

UNIVERSITY OF MYSORE

DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES

POST GRADUATE COURSE (M.P.ED.) ENTRANCE EXAMINATION 2017-2018

UNIT-I

Brief history of Physical education in Europe, America, India, Sweden, Denmark, Ancient and Modern Olympics, Asian Games, Commonwealth Games, National and International Tournaments and World Championships in Games and Sports. History and Development of various Games and Sports.

UNIT-II

Traditional and Modern Concepts of Education and Physical Education. Scientific and philosophic principles in Physical Education. Branches and aspects of Philosophy. Heredity and Environment, Growth and Development, sex differences, Laws of Learning, Personality, individual differences. Types of Learning, Motivation and intelligence tests. Play theories. Brief Concept of Recreation and Camping.

UNIT-III

Concept of Methods in Physical Education. Factors influencing method. Different methods of Teaching Physical Activities, Yoga and Major Games. Teaching Aids, presentation technique, Lesson Plan, Class management; Classification and Evaluation of students.

UNIT-IV

Competitions and Tournaments, Different types of Tournaments, Methods of Drawing fixtures for different kinds of tournaments.

UNIT-V

Characteristics of a Standard track. Calculation of RDR, CDR, Staggers for 400 meters track and 200 meters track. Methods of marking for field events, Marking for Relay zones, Lay out of play grounds and facilities.

Unit-VI

Anatomy, physiology and kinesiology Structure and functions of cells, tissues, Organs and systems - skeletal, muscular, circulator, respiratory, digestive, Endocrine glands. Fundamental movements, Axes and planes, Body lever., joints; sense Organs.

Unit -VII

Concept of Health, Hygiene and Health Education. Factors affecting personal health and hygiene, W.H.O. communicable diseases, their symptom and prevention. Immunity and Immunization. Agents of infection, Basics of nutrition. Safety education and first Aid.

Unit -VIII

Teaching training and coaching. Components of athletic, fitness/physical fitness. Concept of load, factors of load. Principles of training and warm up. Methods of training of strength, endurance, speed and flexibility. Analysis of skills. Feedback in teaching and coaching.

Unit -IX

Sports officiating, Principles of officiating; Officiating mechanics; systems of officiating. Dimensions of play fields, play ground and court marking. Significance of various marking in different sports. Rules of Games and sports.

Unit -X

Guiding principles of organization and management. Physical education budget. Records and Registers. Intramurals and Extra murals. School Time Table, Media, Their types and functions. Supervision. Adapted Physical Education. Posture, postural deformities and their causes. Assessment of posture. Common sports injuries; causes of sports injuries; their prevention and management. Concept of massage. Therapeutic modalities and exercises.

