



ALAGAPPA UNIVERSITY



(A State University Established in 1985)

Karaikudi - 630003. Tamil Nadu, India



FACULTY OF EDUCATION DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH SCIENCES



M.Phil., PHYSICAL EDUCATION

REGULATIONS AND SYLLABUS

(For the candidates admitted from the
Academic Year 2022 - 2023)

MASTER OF PHILOSOPHY IN PHYSICAL EDUCATION

(Under Choice-Based Credit System)

REGULATIONS, SCHEME OF EXAMINATIONS AND SYLLABUS

(With effect from the academic year 2022-23)

1. Duration of the Course

The M. Phil (Physical Education) Programme is of one year duration, offered under semester pattern, with two semesters in the year. The Syllabus is for one year M. Phil degree programme under CBCS system (regular). This will be implemented from the academic year 2022-23 onwards.

2. Medium of Instruction: English only

3. Eligibility:

A candidate shall be admitted to the M. Phil degree in Physical education if he/she produces satisfactory evidence to the effect that he/she has successfully completed master's degree in physical education, **M.P.Ed.**, or its equivalent degree approved by the syndicate of the Alagappa University, Karaikudi

For securing admission to the M. Phil programme, candidates must have secured 55% of marks in the physical education PG degree programme or any equivalent programme in the case of inter-disciplinary subjects. However, the minimum marks for the SC/ST candidates would be 50%. For all the candidates, who have completed their PG degree on or before 1991, the minimum eligible marks for admission to M. Phil would be 50 percent.

4. Mode of Selection:

An eligible candidate must take up the entrance examination and interview conducted commonly for all candidates by the university.

The question paper patterned on multiple choice objective types has both common part comprising test of language skills and test of quantitative aptitude each carrying 25% weight, the subject knowledge carrying 50% weight and interview 25% weight.

Ranking of candidates is based on the marks obtained in the entrance examination and interview, and the qualifying Post Graduates degree marks with 50:50 weights. Provisional selection is done adopting community quota as per the guidelines of the state government.

5. Course of study:

The Master of Philosophy (M. Phil in Physical Education) program comprises of two parts. Part-I comprises courses I,II & III that are common for all candidates doing M. Phil. Part-II comprises Course IV of the dissertation and viva-voce. The dissertation shall relate to Indian/global perspectives/issues in various functional areas of physical education.

6. Scheme of examinations:

M. Phil (Physical Education)

Course Code	Course	Credit	Marks		Total
			Internal	External	
I SEMESTER					
821111	Course -I Research Methodology & Advance Statistics in Physical Education	4	25	75	100
821112A 821112B 821112C 821112D 821112E 821112F 821112G	Course - II (Optional any one Course) 1.Sports Physiotherapy 2.Sports Physiology 3.Sports Bio-Mechanics 4.Sports Psychology 5.Sports Training Methods 6.Yoga Education 7.Measurement and Evaluation in Physical Education	4	25	75	100
821113	Course – III Professional Competencies	4	25	75	100
Total		12	-	-	300
II SEMESTER					
821121	Course - IV Area of Dissertation	4	25	75	100
821999	Dissertation	8	-	200	200
Total			12	-	300
Grand Total		24	-	-	600

7. Credits :

Each student should earn 24 credits to complete the program.

8. Attendance:

- I. Normally a student must secure a minimum of 80% attendance to become eligible to take the end-semester-examination (ESE) in a course. However, condoning of shortage of attendance may be granted on genuine medical grounds up to a maximum of 10% of the contact days. For this purpose, the student must, immediately upon returning to class after the period of illness, apply for condoning of shortage, submitting valid medical certificate (s) from registered medical practitioner(s) through his/her advisor to the head of the department (HOD), who will decide upon the application for condoning of shortage of attendance. Medical certificates submitted on the eve of the ESE will not be accepted.
- II. If a student who has no genuine medical grounds and has earned 70% or more but less than 80% of attendance in a course in a semester that student will be debarred from the ESE in that course in that semester. However the student may take the ESE when offered in a latest semester.
- III. If a student has earned less than 70% attendance, that student will be debarred from the ESE in that course and the statement of grades will read IA (Inadequate Attendance) Against that course. Such a student must repeat that course when offered in a latest semester. Attendance in a course will always be reckoned from the day of joining the course to the last day of the course.

9. Redoing of a course or courses:

A student who has been debarred from the ESE for lack of attendance must repeat the course at a later semester, paying the prescribed fees for the course. No student will be permitted to repeat a course or reappear for a CIA Test or an ESE for improvement of grade points. A student, who has fulfilled all the course requirements but has not been able to take the ESE alone, can take the same at a later semester. A student who has failed in an ESE need take only the ESE in that course when it is next offered. Such students need pay only the fee for ESE of the course.

Students interested in recording of course(s) have to get prior official permission for the same by applying to the register through the HOD on or before 5th July (for recording of old semester courses) or 5th December (for even semester courses) every year.

A student may be permitted to break his/her study on valid grounds. Such break of study shall be entertained only if the student has completed at least the first semester of the study. For availing break of study, the student has to apply to the register along with the recommendations of the class advisor and the HOD in the format prescribed enclosing documentary evidence(s) as a proof for his/her claim for break of study and after paying prescribed fee. Un-authorized break of study will not be permitted under any circumstance. Break of study will be permitted subject to the formalities of readmission as well as the availability of courses to be completed and the examination norms.

10. Assessment:

Assessment of the students is two-fold, as presented earlier, consisting of continuous internal assessment (CIA) and end semester examination (ESE). The ratio between CIA and ESE will normally be 25:75

10.A. Continuous internal assessment (CIA):

The CIA marks shall be awarded based on the following:

Assessment components	Courses(paper)I,II & IV
Scores test	10 marks
Model test	10marks
Seminar/assignment/quiz/class works	5 marks
Total	25 marks

11. B. End semester Examination(ESE):

The ESE will consist of a written examination of three hours duration reckoned for courses, I,II,III and IV for a maximum 60 marks. The answer papers shall be evaluated by two examiners-internal and external.

Pattern of question paper:

Theory papers: Duration Three Hours – External

Answer All the Questions

All questions carry equal marks

5x15=75 marks

1(a) or 1(b), 2(a) or 2(b), 3(a) or 3(b), 4(a) or 4(b), 5(a) or 5(b)

Total Maximum marks - 75 marks

For Research Methodology and Advanced Statistics question paper shall include problem-solving questions.

10.C. Research Guide:

Each candidate will be allotted a research guide from among the faculty members of the department by the department concerned.

10.D. Submission of Dissertation:

A candidate has to prepare and submit a scholarly dissertation by the end of the second semester on a socially and economically relevant research problem, pertaining to his discipline and specialization, under the guidance of a research guide. The research work must be a declaration, in the format prescribed by the university, by the candidate and duly certified by the research guide. There should not be any plagiarism. Three copies of the dissertation must be submitted by a candidate to the head of the department, duly signed by the research guide.

10.E. Evaluation of Dissertation:

The dissertation shall be evaluated by two examiners, of whom one will be the research guide and the other appointed by the university from a panel submitted by the head of the department. The dissertation carries 150 works.

10.F. Viva-voce:

Candidates whose dissertations are approved by the examiners securing, at least the minimum pass marks, will be called for the viva-voce. The board of viva-voce shall comprise the research guide, the head of the department/ a senior faculty member of the department. The viva-voce carries 50 marks.

12. Time extension for submission of Dissertation:

Extension for submission of dissertation shall be granted as per the university norms and conditions.

13. Passing minimum marks:

The minimum marks for pass in the CIA and ESE shall be 40%, in each, but an aggregate minimum of 50% marks putting together the continuous internal assessment marks and university end semester examination marks is needed for a pass. A candidate should have secured 50% in dissertation and 50% in the viva-voce to get a pass.

14. Grading of the Courses

The following table gives the marks, Grade points, Letter Grades and classifications meant to indicate the overall academic performance of the candidate.

Conversion of Marks to Grade Points and Letter Grade (Performance in Paper / Course)

RANGE OF MARKS	GRADE POINTS	LETTER GRADE	DESCRIPTION
90 - 100	9.0 – 10.0	O	Outstanding
80 - 89	8.0 – 8.9	D+	Excellent
75 - 79	7.5 – 7.9	D	Distinction
70 - 74	7.0 – 7.4	A+	Very Good
60 - 69	6.0 – 6.9	A	Good
50 - 59	5.0 – 5.9	B	Average
00 - 49	0.0	U	Re-appear
ABSENT	0.0	AAA	ABSENT

- a) Successful candidates passing the examinations and earning GPA between 9.0 and 10.0 and marks from 90 – 100 shall be declared to have Outstanding (O).
- b) Successful candidates passing the examinations and earning GPA between 8.0 and 8.9 and marks from 80 - 89 shall be declared to have Excellent (D+).
- c) Successful candidates passing the examinations and earning GPA between 7.5 – 7.9 and marks from 75 - 79 shall be declared to have Distinction (D).
- d) Successful candidates passing the examinations and earning GPA between 7.0 – 7.4 and marks from 70 - 74 shall be declared to have Very Good (A+).
- e) Successful candidates passing the examinations and earning GPA between 6.0 – 6.9 and marks from 60 - 69 shall be declared to have Good (A).
- f) Successful candidates passing the examinations and earning GPA between 5.0 – 5.9 and marks from 50 - 59 shall be declared to have Average (B).
- g) Candidates earning GPA between 0.0 and marks from 00 - 49 shall be declared to have Re-appear (U).
- h) Absence from an examination shall not be taken as an attempt.

From the second semester onwards the total performance within a semester and continuous performance starting from the first semester are indicated respectively by **Grade Point Average (GPA) and Cumulative Grade Point Average (CGPA)**. These two are calculated by the following formulate

$$\text{GRADE POINT AVERAGE (GPA)} = \frac{\sum_i C_i G_i}{\sum_i C_i}$$

GPA = Sum of the multiplication of Grade Points by the credits of the courses
Sum of the credits of the courses in a Semester

15. Classification of the final result

CGPA	Grade	Classification of Final Result
9.5 – 10.0	O+	First Class – Exemplary*
9.0 and above but below 9.5	O	
8.5 and above but below 9.0	D++	First Class with Distinction*
8.0 and above but below 8.5	D+	
7.5 and above but below 8.0	D	
7.0 and above but below 7.5	A++	First Class
6.5 and above but below 7.0	A+	
6.0 and above but below 6.5	A	
5.5 and above but below 6.0	B+	Second Class
5.0 and above but below 5.5	B	
0.0 and above but below 5.0	U	Re-appear

The final result of the candidate shall be based only on the CGPA earned by the candidate.

- a) Successful candidates passing the examinations and earning CGPA between 9.5 and 10.0 shall be given Letter Grade (O+), those who earned CGPA between 9.0 and 9.4 shall be given Letter Grade (O) and declared to have First Class –Exemplary*.
- b) Successful candidates passing the examinations and earning CGPA between 7.5 and 7.9 shall be given Letter Grade (D), those who earned CGPA between 8.0 and 8.4 shall be given Letter Grade (D+), those who earned CGPA between 8.5 and 8.9 shall be given Letter Grade (D++) and declared to have First Class with Distinction*.
- c) Successful candidates passing the examinations and earning CGPA between 6.0 and 6.4 shall be given Letter Grade (A), those who earned CGPA between 6.5 and 6.9 shall be given Letter Grade (A+), those who earned CGPA between 7.0 and 7.4 shall be given Letter Grade (A++) and declared to have First Class.
- d) Successful candidates passing the examinations and earning CGPA between 5.0 and 5.4 shall be given Letter Grade (B), those who earned CGPA between 5.5 and 5.9 shall be given Letter Grade (B+) and declared to have passed in Second Class.
- i) Candidates those who earned CGPA between 0.0 and 4.9 shall be given Letter Grade (U) and declared to have Re-appear.
- e) Absence from an examination shall not be taken as an attempt.

$$\text{CUMULATIVE GRADE POINT AVERAGE (CGPA)} = \frac{\sum_n \sum_i C_{ni} G_{ni}}{\sum_n \sum_i C_{ni}}$$

$$\text{CGPA} = \frac{\text{Sum of the multiplication of Grade Points by the credits of the entire Programme}}{\text{Sum of the credits of the courses for the entire Programme}}$$

Where ‘Ci’ is the Credit earned for Course i in any semester; ‘Gi’ is the Grade Point obtained by the student for Course i and ‘n’ refers to the semester in which such courses were credited.

CGPA (Cumulative Grade Point Average) = Average Grade Point of all the Courses passed starting from the first semester to the current semester.

Note: * The candidates who have passed in the first appearance and within the prescribed Semesters of the PG Programme are alone eligible for this classification.

16. Reappearance by failed candidates:

A candidate who fails in any course/courses may appear for the examination again in those course/courses as per university rules.

17. A candidate has to complete the program within 3years from the completion of the duration of program, failing which the candidate’s registration will stand automatically cancelled and the candidate has to register afresh, if the candidate wants to pursue the program.

18. Award of the M. Phil. Degree:

A student will be declared to be eligible for the award of a degree if he/she has:

- Registered for and undergone all the courses under the different parts of the curriculum of his/her program.
- There are no dues to the university, hostel, NSS, library clubs, associations etc from the candidate and
- No disciplinary action is pending against him/her.

SEMESTER – I			
Course code: 821111	Research Methodology and Advance Statistics in Physical Education	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To improve the Research Report Writing. ➤ To enrich the Statistical application. 		
Unit – I	Foundations Types of questions: Descriptive, Rational and Causal-Variables – Hypotheses – Types of Data – Unit of analysis – Structure of Research – Deductive and Inductive Thinking – Internal Validity – Problem Formulation – Literature Review.		
Unit – II	Sampling Sampling: External Validity, Threats to external validity, the sampling Distribution, Sampling Error Probability Sampling: Simple Random Sampling – Stratified Random Sampling – Systematic Random Sampling – Cluster (Area) Random Sampling – Multi stage Sampling Non-Probability Sampling: Convenience Sampling – Purposive Sampling.		
Unit – III	Types & Research Philosophical and Historical Research Survey Research: Types of Surveys, Selecting the survey method, constructing the survey, Interviews. Experimental Research: Design-Internal Validity-Types of Designs: True Experimental Designs-Quasi-Experimental Designs.		
Unit – IV	Statistical Analysis-I Data – Normality of Data – Normal Curve, Meaning, Purpose, Calculation Type I,II,III & IV Errors and Advantages of “T” ratio – simple analysis of variance (one way ANOVA)- factorial design – two way and three way factorial design – repeated measures ANOVA – two way ANOVA – two way ANOVA with one factor repeated ANOVA-post hoc tests. Application of Ms Excel and SPSS for Statistical Calculations.		
Unit – V	Statistics Analysis-II Person product moment correlation – Rank order correlation – biserial correlation – partial and multiple correlation – prediction and wherry dolittle method – phi correlation – chi square – contingency coefficient. Concept and calculation of mann whitney u Test, kruskal wallis H test – concepts of multivariate ANOVA and ANCOVA (MANOVA, MANCOVA)-concept of factor analysis.		
Unit – VI	Research writing Writing a proposal – preparation of research report – Arrangement of chapters Stylistic elements – formatting.		
Suggested Readings:-			
Best, John W & Kahn, James V. (1992) <i>research in education</i> , New Delhi: Prentice Hall of			

India

Clarke, David.H and Clarke, H.Harrison(1984) *Research Processes in physical education*: New Jersey, Prentice Hall Inc.

Clarke, David H. and Clarke, David H.(1972) *Advanced Statistics*. New jersey. Prentice Hall Inc

Fred.A.Kerlinger (2007) *Foundation of education research*: Sage Publication.

Thomson AL, (1986) *The art of using computers*, Boston: Boyd & Frasher Publishing

William M.k.Trochim, *research methods knowledge base*: www.socialresearchmethods.net/1kb

Outcomes

- To choose right statistical technique to be used with the research method.
- Interpret statistical literature, research articles and the claims made on the basis of statistics.

Course code: 821112A	Sports Physiotherapy	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To improve the knowledge about Rehabilitation ➤ To improve Preventive and curative aspects. 		
Unit – I	<p>Introduction Definition – meaning of sports physiotherapy – need and importance of sports physiotherapy – need and importance of sports rehabilitation – need and importance of sports medicine (preventive curative and rehabilitative aspects).</p>		
Unit – II	<p>Massage Athletic Injuries – causes – preventive measures – passive treatments – massage – historical developments – effects of massage – basic massage technique – (Swedish system) – special massage techniques – yoga therapy and sports injuries.</p>		
Unit – III	<p>Therapy Modalities Hydrotherapy and Balneotherapy – physiological effects – preventive use – methods of application – contrast bath, whirlpool, cryotherapy, cryokinetics, electrotherapy – ultrasonic therapy – indication and contra indications.</p>		
Unit – IV	<p>Rehabilitation I Active treatment-strengthening exercises-Isometric exercise, static muscular work-Isotonic exercise, dynamic muscular work-eccentric exercise, Isolate exercise-preparation for competition. Spinal column and torso: Lordosis, kyphosis, scoliosis and spondylolysis-diagnosis- diagnostic procedure – initial situation – physical examination.</p>		
Unit – V	<p>Proprioceptive neuromuscular facilitation (PNF) – complex motions. Basic principles and technique-complex motions as prevention and rehabilitation for Athletes-limitations of particular sports-limitations determined by injuries-complex motions in rehabilitation-positioning of the athletes.</p>		
Unit – VI	<p>Functional Bandages Use of functional bandages – basic principles in application of functional bandages materials – classification according to time of application – classification according to the type of bandages-classification according to bandaging techniques-classification according to the bandaging materials-indication-contraindication</p>		
<p>Suggested Readings:- AAHPER publication (1974): <i>profession preparation in safety education and school health education</i>, Washington. Armstrong and Tucket (1964) “<i>Injuries and Sports</i>” London sample press Borozne Joseph & Pechar Stanley(1977) <i>administration & supervision for safety in sports</i> Washington, AAPHER Borozne,Joseph & Pechar Stanley :(1977) <i>safety in team sports</i>, Washington, AAPHER Clarke Kenneth S.(1977) <i>drugs & the coach</i> Washington AAPHER Domron,C.F. & Wisconsin, Modison (1977) <i>accident surveillance system for sports</i>, Washington, AAPHER</p>			

Outcomes	<ul style="list-style-type: none">➤ Recognize the role of Physiotherapy in the context of the health needs of the community and National priorities in the health sector.➤ Ability to acquire knowledge on Basic Medical sciences, Human Movement Sciences, Various Medical Conditions and Surgical Treatments to identify Psychological, Social, Economical, Cultural aspects of diseases and its impact on community.
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Course code: 821112B	Sports Physiology	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To enrich the knowledge of Body mechanism. ➤ To enrich the knowledge of Physiological function. 		
Unit – I	<p>Introduction</p> <p>Energy – definition – the biological energy cycle – ATP, the aerobic and anaerobic systems during rest and work – recovery from exercise; the recovery oxygen replenishment of energy stores during recovery – removal of lactic acid from blood and muscle – restoration oxygen stores.</p>		
Unit – II	<p>Bioenergetics</p> <p>Measurement of energy work and power: Direct measurement of energy, indirect measurement of energy-the caloric equivalent of oxygen-measurement of energy-cost of exercise-other methods of reflecting energy cost (bicycle ergo meter, treadmill, run test)</p>		
Unit – III	<p>Skeletal muscle</p> <p>Structure, function and force: connective tissues, tendons, blood supply, nerve supply-structure of the muscle cell-the sliding filament theory of muscular contraction-function: the motor unit-the motor unit and strength gradation, different kinds of motor units-fast twitch (FT) and slow twitch (ST) fibers-muscular force-velocity and power-velocity relationship, local muscular fatigue.</p> <p>Nervous control of muscular movement: Structure of the nerve-the basic functions of the nerve: The nerve impulse, nerve to nerve synapses, the neuromuscular junction, muscle sense organs, proprioceptors, the muscle spindle, golgi tendon organs, joint receptors-the nervous system and motor skills.</p>		
Unit – IV	<p>Cardio respiratory considerations</p> <p>Pulmonary ventilation: At rest, during exercise the anaerobic threshold, alveolar ventilation and dead space, lung volume and capacities, dynamic lung measures, second wind, stitch in the side, ventilation mechanics.</p> <p>GAS Exchange and Transport: Blood flow and gas transport: the heart and cardiac output during exercise – distribution of blood flow-the oxygen transport system circulatory mechanics (Hemo-dynamic) at rest and during exercise.</p>		
Unit – V	<p>Nutrition and Exercise performance</p> <p>Nutrition-food requirements: Selecting food, number of meals-diet before, during, after activity-diet on performance-carbohydrates boosting.</p> <p>Environment aspects and drugs and ergogenic aids: scuba and performances at high altitude-exercise in the heat and cold, nutritional aids, pharmacological aids, physiological agents.</p>		
Unit – VI	<p>Neuroendocrine – Immune System Unit</p> <p>Introduction – Exercise as a stressor that activates the neural and hormonal systems – The Nervous System – The endocrine system – Role of the endocrine system in exercise – Hormonal responses to exercise – Hormonal adaptations to training – Training adaptation and maladaptation – selected interactions of exercise and immune function.</p>		

Suggested Readings:-

Astrand, P.U. and K.Rodhal (1986) *Text book of work physiology*, new York McGraw Hill

Berger (1982) *applied exercise physiology*: lea and febiger: Philadelphia

David H Clarke, "Exercise Physiology" prentice hall inc., Englewood cliffs, new jersey.

Fox, Bowers and Foss, (1989) *physiological basis of physical education and athletics* web:
Dubuque, Iowa.

Kapandji (1986) "The physiology of the joints. Edinburgh London Melbourne and new York.

Larry G. shaver (1982) *Essential of exercise physiology* surjest publications.

Outcomes

- Understand the basis of normal human physiology with special emphasis on the functioning of the cardiovascular, musculo-skeletal and nervous systems.
- Demonstrate an understanding of elementary human physiology and Bio-Chemistry.

Course code: 821112C	Sports Bio Mechanics	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To gain an in depth understanding of sports Bio mechanics. ➤ To provide some capacity to comprehend, increasing amount of biomechanical research being reputed in Journals and applied towards the improvement of sports performance. 		
Unit – I	Introduction in Bio mechanics Nature and scope of Bio mechanics in Physical Education basic principles of Bio mechanics, Fundamental Bio mechanical concepts.		
Unit – II	Movement Movement patterns-the essence of sports biomechanics-defining human movements-some fundamental movements-movement patterns-comparison of qualitative movement analysis.		
Unit – III	Motion Concept of application of mechanics in sports-static and dynamic balance (Equilibrium)-force-moment of force-centripetal and centrifugal forces-force of gravity-spin and friction-impact-elasticity-levers-Newton’s laws of motion-velocity and acceleration-types of motion-rotary and linear motion-angular kinetics-linear kinematism-centre of gravity-falling bodies-path of projection-work-power and energy, guiding principles derived from the application of above mechanical concepts.		
Unit – IV	Hydrodynamic constructs Concepts and application of mechanics in sports in the Aqua media-flotation-buoyant force-specific gravity-centre of buoyancy-rotational motion-fluid resistance-gyro scoping action-guiding principles derived from the application of the above mechanical concepts in the Aqua media.		
Unit – V	Aero dynamic constructs Concepts and application of mechanics in the air media-wind resistance-spin and gyration-surface drag-from drag-life-the magnus effect-guiding principles derived from the application of the above mechanical concepts in the air media.		
Unit – VI	Motion Analysis Analysis of sports techniques: Principles of cinematographic analysis-application of cinematographic and video analysis-motor ideograms-avoidance of errors of measurements. Biomechanical analysis of following activities: Running-jumping-throwing-basket ball-foot ball-hockey-volleyball.		
Suggested Readings:- Broer.M.R. “ <i>Efficiency of human movement Philadelphia</i> ”: W.S.Saunders company Bunn, John W, “ <i>Scientific principles of coaching</i> ” Englewood cliffs, new jersey, prentice hall inc. Brendan, Beng,MEng,Ph.D, “ <i>Sports Bio mechanics for Coaches</i> ” Third Education.School of health and Sports Sciences, University of Sunshine Coast, Australia.			

Charles Simonian, Fundamentals of sports Bio mechanics Ohio State University, Prentice hall
INS, Engle wood cliffs, New Jersey 07632

Dyson, GH.G. *“The mechanics of athletics”* London, hodder and storughton.

Hay, james.G. *“bio-mechanics of sports techniques”*, Englewood cliffs, new jersey, prentice hall
inc.

Logan-*“Kinesiology and bio-mechanics”*

Outcomes	<ul style="list-style-type: none">➤ Apply the analytic methods to specific example of normal human motor performance.➤ Analyze normal human movement from a global perspective, integrating biomechanics, muscle mechanics and motor control theory.
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Course code: 821112D	Sports Psychology	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To enrich the Behavioral Intervention. ➤ To develop Personality character. 		
Unit – I	Introduction Psychology – sports psychology-sports learning and high performance-high sports performance & sports psychology-theory and practice together.		
Unit – II	Personality Nature or personality-early experiences in personality development – learning process in personality development-social context of personality acquisition-underlying dimensions of personality traits-assessment of personality traits-Epps, MMPI, EPI-The califorina psychological inventory-the cattle 16 PF questionnaire-personality traits of athletes-self concept-mental toughness and emotional stability-the psychological conflict of personality-personality as self actualize.		
Unit – III	Learning, Anxiety and Social interaction in sport Learning by connections associations – implications of learning principles – learning process and its factors – characteristics of sport learning – motor learning and co-ordination-anxiety and sports performance-pressure of the coach-measures to control anxiety of the players. Improving the quality of coach – parent relationship in Youth sport – communication in sport.		
Unit – IV	Attention and perception Attention in sport – factor influencing attention – phenomena – shifting of attention – distraction of attention – filtering to attention. Perception – perception movement & sport perception and senses – factor related to perception – measurement of perception – perception and mental practice.		
Unit – V	Cognitive-Behavioural intervention in sport Cognitive strategies in sport – imagery in sport – cognitive behavioural principles and techniques – cognitive behavioural intervention program’s using imagery and relaxation – goal setting – psychological skills training for sport.		
Unit – VI	Exercise Psychology – Psychological benefit of exercise – Overtraining and burnout in Athletics – Treating anxiety and depression – Exercise and mental health – Definition of aggression – Types of Aggression Theories of Aggression – Aggression in athetic competition sex difference in aggressor.		
Suggested Readings:- Clifford T.Morgan, Richard A.king, John R. Wish and John Schopler, “ <i>Introduction to psychology</i> ” TATA McGraw hill-new delhi, university of north carolina. Jean M.Williams, “ <i>Applied sports psychology</i> ”-mayfield publishing company California-university of Arizora. Kakkar-“ <i>advanced educational psychology</i> ”-oxford &IBH publishing co.Pvt.Ltd-new delhi. Parameswaran, and Beena, “ <i>An invitation to psychology</i> ”-nealkamal publications pvt. Ltd-Hyderabad.			

Richard H.S. Cox-“*Sports psychological*” WCB McGraw hill, of Missouri, new York

Outcomes	<ul style="list-style-type: none">➤ Understand the concept of stress and its relationship to health, sickness and one's profession.➤ Recognize and help with the psychological factors involved in disability, pain, disfigurement, unconscious patients, chronic illness, death, bereavement and medical surgical patients/conditions.
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Course code: 821112E	Sports Training Methods	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To develop the Sports training Principles. ➤ To enrich the sports strategies. 		
Unit – I	Introduction A) Training: Definition, meaning, aim, characteristics and principles. B) Fitness: Introduction, health related fitness, needs, benefits, basic components C) Athletic related fitness, needs, benefits, basic components.		
Unit – II	Types of training A) Basic level: own body exercise, circuit training, sand training, hill training, stair case training, jump rope training, fartlek training, weight training, plyometric training B) Advanced level: Saq training(speed, agility, quickness) cross training complex training, contrast training, tetanus training, maxex training C) Training components: Density, load, set, recovery.		
Unit – III	Strength: A) Definition, types, maximum strength, explosive strength, strength endurance B) Muscle response strength training: Isometric, Isotonic, Isokinetic. C) Components of strength training: principles of 1RM. Speed: Definition, types of speed training: Assisted sprint, resisted sprint, interval sprint, repetition sprint, acceleration sprint, components of speed(reaction time, block clearance time, acceleration, maximum speed and speed endurance). Speed barrier-over some procedure.		
Unit – IV	Endurance: A) Continuous run(slow, fast) aerobic endurance, anaerobic endurance, aerobic threshold, anaerobic threshold, threshold training, physical, physiological and psychological benefits B) Flexibility: definition, types (active passive) Pnf stretching, principles of flexibility, C) Agility : Definition, types, different agility drills.		
Unit – V	Periodisation A) Types single periodisation, double periodisation, multiple periodisation B) Cycles-micro cycle, meso cycle, macro cycle. C) Phases-preparatory phase, competition phase, transition phase, detraining.		
Unit – VI	Warm-up and stretching warm-up – Flexibility – Types of Stretching – Stalicstretching techniques – Dynamic Stretching techniques.		
Suggested Readings:- Dick, frank W.(1980) <i>sports training principles</i> , London : Lepus books Fox, Edward L(1984) <i>sports physiology</i> Halt: CBS college publishing International fitness association web at http://www.ifafitness.com Klerner, susan and robibson.M.G.(1998) power eating. Champaign IL: human kinetics Nieman, David C (1998) The exercise health connection.			

Shaver, larry G (1982). <i>Essential of exercise physiology</i> delhi: Surjeet publications	
Outcomes	<ul style="list-style-type: none">➤ Demonstrate knowledge and understanding of the principles and practices of sports coaching;➤ Demonstrate sports coaching skills which are responsive to the characteristics of individuals;

Course code: 821112F	Yoga Education	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To enrich the knowledge of Yoga practices. ➤ To improve the body function. 		
Unit – I	<p>Introduction to yoga</p> <p>A) Meaning of yoga – concept of yoga – aim and objectives of yoga – brief history of yoga – systems of yoga: Bhakthi yoga – jnana yoga – karma yoga – hatha yoga – laya yoga – mantra yoga – kundalini yoga – raja yoga – patanjali yoga; eight limbs of yoga: yama – niyama – asana – pranayama – pratyahara – dharana – dhayana – samathi</p>		
Unit – II	<p>Asanas</p> <p>Definition – classification of asanas – differences between physical exercise and yogic asanas – guidelines for practicing asanas – various types of asanas and their benefits.</p>		
Unit – III	<p>Pranayama</p> <p>Concept of pranayama – nadis – ida nadi – pingala nadi – sushumma nadi – controlling of breath; puraka – kumbhaka – rechaka. Benefits of pranayama on various systems of the body. Types of pranayama – nadi suddhi – nadi shodhanas – surya bhedana – kapalabhati – bhastrika – sitakari – sitali – bhramari – ujjayi.</p>		
Unit – IV	<p>Bandhas and Mudras</p> <p>Meaning – types ; jalandra – mula – uddiyana. Kriyas – techniques of kriyas – neyi (jala neti, sutra neti) – dhauti; vamana dhauti – vastra dhauti – bhasti – nauli – trataka – kapalabhati</p>		
Unit – V	<p>Kiriyas</p> <p>Kriyas:Kapalabhati,Trataka,Nati,Dhouti,Nauli,&Basthi.Mudras : Chin Mudra, Chinmaya Mudra, Adi Mudra,Brahma Mudra,Maha Mudra,Aswini Mudra,& Yoga Mudra.Bandhas : Jalandhara Bandha,Uddiyana Bandha&Mula Bandha.</p>		
Unit – VI	<p>Meditation</p> <p>Concept of meditation – types of meditation – physiological benefits of meditation – effects of yoga on various systems of the body – yoga and competition – integration of yoga with modern education – yoga institutions in India and abroad.</p>		
<p>Suggested Readings:-</p> <p>Chandrasekaran, K. Sound health through yoga. Madurai; Prem kalyan publications.</p> <p>Gharofe, M.L; applied yoga. Lonavala</p> <p>Gharota, <i>science of yoga</i>, kaivalyadhama, lonavla, India.</p> <p>Moorthy A.M and Alagesan, S Yoga therapy; TPH Coimbatore</p> <p>Swami digamberji yoga and physical education, kavivalyadhama konavla, India</p> <p>Swami kuvalyananda, Asanas. Lonavala; Kaivalyadhama</p>			
Outcomes	<ul style="list-style-type: none"> ➤ To practice mental hygiene. ➤ To attain higher of consciousness 		

Course code: 82112G	Measurement and Evaluation in Physical Education	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To develop concepts related to Test, Measurement & Evaluation. ➤ To construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education 		
Unit – I	Introduction Meaning of the terms ‘Test’ Measurement and Evaluation – Function of Measurement and Evaluation – Process of Measurement and Evaluation – Classification of test – Criteria for selection for test.		
Unit – II	Test Evaluation Constructing Sports Knowledge test – Constructing Sports Skill test – Administration of test – Anthropometry – Techniques of tasking Management – Body Composition.		
Unit – III	Physical Fitness and Motor Components Test New York State Physical Fitness Test - Roger’s Physical Fitness Test – Oregon Motor Fitness Test – AAHPERD Health Related Physical Fitness Test – YMCA Physical Fitness Test – Kraus Weber Muscular Strength Test.		
Unit – IV	Motor Educability and Flexibility Test Barrow Motor Ability Test – Johnson’s Educability – Test of Flexibility (Cureton Flexibility Test) – Test of Agility – Woodruff body Alignment Posture Test – Foot Print Angle.		
Unit – V	Tests of Specific Sports Skill Test Badminton - a) French Short Serve Test - b) Lockhart, McPherson Test Basketball - a) AAHPRD Test - b) Johnson Test Hockey - a) Henry Friedal Hockey Test - b) Chapman Ball Control Test Soccer - a) Mor – Christian Test - b) Yeagley Soccer Battery Tennis - a) Dyer Tennis Test - b) Hewitt’s Test Volleyball - a) Brady Test - b) Russell – Lange Test		
Suggested Readings:- Sharad Chandra Mishra, “ <i>Test and Measurement in Physical Education</i> ” – 2005 Baumgartner / Jackson – “ <i>Measurement for Evaluation in Physical Education and Exercise Science</i> ” 1987. Charles Harold Mc Cloy “ <i>Tests and Measurement in Health and Physical Education</i> ” 2004 H.Harrisinclarke, “ <i>Application of Measurement to Physical Education</i> ” 1987 Norman E.Gronlund “ <i>Measurement and Evaluation in Teaching</i> ” 1981.			

Outcomes	<ul style="list-style-type: none">➤ Describe the meaning Assessment and different evaluations.➤ Classify the assessment based on purpose, scope, attribute measured, nature of information gathered, nature of interpretation and context
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Course code: 821113	Professional Competencies	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To build and broaden the general awareness level of learners in the fields of physical education. ➤ To facilitate the use of electro gadgets and internet in improving the teaching-learning and research process. 		
Unit – I	<p>General Awareness: Individual and group presentation of present day fitness and health issues</p> <ul style="list-style-type: none"> • Issues concerned with young people: 1. with teaching and learning 2. With the curriculum-gender equality in sports fitness and physical education. • The activity and leisure industry • Inclusive sport culture • Wellness as the centre of lifestyle education • Presentation of recent research problem in the chosen areas of specialization. 		
Unit – II	<p>Internet and computers in teaching learning and research: Publications-Medline-csa physical education index-sport discuss-academic search complete-psycinfo-science direct-soc index-abi/inform complete lexi nexis academic-Eric-web science-dissertation and these-academic one file-academic search priming-directory of open access journals-general one file-wilgonweb omni file full text mega-international index to the performing arts full text(proquest) etc.</p> <p>Computer lab sessions to demonstrate use of online journals-sourcing of online research articles from databases like-subscribing to online research forums like-preparing professional power point presentations</p>		
Unit – III	<p>Classroom communication: Testing of conceptual clarity through quizzing-mentoring and tutoring skills to help slow learners-nuances of written communication in preparing lecture notes, case let and case writing for classroom use.</p>		
Unit – IV	<p>Pedagogical skills Use of case study method, situational analysis method and in basket exercises in teaching-use of multimedia tools like LCD projectors and laptops for presentations and interactive instructions-games and simulation relevant to the area of specialization-student performance measurement methods like grading, relative grading, percentile method and measurement indicators like mean, median and standard deviation of students scores in examinations.</p>		
Unit – V	<p>Research article writing skills Presentations of review of research articles in chosen areas. Analyzing and understanding styles and formats of articles in referred national and international journals. Abstract, keywords, foot note and citation styles in articles-cross reference-preparation of articles for magazines.</p>		

Unit – VI	<p>Project proposals and research proposals</p> <p>Components of project proposals-identifying funding agencies (like DAAD, UKIERI, DST, UGC, AICTE, ICSSR, ICMR-social research order planning commission, etc.) analyzing the requirement-research proposals: exercises on research questions, research gaps and outcome of research identification in chosen research areas-presentation of proposals.</p>
<p>Suggested Readings:-</p> <p>Barbara Mae. Raymond W.Preiss Gayle class room communication and instructional processes.</p> <p>Cooper, Pamela J, Simonds, Cheri communication for the classroom teacher.</p> <p>Deborah Diadium Leu, Donald, J.Leu, Katherine R.Leu teaching with the internet: lessons from the class</p>	
Outcomes	<ul style="list-style-type: none"> ➤ Describe the general principles of mass balances in steady state systems. ➤ To develop the classroom communication and presentation skills. ➤ Design and solve mass balances for complex process flow systems, including batch mixing problems, multiple stage flow problems, problems with multiple inflows and outflows, recycle streams and multiple components, and processes where chemical reactions take place

SEMESTER – II			
Course code: 821121	Area of Dissertation	Credits:4	Hours:4
Objectives	<ul style="list-style-type: none"> ➤ To develop the mechanism of Research Report. ➤ To develop the knowledge above statistical features 		
Unit – I	Fundamental concepts: Meaning, need, nature, aim, objectives and scope of the topic – purpose, justification and usefulness of the topic, statement of the problem. Hypothesis, delimitations and limitations, front materials of the dissertation – reviews.		
Unit – II	Methodology: Selection of subjects – variables – justification – scheduling – apparatus and materials – tests – method of testing and training procedures – statistical techniques.		
Unit – III	Experimental Design Research design – meaning, need, importance – features – types – principles of sampling – population – steps of sampling design – criteria for selecting. A sampling design – characteristics – types – size – random sample – complex random sampling design.		
Unit – IV	Data collection: Data collection – method of data collection – processing and analysis of data - statistical technique – testing hypothesis – interpretation – technique of interpretation – computer analysis of data.		
Unit – V	Results and Findings Significance of research writing – steps in research writing – lay out – types of reports, mechanics of writing a research report – precautions for writing research reports – cauterization – tabulation – grapes/figures, conclusion – recommendation – bibliography – appendices.		
Unit – VI	Formulation and Development of Research Problem Location of research problem – Criteria in selecting the research problem – Research proposal – Survey of related literature – Need to survey of related literature – Major sources of literature – Library sources – Library reading.		
Suggested Readings:- Best, John W. and Kalm james, V.(1980) research in education, new delhi: Prentice hall of India. Clarke David.H and Clarke H, Harrison (1984) research processes in physical education, new jersey: Prentice hall inc., Clarke, H. Harrison and Clarke david H.(1972) <i>advanced statistics</i> , new jerky: Prentice hall inc. Thomson AI(1986) The art of using computers, boyd & frasher boston: Publishing co.,			
Outcomes	<ul style="list-style-type: none"> ➤ Develop an ability to effectively communicate knowledge in a scientific manner. ➤ Recognize the importance of planning and preparation required to undertake a research project. 		

Profile of the BBBOS Members

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Educational Qualification:

- Ph.D

Professional experience:

- 19 years

Honours and Awards:

-

Recent publications:

- International – 5

Cumulative impact factor: _____

Total citation : _____

h-index : _____

i10-index : _____

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Educational Qualification:

- Ph.D

Professional experience:

- 20 years

Honours and Awards:

- 6

Recent publications:

- International – 2

Cumulative impact factor: 5.36

Total citation : _____

h-index : _____

i10-index : _____

Profile of the BBBOS Members

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Educational Qualification:

- Ph.D

Professional experience:

- 13 yrs

Honours and Awards:

- 1

Recent publications:

- International – 12

Cumulative impact factor: 5.87

Total citation : _____

h-index : _____

i10-index : _____

Profile of the BBOS Members

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Educational Qualification:

- Ph.D

Professional experience:

- 9 yrs

Honours and Awards:

- -

Recent publications:

- International – 7

Cumulative impact factor: -

Total citation : _____

h-index : _____

i10-index : _____

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Educational Qualification:

- Ph.D

Professional experience:

- 3 years

Honours and Awards:

-

Recent publications:

- International – 1

Cumulative impact factor: -

Total citation : _____

h-index : _____

i10-index : _____



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