

**NATIONAL EDUCATION POLICY-2020**  
**Common Minimum Syllabus for all Uttarakhand**  
**State Universities and Colleges**



**Syllabus Proposed**  
**2023-24**

**Sri Dev Suman Uttarakhand University**  
**Badshahithol, Tehri (Garhwal)**

**पाठ्यक्रम निर्माण समिति, उत्तराखण्ड**  
**Curriculum Design Committee, Uttarakhand**

क्र० सं०	नाम एवं पद	
1	प्र० एन० के० जोशी कुलपति, श्रीदेव सुमन उत्तराखण्ड विश्वविद्यालय, टिहरी	अध्यक्ष
2	कुलपति, कुमाऊँ विश्वविद्यालय, नैनीताल	सदस्य
3	प्र० जगत सिंह बिष्ट कुलपति, सोबन सिंह जीना विश्वविद्यालय, अल्मोड़ा	सदस्य
4	प्र० सुरेखा डंगवाल कुलपति, दून विश्वविद्यालय, देहरादून	सदस्य
5	प्र० ओ० पी० एस० नेगी कुलपति, उत्तराखण्ड मुक्त विश्वविद्यालय, हल्द्वानी	सदस्य
6	प्र०. एम० एस० एम० रावत सलाहकार—रुसा, रुसा निदेशालय, देहरादून	सदस्य
7	प्र० के० डी० पुरोहित सलाहकार—रुसा, रुसा निदेशालय, देहरादून	सदस्य

# National Education Policy-2020

## Common Minimum Syllabus for all Uttarakhand State Universities and Colleges for Under- Graduation & Post-Graduation.

### B.A. AND M.A SYLLABUS

The syllabus was checked and modified by:

S.N.	Name	Designation	Department	Affiliation
1.	Prof. C.P. Singh	Professor	Physical Education	Deemed University, Gwalior
2.	Dr. Nagendra P. Sharma	Assistant Professor	Physical Education	Kumaun University, Nainital
3.	Mr. Pushkar Singh Bisht	Associate Professor	Physical Education	S.S.J. University, Almora
4.	Mr. Pushkar Gaur	Assistant Professor	Physical Education	Sri Dev Suman University
5.	Dr. Ruchi Sah	Assistant Professor	Physical Education	S.S.J. University, Almora
6.	Mr. Surendra Singh	Assistant Professor	Physical Education	Kumaun University, Nainital
7.	Mr. Rajesh Kumar	Assistant Professor	Physical Education	Kumaun University, Nainital
8.	Mr. Sudarshan Kumar	Assistant Professor	Physical Education	Kumaun University, Nainital
9.	Mr. Jagdish Singh Bisht	Assistant Professor	Physical Education	S.S.J. University, Almora
10.	Mr. Mukesh Pandey	Guest Faculty	Physical Education	S.S.J. University, Almora
9.	Dr. Santosh Kumar	Convenor & Head	Physical Education	Kumaun University, Nainital

**Programme outcomes (POs):**

<b>PO 1</b>	<ul style="list-style-type: none"> <li>• This course will provide students the basic concept of Physical Education</li> <li>• The student will be able to understand the relationship between Physical education and society.</li> <li>• Students will acquire good health, physical fitness, and bodily coordination through participating regularly in physical activity</li> </ul>
<b>PO2</b>	<ul style="list-style-type: none"> <li>• The student will be able to understand new trends and importance of ICT.</li> <li>• The student will be able to explain the importance of human rights, environment in our life.</li> <li>• The student will be able to explain the importance of values, mental health and hygiene.</li> </ul>
<b>PO 3</b>	<ul style="list-style-type: none"> <li>• Students will be able to understand interdisciplinary nature of the subject.</li> <li>• Program will be helpful in conceptualization and synthesis of knowledge of life skill and sustainable education.</li> </ul>
<b>PO 4</b>	<ul style="list-style-type: none"> <li>• Program will be helpful in conceptualization and synthesis of knowledge of Educational aspects in relation to: Human Development- Human Behavior, Teaching Learning, Measurement and Evaluation, Society and Nation.</li> </ul>
<b>PO 5</b>	<ul style="list-style-type: none"> <li>• The student will be able to understand the importance of research and statistics in education.</li> <li>• It will develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle</li> <li>• Participating in various activities, students can acquire knowledge and skills, develop generic skills, as well as desirable values and attitudes.</li> </ul>
<b>PO 6</b>	<ul style="list-style-type: none"> <li>• The student will be able to analyse administration and management in physical education.</li> <li>• The student will be able to explain the glorious history of physical education.</li> <li>• Multidimensional development of students.</li> </ul>

**Programme specific outcomes (PSOs):**

**UG IV Year /PG I Year/ Bachelor (Research) in Physical Education a**

**This Course enables the students to understand sound knowledge of research in physical education.**  
**This Course enables the students to understand basic concept of psychological foundations of education and teacher education.**  
**This program will be helpful in the conceptualization and synthesis of knowledge of educational aspects in relation to: Human Development- Human Behavior, Teaching Learning process.**  
**This course will enhance ability of students to interpret the design and conduct of basic research in physical education.**  
**This course provides the assessment and evaluation techniques used in Education by psychological tools.**  
**This course enables the students to understand the concepts and needs of statistics in physical education.**  
**This course enables the students to understand concepts, needs, and the importance of Guidance and Counseling in our life.**  
**This course enables the students to understand sports journalism.**  
**This course enables the students to understand different type of adventure sports.**  
**This course enables the students to understand the training schedule and different types of games.**

**Programme specific outcomes (PSOs):**

**PG II Year/Master of Physical Education**

**This Course enables the students to understand sound knowledge of research in physical education.**  
**This Course enables the students to understand statistical tools and techniques in Physical education.**  
**This program will be helpful in the different types of tests and measurements and evaluation in the field of physical education and sports.**  
**This course will enhance ability of students to interpret the design and conduct of basic research in physical education.**  
**This course provides the assessment and evaluation techniques used in Education by psychological tools.**  
**This course enables the students to understand the concepts and needs of statistics in physical education.**  
**This course enables the students to understand concepts, needs, and the importance of Guidance and Counseling in our life.**  
**This course enables the students to understand sports journalism and mass communication.**  
**This course enables the students to understand sports technologies.**  
**This course enables the students to understand sports medicine and athletic care.**

**KUMAUN UNIVERSITY, NAINITAL**  
**National Education Policy-2020**

**SEMESTER-WISE TITLES OF THE PAPERS IN PHYSICAL  
EDUCATION**

**List of all Papers in Six Semester  
Semester-wise Titles of the Papers in Physical  
Education**

Year	Sem.	Cours e Code	Paper Title	Theory/ Practical	Credit s
<b>Bachelor (Research) in Physical Education</b>					
FOURTH- YEAR	B.A. VII/ M.A. 1 Sem.	PE701T	RESEARCH PROCESS IN PHYSICAL EDUCATION	Theory	4
		PE702T	EDUCATIONAL PSYCHOLOGY-I	Theory	4
		PE703T	SPORTS JOURNALISM	Theory	4
		PE704T	WATER SPORTS	Theory	4
		PE705P	INTRAMURAL COMPETITION AND RACKET SPORTS	Practical	4
		PE706P	RESEARCH PROJECT	Project	4
	B.A. VIII/ M.A. II Sem	PE801T	TEACHING METHODOLOGY IN PHYSICAL EDUCATION	Theory	4
		PE802T	EDUCATIONAL PSYCHOLOGY-II	Theory	4
		PE803T	STATISTICS IN PHYSICAL EDUCATION & SPORTS	Theory	4
		PE804T	ADVENTURE SPORTS	Theory	4
		PE805P	WEIGHT TRAINING AND GAME SPECIALIZATION	Practical	4
		PE806P	RESEARCH PROJECT	Project	4
<b>Master in Physical Education</b>					
FIFTH - YEAR	M.A. III Sem.	MPE101T	RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	Theory	4
		MPE102T	APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	Theory	4
		MPE103T	TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION & SPORTS	Theory	4
		MPE104T	SPORT JOURNALISM AND MASS COMMUNICATION	Theory	4
		MPE105P	SPORTS PRACTICAL WITH SPECIALIZATION IN ANY ONE: TRACK & FIELD / GYMNASTICS / SWIMMING / COMBATIVE SPORT / INDIGENOUS SPORT / TEAM GAME/ RACKET GAME.	Practical	4
		MPE106P	RESEARCH PROJECT	Dissertation	4
	M.A. IV Sem.	MPE201T	SPORTS AND EXERCISE PHYSIOLOGY		4
		MPE202T	SCIENTIFIC PRINCIPLES OF SPORTS TRAINING		4
		MPE203T	YOGIC SCIENCES		4
		MPE204T	SPORT TECHNOLOGY		4
		MPE205P	SPORTS PRACTICAL WITH SPECIALIZATION IN ANY ONE: TRACK & FIELD / GYMNASTICS / SWIMMING / COMBATIVE SPORT / INDIGENOUS SPORT / TEAM GAME/ RACKET GAME.		4
		MPE206P	RESEARCH PROJECT		4

**SYLLABUS FOR B.A. SEMESTER VII/ PAPER I**

<b>Program/Class: Research degree</b>	<b>Year: Fourth</b>	<b>Semester: Seventh</b>
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
<b>Course Code: PE701T</b>	<b>Course title: Research process in Physical Education</b>	
<b>Course Outcomes: Define the Meaning and Definition of Research. Discuss the Need, Nature, and Scope of research in Physical Education. Generalizing the Methods of Research. Determining the knowledge to design. Applying the knowledge of Sampling process. Reviewing the impact of all units in preparing the Research Proposal.</b>		
<b>Credits : 4</b>	<b>Max. Marks : 25+75</b>	<b>Min. Passing Marks : 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): 4-0-0</b>		
<b>UNIT</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I and</b>	<b>Meaning and Definition of Research – Need, Nature  Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.</b>	<b>15</b>
<b>II</b>	<b>Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.</b>	<b>15</b>
<b>III</b>	<b>Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.</b>	<b>15</b>
<b>IV</b>	<b>Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non-Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling. Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.</b>	<b>15</b>

**Suggested readings:**

**Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, Londonl Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics; Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar Pathippagam Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi**

**Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks)**

**Written Test – 10 marks**

**Assignment/ Research Based Project - 10 marks Attendance – 5 marks**

**Research Orientation of the student.**



**SYLLABUS FOR B.A. /SEMESTER VII/ PAPER II**

<b>Program/Class: Research Degree</b>	<b>Year: Fourth</b>	<b>Semester: Seventh</b>
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
<b>Course Code: PE702T</b>	<b>Course Title: Educational Psychology-I</b>	
<p><b>The Course learning outcomes (COs): On completion of the four years program, the students will be learning and able to do/perform the following.....</b></p> <p><b>CO-1. State the Meaning and Definition of Psychology.</b></p> <p><b>CO-2. Estimating the stages of Growth and Development.</b></p> <p><b>CO-3. Acquiring the knowledge of Individual Differences.</b></p> <p><b>CO-4. Determining the reasons of Behavioral development.</b></p> <p><b>CO-5. Estimating the knowledge of learning theories.</b></p> <p><b>CO-6. Combining the knowledge of Transfer of training.</b></p>		
<b>Credits: 04</b>		<b>Elective</b>
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks: 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<p><b>Meaning of Psychology</b></p> <ul style="list-style-type: none"> <li>- <b>Nature of Psychology</b></li> <li>- <b>Sources of psychology</b></li> <li>- <b>Definition of Psychology</b></li> <li>- <b>Psychology is a Sciences</b></li> <li>- <b>Branches of Psychology</b></li> <li>- <b>Importance of Psychology in Education with special reference to Physical Education.</b></li> </ul>	<b>ES 15</b>

II	<ul style="list-style-type: none"> <li>- Growth and Development</li> <li>- Meaning of growth and Maturation</li> <li>- Development by maturation</li> <li>- Development by exercise and learning</li> <li>- Behavioral development with special reference to perceptual, Language intellectual social, emotional and physical</li> </ul>	15
III	<p>Individual differences: meaning of the terms individual differences.</p> <ul style="list-style-type: none"> <li>- Heredity and environment as cause of individual differences</li> <li>- Interaction of heredity and environment.</li> <li>- Body types based on psychological parameters according to jung.</li> </ul>	15
IV	<p>Learning Meaning and nature of learning</p> <ul style="list-style-type: none"> <li>- Principles of learning - Types of learning</li> <li>- Theories of learning (Trial and error, conditioned reflex, insight theory, learning by imitation).</li> <li>- Meaning of transfer of training. Conditions of transfer of training. learning curve.</li> <li>- How to overcome plateau</li> </ul>	15
<p><b>Suggested Readings:</b>  Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service,1957 -  Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd.  - Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley &amp; Sons Inc. 1963.  - Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros.  - Snum, Richar M. Psychology in Sports ,Surjeet Publication ,1982</p>		
<p><b>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)</b>  <b>Written Test – 10 marks</b>  <b>Assignment/ Research Based Project - 10 marks Attendance – 5 marks</b>  <b>Research Orientation of the student.</b></p>		
<p><b>Course Prerequisites:</b> There is no any prerequisites but students are to be physical &amp; medically Fit.</p>		
<p><b>Suggested equivalent online courses:</b>  <b>IGNOU</b>  Other centrally/state operated Universities / MOOC platforms such as  “SWAYAM” in India and Abroad.  Rajarshi Tandon open University.</p>		

**SYLLABUS FOR B.A. /SEMESTER VII/ PAPER III**

Program/Class: Research degree	Year: Fourth	Semester: Seventh
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
Course Code: PET703T	Course Title: Sports Journalism	
<p><b>Course outcomes: Describing the Meaning and Definition of Journalism. Explaining the role of Sports News agencies. Determining the Concept of Sports Bulletin. Comparing the General news reporting and sports reporting. Editorializing and evaluating of Reported News.</b></p>		
Credits : 04		Elective
Max. Marks : 25+75		Min. Passing Marks: 10 + 25
<b>Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF LECTURES</b>
I	<p><b>Meaning and Definition of Journalism, Ethics of Journalism - Canons of journalism-Sports Ethics and Sportsmanship - Reporting Sports Events. National and International Sports News Agencies. Principles of modern journalism.</b></p>	15
II	<p><b>Concept of Sports Bulletin, Types of bulletin Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Complete information on investigative Sports Journalism</b></p>	15
III	<p><b>Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting.</b></p>	15
IV	<p><b>Advantages of Division of labor in sports journalism Sports organization and Sports Journalism - General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach</b></p>	
<p><b>Suggested Readings:</b>  Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications  Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication  Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication  Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.  Kannan K (2009) Soft Skills, Madurai:  Madurai: Yadava College Publication  Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication.  Padmanabhan. A &amp; Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication  Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited.</p>		

<p><b>Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd. Venkataiah. N (2009) Value Education- New Delhi: APH Publishing Corporation. 43</b></p>
<p><b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b>  <b>Written Test – 10 marks</b>  <b>Assignment/ Research Based Project - 10 marks Attendance – 5 marks</b>  <b>Research Orientation of the student.</b></p>
<p>Course Prerequisites: There is no any prerequisites but students are to be physical &amp; medically Fit.</p>
<p><b>Suggested equivalent online courses:</b>  <b>IGNOU</b>  <b>Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</b>  <b>Rajarshi Tandon open University.</b></p>

**SYLLABUS FOR B.A. /SEMESTER VII/ PAPER IV**

<b>Program/Class: Research Degree</b>	<b>Year: Fourth</b>	<b>Semester: Seventh</b>
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
<b>Course Code: PET704T</b>	<b>Course Title: Water Sports</b>	
<p><b>Course outcomes: Define the Meaning and Definition of water sports. Discuss the Ethics of water sports. Acquiring the knowledge of Equipment use in water sports. Determining the Career opportunities in water sports. Applying the knowledge of water sports.</b></p>		
<b>Credits: 04</b>		<b>Elective</b>
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks: 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF LECTURES</b>
I	<p><b>Introduction of Water Sports</b>  <b>History of Water Sports</b>  <b>Types of Water Sports</b></p>	15
II	<p><b>Scope of Water Sports in India</b>  <b>Need and Importance of Water Sports</b>  <b>List of Equipment's used in Various Water Sports</b>  <b>Purchase and Care of Equipment's used in Water Sports</b>  <b>Career opportunities in water sports.</b></p>	15
III	<p><b>Introduction of Kayaking and Kenoying</b>  <b>Equipment's and It's availability</b>  <b>Training of handling equipment's</b>  <b>Competitions and role of Federation/ Indian Government</b></p>	15

<b>IV</b>	<b>Introduction of Water Surf, Sailing and Power Boats 15</b> <b>Equipment's and It's availability</b> <b>Training of handling equipment's</b> <b>Competitions and role of Federation/ Indian Government</b>
<b>Suggested Readings:</b> Aamidor A (2003).Real Sports Reporting. Indiana University Press.Valparaiso. Indiana. U.S.A. <b>Ahuja, B.N (1988) Theory and Practice of Journalism. Surjeet Delhi.</b> Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi. <b>Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.</b> <b>Kamath, M V (1980). Professional Journalism. K.S.K. New Delhi</b>	
<b>Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT (25 Marks)</b> <b>Written Test – 10 marks</b> <b>Assignment/ Research Based Project - 10 marks Attendance – 5 marks</b> <b>Research Orientation of the student.</b>	
<b>Course Prerequisites: There is no any prerequisites but students are to be physical &amp; medically Fit.</b>	
<b>Suggested equivalent online courses:</b> <b>IGNOU</b> <b>Other centrally/state operated Universities / MOOC platforms such as</b> <b>“SWAYAM” in India and Abroad.</b> <b>Rajarshi Tandon open University.</b>	

**SYLLABUS FOR B.A. /SEMESTER VII/ PAPER V**

<b>Program/Class: Research Degree</b>	<b>Year: Third</b>	<b>Semester: Sixth</b>
<b>SUBJECT: PHYSICAL EDUCATION - PRACTICAL</b>		
<b>Course Code: PET705T</b>	<b>Course Title: Intramural competition and Racket Sports</b>	
<b>Course Outcomes: Students will know the athletics events and practice of coaching and teaching.</b>		
<b>Credits: 04</b>		<b>Elective</b>
<b>Max. Marks : 25 + 75</b>		<b>Min. Passing Marks: 10 + 25</b>
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
	<b>PART – A</b>	
<b>I</b>	<b>The group of students(max 5 in a group) will undergo through this practical from the beginning of the semester and each group will organize an Intramural activity, through different games and sports, in which the group members(those who are organizing the programme) will not participate.</b>	<b>15</b>
<b>II</b>	<b>PART – B</b>	

Record and report a scrape file with photographs and news paper cuttings  
Viva voce

<b>III</b>	<b>Part-C</b>	
	<b>Badminton/ Table Tennis/Squash/ Lawn Tennis. (Any one) Fundamental Skills, Drills and lead up games</b>	<b>15</b>
<b>IV</b>	<b>Part-D</b>	
	<b>Rules and their interpretations and duties of officials. File and viva voce Famous personalities</b>	<b>15</b>
<p><b>Suggested Readings:</b>  <b>Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,2000</b>  <b>Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000</b>  <b>Sharma,Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi.</b>  <b>Dagar,R.K.S. &amp; Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005.</b>  <b>Thomas R. Baechle and Roger W. Earle, (2000).</b></p>		
<p><b>Continuous Evaluation Methods (CIE)</b>  <b>INTERNAL ASSESMENT (25 Marks)</b>  <b>Written Test – 10 marks</b>  <b>Assignment/ Research Based Project - 10 marks</b>  <b>Attendance – 5 marks</b>  <b>Research Orientation of the student.</b>  <b>PRACTICAL ASSESMENT (75 Marks)</b>  <b>Practical – 50</b>  <b>VIVA – 15</b>  <b>Record book charts etc – 10</b></p>		
<p><b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b></p>		
<p><b>Suggested equivalent online courses:</b>  <b>IGNOU</b>  <b>Other centrally/state operated Universities / MOOC platforms such as</b>  <b>“SWAYAM” in India and Abroad.</b>  <b>Rajarshi Tandon open University.</b></p>		

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VII/RESEARCH REPORT/ PAPER**

**VI**

<b>Program/Class: Degree</b>	<b>Year: Third</b>	<b>Semester: Sixth</b>
<b>SUBJECT: Physical Education- Project</b>		
<b>Course Code: PE706P</b>	<b>Course Title: RESEARCH PROJECT</b>	
<b>Course outcomes: Students will aware of the status of Sports in Uttarakhand.</b>		
<b>Credits: 04</b>	<b>Compulsory</b>	
<b>Max. Marks : 25 + 75</b>	<b>Min. Passing Marks: 10+25</b>	
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
<b>I</b>	<b>To write a report on the status of Sports in Uttarakhand Analyze the data and submit a detailed report and a presentation.</b>	<b>45</b>
<b>Suggested Readings:</b> Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		
<b>Suggested Continuous Evaluation Methods:</b> Making a video of survey or interview and present it.(20 marks) Attendance (5marks)		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		

**SYLLABUS FOR B.A. SEMESTER VIII/ PAPER I**

<b>Program/Class: Research degree</b>	<b>Year: Fourth</b>	<b>Semester: Eighth</b>
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
<b>Course Code: PET801T</b>	<b>Course title: Teaching methodology in Physical Education</b>	
<b>Course Outcomes: Define the Meaning and types of Teaching Methods. Discuss the Presentation Techniques in Physical Education. Generalizing the Methods of Words of command. Determining the knowledge to Lesson Planning. Applying the knowledge to take Lesson Plan in different categories. Reviewing the impact of all units in conduction of competitions.</b>		
<b>Credits : 4</b>	<b>Max. Marks : 25+75</b>	<b>Min. Passing Marks : 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): 4-0-0</b>		



UNIT	TOPIC	NO. OF LECTURES
I	<p><b>(A) Meaning</b>  Meaning of the term" teaching method" its scope and importance  The factors to be considered in determining the method of teaching.</p> <p><b>(B) Types of method</b>  Part-whole method, whole part method, command method, discussion method, project method, demonstration method, imitation method</p> <p><b>(C) Principles of teaching</b></p>	15
II	<p><b>Presentation Techniques</b></p> <p>(a) Personal preparation.  (b) Technical preparation.  (c) Steps of presentation.  (d) Command and their techniques.  (e) Situation which require different words of command.  (f) Types of class management.</p>	15
III	<p><b>Lesson planning 15 Types of lessons and their values</b></p> <p>Types of lesson planning: - General lesson plan, coaching lesson plan, Classroom teaching lesson plan</p> <p>(a) Objectives of different lesson plans and part of the lesson introductory and development.  (b) Skill practice/group work.  (c) Class activity/recreation part (reassembly revision and dismissal).</p>	
IV	<p><b>Organization and conduct of competitions</b></p> <p>(a) Tracks and field  (b) Gymnastics.  (c) Weight lifting, body building and best physique contest.  (d) Wrestling and combative games.  (e) Swimming, diving -aquatics.  (f) Games and sports tournaments.</p>	15
<p><b>Suggested readings:</b></p> <p>-Tirunaryanan,c. and hariharan, s. methods in physical education,karai kudi south india press, 1962.</p> <p>- Kozman, b. cassidy, rosalind and jakson,c.d.,methods in physical education, london: w.b. saunders company, 1960.</p> <p>- Knapp, clyde and hagman, e.p. teaching methods foe physical education, new yoek: mc graw hill book co., 1948</p>		

<p>Continuous Evaluation Methods: (CIE) INTERNAL ASSESSMENT (25 Marks)</p> <p><b>Written Test – 10 marks</b></p> <p>Assignment/ Research Based Project - 10 marks Attendance – 5 marks</p> <p><b>Research Orientation of the student.</b></p>
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**SYLLABUS FOR B.A. /SEMESTER VIII/ PAPER II**

Program/Class: Research Degree	Year: Fourth	Semester: Eighth
SUBJECT: B.P.E.S. - THEORY		
Course Code: PET802T	Course Title: Educational Psychology-II	
<p>Course Outcomes: The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....</p> <p><b>The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following..... State the Meaning and Definition of Psychology.</b></p> <p><b>Estimating the motivation level.</b></p> <p><b>Acquiring the knowledge of Emotions.</b></p> <p><b>Determining the reasons of development of Personality.</b></p> <p><b>Estimating the knowledge of Mechanism of the process of remembering.</b></p>		
Credits : 4	Max. Marks : 25+75	Min. Passing Marks : 10 + 25
Total No. of Lectures-Practical (in hours per week): 4-0-0		
UNIT	TOPIC	NO. OF LECTURES
I	<p><b>Motivation</b></p> <p>Meaning of motivation. concept of need, drive, motive, incentive and achievement</p> <p>Types of Motivation</p> <p>Role of motivation on teaching physical activities</p>	15
II	<p><b>Emotion</b></p> <p>Meaning and nature of emotion.</p> <p>Types of emotion.</p> <p>Emotional experiences (anxiety and fear) and their effect on learning of physical activities.</p>	15
III	<p><b>Personality</b></p> <p>Meaning and nature of personality.</p> <p>Physiological and social factors in personality.</p> <p>Development of personality</p>	15
IV	<p><b>Memory</b></p> <p>Definition of memory</p> <p>Types of Memory.</p> <p>Mechanism of the process of remembering, memory training.</p> <p>Meaning of forgetting, Reasons of forgetting, curves of forgetting</p>	15

<b>Importance of memory in learning physical activities.</b>
<b>Suggested Readings:</b>
<p>Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service,1957 -  Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd.  - Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley &amp; Sons Inc. 1963.  - Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros.  - Snum, Richar M. Psychology in Sports ,Surjeet Publication ,1982  - Silva ,J.M. and Weinberg R.S Psychology of foundations of Sports , Illinois , Human Kinetics Publishers Inc.</p>
<p><b>Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks)</b>  <b>Written Test – 10 marks</b>  <b>Assignment/ Research Based Project - 10 marks Attendance</b>  <b>– 5 marks Research Orientation of the student.</b></p>
<p><b>Suggested equivalent online courses:</b>  <b>IGNOU</b>  Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.  Rajarshi Tandon open University.</p>

**SYLLABUS FOR B.A. /SEMESTER VIII/ PAPER III**

Program/Class: Bachelor Degree	Year: Fourth	Semester: Eighth
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
Course Code: PET803T	Course Title: Statistics in Physical Education & Sports	
<p><b>Course outcomes: State the Meaning and Definition of Statistics. Acquiring the knowledge of Parametric and non-parametric statistics. Estimating the Measures of Central Tendency. Acquiring the knowledge of Measures of Dispersions and Scales. Estimating the Calculation and advantages of various scales. Combining the data, statistical procedure and interpretation of data.</b></p>		
<b>Credits : 04</b>		Elective
<b>Max. Marks : 25+75</b>		Min. Passing Marks: 10 + 25
<b>Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF LECTURES</b>

I Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics. 15

II	Data Classification, Tabulation and Measures of Central Tendency Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.	15
III	Measures of Dispersions and Scales Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale	15
IV	Probability Distributions and Graphs Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence form normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve. Inferential and Comparative Statistics Tests of significance; Independent “t” test, Dependent “t” test – chi – square test. level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation.	
<p><b>Suggested Readings:</b>            Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc. Jerry R Thomas &amp; Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics; Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.</p>		
<p><b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b>  <b>Written Test – 10 marks</b>  <b>Assignment/ Research Based Project - 10 marks Attendance – 5 marks</b>  <b>Research Orientation of the student.</b></p>		
<p><b>Course Prerequisites:</b> There is no any prerequisites but students are to be physical &amp; medically Fit.</p>		
<p><b>Suggested equivalent online courses:</b>  <b>IGNOU</b>  <b>Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</b>  <b>Rajarshi Tandon open University.</b></p>		

<b>Program/Class: Research Degree</b>	<b>Year: Fourth</b>	<b>Semester: Eighth</b>
<b>SUBJECT: B.P.E.S. - THEORY</b>		
<b>Course Code: PET804T</b>	<b>Course Title: Adventure Sports</b>	
<b>Course Outcomes: Memorizing the Importance of Adventure Sports, Describing the Scope, Need and Importance of Adventure Sports, Acquiring the knowledge of various government agencies of Adventure Sports, Determining the Role of Local Bodies for promoting Adventure Sports, Applying the concept of First Aid, Estimating the Rehabilitation process.</b>		
<b>Credits : 4</b>	<b>Max. Marks : 25+75</b>	<b>Min. Passing Marks : 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): 4-0-0</b>		
<b>UNIT</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<b>Introduction of Adventure Sports</b> History of Adventure Sports Types of Adventure Sports	<b>15</b>
<b>II</b>	<b>Adventure Sports at global level</b> <b>Scope of Adventure Sports in India</b> <b>Need and Importance of Adventure Sports</b>	<b>15</b>
<b>III</b> <b>Adventure</b>	<b>Role of Indian government in promotion of</b> <b>Sports</b> <b>Role of SAI in promotion of Adventure Sports</b> <b>Role of Associations and Federations in promotion of</b> <b>Adventure Sports</b> <b>Role of Uttarakhand Government for promoting</b> <b>Adventure Sports</b> <b>Role of Local Bodies for promoting Adventure Sports</b>	<b>15</b>
<b>IV</b>	<b>Equipment's required for adventure sports</b> <b>Precautions during adventure sports</b> <b>First aid required for adventure sports</b> <b>Rehabilitation required for adventure sports</b>	<b>15</b>
<b>Suggested Readings:</b>		
Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL. Driskell JA and Wolinky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla. Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL. Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth		
<b>Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks)</b>		
<b>Written Test – 10 marks</b>		
<b>Assignment/ Research Based Project - 10 marks</b>		
<b>Attendance – 5 marks</b>		
<b>Research Orientation of the student.</b>		

<p><b>Suggested equivalent online courses:</b>  <b>IGNOU</b>  Other centrally/state operated Universities / MOOC platforms such as  “SWAYAM” in India and Abroad.  Rajarshi Tandon open University.</p>

**SYLLABUS FOR B.A. /SEMESTER VIII/ PAPER V**

<b>Program/Class: Research Degree</b>	<b>Year: Third</b>	<b>Semester: Eighth</b>
<b>SUBJECT: PHYSICAL EDUCATION - PRACTICAL</b>		
<b>Course Code: PET805T</b>	<b>Course Title: weight training with therapeutic exercise and game specialization</b>	
<b>Course Outcomes: Students will know the athletics events and practice of coaching and teaching.</b>		
<b>Credits: 04</b>		
<b>Max. Marks : 25 + 75</b>		<b>Min. Passing Marks: 10 + 25</b>
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
	<b>PART – A</b>	
<b>I</b>	<b>Warming up: - General &amp; Specific</b> <b>Specific conditioning programme for Weight training/ Power lifting/Weight lifting.</b> <b>Basic skills</b> <b>Classification of Techniques</b> <b>A Scrape File</b> <b>Viva-voce</b>	<b>15</b>
<b>II</b>	<b>PART – B</b>	
	<b>Practice for Bandaging.</b> <b>Practice for massage techniques.</b> <b>Demonstration of Therapeutic Exercise.</b> <b>A visit to Physiotherapy lab.</b> <b>Write a Brief Report on the visit of the lab.</b>	<b>15</b>
<b>III</b>	<b>Part-C</b>	
	<b>Choose any one game:</b> <b>Games Specialization- (Any One) Kabaddi/ Kho- Kho/Badminton/ Table Tennis/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey</b> <b>History and development of selected game/sports</b> <b>Lay out and measurement of selected game/sports</b>	<b>15</b>
<b>IV</b>	<b>Part-D</b>	

File and viva voce of selected games/sports  
 Specific exercise for selected game/sports  
 Techniques and skills of selected game/sports

Note: Students will not repeat the previous semester's game specialization

**Suggested Readings:**

**Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000**

**Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000**

**Sharma,Vyas Dev. "introduction to physical and health education", avichal publishing company, new delhi.**

**Dagar,R.K.S. & Chauhan, S.K "Psycho-Historical bases of Physical Education" friends publications, New Delhi 2005.**

**Thomas R. Baechle and Roger W. Earle, (2000).**

**Continuous Evaluation Methods (CIE)**

**INTERNAL ASSESMENT (25 Marks)**

**Written Test – 10 marks**

**Assignment/ Research Based Project - 10 marks**

**Attendance – 5 marks**

**Research Orientation of the student.**

**PRACTICAL ASSESSMENT (75 Marks)**

**Practical – 50**

**VIVA – 15**

**Record book charts etc – 10**

**Course prerequisites: There is no any prerequisites only students physical and medically fit.**

**Suggested equivalent online courses:**

**IGNOU**

**Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad.**

**Rajarshi Tandon open University.**

**SYLLABUS FOR B.A. PHYSICAL EDUCATION/SEMESTER VIII/RESEARCH REPORT/  
PAPER VI**

<b>Program/Class: Degree</b>	<b>Year: Fourth</b>	<b>Semester: Eighth</b>
<b>SUBJECT: Physical Education- Project</b>		
<b>Course Code: PE806P</b>	<b>Course Title: RESEARCH PROJECT</b>	
<b>Course outcomes: Students will aware of the status of Sports in India.</b>		
<b>Credits: 04</b>	<b>Compulsory</b>	
<b>Max. Marks : 25 + 75</b>	<b>Min. Passing Marks: 10+25</b>	
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
<b>I</b>	<b>To write a report on the status of Sports in India. Analyze the data and submit a detailed report and a presentation.</b>	<b>45</b>
<b>Suggested Readings:</b> Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		
<b>Suggested Continuous Evaluation Methods:</b> Making a video of survey or interview and present it.(20 marks) Attendance (5marks)		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		

**SYLLABUS FOR M.A. SEMESTER IX/ PAPER I**

<b>Program/Class: Master (Research) in Physical Education</b>	<b>Year: Fourth</b>	<b>Semester: Ninth</b>
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
<b>Course Code: PE901T</b>	<b>RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES</b>	
<b>Course Outcomes: Define the Meaning and Definition of Research. Discuss the Need, Nature, and Scope of research in Physical Education. Generalizing the Methods of Research. Determining the knowledge to design. Applying the knowledge of Sampling process. Reviewing the impact of all units in preparing the Research Proposal.</b>		
<b>Credits : 4</b>	<b>Max. Marks : 25+75</b>	<b>Min. Passing Marks : 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): 4-0-0</b>		
<b>UNIT</b>	<b>TOPIC</b>	<b>NO. OF LECTUR ES</b>



- I Meaning, Definition and Objectives of Research. • Need, Nature and Scope of research in Physical Education. • Classification of Research, Location of Research Problem. • Criteria for selection of a problem. • Limitation, Delimitation, Hypothesis. • Qualities of a good researcher. 15

II	Descriptive Methods of Research: Survey Study, Case study. • Historical Research: Steps in Historical Research, Sources of Historical Research. • Primary Data and Secondary Data, Internal Criticism and External Criticism. • Experimental Research — Meaning, Nature and Importance. • Meaning and type of Variables, Meaning and type of Experimental Design.	15
III	Meaning and Definition of Sample and Population. • Types of Sampling; Probability Methods, Systematic Sampling, Cluster sampling, Stratified Sampling. • Sampling Techniques: Area Sampling, Multistage Sampling.	15
IV	Defining Research Project. • Writing a Research Proposal and Research Report, Footnotes & Bibliography. E-Referencing. • Ethical Issues in Research: Areas of Scientific Dishonesty, Ethical issues regarding copyright. Plagiarism.	15
<p><b>Suggested readings:</b></p> <ul style="list-style-type: none"> <li>• Best &amp; Kahn (2003) Research in Education, 10th Ed. New Jersey; Prentice Hall, Inc.</li> <li>• Clarke David. H &amp; Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.</li> <li>• Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London, Routledge Press</li> <li>• Jerry R Thomas &amp; Jack K Nelson (2000) Research Methods in Physical Activities: Illinois: Human Kinetics;</li> <li>• Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi</li> <li>• Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugar, Pathippagam</li> <li>• Rothstain, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.</li> <li>• Subramanian, R, Thirumalai Kumar S &amp; Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication</li> <li>• Moorthy A. M. Research Processes in Physical Education (2010); Friends Publication, New Delhi</li> </ul>		
<p><b>Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks)</b>  <b>Written Test – 10 marks</b>  <b>Assignment/ Research Based Project - 10 marks</b>  <b>Attendance – 5 marks</b>  <b>Research Orientation of the student.</b></p>		

## SYLLABUS FOR M.A. /SEMESTER IX/ PAPER II

<b>Program/Class:</b> Master (Research) in Physical Education	<b>Year:</b> FIFTH	<b>Semester:</b> Ninth
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
<b>Course Code:</b> PE902T	<b>Course Title:</b> APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS SCIENCES	
<p><b>The Course learning outcomes (COs): Students will acquire deep knowledge of statistical tool or tests. Measures of central tendencies etc.</b></p>		

<b>Credits: 04</b>		
<b>Max. Marks: 25+75</b>		<b>Min. Passing Marks: 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0</b>		
UNIT	TOPICS	NO. OF LECTURES
I	• <b>Meaning and Definition of Statistics.</b> • <b>Need and importance of Statistics in Physical Education and Sports.</b> • <b>Meaning of the terms: Population, Sample, Data, Variables.</b>	15
II	• <b>Meaning, uses and construction of frequency table</b> • <b>Measures of Central Tendency —Mean, median and mode. Range Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error. Normal Curve and its properties.</b>	15
III	• <b>Sample Distribution of Means, Standard Error of Mean.</b> • <b>Testing of Hypothesis, Rejection of Null and Alternative Hypothesis.</b> • <b>Level of Significance.</b> • <b>Type I and Type II Errors.</b> • <b>Degrees of Freedom</b>	15
IV	<b>Tests of significance: Independent “t” test, Dependent “t” test, Chi - square test.</b> • <b>Level of confidence and interpretation of data.</b> • <b>Meaning of correlation, Co-efficient of correlation.</b> • <b>Calculation of co-efficient of correlation by the product moment method and rank difference Method.</b> • <b>Concept of ANOVA and ANCOVA.</b>	15
<p><b>Suggested Readings:</b>  Best J. W (1971) <i>Research in Education</i>, New Jersey; Prentice Hall, Inc. • Clark D.H. (1999) <i>Research Problem in Physical Education</i> 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc. • Jerry R Thomas &amp; Jack K Nelson (2000) <i>Research Methods in Physical Activities</i>; Illonosis; Human Kinetics; • Kamlesh, M.L.(1999) <i>Research Methodology in Physical Education and Sports</i>, New Delhi • Rothstain A (1985) <i>Research Design and Statistics for Physical Education</i>, Englewood Cliffs: Prentice Hall, Inc. • Sivaramakrishnan. S. (2006) <i>Statistics for Physical Education</i>, Delhi; Friends Publication Thirumalaisamy (1998) • <i>Statistics in Physical Education</i>, Karaikudi, Senthil Kumar Publications</p>		
<p><b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b>  <b>Written Test – 10 marks</b>  <b>Assignment/ Research Based Project - 10 marks</b>  <b>Attendance – 5 marks</b>  <b>Research Orientation of the student.</b></p>		
<p><b>Course Prerequisites:</b> There is no any prerequisites but students are to be physical &amp; medically Fit.</p>		
<p><b>Suggested equivalent online courses:</b>  <b>IGNOU</b>  <b>Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</b>  <b>Rajarshi Tandon open University.</b></p>		

**SYLLABUS FOR M.A. /SEMESTER IX/ PAPER III**

<b>Program/Class: Mater (Research) in Physical Education</b>	<b>Year: Fifth</b>	<b>Semester: Ninth</b>
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
<b>Course Code: MPE903T</b>	<b>Course Title: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION &amp; SPORTS</b>	
<b>Course outcomes: Define the meaning and general principles of Test, Measurement &amp; Evaluation, Discuss the role and Importance of Test, Measurement &amp; Evaluation. Acquiring the knowledge of Concept of Physical Fitness Determining the role of Endurance, Calculating and examine the Anthropometric Measurements</b>		
<b>Credits : 04</b>		<b>Elective</b>
<b>Max. Marks : 25+75</b>		<b>Min. Passing Marks: 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<ul style="list-style-type: none"> <li>• Meaning and Definition of Test, Measurement and Evaluation</li> <li>• Need and Importance of Measurement and Evaluation in Physical Education.</li> <li>• Criteria for Test Selection — Scientific Authenticity.</li> <li>• Meaning, definition and establishing Validity, Reliability, Objectivity.</li> <li>• Norms — Administrative Considerations.</li> </ul>	<b>15</b>
<b>II</b>	<ul style="list-style-type: none"> <li>Factors Affecting Scientific Authenticity</li> <li>• Procedure to establish Scientific Authenticity</li> <li>• Construction of Test — Knowledge Test &amp; Skill Tests.</li> <li>• Administration of Testing programme, its procedure and follow up</li> </ul>	<b>15</b>
<b>III Physical</b>	<ul style="list-style-type: none"> <li>• Meaning and Definition of Motor Fitness and Fitness.</li> <li>• Tests for Motor Fitness: • Barrow Motor Ability Test.</li> <li>• Kraus Weber Minimum Muscular Fitness Test.</li> <li>• AAHPERD Health Related Fitness Battery (revised in 1984),</li> <li>• ACSM Health Related Physical Fitness Test.</li> <li>• Roger's Physical Fitness Index.</li> <li>• Harvard step test.</li> <li>1 2 minutes Run / Walk Test, Beep test</li> </ul>	<b>15</b>
<b>IV</b>	<ul style="list-style-type: none"> <li><b>Physiological Testing:</b></li> <li>• <b>Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test.</b></li> <li>• <b>Anaerobic Capacity: Margaria- Kalamen test, Wingate Anaerobic Test.</b></li> <li>• <b>Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, hip, thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac</b></li> </ul>	
<p><b>Suggested Readings:</b></p> <ul style="list-style-type: none"> <li>•Bangsbo,J.(1994).Fitness training in football: A scientific approach. Bagsvaerd. Denmark: Ho+Storm.</li> <li>• Barron, H. M., &amp; Mchee, R.(1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.</li> <li>• Barron, H.M. &amp;Mchee, R. (1997). A Practical approach to measurement in physical education, Philadelphia: Lea and Febiger.</li> <li>• Kansal,D.K.(1996). Test andmeasurement insports and physical education.NewDelhi: D.V.S. Publications.</li> <li>• Mathews, D.K., ( 1973). Measurement in physical education, Philadelphia: W.B.Sounders Compnay.</li> <li>• Pheasant, S.(1996).Body space:anthropometry,ergonomics anddesignofwork.Taylor&amp; Francis, New York.</li> </ul>		

<p>Phillips, D. A., &amp;Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons. • Sodhi, H.S., &amp; Sidhu, L.S. (1984). Physique and selection of sports-a kinanthropometric study. Patiala: Punjab Publishing House.</p>
<p><b>Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)</b>  <b>Written Test – 10 marks</b>  <b>Assignment/ Research Based Project - 10 marks Attendance – 5 marks</b>  <b>Research Orientation of the student.</b></p>
<p>Course Prerequisites: There is no any prerequisites but students are to be physical &amp; medically Fit.</p>
<p><b>Suggested equivalent online courses:</b>  <b>IGNOU</b>  <b>Other centrally/state operated Universities / MOOC platforms such as</b>  <b>“SWAYAM” in India and Abroad.</b>  <b>Rajarshi Tandon open University.</b></p>

#### SYLLABUS FOR M.A. /SEMESTER IX/ PAPER IV

Program/Class: Mater (Research) in Physical Education	Year: Fourth	Semester: Seventh
SUBJECT: PHYSICAL EDUCATION - THEORY		
Course Code: MPE904T	Course Title: SPORT JOURNALISM AND MASS COMMUNICATION	
<p><b>Course outcomes: Describing the Meaning and Definition of Journalism. Explaining the role of Sports News agencies. Determining the Concept of Sports Bulletin. Comparing the General news reporting and sports reporting. Editorializing and evaluating of Reported News.</b></p>		
Credits: 04		
Max. Marks: 25+75		Min. Passing Marks: 10 + 25
Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0		
UNIT	TOPICS	NO. OF LECTURES
I	Meaning, Definition & Evolution of Sports Journalism. Ethics of Journalism. • Sports Ethics and Sportsmanship, Reporting Sports Events, National and International Sports News Agencies, Definition, meaning, scope and importance of Sports journalism	15
II	Introduction to mass communication - The concept of mass media - Mass media in India. • Mass media institutions in India — Government media units - Press registrar of India, Press council of India-Indian news agencies media educational institutions. • The function of press-Press free domand responsibility, Current trends in journalism. • Sports Photography: Equipment- Editing — Publishing. Mass Media in Journalism: Radio and T.V. Commentary	15

III News Reporting. Functions, responsibilities and qualities of reporter. - 15  
 Functional differences of reporters — Special correspondents, foreign correspondents, columnists, free lancers. • Structure of Advertising - Functions of advertising, Psychology of advertising, Types of advertising. • Modern trends in Reporting and Advertising sports events

IV	Preparation of General news reporting and sports reporting. 2. Methods of editing a Sports report. 3. Evaluation of Reported News. 4. Interview with and elite Player and Coach. 5. Visit to News Paper office and TV Centre to know various departments and their working. 6. Preparation of Portfolio of newspaper cuttings of sports news(national & international).	15
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**Suggested Readings:**

• Ahiya B.N.(1988) Theory and Practice of Journalism: Set to Indian context Ed 3. Delhi : Surjeet Publications • Ahiya B.N.Chobra S.S.A.(1990) Concise Course in Reporting. New Delhi: Surjeet Publication • Bhatt S.C.(1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication • Dhananjay Joshi(2010) Value Education in Global Perspective. New Delhi: Lotus Press. • Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication • Mohit Chakrabarti (2008): Value Education: Changing Perspective. New Delhi: Kanishka Publication. • Billings, A., Butterworth, M., & Turman, P. (2012). Communication and sport. Thousand Oaks, Calif.: SAGE. ISBN-13: 978-141 2972932 ISBN- 10: 1412972930 • Billings, A. (2014) Routledge handbook of sport and new media. Routledge ISBN-13: 978-0415532761 ISBN- 10: 0415532760 • Billings, A., Butterworth, M., & Turman, P. (2014) Communication and sport. ISBN- 13: 978- 1452279 138 ISBN- 10: 1452279136 • Sandvoss, C., Real, M., & Bernstein, A. (2012). Bodies of discourse. New York, NY: Peter Lang. ISBL- 13: 978-143311173 0 ISBN-10: 1433 1 1 173X • Deninger, D.(2012). Sports on television New York: Routledge. ISBN-10' 0415896762 ISBN- 13: 978- 04 1 5896764

**Continuous Evaluation Methods (CIE) INTERNAL ASSESMENT**

(25 Marks) Written Test – 10 marks

Assignment/ Research Based Project - 10 marks Attendance

– 5 marks Research Orientation of the student.

Course Prerequisites: There is no any prerequisites but students are to be physical & medically Fit.

**Suggested equivalent online courses:**

IGNOU

Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.

Rajarshi Tandon open University.

**SYLLABUS FOR M.A. /SEMESTER VII/ PAPER V**

<b>Program/Class: Master (Research in Physical Education)</b>	<b>Year: Third</b>	<b>Semester: Sixth</b>
<b>SUBJECT: PHYSICAL EDUCATION - PRACTICAL</b>		
<b>Course Code: MPE105P</b>	<b>Course Title: Sports Practical with specialization in any one: Track &amp; Field / Gymnastics / Swimming / Combative Sport / Indigenous Sport / Team Game/ Racket Game.</b>	

<b>Course Outcomes:</b> Students will know the athletics events and practice of coaching and teaching. It is designed to provide an opportunity to students to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.		
<b>Credits: 04</b>		<b>Elective</b>
<b>Max. Marks : 25 + 75</b>		<b>Min. Passing Marks: 10 + 25</b>
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
	<b>PART – A</b>	
<b>I</b>	<ul style="list-style-type: none"> <li>• Historical development of the game/sport at national and international levels</li> <li>• National Bodies controlling game/sport and their affiliated units.</li> <li>• International Bodies controlling game/sport and their affiliated units.</li> <li>• Major National and International competitions in Game/Sport</li> <li>• Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport.</li> </ul>	<b>15</b>
<b>II</b>	<b>PART – B</b>	
	<ul style="list-style-type: none"> <li>• Classification of techniques/skills.</li> <li>• Technique/skill training: Preparatory, Basic. Supplementary exercises.</li> <li>• Identification &amp; Correction of faults.</li> <li>• Training for mastery in technique/skill</li> <li>• Recreational and lead-up activities.</li> <li>• Warm-up and cool down for game/sports.</li> </ul>	<b>15</b>
<b>III</b>	<b>Part-C</b>	
	<ul style="list-style-type: none"> <li>• Mechanics of officiating.</li> <li>• Qualities of good official.</li> <li>• Duties of official (pre, during and post game)</li> <li>• Rules &amp; their interpretations.</li> </ul>	
<b>IV</b>	<b>Part-D</b>	
	<ul style="list-style-type: none"> <li>Training (Means &amp; Method) • 15</li> <li>Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)</li> <li>• Basic Concept or preparation of training schedules.</li> <li>• Tactical training in game/sport.</li> <li>• Psychological preparation required during competition in game/sport.</li> <li>• Preparation of short term and long-term training plans in game/sport.</li> <li>• Periodization in training of players in game/sport.</li> <li>• General/specific fitness tests and performance/skill test in game/sport</li> </ul>	
<b>Suggested Readings:</b> Latest Official Rule Books of International Federations of particular game/sport and coaching manuals will be utilized. Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana, 2000 Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana, 2000 Sharma, Vyas Dev. “Introduction to physical and health education”, avichal publishing company, new delhi. Dagar, R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005. Thomas R. Baechle and Roger W. Earle, (2000).		

<b>Continuous Evaluation Methods (CIE)</b> <b>INTERNAL ASSESMENT (25 Marks)</b> <b>Written Test – 10 marks</b> <b>Assignment/ Research Based Project - 10 marks</b> <b>Attendance – 5 marks</b> <b>Research Orientation of the student.</b> <b>PRACTICAL ASSESSMENT (75 Marks)</b> <b>Practical – 50</b> <b>VIVA – 15</b> <b>Record book charts etc – 10</b>
<b>Course prerequisites: There is no any prerequisites only students physical and medically fit.</b>
<b>Suggested equivalent online courses:</b> <b>IGNOU</b> <b>Other centrally/state operated Universities / MOOC platforms such as</b> <b>“SWAYAM” in India and Abroad.</b> <b>Rajarshi Tandon open University.</b>

**SYLLABUS FOR M.A. PHYSICAL EDUCATION/SEMESTER VII/RESEARCH REPORT/  
PAPER VI**

<b>Program/Class: Degree</b>	<b>Year: Fifth</b>	<b>Semester: Sixth</b>
<b>SUBJECT: Physical Education- Project</b>		
<b>Course Code: PE106P</b>	<b>Course Title: Dissertation</b>	
<b>Course outcomes: Students will aware of the status of Sports in Uttarakhand.</b>		
<b>Credits: 04</b>		<b>Compulsory</b>
<b>Max. Marks : 25 + 75</b>		<b>Min. Passing Marks: 10+25</b>
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
<b>I</b>	<b>To write a Dissertation on comparison of two team or individual game with the help statistical tools. Analyze the data and submit a detailed report and a presentation.</b>	<b>45</b>
<b>Suggested Readings:</b> Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a>		



<b>Suggested Continuous Evaluation Methods:</b> <b>Making a video of survey or interview and present it.(20 marks) Attendance (5marks)</b>
<b>Course prerequisites: There is no any prerequisites only student physical and medically fit.</b>

**SYLLABUS FOR M.A./SEMESTER VIII/ PAPER I**

<b>Program/Class: Master (Research in Physical Education)</b>	<b>Year: Fourth</b>	<b>Semester: Eighth</b>
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
<b>Course Code: MPE201T</b>	<b>Course title: SPORTS AND EXERCISE PHYSIOLOGY</b>	
<b>Course Outcomes: students can understand human structure and function and the effects of exercise on various human body systems.</b>		
<b>Credits : 4</b>	<b>Max. Marks : 25+75</b>	<b>Min. Passing Marks : 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): 4-0-0</b>		
<b>UNIT</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<ul style="list-style-type: none"> <li>• Meaning, Definition &amp; Historical Development of Sports &amp; Exercise Physiology</li> <li>• Macro &amp; Micro Structure of the Skeletal Muscles, Chemical Composition, Sliding Filament theory of Muscular Contraction. Types of Muscle fiber, Muscle Tone, Chemistry of Muscular Contraction</li> <li>• Heat Production in the Muscle, Effect of exercises and training on the muscular system</li> </ul>	<b>15</b>
<b>II</b>	<ul style="list-style-type: none"> <li>• Blood Supply to the Heart, Cardiac Cycle, Stroke Volume, Cardiac Output, Heart Rate, Factors Affecting Heart Rate, Cardiac Hypertrophy</li> <li>• Effect of exercises and training on the Cardio-vascular system.</li> <li>• Mechanics of Breathing. Minute Ventilation — Ventilation at Rest and During Exercise</li> <li>• Diffusion of Gases, Exchange of Gases in the Lungs(external respiration)</li> <li>• Exchange of Gases in the Tissues(internal respiration).</li> <li>• Second Wind, Oxygen Debt, Lung Volumes and Capacities</li> </ul>	<b>15</b>
<b>III</b>	<ul style="list-style-type: none"> <li>Sports/Exercise in Hot and Cold Conditions</li> <li>• Thermoregulatory Mechanism</li> <li>• Physiological response, Health Risk associated with Exposure to heat and cold.</li> <li>• Acclimatization: Sports &amp; Exercise - Training in High Altitude</li> </ul>	<b>15</b>
<b>IV</b>	<ul style="list-style-type: none"> <li>• Metabolism — ATP — PC or Phosphagen System</li> <li>• Anaerobic Metabolism and Aerobic Metabolism</li> <li>• Aerobic and Anaerobic Systems</li> </ul>	<b>15</b>

	<b>during Rest and Exercise. • Effects of Short Duration, Long Duration and High Intensity Exercises</b>	
<b>Suggested readings:</b> <ul style="list-style-type: none"> <li>• Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.</li> <li>• Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.</li> <li>• Clarke.D.H.(1975). Exercise Physiology.New Jersey:Prentice Hall Inc., Englewood Cliffs.</li> <li>• David, L Costill. (2004). Physiology Of Sports and Exercise. Human Kinetics.</li> <li>• Fox. E.L.. and Mathews, D.K. ( 1981). The Physiology Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.</li> <li>• Guyton, A.C.( 1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.</li> <li>• Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.</li> <li>• Sandhya Tiwari. ( 1999). Exercise Physiology. Sports Publishers.</li> <li>• Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.</li> <li>• Vincent, T.Murche.(2007). Elementary Physiology. Hyderabad: Sports Publication.</li> <li>• William, D.Me Aradle.(1996). Exercise Physiology. Energy,Nutrition andHuman Performance. Philadelphia: Lippincott Williams and Wilkins Company.</li> <li>• Kenney,W.,Wilmore,J.,&amp;Costill,D.(2015) Physiology of sport and exercise.9781450477673</li> <li>• McArdle, W., Katch, F.,&amp; Katch, V. (2010). Exercise physiology. Baltimore, MD: Lippincott Williams &amp; Willkins. ISBN 978- i 451191 554</li> <li>• Raven, P. (2013). Exercise physiology. Australia: Wadsworth Cengage Learning.</li> </ul>		
<b>Continuous Evaluation Methods: (CIE) INTERNAL ASSESMENT (25 Marks)</b> <b>Written Test – 10 marks</b> <b>Assignment/ Research Based Project - 10 marks Attendance – 5 marks</b> <b>Research Orientation of the student.</b>		

#### SYLLABUS FOR M.A. /SEMESTER X/ PAPER II

<b>Program/Class: Master (Research in Physical Education)</b>	<b>Year: Fourth</b>	<b>Semester: Tenth</b>
<b>SUBJECT: Physical Education - THEORY</b>		
<b>Course Code: MPE802T</b>	<b>Course Title: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING</b>	
<b>Course Outcomes:</b>		
<b>Credits : 4</b>	<b>Max. Marks : 25+75</b>	<b>Min. Passing Marks : 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): 4-0-0</b>		
<b>UNIT</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	<ul style="list-style-type: none"> <li>• Definition, Aim, Characteristics, and Principles of Sports Training.</li> <li>• Training Load: Types of Training Load, Factors of Training Load, Load and Adaptation</li> <li>• Over Load: Definition. Causes of Over Load, Symptoms or Overload</li> <li>• Phases and Means of Recovery</li> </ul>	<b>15</b>
<b>II</b>	<ul style="list-style-type: none"> <li>• Strength: Meaning. Definition &amp; Methods to improve Strength: Weight Training. Isometric, Isotonic and Circuit Training</li> <li>• Speed: Meaning, Definition &amp; Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints.</li> <li>• Endurance: Meaning, Definition &amp; Methods to develop Endurance: Continuous Method, Interval Method,</li> </ul>	<b>15</b>

**Repetition Method, Cross Country, Fartlek Training.**

III	<ul style="list-style-type: none"> <li>• <b>Flexibility: Meaning. Definition &amp; Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method. Plyometric Training.</b></li> <li>• <b>Coordinative abilities: Types and Methods to improve Coordinative abilities.</b></li> <li>• <b>Meaning &amp; Definition of Technique.</b></li> <li>• <b>Meaning &amp; Definition of Strategy &amp; Tactics.</b></li> </ul>	15
IV	<ul style="list-style-type: none"> <li>* <b>Training Plan: Meaning &amp; Importance, Micro-Cycle, Macro-Cycle, Meso-Cycle</b></li> <li>• <b>Short Term Plan and Long Terms Plans – Periodization.</b></li> <li>• <b>Preparatory Period, Competition Period and Transition Period.</b></li> <li>• <b>Definition of Doping, Drug abuse in sports and their effects on performance and body.</b></li> </ul>	15

**Suggested Readings:**

• Beotra Alka. (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India. • Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs. Prentice Hall Inc. • Can, E. Klafs & Daniel. D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosby Company • Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book • Wuest, D., & Fisette, J. (2014) Foundations of physical education. exercise science, and sport. McGraw-Hill Higher Education; ISBN-10:0073522775 ISBN-13. 978-0073522777 • Bompa, T., & Haff, G. (2009). Periodization. Champaign, IL.: Human Kinetics. ISBN-1 3: 9780736074834 • Haff, G., & Triplett, N. Essentials of strength training and conditioning. Champaign, IL.: Human Kinetics. • Bompa, T., & Carrera, M. (2005). Periodization training for sports. Champaign, IL.: Human Kinetics. • Zatsiorsky, V., & Kraemer, W. (2006). Science and practice of strength training. Champaign, IL: Human Kinetics.

**Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks)**

**Written Test – 10 marks**

**Assignment/ Research Based Project - 10 marks Attendance**

**– 5 marks Research Orientation of the student.**

**Suggested equivalent online courses:**

**IGNOU**

**Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.**

**Rajarshi Tandon open University.**

**SYLLABUS FOR M.A. /SEMESTER X/ PAPER III**

Program/Class: Master (Research) in Physical Education	Year: Fifth	Semester: Tenth
<b>SUBJECT: PHYSICAL EDUCATION - THEORY</b>		
Course Code: MPE 803T	Course Title: YOGIC SCIENCES	

<b>Course outcomes: Yoga is very helpful in the prevention of many diseases and students will learn about it. This subject deals with basic knowledge about Aerobics and Gymnasium classes, which will help students excel in the fitness industry.</b>		
<b>Credits : 04</b>		
<b>Max. Marks : 25+75</b>		<b>Min. Passing Marks: 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): L-T-P: 4-0-0</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF LECTURES</b>
I	Meaning and Definition of Yoga, Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samathi. Concept of Yogic Practices: Principles - Breathing -Awareness-Relaxation. Pre-requirements conditions and contraindication of Yoga practice	15
II	Prelim and minor exercises: Techniques and benefits. Asanas: Types, Techniques and Benefits. Surya Namaskar: Methods and benefits. Pranayama: Types, Methods and benefits. Chakras and Shudhi kriyan.	15
III	Yoga and Sports: Supplementary, Compensatory & Regenerative Yogic Exercises Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression, Concentration, Self-Actualization. Effects of Yoga practice on different Systems of body. International Yoga Day, Common Yoga Protocol suggested by AYUSH	15
IV	Yogasana (In Sitting, Standing, Bending & Twisting poses) 2. Pranayama (5 types) 3. Mudras: Meaning, Techniques & Benefits 4. Shat Kriyas- Meaning, Techniques and Benefits 5. Bandas: Meaning, Techniques & Benefits 6. Meditation: Meaning, Techniques & Benefits 7. Relaxation (Shavasana & Makrasana)	
<b>Suggested Readings:</b> • George Feuerstein. (1975).Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd., • Gore.(1990). Anatomy and Physiology of Yogic Practices. Lonavala: Kanchan Prakashan. • Helen Purperhart(2004) The Yoga Adventure forChildren.Netherlands: A HunterHouse Book. • Iyengar, B. K. S. (2000). Light on Yoga. New Delhi: Harper Collins Publishers. • Kuvalyananda Swami&S.L.Vinekar.(1963). Yogic Therapy—Basic Principles andMethods. New Delhi: Govt of India, Central Health Education and Bureau. • Kenghe.C.T.(1976). YogaasDepth- Psychology and para-Psychology(Vol-1): Historical Background. Varanasi:BharataManishai. • Moorthy .A.M &Alagesan.S. (2004).Yoga Therapy, Coimbatore Teachers Publication House. • Swami Satyananda Saraswathi (1984). Kundalini and Tantra. Bihar: Yoga Publications. • Swami Kuvalayananda. (1998). Asanas. Lonavla: Kaivalyadhama. • Swami Satyananda Sarasvati(1989).Asana Pranayama Mudra Bandha. Munger:Bihar School of Yoga. • Swami Sivananda.(1971). TheScienceofPranayama.Chennai:ADivine LifeSociety Publication. • Tiwari. O.P. (1998). Asanas-Why and How. Lonavla: Kaivalyadhama. • Thirumalai Kumar. SandIndira .S (2011)Yoga inYour Life,Chennai: TheParkarPublication. • Khalsa, M., & Bhajan,. (2008). Meditations for addictive behavior. Minneapolis, MN: I Was There Press.ISBN-10: 097991921 5. ISBN-13: 978-09799 19213 • Lysebeth,A.(1979). Pranayama,theyoga ofbreathing. London: Unwin Paperbacks. ISBN-10: 0041490509. ISBN -13: 978-0041490503 • Pandä,N. (2003). Meditation. New Delhi: D.K. Printworld.ISBN-10: 81246021 15 ISBN-13: 978- 81 24602119 • Ramacharaka,. (2009), The		

science of breath. Waiheke Island: Floating Press. ISBN- 10: 1508983704. ISBN-I3: 978-1508983705 • Desikachar, T.(1999). The heart of yoga. Rochester, Vt,: Inner traditionsInternational. ISBN- 13: 978-0892817641. ISBN- 10: 08928 1 764X • Iyengar, B. (1979). Light on yoga.New York: Schocken Books. ISBN-10: 0805210318. ISBN- 13: 978-08052 10316 • Kaminoff, L., & Matthews, A. (2012). Yoga anatomy. Champaign, IL: Human Kinetics. ISBN- 10: 1450400248. ISBN- 13: 978- 1450400244

**Continuous Evaluation Methods (CIE) INTERNAL ASSESSMENT (25 Marks)**  
**Written Test – 10 marks**  
**Assignment/ Research Based Project - 10 marks Attendance – 5 marks**  
**Research Orientation of the student.**

**Course Prerequisites:** There is no any prerequisites but students are to be physical & medically Fit.

**Suggested equivalent online courses:**

**IGNOU**

Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.

Rajarshi Tandon open University.

**SYLLABUS FOR M.A. /SEMESTER X/ PAPER IV**

<b>Program/Class: Master (Research) in Physical Education</b>	<b>Year: Fifth</b>	<b>Semester: Tenth</b>
<b>SUBJECT: Physical Education - THEORY</b>		
<b>Course Code: MPE204T</b>	<b>Course Title: Sport Technology</b>	
<b>Course Outcomes:.</b> Students can be able to understand various methods of teaching and training. Students will aware importance of technology in sports, Limitations and potential of technology in the field of physical education and sports.		
<b>Credits : 4</b>	<b>Max. Marks : 25+75</b>	<b>Min. Passing Marks : 10 + 25</b>
<b>Total No. of Lectures-Practical (in hours per week): 4-0-0</b>		
<b>UNIT</b>	<b>TOPIC</b>	<b>NO. OF LECTURES</b>
<b>I</b>	• Meaning of Sports Technology. • Scope and importance of technology in sports. • Limitations and potential of technology in the field of physical education and sports.	<b>15</b>
<b>II</b>	• Relationship of development in technology and human performance. • Use and abuse of technological advancement in sports. • Role of Technology in Historical development of sports and sportspersons. • Modern technological trends in sports.	<b>15</b>
<b>III</b>	• Technology in sports footwear. • Technology in Balls and hitting equipment. • Technology in different sports surface. • Technology in Protective equipment and gears.	<b>15</b>
<b>IV</b>	• Human motion detection, recording and performance 15 assessment. • Technological equipment used in different sports. • Softwares used in measurement, evaluation, research and prediction of Human performance	<b>15</b>

<p><b>Suggested Readings:</b></p> <ul style="list-style-type: none"> <li>• Franz K. F. etc. Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)</li> <li>• Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)</li> <li>• Franz K. F. et. al., Editor The Impact of Technology on Sports 11 (CRC Press, 2007)</li> <li>• Helge N., Sports Aerodynamics (Springer Science &amp; Business Media, 2009)</li> <li>• Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)</li> <li>• Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)</li> <li>• Colin White, Projectile Dynamics in Sport: Principles and Applications</li> <li>• Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010).</li> <li>• Brasch, N. (2010). Sports and sporting equipment. South Yarra, Vic.: Macmillan Education Australia.</li> <li>• Bruce, L., Hilvert, J., &amp; Hilvert-Bruce. A. (2005). Sports technology. South Yarra, Vic.: Macmillan Library.</li> <li>• Magdalinski, T. (2009). Sport, technology and the body. London: Routledge.</li> <li>• Edmundson, C. Sportstechnology.</li> <li>• Thompson, G. (2001). Sportstechnology. Southbank, Vic.: Nelson Thomson Learning.</li> </ul>
<p><b>Suggested Continuous Evaluation Methods: INTERNAL ASSESSMENT (25 Marks)</b></p> <p><b>Written Test – 10 marks</b></p> <p><b>Assignment/ Research Based Project - 10 marks</b></p> <p><b>Attendance – 5 marks</b></p> <p><b>Research Orientation of the student.</b></p>
<p><b>Suggested equivalent online courses:</b></p> <p><b>IGNOU</b></p> <p>Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.</p> <p>Rajarshi Tandon open University.</p>

**SYLLABUS FOR M.A. /SEMESTER X/ PAPER V**

<b>Program/Class: Master (Research) in Physical Education</b>	<b>Year: Third</b>	<b>Semester: Tenth</b>
<b>SUBJECT: PHYSICAL EDUCATION - PRACTICAL</b>		
<b>Course Code: MPE205P</b>	<b>Course Title: SPORTS PRACTICAL WITH SPECIALIZATION IN ANY ONE: TRACK &amp; FIELD / GYMNASTICS / SWIMMING / COMBATIVE SPORT / INDIGENOUS SPORT / TEAM GAME/ RACKET GAME.</b>	
<b>Course Outcomes: Students will know the athletics events and coaching and teaching practice.</b>		
<b>Credits: 04</b>		<b>Elective</b>
<b>Max. Marks : 25 + 75</b>		<b>Min. Passing Marks: 10 + 25</b>
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-4</b>		
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
	<b>PART – A</b>	
<b>I</b>	<b>Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport</b>	<b>15</b>

<b>II</b>	<b>PART – B</b>	
	<ul style="list-style-type: none"> <li>• Classification of techniques/skills. • Technique/skill training: Preparatory. Basic, Supplementary exercises. • Identification and Correction of faults. • Training for mastery in technique/skill. • Recreational and lead-up activities. • Warm-up and cool down for game/sports..</li> </ul>	<b>15</b>
<b>III</b>	<b>Part-C</b>	
	<ul style="list-style-type: none"> <li>Mechanics of officiating. • Qualities of good official. • Duties of official (pre, during and postgame) • Rules &amp; their interpretations</li> </ul>	<b>15</b>
<b>IV</b>	<b>Part-D</b>	
	<ul style="list-style-type: none"> <li>• Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility) • Basic Concept of preparation of training schedules. • Tactical training in game/sport. • Psychological preparation required during competition in game/sport. • Preparation of short term and long term training plans in game/sport. • Periodization in training of players in game/sport. • General/specific fitness tests and performance/skill test in game/sport.</li> </ul>	<b>15</b>

**Suggested Readings:**

**Singh, Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,2000**

**Singh, Ajmer et.al. “Olympic Movement” Kalyani Publishers, Ludhiana,2000**

**Sharma,Vyas Dev. “introduction to physical and health education”, avichal publishing company, new delhi.**

**Dagar,R.K.S. & Chauhan, S.K “Psycho-Historical bases of Physical Education” friends publications, New Delhi 2005.**

**Thomas R. Baechle and Roger W. Earle, (2000).**

**Continuous Evaluation Methods (CIE)**

**INTERNAL ASSESMENT (25 Marks)**

**Written Test – 10 marks**

**Assignment/ Research Based Project - 10 marks**

**Attendance – 5 marks**

**Research Orientation of the student.**

**PRACTICAL ASSESSMENT (75 Marks)**

**Practical – 50**

**VIVA – 15**

**Record book charts etc – 10**

**Course prerequisites: There is no any prerequisites only students physical and medically fit.**

**Suggested equivalent online courses:**

**IGNOU**

**Other centrally/state operated Universities / MOOC platforms such as**

**“SWAYAM” in India and Abroad.**

**Rajarshi Tandon open University.**

SYLLABUS FOR M.A. PHYSICAL EDUCATION/SEMESTER IV/RESEARCH REPORT/

**PAPER VI**

<b>Program/Class: M.A. (Research in Physical Education)</b>	<b>Year: Fifth</b>	<b>Semester: Sixth</b>
<b>SUBJECT: Physical Education- Project</b>		
<b>Course Code: PE106P</b>	<b>Course Title: Dissertation</b>	
Course outcomes: Students will aware of the status of Sports in Uttarakhand.		
<b>Credits: 04</b>	<b>Compulsory</b>	
<b>Max. Marks : 25 + 75</b>	<b>Min. Passing Marks: 10+25</b>	
<b>UNIT</b>	<b>TOPICS</b>	<b>NO. OF HOURS</b>
<b>I</b>	<p>To write a Dissertation on comparison of two team or individual game with the help statistical tools. Analyze the data and submit a detailed report and apresentation.</p> <p><b>Note: Repetition of work will be not allowed.</b></p>	<b>45</b>
<p><b>Suggested Readings:</b> Suggestive digital platforms web links- <a href="http://heecontent.upsdc.gov.in/Home.aspx">http://heecontent.upsdc.gov.in/Home.aspx</a></p>		
<p><b>Suggested Continuous Evaluation Methods:</b> Making a video of survey or interview and present it.(20 marks) Attendance (5marks)</p>		
Course prerequisites: There is no any prerequisites only student physical and medically fit.		