UNIVERSITY OF PUNE

M. Ed. (PHY. EDU.)
REVISED SYLLABUS (2008)

SEMESTER SYSTEM (TOTAL MARKS -1600)

Objectives

1. To develop highly skilled scholars in the field of physical education.

2. To master the competencies and skills needed to become professionals in the areas of specialization.

3. To be sensitive about emerging issues such as health & fitness, wellness, technology, environment.

4. To develop in the students an inquiring mind & ability to employ reasoning, rational thinking, critical thinking in the problems & issues relating to the field.

5. To provide opportunity for creativity, self expression & provide information on continued professional growth.

Admission requirements:

Any candidate, who has passed any one of the following examinations of Pune University or any other statutory university recognized by this university, will be eligible for admission to the master degree program in Physical Education provided he/she fulfills all the other conditions required in the admission procedure.


Admission will be given on the basis of merit.

Duration of the program:

The duration of the master’s degree program will be of two academic years divided in four semesters.
### Structure of the program:

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Internal</th>
<th>External</th>
<th>Total (marks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Course 1 (Compulsory)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 2 (Compulsory)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 3 (Optional-Specialization Group)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 4 (Optional-Specialization Group)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 16 – Special Course</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>II</td>
<td>Course 5 (Compulsory)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 6 (Compulsory) Practical compulsory</td>
<td>10</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>Part 6.1 Sport/game of student’s choice</td>
<td>10</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>Part 6.2 Measurement &amp; evaluation practical</td>
<td>20</td>
<td>80</td>
<td>100</td>
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<tr>
<td></td>
<td>Course 7 (Optional-Specialization Group)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 8 (Optional-Specialization Group)</td>
<td>20</td>
<td>80</td>
<td>100</td>
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<tr>
<td></td>
<td>Course 16 – Special Course</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>III</td>
<td>Course 9 (Compulsory)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 10 (Compulsory)</td>
<td>20</td>
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<td></td>
<td>Practical- Specialization Group</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 11(Optional-Specialization Group)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 12 (Optional-Specialization Group)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 16 – Special Course</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td>IV</td>
<td>Course 13 (Compulsory)</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 14 (Compulsory)- Dissertation</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 15 (compulsory)- Open Course</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Course 16 – Special Course</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td><strong>320</strong></td>
<td><strong>1280</strong></td>
<td><strong>1600</strong></td>
</tr>
</tbody>
</table>

The detailed structure is given on the subsequent pages.
Important Instructions:

1. The Master’s degree program in Physical Education consists of four semesters spread over two academic years.
2. The entire program will be evaluated for a total of 1600 marks.
3. The program will be divided into 4 semesters consisting of 400 marks each.
4. Each course will have 80% of marks as semester end examination and 20% marks as internal assessment.
5. A student has to successfully complete 16 courses totally for the completion of this program.
6. Each student has to opt for only one group for specialization area. (Group A- Sports Coaching, Group B- Fitness Science, Group C- Management, Group D- Yoga)
7. Each student will have choice only for the specialization group and not for separate courses.
8. Every student must note that course no.16, special course in Spoken English, Soft Skills & Computer Practical will be taught throughout the program and final evaluation of this course will be done only in the semester IV.
9. Semester I will comprise three compulsory courses (course no.1, 2 & 16) & two courses in the area of specialization (course no.3- A3/B3/C3/D3 & course no.4 – A4/B4/C4/D4). A total of 400 marks will be given for the final evaluation of 4 courses except course no.16.
10. Semester II will comprise three compulsory courses (course no.5, 6 & 16) & two courses in the area of specialization (course no.7- A7/B7/C7/D7 & course no. 8– A8/B8/C8/D8). A total of 400 marks will be given for the final evaluation of 4 courses except course no.16.
10.1. Course 6 comprises a compulsory course of core practical in Physical Education & sports. This course will comprise two parts. Part 6.1 will be game/sport of the student’s choice & part 6.2 will consist of practical courses in measurement & evaluation.
11. Semester III will comprise three compulsory courses (course no.9, 10 & 16) & two courses in the area of specialization (course no.11-A11/B11/C11/D11 & course no. 12 – A12/B12/C12/D12). A total of 400 marks will be given for the final evaluation of 4 courses except course no.16.

11.1. Course 10 comprises a practical course in the group of specialization. Syllabus & evaluation scheme of this course will be prepared by the college teachers and approved by the college committee & 2 experts from outside.

12. Semester IV will comprise three compulsory courses (course no.13, 14, 15, 16) course no.14 consists of a research dissertation for 100 marks. The problem of research dissertation must be selected from the area of specialization only. A total of 400 marks will be given for the final evaluation of 4 courses in semester IV.

12.1. Course no. 15 (OA15, OB15, OC15, OD15) will consist of an open course. The syllabus of the open course will comprise latest trends & latest research in area of specialization (OA15, OB15, OC15, OD15). The syllabus & evaluation scheme of this course will be prepared by the teachers & approved by the college committee & 2 experts from outside.

12.2 Course no.16 will be a special course in Spoken English, Soft Skill, & computer practical. This course will be taught throughout the entire program. Internal evaluation of this course will be done through practical examination in all the four semesters. External evaluation of this course will be done through a practical examination in semester IV only.

13. Internal evaluation of the program will be done by the respective colleges. For the internal evaluation the college teachers should select various techniques of assessment as mentioned ahead: oral examinations, written tests, mid term test, journal/lecture/library notes, seminar presentations,
Rules & Regulations

1. The M.Ed (Phy.Edu) Degree will be awarded to a student who completes a total of 16 courses divided in 4 semesters.

2. The college will complete the internal assessment. The internal assessment will be in the form of marks. For the rationalization of internal marks college will appoint a moderation committee. The Committee will take the review of the internal marks given by the college and advice the college if necessary. The college should take the appropriate action as per the advice of the committee & submit the internal marks to the University.

3. Each course (Course No.1 to 16) will be evaluated both internally and externally. 80% of marks will be given through semester end examinations and 20% of marks will be given on the basis of achievements in the internal examinations.

4. A candidate must record at least 90% attendance at the periods in college for all the semesters. He/she should complete all the practical and internal assessment work expected in all the semesters up to the satisfaction of the principal. He/she should obtain such a certificate from the principal of the college. Unless and until the candidate obtains such a certificate, he/she will not be allowed to appear for semester end examinations.
Norms for passing

1. Each course is a separate head of passing. To pass the examination, the student must obtain at least 45% of marks in each head of passing and an aggregate of 50% marks.

2. To pass the examination in “First class with Distinction” the student must obtain at least 65% of marks in each head of passing and an aggregate of 70% marks.

3. To pass the examination in “First class” the student must obtain at least 55% of marks in each head of passing and an aggregate of 60% marks.

4. To pass the examination in “Second class with B+” the student must obtain at least 50% of marks in each head of passing and an aggregate of 55% marks.

5. To pass the examination in “Second class” the student must obtain at least 50% of marks in each head of passing and an aggregate of 50% marks.

Other important rules

- Student who has fails or remains absent for the semester end examination may reappear for the semester end examination in the succeeding semesters.
- A candidate, who wants to improve his /her class, may reappear in the succeeding Semester end examinations of any course (except course no.6, 10, 14,15 & 16), provided his or her internal assessment work is satisfactory.
<table>
<thead>
<tr>
<th>SEMESTER</th>
<th>COMPULSORY</th>
<th>OPTIONAL - SPECIALIZATION GROUP</th>
</tr>
</thead>
</table>
| I        | COURSE 1 (100 Marks)  
Research and statistics  
COURSE 2 (100 Marks)  
Evaluation in physical education & sports  
Course 16  
Special course- Spoken English, Soft Skill, Computer Practical | COURSE 3 (100 Marks) & COURSE 4 (100 Marks)  
A4: Biomechanics and kinesiology  
B3: Anatomy and Physiology  
B4: Exercise Science  
C3: Principles of management & organizational behavior  
D3: Anatomy and Physiology  
D4: Foundation of Yoga |
| II       | COURSE 5 (100 Marks)  
Research and statistics  
COURSE 6 (100 Marks)  
Practical courses  
Part 6.1 Game/sport of choice  
Part 6.2 Measurement & evaluation practical  
Course 16  
Special course- Spoken English, Soft Skill, Computer Practical | COURSE 7 (100 Marks) & COURSE 8 (100 Marks)  
A7: Athletic Care and Rehabilitation  
A8: Psychology of Sports  
B7: Exercise Therapy  
B8: Fitness Management  
C7: Facility Design, Development and Management  
C8: Recreation and Leisure Time Management  
D7: Yogic Science  
D8: Yoga & physical education |
| III      | COURSE 9 (100 Marks)  
Modern trends in physical education & sports  
COURSE 10 (100 Marks)  
Group practical (Sports coaching / Fitness science/ Sports management / Yoga)  
Course 16  
Special course- Spoken English, Soft Skill, Computer Practical | COURSE 11 (100 Marks) & COURSE 12 (100 Marks)  
A11: Exercise Physiology  
A12: Sports Nutrition  
B11: Fitness Nutrition  
B12: Personal training & sports conditioning  
C11: Event Management  
C12: Finance & Sports Marketing  
D11: Yogic Therapy  
D12: Yoga & wellness |
| IV       | COURSE 13 (100 Marks)  
Professional preparation & curriculum design  
COURSE 14 (100 Marks)  
Dissertation  
Course 16 (100 marks)  
Practical  
Special course- Spoken English, Soft Skill, Computer Practical | COURSE 15 (100 Marks)  
Open course  
OA15 Sports coaching  
OB15 Fitness science  
OC15 Sports management  
OD15 Yoga |
### Optional Groups - Specialization Area

<table>
<thead>
<tr>
<th>Group</th>
<th>Courses (3, 4, 7, 8, 11, &amp; 12)</th>
</tr>
</thead>
</table>
A4. Biomechanics and kinesiology  
A7. Athletic Care and Rehabilitation  
A8. Psychology of Sports  
A11. Exercise Physiology  
A12. Sports Nutrition |
| **B] Fitness Science** | B3. Anatomy and Physiology  
B4. Exercise Science  
B7. Exercise Therapy  
B8. Fitness Management  
B11. Fitness Nutrition  
B12. Personal training & sports conditioning |
| **C] Sports Management** | C3. Principles of management & organizational behavior  
C7. Facility Design, Development and Management  
C8. Recreation and Leisure Time Management  
C11. Event Management  
C12. Finance & Sports Marketing |
| **D] Yoga** | D3. Anatomy and Physiology  
D4. Foundation of Yoga  
D7. Yogic Science  
D8. Yoga & physical education  
D11. Yogic Therapy  
D12. Yoga & wellness |
### Suggested structure-format of question papers

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Type of Question</th>
<th>Test of</th>
<th>Word limit</th>
<th>No. of Que.</th>
<th>Marks</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Critique</td>
<td>Critical ability &amp; ability to apply knowledge</td>
<td>30</td>
<td>5</td>
<td>5</td>
<td>25</td>
</tr>
<tr>
<td>2.</td>
<td>Definitional/Specific answer question</td>
<td>Ability to make exact statement &amp; precise understanding</td>
<td>30</td>
<td>3</td>
<td>5</td>
<td>15</td>
</tr>
<tr>
<td>3.</td>
<td>Analytical/evaluative questions</td>
<td>Ability to reason &amp; hold argument</td>
<td>180</td>
<td>2</td>
<td>10</td>
<td>20</td>
</tr>
<tr>
<td>4.</td>
<td>Essay/Application level question</td>
<td>Ability to expound a theme at length with discrimination &amp; justification</td>
<td>500</td>
<td>1</td>
<td>20</td>
<td>20</td>
</tr>
</tbody>
</table>

**Total marks** 80
Details of the Courses

Course 1: Research & Statistics

Objectives:
1. To gain understanding of terminologies & methods that enables the students to be knowledgeable, critical consumers of research & professional literature.
2. To understand research dissemination (publication & presentation) process.
3. To gain experience & skill using library data bases to search for literature.
4. To be better prepared to prepare & conduct research.

Unit 1: Introduction to Research process
1.1 Introduction to research in physical activity
1.2 Developing research problem & using literature
1.3 Presenting problem & Formulating method

Unit 2: Types of research
2.1 Historical research in physical activity
2.2 Philosophic research in physical activity
2.3 Experimental & quasi experimental research

Unit 3: Writing research report
Completing the research process – research proposal – Proposal process, developing good introduction, describing method, Preparing & presenting research proposal

Unit 4: Statistical & measurement concepts in research
4.1 Becoming acquainted with statistical concepts
4.2 Relationship among variables
Suggested Reading:


Course 2: Evaluation in Physical education & sports.

Objectives:

1. To understand terminologies & methods of evaluation in sports & physical Education.

2. To understand the evaluation process.

3. To gain experience & skill to evaluate the human performance.

4. To be better prepared to prepare & conduct measurement & evaluation.

Unit1:

1.1 Concept of Test, measurement, evaluation and assessment.

12. Classification of test

1.3 Need and its importance to the director of physical education in colleges.

1.4 Trends in evaluation in Phy. Edn.

Unit2:

2.1 Criteria of test selection

2.2 Construction of – Knowledge test, Physical fitness test & Sports skill test.

2.3 Administration of Paper pencil test & psychomotor test.

2.4 Fitness assessment Tests for Special Population
Unit 3:

3.1 Measurement of HRPF, SRPF, GMA & Motor educability.
3.2 Measurement of skills of various sports & games: Soccer, Hand ball, Tennis, Basket ball, volley ball.
3.3 Testing of psychological variable.

Unit 4:

4.1 Meaning & characteristics of Test batteries: AAHPERD youth fitness test.
4.2 Factors affecting measurement in physical education.
4.3 Anthropometric measurement & somatotype.
4.4 Rating scales.

Suggested Reading:

Course 3 (A3, B3, C3, & D3)

Course A3: Scientific Principles of Training and Coaching.

Objectives:
1. To understand the scientific sports training process.
2. To develop attitudes & skill in developing champion athletes.
3. To be better prepared to be a good coach & advisor.

Unit 1: Sports training
1.1 Definition, meaning & importance sport training
1.2 Aim, objective & characteristics sport training
1.3 Principles of sport training
1.4 Training load

Unit 2: Training means & methods
2.1 Health related physical fitness
2.2 Skill related physical fitness
2.3 Psychological / mental training
2.4 Planning, organization, & evaluation of training

Unit 3: Sports coaching
3.1 Definition, meaning & importance sport coaching
3.2 Aim, objective & characteristics sport coaching
3.3 Principles of sport coaching
3.4 Talent identification

Unit 4: Coaching means & methods
4.1 Skills & techniques
4.2 Tactics & strategies
4.3 Competition planning & preparation
4.4 Planning, organization, & evaluation of coaching

Suggested Reading:

4. Beashel & Taylor (). *The world of sports examines.*

**Course B3: Anatomy and Physiology**

**Objectives:**
1. To enable the students to understand the basic structure and functions of Human body and its role in sports performance.
2. To enable the student to understand the effect of Exercise on different system or/and on the body as a whole.
3. To enable the student to understand the energy system and its optimal functioning in various sports and its role in different activities.

**Unit1:**
1.1 Skeletal system- axial & appendicular system, skeletal differences in men & women,
1.2 Classification of joints, planes & axes in body, types & range of movement at different types of joints
1.3 Muscular system- skeletal muscle structure, origin, insertion of muscles, prime movers, antagonists, synergists

**Unit2:**
2.1 Central nervous system – spinal cord, brain, brainstem, cerebellum, cerebrum, functional areas of cortex, functions of autonomic nervous system
2.2 Endocrine system – classification of hormones, how hormones work, glands
2.3 Anatomy of cardiovascular system

**Unit3:**
3.1 Bioenergetics – energy sources, energy production, energy transfer in body & in exercise, measurement of energy expenditure during rest & exercise
3.2 Exercise at medium & high altitude, exercise during hot, humid & cold conditions

**Unit4:**
4.1 Adaptation of muscles to training
4.2 pulmonary responses to training
4.3 cardiovascular responses to training
Suggested Reading:


Course C3: Principles of Management & organizational behavior

Objectives:
1. To acquaint the students with the concept of management.
2. To introduce to the theories of management.
3. To acquaint the students with duties, roles & managerial skills.
4. To understand the concept of organizational behavior & its management.

Unit1:
2. Modern theories of Management
3. Managerial skills and functions, Levels of management
4. Functions of management: Planning, Organising, Directing, Leading, Coordinating, Staffing, Decision making, Controlling

Unit2:
2.1 The role of individual behavior in organizations.
2.2 Motivation and needs, Classification of motives.
2.3 Contribution of Maslow, Herzberg, Alderfer, Porter and Lawler theories of motivation.
2.4 Foundations of Individual Behavior.

Unit3:
3.1 Communication and perceptions
3.2 Shaping of personality.
3.3 The self concept, self esteem self efficiency.
Unit 4:
4.1 Leadership, Team Building & Group Dynamics, leadership Traits, Working teams, and team effectiveness. Dynamics of Group Behavior, Influence of the group on individual and group decision making.
4.2 Concept of Top Management, Japanese styles of management, QCs, TQM.
4.3 Knowledge workers, Corporate Social Responsibility.

Suggested Reading:

4. Peter F Drucker. Tasks, Management, Responsibility & Practice
8. Robins S.P. Organizational Behaviour
9. Staw B.M. Psychological Dimensions of Organizational Behaviour
10. R.S. Dwivedi. Human Relations & Organizational Behaviour

Course D3: Anatomy and Physiology

Objectives:
1. To enable the students to understand the basic structure and functions of Human body and its role in sports performance.
2. To enable the student to understand the effect of Exercise on different system or/and on the body as a whole.
3. To enable the student to understand the energy system and its optimal functioning in various sports and its role in different activities.

Unit 1:
1.1 Skeletal system- axial & appendicular system, skeletal differences in men & women,
1.2 Classification of joints, planes & axes in body, types & range of movement at different types of joints
1.3 Muscular system- skeletal muscle structure, origin, insertion of muscles, prime movers, antagonists, synergists
Unit 2:
2.1 Central nervous system – spinal cord, brain, brainstem, cerebellum, cerebrum, functional areas of cortex, functions of autonomic nervous system
2.2 Endocrine system – classification of hormones, how hormones work, glands
2.3 Anatomy of cardiovascular system

Unit 3:
3.1 Bioenergetics – energy sources, energy production, energy transfer in body & in exercise, measurement of energy expenditure during rest & exercise
3.2 Exercise at medium & high altitude, exercise during hot, humid & cold conditions

Unit 4:
4.1 Adaptation of muscles to training
4.2 Pulmonary responses to training
4.3 Cardiovascular responses to training

Suggested Reading:


Course 4 (A4, B4, C4, & D4)

Course A4: Biomechanics and kinesiology

Objectives:
1. To introduce to the science of Biomechanics & Kinesiology in relation to human performance.
2. To acquaint with the various fundamental movements & understanding the relevance of analysis
3. To understand the body structure and apply the knowledge in analysis of movements

Unit1: Introduction to Biomechanics
1.1 Definition & meaning of sports Biomechanics
1.2 Need & importance of Biomechanics in physical education & sports
1.3 Organization of mechanics
1.4 Basic dimensions & units of measurement used in mechanics

Unit2: Human movements
2.1 Linear and angular kinematics of human movements
2.2 Movement analysis- Kinesiological, mechanical, & biomechanical
2.3 Video film analysis & tools of biomechanical analysis
2.4 Analysis of fundamental skills & sports skills

Unit3: Introduction to Kinesiology
3.1 Definition, objectives, & Role of Kinesiology
3.2 Fundamental concepts of Axes and Planes, Center of Gravity, & Line of Gravity
3.3 Anatomical and Physiological Fundamentals
3.4 Kinesiology in Daily living

Unit4: Kinesiology of joints
4.1 Upper Extremity
4.2 Lower Extremity
4.3 Major characteristics of Joints.
4.4 Analysis of Locomotion

Suggested Reading:


12. Uppal A.K. & Lawrence M. P *Kinesiology* New Delhi: Friends Publication India

**Course B4: Exercise Science**

**Objectives:**
1. To get introduced to basic concept of fitness & its assessment. 
2. To understand the principles of exercise prescription. 
3. To understand the guidelines & be able to design the exercise plans for variety of population.

**Unit1: Physical fitness, Health, & wellness**
1.1 Components of Physical fitness, Health, & wellness 
12. Prevalence, Barriers, & assessment of physical activity 
1.3 Assessing physical fitness (Normal & Physically challenged)

**Unit2: Principles of exercise**
2.1 Ideal exercise program 
2.2 Fitness concepts- preconditioning program, progressive resistance exercise Program (PRE)
2.3 General exercise guidelines
Unit 3: Cardio respiratory fitness
3.1 Aerobic & anaerobic exercises
3.2 Measurement & Benefits of C. R. fitness
3.3 Comparing energy expenditure & designing C. R. fitness program

Unit 4: Strength & flexibility training
4.1 Importance of strength- endurance, & flexibility, factors affecting on these Components.
4.2 Principles of strength- endurance, & flexibility training
4.3 Lifting techniques in weigh training

Suggested Reading:
4. ACSM (1998) ACSM’s resource manual for guidelines for exercise testing & prescription (3rd Ed.) Lippincott, Williams & Wilkins

Course C4: Human Resource Development & Management

Objectives:
1. To provide students with an understanding of the functions, the basic concepts, and the principles of Human Resource Management.
2. To prepare them for their first sport related employment as either manager or employee
3. To introduce the process & functions of HRD.
4. To acquaint with various controls in management.

Unit 1:
1.1 Human resource management process- human resource department - functions
1.2 Pre employment inquiries, legal environment
1.3 Human resource planning – job analysis, writing job description – tasks & responsibilities
1.4 Attracting employees – recruiting – internal & external, selection process
Unit 2:
2.1 Interviewing – preparing for interview, selecting candidate
2.2 Developing employees – orientation, training & development, job instructional training (JIT)
2.3 Training cycle, training methods
2.4 Performance appraisals – methods, process
Developing performance standards

Unit 3:
3.1 Retaining employees- compensation, pay systems, determining pay, benefits, health & safety
3.2 Labor relations, union organizing
3.3 Collective bargaining, termination & outplacement

Unit 4:
4.1 Human controls- coaching, importance of motivational feedback
4.2 Coaching corrective action, a coaching – How to Primer, Management by walking around (MBWA)
4.3 Problem employees, managers as counselors
4.4 Discipline – progressive discipline

Suggested Reading:
Course D4: Foundation of Yoga

Objectives:
1. To understand the foundation & background of Yoga.
2. To introduce to stages of yoga & importance of practicing yoga.
3. To understand the benefits & effects of kriyas, bandhas, pranayama.

Unit 1:
1.1 Meaning & definition of yoga
1.2 Need & importance of yoga
1.3 Historical background of yoga
1.4 Types of yoga

Unit 2:
2.1 Ashtanga yoga (Eight stages of yoga)
2.2 Chitta Vrtti (Causes for the modification of the mind)
2.3 Chitta Viksepa (Directions & obstacles)
2.3 Sisya & Guru (A pupil & a master), Sadhana (A key to freedom)

Unit 3: Yogasanas
3.1 Meaning & definition
3.2 Types of asanas
3.3 Need & importance of asanas
3.4 Benefits & effects of asanas

Unit 4: Pranayam, Bandha, & Kriya
4.1 Meaning & definition
4.2 Types of asanas
4.3 Need & importance of asanas
4.4 Benefits & effects of asanas

Suggested Reading
Champaign: Human kinetics.
Course 5: Research & Statistics

Objectives:
1. To gain understanding in ethical issues in research.
2. To understand types of researches & analytical techniques.
3. To gain experience & skill using software to analyze the statistical data.
4. To be better prepared to write & present research.

Unit 1 Research
1.1 Ethical issues in research
1.2 Descriptive research in physical activity epidemiology
1.3 Qualitative research

Unit 2 Types of research
2.1 Survey
2.2 Descriptive research & Other Descriptive research methods
2.3 Meta analysis (research synthesis)

Unit 3 Statistical & measurement concepts in research
3.1 Differences among groups
3.2 Non parametric techniques
3.3 Measuring research variables

Unit 4 Writing research report
4.1 Ways of reporting research- basic writing guidelines,
4.2 thesis & dissertation format
4.3 Journal writings, writing abstract
4.4 Making oral & poster presentations
Suggested Reading:


Course 6: Practical courses

This course comprises two parts
Part 6.1 Game/sport of choice
Part 6.2 Measurement & evaluation practical

Objectives:
To introduce students to basic & advanced skills in sports & games.
To provide situations to develop skill levels.

Part 6.1 Game/sport of choice it is a compulsory course in sports & games. The candidate has to opt for one of the games & sports listed below.

<table>
<thead>
<tr>
<th>1. Athletics</th>
<th>11. Cricket</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Yoga</td>
<td>12. Table Tennis</td>
</tr>
<tr>
<td>5. Volley ball</td>
<td>15. Wrestling</td>
</tr>
<tr>
<td>7. Hockey</td>
<td>17. Judo</td>
</tr>
<tr>
<td>8. Foot ball</td>
<td>18. Taekwondo</td>
</tr>
<tr>
<td>10. Soft ball</td>
<td>20. Gymnastics</td>
</tr>
</tbody>
</table>

Each student will undergo advanced training in the game/sport of his/her choice. The selected game will be taught for the advanced level with reference to the following details:
1. Warming-up
   1.1 General Warming-up
   1.2 Specific Warming-up
2. Training for Motor Abilities
   2.1 Free hand exercises for general development
   2.2 Strength training (Isometric, Isotonic and Isokinetic Exercises and other strength training methods and means.
   2.3 Endurance Training (Continuous method, Interval method & Fartlek)
   2.4 Speed Training (Methods and means for developing sprinting speed, speed of movement and reaction time).
   2.5 Flexibility Training
3. Technical/Skill Training
   3.1 The skills of the sport/game will be taught with the help of following exercises:
      3.1.1 Preparatory Exercises
      3.1.2 Basic Exercises
      3.1.3 Supplementary Exercises
   3.2 Progressive Teaching Stages of skills
   3.3 Lead-up activities/Modified games
   3.4 Coaching of skills in relation to the game situation.
4. Tactics and Strategy:
   4.1 Individual Tactics (Attack, Defense and High Performance)
   4.2 Team Tactics (Attack, Defense and High Performance)
5. Officiating and Organization
   5.1 Organization of competition
   5.2 Rules and their interpretations
   5.3 Laying out of play field/arena for competitions
   5.4 Maintenance of play fields and equipment
6. Evaluation
   6.1 General Tests
   6.2 Specific Tests
   6.3 Evaluation of performance
7. Game participation

Evaluation
For the evaluation of this course a tool will be developed by the college teachers & approved by the college committee & 2 experts from outside.

Suggested Reading:

14. Our Physical Activity (OPA)

**Part 6.2 Measurement & evaluation practical** it is a compulsory course in practical of measurement & evaluation.

**Objectives:**
1. To be able to understand the conduct of various measurement techniques.
2. To assess an individual, athlete, special person etc using appropriate tests.
3. To develop ability to measure accurately.

The candidate will be given an in depth training in advanced measurement & evaluation techniques & procedures of fitness assessment, skill testing, paper pencil testing & Psychological testing etc. Every candidate should be given ample opportunity to practically conduct, analyze & evaluate the various tests taught
through the theory and the practical classes. A record of this practical should be mentioned in a journal.

**Evaluation**

Evaluation of this course will be done through an objective test/viva voce examination, completion of journal and presentation of the tests conducted with details of planning & administration.

**Suggested Reading:**

Course 7 (A7, B7, C7, & D7)

Course A7: Athletic Care and Rehabilitation

Objectives:
To understand the historical background & development of sports medicine.
To introduce to common injuries and healing process.
To get acquainted with injury management of common injuries.
To understand various modalities & its uses.

Unit1: Introduction
1.1 History, concept, aim, objectives, need & importance
1.2 Role of physician, athlete trainer & coaches
1.3 Team medical care- concept & approaches

Unit2: Injury & tissue response
2.1 Micro & macro trauma, over use trauma
2.2 tissue response to stress
2.3 Inflammation & different steps of wound healing
2.4 Common regional injuries & their management (head, neck, face, thorax, abdomen, pelvis, upper & lower limbs).

Unit3: Therapeutic modalities & rehabilitation
3.1 Hydrotherapy, Cryotherapy, thermotherapy
3.2 Diathermy, infra-red, ultra sound
3.3 Contrast & paraffin bath
4.4 Approach to rehabilitation

Unit4:
4.1 Inactivity problems & their management
4.2 Concept of health club
4.3 Dopes
4.4 Athletic nutrition

Suggested Reading:
Course B7::Exercise Therapy

Objectives:
1. To introduce to the therapeutic aspects of exercise.
2. To introduce to the process of behavioral changes & role of exercise as therapy.
3. To understand the health conditions and exercise guidelines to manage them.

Unit 1: Behavioral change & motivation technique
1.1 Psychosocial factors to consider
1.2 Behavioral change theories & exercise
1.3 Strategies to achieve fitness goals & maintaining fitness programs
1.4 Issues related to body image

Unit 2: Weight loss, weight gain & control
2.1 Trends in weight loss, weight gain
2.2 Causes of obesity, implications of overweight & obesity
2.3 Underweight conditions & eating disorders

Unit 3: Stress management & prevention, care of exercise injuries
3.1 Common stressors, reactivity, model of stress
3.2 Managing stress- strategies & techniques
3.3 Protecting body from injuries – 11 point program, tissue response to injuries
3.4 Prevention & emergency care treatment of common injuries- RICE, use of medication

Unit 4: Special conditions & exercise
4.1 Hypertension, atherosclerosis, heart disease
4.2 Heart attack, stroke, failure, cancer
4.3 Major risk factors, protecting against CV diseases,
4.4 Exercise during pregnancy, exercise guidelines for senior citizens & individual with disease

Suggested Reading:
Course C7: Facility Design, Development and Management

Objectives:
1. To provide foundation of facility management.
2. To understand the variety of facilities & its management.
3. To introduce to the day to day operation & management of different facilities.

Unit 1:
1.1 Concept of facility management- planning, design, construction & management.
1.2 Programming- Need analysis, program development, implementation.
1.3 Scheduling, barriers, scheduling maintenance, space planning management
1.4 Typical facility contract, employment contract, court & fitness contract, contract for professional coach

Unit 2:
2.1 Sports equipment & ancillary area- role of equipment, selecting & processing equipment, inventory & control.
2.2 Health & fitness club- liability for facility management, athletic training, sports medicine facility- location, space, training room, first aid area, rehabilitation & treatment area
2.3 Fitness laboratories- personnel, facility & environment, equipment & safety
2.4 Facility for seniors- design

Unit 3:
3.1 Aquatic facilities- day to day operation
3.2 Laws & regulation, risk management
3.3 Indoor sports & activity- large court areas, small court areas.
3.4 Weight areas, dance & aerobics studios, mat rooms

Unit 4:
4.1 Out door sports areas- playfields & surfaces, track & field areas, adjacent areas.
4.2 Adventure activity & rock climbing areas
4.3 Facilities for impaired persons- concept & planning
4.4 Staff awareness & competitive sports.

Suggested Reading:
Course D7: Yogic Science

Objectives:
1. To provide the foundation of science to the concept of yoga.
2. To understand related states of health & its scientific control.
3. To get acquainted with new trends and research in yoga.

Unit 1:
1.1 Concept & history of yoga, literature of yoga
1.2 Vital points of body & panchikarana prakriya
1.3 Limbs of yoga, kumbhkas- meaning & types
1.4 Ashtang yoga, mudras & bandhas, satkarma & siddhi

Unit 2:
2.1 Mental health & hygiene – yogic & medical perspectives
2.2 Yoga & modern psychology
2.3 Emotional disorders, conflicts & frustration

Unit 3:
3.1 Yama, niyama, asana- its significance in yogic practices
3.2 Prayers – its significance in yogic practices
3.3 Role of nostril dominance in brain function & activity

Unit 4:
4.1 Meaning & yoga dimensions of health related fitness
4.2 Scientific reasoning behind asana
4.3 Researches done in yoga- an overview

Suggested Reading:
Course 8 (A8, B8, C8, & D8)

Course A8: Psychology of Sports

Objectives:
1. To get acquainted with the meaning, nature and scope of sports Psychology.
2. To understand the role of sports psychology in the performance.
3. To introduce to the role of leaders, counselors, and social psyche in the performance enhancement.

Unit1: Introduction
1.1 Meaning, scope & development of sport psychology
1.2 Relationship of sport psychology with other sport sciences
1.3 Need & importance of sport psychology
1.4 Personality issues in sports

Unit2: Sport performance
2.1 Motivation in Sports
2.2 Action Regulation in Sports
2.3 Anxiety, arousal and sport performance
2.4 Aggression in Sport

Unit3: Leadership
3.1 Leadership in sport
3.2 Group Cohesion in sport
3.3 Spectators and sport performance.
3.4 Psychological preparation for competition

Unit4: Morale & Ethical Issues in sports
4.1 Concept of Moral Development & Stages of development.
4.2 Ethics in Sports.
4.3 Growing ethical crisis in sports.
4.4 Sports Burnouts and their causes.

Suggested Reading:

Course B8: Fitness Management

Objectives:
1. To provide the foundation knowledge necessary for management of a health club & sports facilities.
2. To understand the functions & role of manager in the sports industry.
3. To acquaint with various aspects of management in health clubs.

Unit1: Introduction
1.1 Management functions- commercial, corporate, clinical, community programs
1.2 Roles of health fitness practitioner
1.3 Consumer – preconditioning, attitudes
1.4 Member adherence & attrition

Unit2: Member management & service desk management
2.1 importance, manual & computer record keeping, establishing database
2.2 member adherence data – survey – annual, interest.
2.3 Importance & methods of Reporting
2.4 service desk functions- strategies, staffing, name recognition, scheduling information

Unit3: Service desk organization
3.1 constructing training sessions, communication, conflict resolution, sales
3.2 service desk – check in, key control, locker rental, in-house rules & regulations, guest control
3.3 telephone etiquette, handling fax management, event promotion
3.4 equipment check out, lost & found, appointment scheduling, dress code & grooming

**Unit 4: Fitness equipment consideration**
4.1 functions, cost, space, durability, safety, versatility
4.2 purchasing equipment- taking inventory, reviewing market, writing specifications, getting bids, purchasing
4.3 maintaining fitness equipments- internal & external maintenance, specialized equipments
4.4 facility management – quality, safety, cleanliness, amenities, determining maintenance needs, assessment needs, repairs, replacements & improvements

**Suggested Reading**

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**Course C8: Recreation and Leisure Time Management**

**Objectives:**
1. To understand basic of recreation & theories of play.
2. To provide knowledge of organizing recreational events.
3. To introduce to the trends & research in leisure time management.

**Unit 1:**
1.1 Fundamentals of recreation
1.2 Concept & meaning of recreation
1.3 Need & importance
1.4 Principles & theories of recreation & play

**Unit 2:**
2.1 Therapeutic recreation
2.2 Therapeutic use of activity
2.3 Recreation for the life
2.4 Role of recreation & leisure on human development

**Unit 3:**
3.1 recreational sports programs & administration
3.2 Program for different category
3.3 Program planning & finance
3.4 Recreational facilities & area design
Unit 4:
4.1 Current issues in recreation
4.2 Recent research & management developments in recreation
4.3 Latest trends in recreation & leisure time management
4.4 Employment opportunities & procedures for employment

Suggested Reading:


Course D8: Yoga & physical education

Objectives:
1. To introduce to the concept of Yoga & its relation to Physical Education.
2. To understand the various trends in yoga.
3. To be able to apply the knowledge of yoga & physical education to gain maximum benefits.

Unit 1:
1.1 Concepts of Yoga and Physical Education
1.2 Aims and Objectives of Yoga and Physical Education.
1.3 Education as a common ground of Yoga and Physical Education.
1.4 Means of Yoga and Physical Education.

Unit 2:
2.1 Concept of Exercise in Physical Education and its comparison with Yogic Practices.
2.2 Problem of Integration of personality tackled in Yoga.
2.3 Application of Yoga in Physical Education.
2.4 Utility of Yoga Techniques in Physical Education.
**Unit3:**
3.1 Co-ordination of Yoga and Physical Education for maximum benefit.
3.2 Asana - Definition and Classification, Similarities and dissimilarities between Asana and Exercise.
3.3 Pranayama - Definition and Classification. Difference between pranayama and deep breathing. Importance of Rechaka, Kumbhaka, Puraka.
3.4 Introduction to Kriyas, Mudras and Bandhas in brief.

**Unit4:**
4.1 Introduction, Definition of Yoga according to Patanjali, Gita, Swatmarama, Gheranda, Charandas etc.
4.2 Vital points of the body according to Vasistha Samhita.
4.3 Panchilarana prakriya (mixing technipue) accrodong to Shiva Swarodaya.
4.4 Effects of Mudra and Bandha, Siddhis.

**Suggested Reading:**

COURSE 9: Modern trends in physical education & sports

Objectives:
1. To introduce the students to the latest trends in physical education & sports.
2. To understand the basic concepts & terminologies in sports & physical education.
3. To acquaint to the concept of adapted physical education.
4. To understand the movement skills, patterns & its development.

Unit1: Foundations of physical education
1.1 Understanding human movement.
   1.1.1 Planning and conducting movement experiences
   1.1.2 Body awareness
   1.1.3 Qualities of movement
1.2 Fundamental movement skills
   1.2.1 Planning and conducting fundamental movement skills.
   1.2.2 Loco motor skills
   1.2.3 Non loco motor movements
   1.2.4 Manipulative skills
1.3 Fitness and movement efficiency
   1.3.1 Fitness- implementing health related physical fitness
   1.3.2 Posture and Body Mechanics

Unit2: Adapted physical education and sports
2.1 An introduction to adapted physical education and sports
   2.1.1 Meaning.
   2.1.2 Planning: purpose, aims, goals and objective.
2.2 Measurement, Assessment and Program Evaluation.
   2.2.1 Measurement and Assessment strategies.
   2.2.2 Measurement and Assessment in adapted physical education
   2.2.3 Test and Measurement for use in adapted physical education

Unit3: Individuals with unique needs
3.1 Intellectual disabilities, causes, cognitive development and assessment.
3.2 Behavioral disabilities, causes, general and specific approaches for physical education and sports.
3.3 Specific learning disabilities, meaning, recommendations for teaching physical educations and sports.

Unit4: Activities for individuals with unique needs
4.1 Health related physical fitness and physical activities.
4.2 Rhythmic movements and dance.
4.3 Developmental Consideration: Motor development and perceptual motor development.
Suggested Reading:


Course 10: Group practical

Objectives:

1. To be able to apply the knowledge of theory into practice.
2. To understand the practical implications of concepts.

This is a compulsory course of practical in the area of specialization. Each student has to undergo training and practical sessions in his/her choice of area. Each student must complete four practical assignments in the area of specialization. He/she must maintain a record of the practical assignments completed and submit it to the respective college teachers and get the documents certified.

Following is a list of practical assignments to be completed:

<table>
<thead>
<tr>
<th>Area of Specialization</th>
<th>Practical Assignment 1</th>
<th>Practical Assignment 2</th>
<th>Practical Assignment 3</th>
<th>Practical Assignment 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Sports Coaching</td>
<td>Developing Fitness &amp; conditioning modules for various fitness factors</td>
<td>Advanced Coaching lesson in the sport selected in semester II</td>
<td>Designing a detailed scientific coaching plan for the sport selected in semester II</td>
<td>Teacher’s Choice (Any other than the 3 assignments already mentioned)</td>
</tr>
<tr>
<td>B) Fitness Science</td>
<td>Assessment of physical activity levels using different techniques</td>
<td>Exercise prescription &amp; schedule for weight loss &amp; weight gain</td>
<td>Fitness assessment &amp; exercise regime for the people with special needs or patients</td>
<td>Teacher’s Choice (Any other than the 3 assignments already mentioned)</td>
</tr>
</tbody>
</table>
C) Sports Management

<table>
<thead>
<tr>
<th>SWOT analysis, writing mission &amp; vision statement, goals</th>
<th>Group discussion on any of the topics covered</th>
<th>Planning and conducting a recreational sports activity for corporate group</th>
<th>Teacher’s Choice (Any other than the 3 assignments already mentioned)</th>
</tr>
</thead>
</table>

D) Yoga

<table>
<thead>
<tr>
<th>Conducting a yoga session for a group of people &amp; individual (Lessons)</th>
<th>Detailed planning &amp; applying various Stress management techniques in yoga</th>
<th>Special Yoga session planning for patients or people with special needs</th>
<th>Teacher’s Choice (Any other than the 3 assignments already mentioned)</th>
</tr>
</thead>
</table>

Course 11 (A11, B11, C11, & D11)

Course A11: Exercise Physiology

Objectives:

1. To enable the student to understand the physiological effect of Exercise on different system or/and on the body as a whole.
2. To enable the students to understand bioenergetics & role of energy systems in sports activities.
3. To enable the students to understand the role of nutrition & its relevance in energy production.

Unit1: Introduction

1.1 Definition, importance & role of exercise physiology
1.2 Structure, type & function of muscle
1.3 Theories of muscular contraction
1.4 Work capacity under different environmental conditions

Unit2: Muscle activity

2.1 Bioenergetics & recovery process
2.1 Neuro-muscular junction
2.3 Coordination of muscular activity
2.4 Proprioception & kinesthesis

Unit3: Physiological effects

3.1 Physiological changes due to exercise & training
3.2 Oxygen debt, forced expiratory volume, breathing capacity, & recovery rate
3.3 Blood supply & regulation of blood flow during exercise
3.4 Physiological aspects of development of various physical fitness components

**Unit 4: Sport nutrition**

4.1 Balanced diet & appropriate diet before, during & after athletic performance
4.2 Effects of drugs, alcohol, & smoking on athletic performance
4.3 Energy cost of various sport activity & its assessment
4.4 Obesity & weight control

**Suggested Reading:**


**Course B11: Fitness Nutrition**

**Objectives:**

1. To understand the basic guidelines of nutrition for fitness.
2. To acquaint with the energy systems & their functions.
3. To understand the basic concept of body fuels & suggest basic practices.
4. To understand the techniques in nutrition assessment.

**Unit 1:**

1.1 Introduction & guidelines to fitness nutrition
1.2 Impact of science & technology on the dietary habits
1.3 Digestion process
1.4 Nutritional disorders

**Unit 2:**

2.1 Energy system
2.2 O2 utilization for exercise
2.3 Energy transfer in body & in exercise
Unit 3:
3.1 Body fuels
3.2 Role of water (Dehydration, Rehydration, & Over hydration)
3.3 Micro nutrients
3.4 Appropriate diet (Before, during, & after competition)

Unit 4:
4.1 Body composition & weight management & nutrition
4.2 Energy balance
4.3 Understanding food labels, food pyramid- RDA
4.4 Nutritional assessment techniques

Suggested Reading:

Course C11: Event Management

Objectives:
1. To understand the event setting & managing sport events.
2. To acquaint with the macro issues such as structure, centralization / decentralization, the environment, technology and alliances and how these issues impact an individual's functioning.

Unit 1:
1.1 Creating an event – defining event, understanding mission, acquisition or creation
1.2 Sanction, designing an event, checklist
1.3 Developing budget – line items, expenses, revenues, cash flow

Unit 2:
2.1 Perfect market, site, negotiating site deal
2.2 Writing the contract, venue checklist
2.3 Sponsorship – meaning, sponsorship proposal, sales process, sponsorship contract
2.4 Importance of relationship, sponsorship check list
**Unit3:**
3.1 knowing your customer, tickets, onsite revenue, sources
3.2 advertising event, customer checklist
3.3 player friendly tournaments, athlete contract, check list for creating player friendly event

**Unit4:**
4.1 broadcasting, getting on air, Television contract, show & checklist
4.2 creating team atmosphere – personnel
4.3 staffing, getting jobs done
4.4 checklists for event week

**Suggested Reading:**

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**Course D11: Yogic Therapy**

**Objectives:**
1. To understand the concept of health, yoga, yogic nutrition.
2. To provide with the knowledge of therapeutic aspects of yoga & health and therapeutic aspects.

**Unit1:**
1.1 Concept of Swasthya (Healthy condition) and Atur (diseased condition) according to Ayurveda & yoga
1.2 Important Yoga practices as per one’s Prakriti
1.3 Concept of Diet in yogic therapy

**Unit2:**
2.1 Patanjali Yoga Sutra: Darsanic bases of Yoga Therapy
2.2 Yoga & value education: Significance in Yoga Therapy
2.3 Yoga & Mental health: Psychological bases of Yoga therapy

**Unit3:**
3.1 Effect of various Yogic Asanas, *Pranayamic* practices & *Shuddhi Kriyas* on the human body
3.2 Concept of Chitta and its modifications, descriptions of various types of mental afflictions leading to different diseases,
3.3 Remedial measures, direct and indirect handling of mind.
3.4 Modern Medicine and Yoga therapy for common ailments
Unit 4:
4.1 Modern Medical and Yoga therapy principles and practices for diseases related to musculoskeletal system
4.2 Modern Medical and Yoga therapy principles and practices for diseases related to Respiratory system
4.3 Modern Medical and Yoga therapy principles and practices for diseases related to Cardiovascular & Digestive system
4.4 Modern Medical and Yoga therapy principles and practices for diseases related to Nervous systems

Suggested Reading:
17. Shrimad Bhagwadgita – Dr. S. Radhakrishna.
19. Swadhyaya and Yog Therapy – Dr. D.R. Vaze
Course 12 (A12, B12, C12, & D12)
Course A12: Sports Nutrition

Objectives:
To understand the basic guidelines of nutrition & performance enhancements.
To acquaint with the energy systems & their functions.
To understand the basic concept of body fuels & suggest basic practices.
To understand the techniques in nutrition assessment & give suggestions.

Unit 1:
1.1 Introduction & guidelines to sports nutrition
1.2 Impact of science & technology on sports nutrition
1.3 Digestion process
1.4 Nutritional disorders

Unit 2:
2.1 Energy systems
2.1 Cardio-vascular integration & O2 utilization for exercise
2.3 Energy transfer in anaerobic to aerobic exercise

Unit 3:
3.1 Body fuels
3.2 Role of water (Dehydration, Rehydration, & Over hydration)
3.3 Micro nutrients
3.4 Appropriate diet (Before, during, & after competition)

Unit 4:
4.1 Body composition & weight management
4.2 Energy balance
4.3 RDA, understanding food labels & specifications
4.4 Nutritional assessment techniques

Suggested Reading:
Course B12: Personal training & sports conditioning

Objectives:
1. To introduce to the leaderships in fitness industry.
2. To understand the attributes of fitness leaders.
3. To understand the functions of personal trainer.
4. To understand the principles of sport training & prescribe guidelines for fitness development.

Unit 1:
1.1 Effective leadership for health & fitness, role model
1.2 types of fitness leaders
1.3 attributes & roles of personal trainer
1.4 Certifications on personal training

Unit 2:
2.1 factors influencing exercise adoption, marketing & motivational strategies for personal trainer
2.2 methods of behavior change – relapse prevention, fostering coping strategies
2.3 health fitness strategies

Unit 3:
3.1 preventing injuries & controlling injury risk, factors contributing to injury risk
3.2 treating soft tissue injuries, fractures, wounds
3.3 CPR & emergency procedures
3.4 exercise implications in diabetics, heart patients, hypertensive, low back pain & epilepsy

Unit 4:
4.1 fitness conditioning in athletes – identifying needs & understanding nature of sport,
4.2 principles of sports training
4.3 training – speed, agility, power, coordination
4.4 modern trends in sports conditioning

Suggested Reading:
2. ACSM (1998) ACSM’s resource manual for guidelines for exercise testing & prescription (3rd Ed.) Lippincott, Williams & Wilkins
Course C12: Finance & Sports Marketing

Objectives:
1. To introduce the basic marketing concepts & financial implications in management.
2. To understand the role of advertising, and consumer behavior, strategic planning and the marketing of sport.
3. To gain knowledge about sports, fitness and health as a consumer service.

Unit 1:
1.1 Understanding markets, sports marketing, applying marketing concepts
1.2 Sports marketing exchange process
1.3 Marketing challenges & opportunities
1.4 Structure of sport industry

Unit 2:
2.1 Sports publics- external, intermedians, & internal
2.2 Sports product, sports market types
2.3 Sports participant- image formation
2.4 Fan identification- levels, managerial factors, strategies, challenges to development of fan identification.

Unit 3:
3.1 Motivations of sport consumer- motivation construct measurement development process.
3.2 Motivational typologies of sport consumptions
3.3 Brand management- impact of winning, merchandise revenue, attendance, media revenue & exposure, franchise value.
3.4 Measuring service quality in sport- GAP model of service quality, extended GAP model.

Unit 4:
4.1 Sponsorship- Advertising, sponsorship categories
4.2 Design sponsorship packages.
4.3 Financial controls- master budget, applying concept- control method
4.4 Types of operating budget, capital budgets.

Suggested Reading:
Course D12: Yoga & wellness

Objectives:
1. To gain understanding in concept of health, yoga & wellness.
2. To understand the dimensions of wellness.
3. To understand the techniques of healing & recovery processes.
4. To gain knowledge of stress management techniques.

Unit 1:
1.1 Achieving personal health – defining health & wellness
1.2 models of health
1.3 Dimensions of health & wellness, health as positive wellness
1.4 Yoga & wellness achievement

Unit 2:
2.1 promoting wellness through mind body communication- homeostasis & health
2.2 Autonomic nervous system
2.3 Role of hormones, its role in wellness, control through yoga
2.4 Mind created illness, health & yoga

Unit 3:
3.1 Faith & healing, hypnosis & healing
3.2 Meditation for relaxation
3.3 image visualization
3.4 Stress- definition, stress activators

Unit 4:
4.1 reactions to stress activators, consequences of the reactions
4.2 understanding thoughts & emotions,
4.3 Developing coping strategies- defense mechanisms, coping with fears & phobias
4.4 Depression
Suggested Reading:

1. Edlin & Golanty Health & wellness (5th Ed.). MS: Jones & Bartlett Publishers

COURSE 13: Professional preparation & curriculum design

Objectives:
1. To provide foundation of profession, its criteria.
2. To understand the various perspectives of profession.
3. To understand the principles & process of professional development.

Unit 1: The profession
1.1 Meaning, criteria & evaluation of profession
1.2 A professional & professionalism in physical education & sports
1.3 Physical education as a profession
1.4 Legal regulation of profession

Unit 2: Professional preparation
2.1 Historical perspectives
2.2 Policy perspectives
2.3 Theoretical perspectives
2.4 Nature & content of professional preparation programmes
Unit 3: Professional development
3.1 Meaning & process
3.2 Growth on the job- in service concept
3.3 Self appraisal & parameter influencing self appraisal
3.4 Guiding principles & professional relations

Unit 4: Curriculum
4.1 Meaning, importance & fundamental principles of curriculum planning
4.2 Writing the curriculum guide
4.3 Physical education curriculum models
4.4 Implementing the physical education curriculum

Suggested Reading:
Course 14: Research Dissertation

Objectives:
1. To enable to devise research projects.
2. To understand the research process & implement the theoretical aspects into practice.
3. To understand the process of analyzing research & using software.

This course consists of a research dissertation of 100 marks.

1. The candidate should conduct research on a topic in the chosen area of specialization only. The student has the liberty to start choosing and defining the research problem in the preceding semesters.
2. He/she can select and finalize the research problem after consulting with the advisor/professor and after reviewing the literature.
3. Every candidate must prepare & submit a research proposal to the research advisory committee in the college.
4. Candidate will also present the research proposal to the research advisory committee, which will then suggest modifications or changes if needed.
5. On the approval of the research advisory committee the student will be allowed to submit the final research proposal and continue the research work in the selected research problem.
6. Every student must continue the guidance and consulting with the research supervisor allotted to them by the college & must submit the detailed progress reports from time to time.
7. A pre submission presentation & viva voce examination will be conducted before the final examination of this course.
8. The candidate must submit the final dissertation on or before the date stipulated by the college. Failing to this, the candidate will not be allowed to appear for the examination of this course.

**Evaluation:** The internal evaluation of this course will be done by the respective research supervisors allotted by the college. The internal evaluation will be done on the basis of the preparation & presentation of the proposal, the practical on using statistical software, developing research tools etc.

**External evaluation will be done on the basis of the final presentation of the research project and the viva voce examination conducted at the end of the semester.**

**Course 15 Open course (OA15, OB15, OC15, & OD15)**

Course no. 15 (OA15, OB15, OC15, OD15) will consist of an open course. The syllabus of the open course will comprise latest trends & latest research in area of specialization (OA15, OB15, OC15, and OD15). The syllabus & evaluation scheme of this course will be prepared by the teachers & approved by the college committee & 2 experts from outside.

**Objectives:**
1. To introduce to the latest trends & research in areas of specialization.
Course 16: Practical

Special course- Spoken English, Soft Skill, Computer Practical

This course will be taught throughout the entire program. Internal evaluation of this course will be done through practical examination in all the four semesters. External evaluation of this course will be done through a practical examination in semester IV only.

Objectives:
1. To develop the communication skills & soft skills.
2. To understand the time, stress management techniques.
3. To enable to use the computers and internet.

Unit 1:
1.1 Personality concept & importance of personality development program-presenting oneself- body language & dress code
1.2 Time management, self management, stress management, personal hygiene, grooming, & nutritional concept
1.3 Development of positive attitude, & boosting self confidence
1.4 Awareness of personal, community safety issues, community service providers & basic home sanitation & maintenance

Unit 2: Soft skills
2.1 General English (spoken)
2.2 Writing (letters, applications, notice, minutes, poster, resume)
2.3 Voice culture, telephone manners
2.4 Handling group discussions, mock interviews, participation in debate & extempore.

Unit 3: Life skills
3.1 Introduction, need, & importance
3.2 Self awareness & appropriate social interactions
3.3 Decision making & problem solving
3.4 Functional reading & research

Unit 4: Computer practical
4.1 MS office
4.2 Working with internet – communing with e-mail, searching the web, & searching data online
4.3 Building web page with front page
4.4 Computer technology & securities, & application software

**Suggested Reading:**

2. www.Hs.Sportsylvania.k12.va.us