



# UNIVERSITY OF JAMMU

## NOTIFICATION (11/March/ ADP/10)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation to the approval of the Academic Council, has been pleased to allow the adoption of the revised Syllabi and Courses of Study in the subject of Physical Education for B.P.Ed & M.P.Ed-II(Final) for the examination to be held in the years 2012, 2013, 2014 alongwith %age of change as under:-

### Adoption of the revised Syllabi of B.P.Ed & M.P.Ed- II

Class B.P.Ed	For the examinations to be held in the year 2012,2013,2014	
Paper	Title	% of change
1.	Foundation of Physical Edu. & Sports	2%
2.	Psychology & Sociology with reference to Physical Edu.	No change
3.	Anatomy, Physiology and Health Education	No change
4.	Officiating and Coaching	1%
5.	Sports Management	No Change
6.	Recreation and Yoga	No Change

Class M.P.Ed	Semester II(Final)	For the examinations to be held in the year 2012,2013,2014	
Paper	Title	% of change	
1.	Sports Psychology & Sociology	No change	
2.	Sports Medicine and Rehabilitation	No change	
3.	Science of Sports Coaching	1%	
4.	Measurement and Evaluation in Physical Edu.	No change	
5.	Yoga and Recreation	No Change	

The alternative question papers are required to be set as per the University regulation given as under:-

- If the change in the Syllabi and Courses of Study is less than 25%, no alternative Question paper will be set.
- If the change is 25% and above but below 50% alternative Question Paper be set for one year.
- If the change is 50% and above on whole scheme is changed, alternative Question Paper are set for two years.

Sd/-  
REGISTRAR

F.Acd./78/11/ 599-623  
Dated: 29-4-2011

Copy for information and necessary action to:

1. Special Secretary to Vice-Chancellor, University of Jammu.
2. Sr.P.A. to Registrar/Controller of Examinations
3. Dean, Faculty of Education
4. Convener, Board of Studies in Physical Education
5. Members of the Board of Studies concerned
6. Principals of the concerned Colleges
7. C.A. to Controller of Examinations.
8. Deputy/ Asstt. Registrar (Conf./Exams. U/G /Inf./Pub./Admission/DDE)
9. S.O (Confidential)
10. Content Manager, University Website.

*Sumita Sharma*  
(Sumita Sharma) 8/4/11  
Assistant Registrar ( Acad. )

*8/4/11*







# B.P.Ed Syllabus

S.O. Acad

for 2/3

8/17/3



## DETAILED SYLLABUS OF B.P.ED

### PAPER – I

Title : Foundations of Physical Edu. & Sports

Duration of Examination : 3 Hours

Maximum Marks : 100

Theory Examination : 80 Marks

Internal Assessment : 20 Marks

#### Unit – I

Definition, meaning and scope of Physical Education; Aims and objectives of Physical Education; Relationship of Physical Education and Recreation ; Contribution of Physical Education towards General Education; Modern concept of Physical Education.

#### Unit – II

History of Physical Education in ancient Greek; Comparative study of Spartans Athenian Education; The origin and development of Olympic Games; Development of Asian Games

#### Unit – III

Physical Education in Germany, Sweden and Denmark (Emphasis on contribution of Basedow, Guts; Muths, John Speiss, Nachtegall, Ling); Present status of Physical Education and Recreation in Russia and America, History of Physical Education in India (Pre and Post Independence Era).

#### Unit – IV

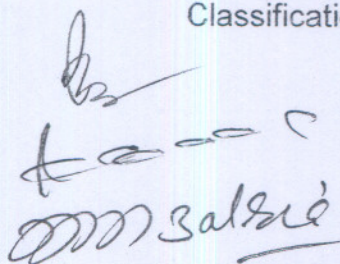
Critical appreciation of the following :

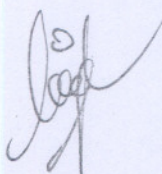
- i) J&K Sports Department;
- ii) Compulsory programme of Physical Education and Sports in Schools;
- iii) Modern Olympics;
- iv) Sports Authority of India, its schemes for promoting Physical Education and Sports;
- v) South Asian Federation Games;
- vi) Indian Olympic Association; and
- vii) Y.M.C.A and its contribution
- viii) National Awards (Sports)

#### Unit – V

Foundations of Physical Education :

Biological activity, its need, use and disuse; Growth & Development; Age and sex difference; Classification of Physique







### Note for Paper Setting

The question paper will contain two questions from each unit and the candidates will be required to answer one question from each unit i.e. there will be internal choice within each unit.

### Books for reference :

1. Chareles and Bucher
2. Harold M. Barrow
3. B.F William
4. Cowel & France
5. D.C Wakharkar
6. M.L.Kamlesh and M.S Sangral
7. Upadyke Johnson

Foundation of Physical Education  
Man and his movement : Principles of Physical Edu.  
Principles of Physical Education.  
Philosophy and Principles of Phy. Edu.  
Mannual of Physical Edu.  
Principles and History of Phy. Edu.  
Principles of modern Physical Edu., Health and Recreation.

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## DETAILED SYLLABUS

### **PAPER –II**

Title : Psychology & Sociology with  
reference to Physical Education

Maximum Marks : 100

Duration of Examination : 3 Hours

Theory Examination : 80 Marks

Internal Assessment : 20 Marks

### **UNIT – I**

Sports Psychology – its meaning and nature; scope, concept and goal of sports Psychology; Phenomenon of Growth & Development; Heredity and Environment; Individual differences and their implications in Physical Education and Sports.

### **Unit – II**

Emotions and their implications in sports; Hazards of emotional involvement; Frustration, aggression, anger, fear, anxiety, Nature of motivation and its need in Physical Education and Sports.

### **Unit – III**

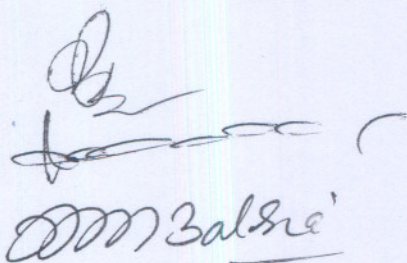
Learning and nature of learning; Laws of learning and learning curve; some learning concepts applied to Physical Education and Sports; Transfer of training and its importance in learning Physical Skills.

### **Unit –IV**

Meaning and definition of Personality; Methods of assessment of Personality; Dimensions of Personality; Role of Physical Education & Sports in the development of Personality.

### **Unit – V**

Sociology and its meaning and importance in Physical Education and sports; Physical Education and socializing institution (family, school, college) Socio-cultural forces and sports;; Physical Education and Sports as a socializing agency.

  
Dr. M. Balraj





**Note for paper setting :-**

The question paper will contain two questions from each unit and the candidates will be required to answer one question from each unit i.e there will be internal choice within each unit.

**Books for Reference :**

1. Frost R.S
2. Lawther J.S
3. Cratty B
4. Prof. Kanawjeet  
Prof. Inderjeet

Psychological concept applied to Phy.Edu. and coaching  
Psychology of Coaching, Englewood Cliff, N.J. Prentic-Hall  
Psychology in contemporary sports.  
Sports Sociology

5. Dr. Agyajit Singh

Sports Psychology

6. Dr. Bhupinder Singh

Psychological implications in Phy. Edu and Sports.

7. Dr. S.R. Sharma

Sociological foundations in Phy. Edu and Sports  
Sports , Psychology for Physical Edu.

8. Prof. K.K.Verma

Personality through perception  
Psychology in Sports

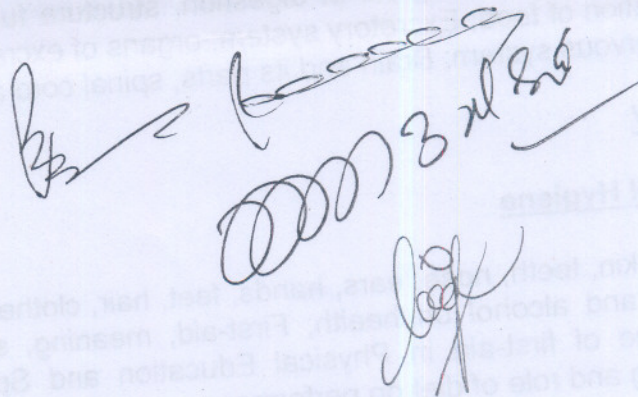
9. Dr. Jagdish Chander

- 10 Prof. Gurbox S Sandhu

Sports Psychology, A study of Indian Sportsmen  
Sports Sociology.

- 11 Dr. Agyajit Singh

- 12 Dr. Bhupinder Singh





## DETAILED SYLLABUS

### **PAPER -III**

Title : Anatomy, Physiology and Health Education

Duration of Examination : 3 Hours

Maximum Marks : 100

Theory Examination : 80 Marks

Internal Assessment : 20 Marks

### **Unit - I**

Meaning and importance of Anatomy and Physiology; Structure, function and properties of living cell; Skelton system; Classification of bones, joints and their types; Muscular system; properties and types of muscles. Effects of Exercises on Muscular system.

### **Unit - II**

Circulatory system; structure of Heart, blood vessels, arteries and blood circulation; Blood pressure and its measurement; Respiratory system – organs of respiration, structure and functions; Effects of exercise on circulatory and respiratory system.

### **Unit - III**

Digestive system – organs of digestion, structure function of digestive track; Absorption and assimilation of food; Excretory system; organs of excretion, structure and function of kidney and skin; Nervous system; Brain and its parts, spinal cord and reflex actions.

### **Unit - IV**

#### **Personal Hygiene**


Care of skin, teeth, nose, ears, hands, feet, hair, clothes and rest, sleep and exercise; Effect of smoking and alcohol on health; First-aid, meaning, scope, aims and objectives, need and importance of first-aid in Physical Education and Sports. Obesity, causes and preventive measuring and role of diet on performance.

#### **Communicable Diseases**

Modes of transmission; General methods of prevention and control; common communicable disease AIDS, Malaria, Typhoid, Dysentery, Small Pox, Measles and Tuberculosis.

### **Unit - V**

Health service; Health inspection, appraisal aspect and preventive aspects; Health supervision, healthy school living, sewage and refusal disposal, water supply, play grounds and swimming pools.

  
Dr. J. S. Jaiswal





### Note for Paper setting:

The question paper will contain two questions from each unit and the candidates will be required to answer one question from each unit i.e there will be internal choice within each unit.

### Books for reference:

1. A. Kroid W.R

2. Bucher, Charles, A and others

3. Riehl H.S and Beirample

4. John Reynor

5. Kilander, H.E

6. Milder, M.A and Carvel, L.C

7. Parrat J.W

8. Rose an Wilson

9. Wilgose Carl. E

The Nutriline value of Indian Foods and planning  
Of satisfactory Diets Indian council of medical  
Research, 1943.

The foundation of Health, Practice Hall-1976

Healthful living, M.C Graw Hills.

Anotomy, Physiology, N.York, Hamper and Row,  
Pub.1977.

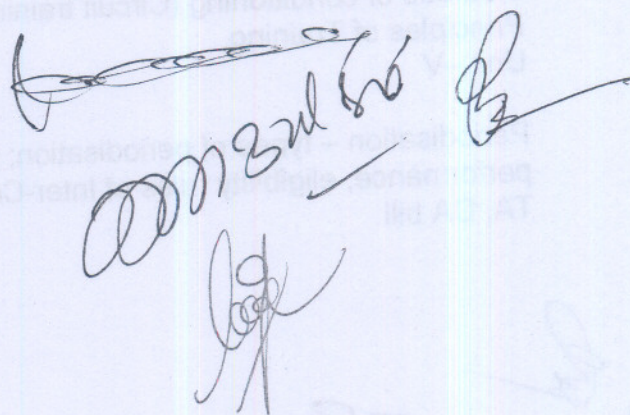
School Health Education-the Mac Milan co.1962

Kimber Grayn Stackpole's Anatomy and  
Physiology, New Delhi.

Anatomy and Physiology and Physical Education  
Teachers, Edward Arnold Ltd. 1988.

Foundations of Anatomy and Physiology, the  
English Language Book Society, 5<sup>th</sup> Edition, 1981.

Health Teaching in Secondary Schools, W.B  
Saunders, 1977.





## DETAILED SYLLABUS

### PAPER - IV

Title : Officiating and Coaching

Duration of Examination : 3 Hours

Maximum Marks : 100

Theory Examination : 80 Marks

Internal Assessment : 20 Marks

#### Unit – i

Importance and principles of officiating; qualities of a good official; relations of official with players, coaches and spectators; duties of official in general – pre, during and post game duties; measures of improving the standard of officiating.

#### Unit – II

Rules of games and Athletic events and their interpretation (Hockey, Football, Volleyball, Basketball, Kabaddi & Kho-Kho, Handball, Table-Tennis, Badminton, Cricket and Wrestling); Score Sheet of different games and all Athletic Events; Layout of different play fields, grounds, court and standard track.

#### Unit – III

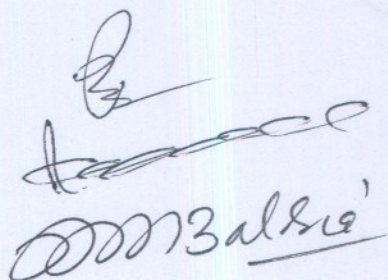
Principles of coaching; qualities, qualification and responsibilities of a Coach. Warming-up, types of warming –up and its importance. Cooling down and their physiological trends. Physical Fitness and wellness and its component.

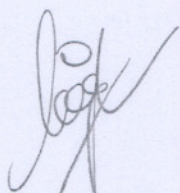
#### Unit – IV

Methods of conditioning (Circuit training, Fartlek training, Interval training and weight-training), Principles of Training.

#### Unit –V

Periodisation – types of periodisation; preparation of training schedule, factors affecting sports performance, eligibility rules of Inter-Collegiate and Inter-University participation, preparation of TA, DA bill

  
Dr. M. S. Balraj





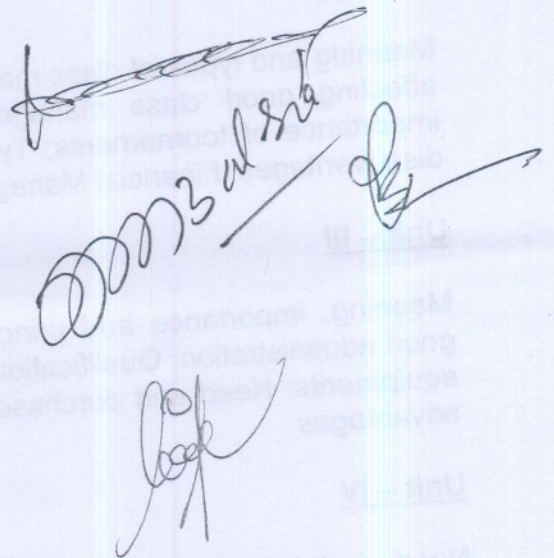
### Note for Paper Setting :

The question paper will contain two questions from each unit and the candidates will be required to answer one question from each unit i.e there will be internal choice within each unit.

### Books for Reference :

1. John B
2. Claffs
3. Lokesh
4. Dr. A.K.Uppal
5. Vinay Mantra /Abhay Singh
- 6 Dr. Govindera / Dr. Rakesh
- 7 Dr. A.K.Uppal
- 8 Prof. T.S

The Art of Coaching  
Athletics Training  
Rules of the Games and Sports  
Principles of Sports Training  
Track and Field.  
Track and Field lay out and marking  
Physical Fitness and Wellness  
Track and Field and officiating techniques

The block contains several handwritten marks. At the top, there is a long, horizontal, wavy scribble. Below it, the name 'A.K. Uppal' is written in a cursive, handwritten style. To the right of the name is a small, stylized signature. Below the name, there is another signature that appears to be 'Rakesh'.



## DETAILED SYLLABUS

### **PAPER – V**

**Title : Sports Management**

**Duration of Examination : 3 Hours**

**Maximum Marks : 100**

**Theory Examination : 80 Marks**

**Internal Assessment : 20 Marks**

### **Unit – I**

Meaning, importance and scope of sports management; Factors influencing Sports Management; Meaning and importance of teaching methods; Factors affecting teaching methods and various methods of teaching. Meaning, importance and types of audio-visual aids.

### **Unit – II**

Meaning and types of class management; Salient features of good class management; Factors affecting good class management; Meaning and values of lesson plan. Meaning and importance of tournaments; Types of Tournaments-knock-out, league, their advantages and disadvantages. Financial Management

### **Unit – III**

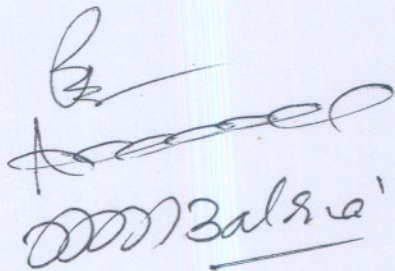
Meaning, importance and principles of administration and organization; Factors influencing good administration; Qualifications and qualities of Physical Education Teachers; care of sports equipments; Need and purchase of sports equipment. Material Management, importance and advantages.

### **Unit – IV**

Need and importance of curriculum planning; Time-Table, factors affecting time-Table, objectives, principles and precautions in preparation of time-table; Intramural objectives and organization; Budget – Importance and criteria for good budget; Meaning and importance of records, Types of records and registers.

### **Unit – V**

Organization and conduct of tournaments and Athletic Meets. Meaning and methods of supervision and inspection; Qualities of a good supervisor; Office Management, its element and functions.

  
Dr. Z. S. S.





## NOTE FOR PAPER SETTING

The question paper will contain two questions from each unit and the candidates will be required to answer one question from each unit i.e. there will be internal choice within each Unit.

### Books for reference :

1. P.M. Joseph : Organisation of Physical Education.
2. Suraj Singh : Administration of Physical Education.
3. S.S. Roy : Sports Management.
4. Tiru Narayan : Sports Management
5. Dhananjoy Shaw : Lesson Planning – Teaching Methods and Class Management in  
& Seema Kaushik Physical Education.
6. H.C. Buck & : Sports Management.  
H.C. Clarke

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## DETAILED SYLLABUS

### **PAPER – VI**

Title : Recreation and Yoga

Duration of Examination : 3 Hours

Maximum Marks : 100

Theory Examination : 80 Marks

Internal Assessment : 20 Marks

### **Unit – I**

Definition, need and scope of recreation; Types of recreation – Indoor, Outdoor, active, passive, commercial; Qualities and qualifications of good recreation Leader.

### **Unit – II**

Camping – Organization of Camp, different types of camps; Staff and facilities required for camp and Equipments required for the smooth conduct of Camp. Preparation and nature of Mobile Camping, Recreation and activities during the Camp.

### **Unit – III**

Rural recreation and social games; Various agencies which provide recreation in India; Objectives of recreation.

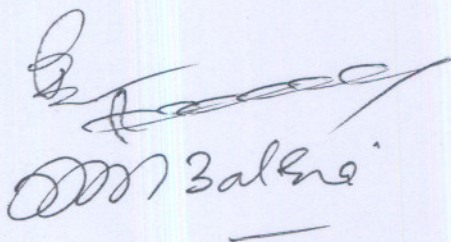
### **Unit – IV**

Meaning and objectives of Yoga; Type of Yoga and importance of Yoga in the field of Physical Education and Sports; Cleansing processes and its role and purpose of Shat Karma; Meaning of Asanas, types of asanas and principles, effect, techniques and benefits of following asanas :

- |                            |   |
|----------------------------|---|
| a) Meditative              | : Padma, Sidha, Vajra   |
| b) Relaxative              | : Shev and Maker  |
| c) Cultural and corrective | : Bhujra, Shalabha, Dhanush, Hal, yakrs,<br>Chakra, Bak, Mayur, Garud, Tad and Tratak |

### **Unit – V**

Meaning, objectives and types of Pranayam; Techniques and benefits of Ujjal, Bhastrika, Shitali, Sitkeri and Bharmari; Applications of Bandhas in the process of Pranayama; Role of Hatha Yoga in the process of Physical Fitness, mental health and its effects on sports and performance.

  
Dr. M. S. Balne





### NOTE FOR PAPER SETTING

The question paper will contain two questions from each unit and the candidates will be required to answer one question from each unit i.e. there will be internal choice within each Unit.

#### Books for reference :

- |    |                         |   |
|----|-------------------------|---|
| 1. | Joshi, J.S.             | Science of Yoga   |
| 2. | Fitzarlad, Gerald       | Leadership in Recreation Education  |
|    | B.A.S. Barnet & Co.     |   |
| 3. | Swami Satya Nanda       | Ashana, Paranayama Mudra Ovem bandh   |
| 4. | Joshi K.S.              | Yogic Paranayama, 1984  |
| 5. | B.K.S. Iyenjar          | Lighton Paranayama, 1981  |
| 6. | Joshi K.S.              | Yoga Personality, 1967  |
| 7. | Ramamurthi              | Fundamental of Yoga, 1972   |
| 8. | Dheer S and Sareen R.S. | Developmental games and recreational activities, Friends Publications, Delhi, 1988. |
| 9. | Shivers S. Jay          | Administration, Friends Publication, Delhi – 1997.                                  |

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# M.P.Ed( Final) Syllabus

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**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2012, 2013 and 2014-

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

Paper – I

Title : **Sports Psychology & Sociology**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I Introduction**

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

**Unit – II Heredity & Physical Education**

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

**Unit – III Motivation & Sports**

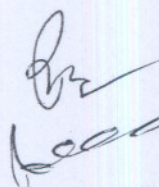
Definition of Motivation, Types of motivation, Importance of Motivation in Physical Education and Sports, Emotions; - its arousal, anger, fear, anxiety and stress and their effects on performance in sports.

**Unit – IV Theories of Learning**

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

**Unit – V Sports & Society**

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

  
Dr. K. Lal  
Principal

  
Dr. J. K. Sharma  
Head of Department

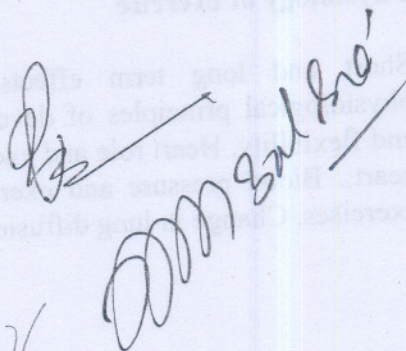
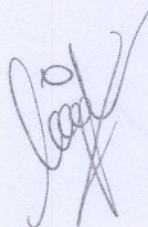
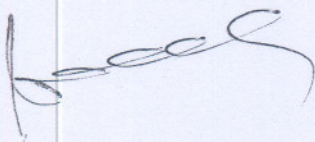


### Reference Books :

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

### Note for Paper Setter :

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





**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2012, 2013 and 2014-

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

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

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I Introduction**

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

**Unit – II Sports Injuries**

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

**Unit – III Physiology of exercise**

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

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#### Unit – IV Doping & Sports

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

#### Unit – V Sports Therapy

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

#### Reference Books :

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

#### Note for Paper Setter :

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

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**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2002, 2013 and 2014

**M.P. Ed**

**Part -II ( Final )**

**Paper – III**

**Title : Science of Sports Coaching**

**Duration of Examination : 3 Hours**

**Maximum Marks : 80**

**a) Internal Assessment : 20**

**b) Minimum Pass Marks : 32**

**Unit – I Introduction**

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

**Unit – II Training State & Load**

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

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

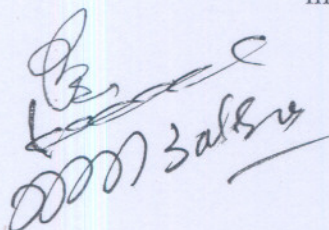
**Unit – III Physical Training**


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

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

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

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

  
Dr. J. K. Sharma





## Unit – IV Technical and tactical Training

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

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

### Reference Books :

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

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8. Wilf Parish Track & Field Athletic, Lepus Books, Henry  
Kinton, Ltd. Edinburge, 1976.
9. Broer, M. Efficiency of Human Movement, Philadelphia,  
WB Saunders Co. 1878

**Note for Paper Setter :**

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

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**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2012, 2013 and 2014

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

Paper – IV

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

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I Introduction**

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

**Unit – II Physical Fitness Testing**

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

**Unit – III Psychological testing variables**

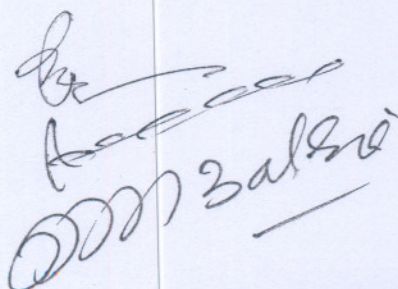
Testing Psychological variables – Competitive anxiety, aggression, team cohesion, motivation and self concept.

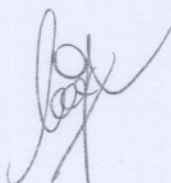
**Unit – IV Statistics in Physical Education**

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

**Unit – V Percentiles & Correlation**

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

  
Dr. Balbir Singh



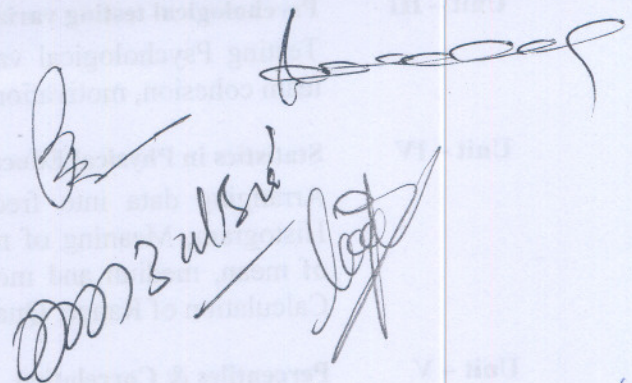


**Reference Books :**

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

**Note for Paper Setter :**

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

The block contains several handwritten signatures and initials in black ink. At the top right is a long, horizontal signature. Below it, on the left, is a signature that appears to be 'B. K.'. In the center, there is a large, stylized signature that looks like 'Sulsi'. To the right of 'Sulsi' is another signature. At the bottom right, there is a signature that looks like 'Sulsi' again, possibly a second instance or a different version.



**UNIVERSITY OF JAMMU**

**DETAILED SYLLABUS**

For the examinations to be held in the year 2012, 2013 and 2014

**M.P. Ed  
Part –II ( Final )**

Paper – V  
**Recreation**

Title : **Yoga &**

Duration of Examination : 3 Hours

Maximum Marks : 80

a) Internal Assessment : 20

b) Minimum Pass Marks : 32

**Unit – I Introduction**

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

**Unit – II Types of Yoga**

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

**Unit – III Asanas**

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

**Unit – IV Recreation and Yoga**

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

**Unit – V Camping**

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

*Dr. Balraj*  
*Dr. Balraj*

*Dr. Balraj*

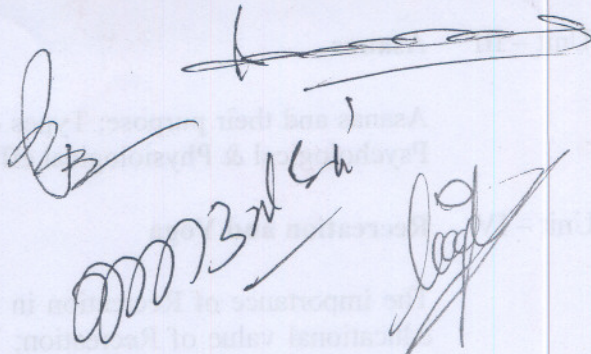


**Reference Books :**

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

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The block contains several handwritten signatures and initials. At the top, there is a long, horizontal signature. Below it, on the left, are the initials 'LB'. In the center, there is a signature that appears to be '3rd Ch'. On the right, there is another signature that looks like 'Lag'. There are also some faint, illegible handwritten notes and scribbles around these signatures.