masters Degree in Physical Education shall be two academic years i.e. Part -I (Previous) and Part -II (Final)
3. The admission of a candidate to the course shall be made on the basis of merit obtained in the Physical Fitness Test, Written Test, Sports Achievements and weightage in the qualifying examination and the counselling of the candidate.

Highest achievement in one approved game/sport shall be considered as Sports achievement.

4. The examinations shall be held in two parts i.e. M.P.Ed Previous at the end of the course of first year and the M.P.Ed final at the end of the second year. The examinations shall commence in the last week of April/May every year or on the dates as may be notified by the Controller of Examinations.
5. The medium of instructions shall be English and the candidate admitted to the course shall be required to take up the examination in English only.

6. The examination shall consist of the following parts  
M.P.Ed. Part - I ( Previous)

- Theory            500 Marks
- Practicals       300 Marks

Total :                    **800 Marks**

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## THEORY

S.No.	Subjects/ Papers	Marks	Assessment
1.	History and Principles of Physical Education	80	20
2.	Anatomy, Physiology and Kinesiology	80	20
3.	Advanced Techniques of officiating & Coaching	80	20
4.	Research Methodology	80	20
5.	Methods, Organization and Administration of Physical Education	80	20

## PRACTICALS

	Internal (Marks)	External (Marks)
a) <b>General Lesson</b>	50	50
1. General & Specific exercises		
2. Class Formation/Mass PT		
3. Types of Commands		
4. Five supervised lesson in the Note Book		
b) <b><u>Lesson on Athletics &amp; performance</u></b>	50	50
1. Teaching of Athletics Events		
2. Marking of Track & Officiating		
3. Five Athletic Lesson in the Note Book		
4. <i>Performance</i> 100 Mts., 200 Mts.,400 Mts., Long Jump, Shot Put ( Max. 5 Marks for each )		



	<b>Internal (Marks)</b>	<b>External (Marks)</b>
c) <b><u>Lesson on Game</u></b>	50	50
1. Teaching of Fundamental Skills		
2. Officiating & Marking of concerned fields/courts and preparation of Score Sheets		
3. Five lessons on one game in the Note Book		

**Games Allotted** : Football, Hockey, Volleyball, Table Tennis, Cricket, Badminton,  
(Any one) Wrestling, Handball, Basketball, Kabaddi/Kho-Kho  
M.P.Ed (Final)

- Theory 500 Marks
- Practicals 300 Marks

Total : **800 Marks**

## **THEORY**

S.No	Subjects/Papers	Marks	Assessment
1.	Sports Psychology and Sociology	80	20
2.	Sports Medicine & Rehabilitation	80	20
3.	Science of Sports Coaching	80	20
4.	Measurement & Evaluation in Physical Edu.	80	20
5.	Any one of the following :	80	20
	i) Dissertation		
	ii) Yoga & Recreation		
	iii) Supervision in Physical Education		

Note : The candidate scoring atleast 55% marks in theory in M.P.Ed (Previous) shall only be allowed to opt for the dissertation.

## PRACTICALS

	<b>Internal (Marks)</b>	<b>External (Marks)</b>
a) <b><u>Class Room Theory lesson</u></b>	50	50
1. General Lesson on any topic of Theory Paper		
	<b>Internal (Marks)</b>	<b>External (Marks)</b>
b) <b><u>Lesson on Advance Training &amp; Coaching in Games</u></b>	50	50
1. Basic Rules & Regulations and officiating any of these games i.e. Football, Hockey, Volleyball, Table Tennis, Cricket, Badminton, Wrestling, Handball, Basketball, Kabaddi/Kho-Kho		
	<b>Internal (Marks)</b>	<b>External (Marks)</b>
c) <b><u>Proficiency in one game as per the candidate's choice</u></b>	50	50

1. The discipline of students admitted to the M.P.Ed Course shall be governed as per the Statutes governing the discipline of students as contained in the University Calendar and as enforced by the University of Jammu from time to time.

The students seeking admission to the course shall have to give an affidavit/undertaking to the effect that they shall abide by the norms of discipline of the University of Jammu and all its Statutes, rules and regulations and shall not indulge into any such act which may be in contravention to the conducive academic milieu and atmosphere of the University.

2. In the absence of any specified Statute(s) as above, the Statutes of the University of Jammu in general as in vogue shall be applicable on the students and for the working of the Department and the Course.
3. The general statutes as are applicable to the B.P.Ed Course shall also be applicable in the M.P.Ed Two Year Course.

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**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2009, 2010 and 2011

**M.P. Ed  
Part –II ( Final )**

Paper – V Title : **Supervision in Physical Education**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I Introduction**

Modern concept of supervision; how it differs from inspection; Scope of supervision; Factors influencing the supervision; Guiding principles of supervision.

**Unit – II Functions of Supervisor**

Qualities and qualification of a good supervisor; Duties pertaining to administration and supervision; Duties pertaining to facilities, equipment and supply; Duties pertaining to special services; Duties pertaining to professional growth

**Unit – III Methods of Supervision**

Visitation – purpose; types; planning the visitation programme; visitation procedure and follow up; Conference – Individual and group conference; situations requiring conferences; planning of a conference; conduct of a conference; Record of meetings; Demonstration – Meaning and purpose of Demonstration; advantages and disadvantages. Types and preparation for demonstration. Conducting the demonstration and follow up; Role of films in demonstration teaching.

**Unit – IV Planning and operating the supervisory programme**

The need for planning the supervisory programme; Objectives of planning the supervisory programme; Principles of planning the supervisory programme; Meaning and functions of leadership; Guidelines for effective leadership.

## Unit –V     **Curriculum and evaluation**

Meaning and factors influencing the Physical Education curriculum; Principles of curriculum development; Criteria for curriculum contents; Meaning and purpose of Evaluation; Types of Evaluation; Principles of Evaluation of Physical Education Programme

### **Reference Books :**

1.     George, D Butler   Introduction     of     Community Recreation
2.     J B Nash   Philosophy of Recreation and Leisure
3.     H Dan Corbin   Recreation Leadership.
4.     John, L. Hutchunson   Principles of Recreation.
5.     Meyer, H.D and Brightbill, CK   Community Recreation.
6.     See Laster R. Better   What every supervisor should know  
? New York, 1974
7.     Bhatnagar and Kamlesh   Educational Supervision, Lyal Book Dept, Meerut.
8.     Carl E Wilgoose   The curriculum in Physical Education Boston University, Prentice hall, Inc. Englewood Cliffs, N. Jersey
9.     Cassidy, R.   Curriculum Development in Physical Education, New York, Harper and Bros., 1954

### **Note for Paper Setter :**

Paper setter is required to set 10 questions, two questions from each unit. Candidate is required to attempt five questions, atleast one question from each unit. All questions carry equal marks.