

BHARATHIAR UNIVERSITY – COIMBATORE – 641 046.

M.PHIL. / PH.D. – Physical Education

SYLLABUS [From October 2011 batch onwards]

- PAPER I** - **Research Methods and Advanced Statistics**
- PAPER II** - **Modern Trends in Physical Education**
- PAPER III** -
- 1. Sports Physiology**
 - 2. Sports Training**
 - 3. Sports Psychology**
 - 4. Sports Medicine**
 - 5. Yoga and Health**
 - 6. Measurement and Evaluation in Physical Education**
 - 7. Sports Physiotherapy and Rehabilitation**
 - 8. Sports Management in Physical Education**
 - 9. Fitness and Wellness**

PAPER-I - RESEARCH METHODS AND ADVANCE STATISTICS

Unit.I Fundamental Concepts:

1.1 Research - meaning and identification of research problem - statement of research problems - criteria for selection of problem.

1.2 Types of research – basic – action- applied, Methods of research- historical, longitudinal, experimental, philosophical, surveys - case study.

1.3.Variables meaning and identification, dependent, control, intervening variables.

1.4.Hypothesis – types of Hypothesis – formulation of hypothesis – Testing hypothesis – Types I and Type II Error.

1.5 *Possible* areas of research - bio-mechanics, kinesiology, exercise physiology, motor learning, sports medicine, sports psychology, sociology of sports, growth and development etc. Agencies promoting research and new trends in Physical Education- ministry of education, U.G.C., Universities, state Governments. SAI and A I U etc.

Unit- II: Research Tools:

1.1. Data- Types – Identification of data - Methods of collecting data - observation, Interview, questionnaires and experimentation.

2.2 Establishing of research laboratory Instrumentation.

2.3 Concepts and measurement- reliability- validity- Norm's construction.

Unit III: The Research Design:

3. 1. Research design – Types of research design – Need and Importance of research design.

3.2. Steps in designing the research proposal - statement of the problem - hypothesis - identification of variables - samples selection of tool- plan of analysis time budget cost resources personnel.

3.3. Preparation of the research report - tables - figures - footnotes -- bibliography - follow up with publication.

3.4.Introduction to the use of calculators and computers in analysis of data.

Unit IV Parametric

- 4.1 Testing the significance of mean difference 't' test – Types of 't' test- F-test. One –way –Two ways – analysis of covariance – test- repeated measures of post-hoc test – Test – Types of post– hoc test.
- 4.2 Testing the significance of relationship and predication. Pearson product moment – partial correlation – multiple correlation – simple linear Regression – multiple linear regression.

Unit V. Non parametric

- 5.1. Testing the significance of associates: chi-square testing the significance of relationship – Rank order correlation – Biserial – point biserial – phi-coefficient.
- 5.2. Statistics - application of statistics in research in physical education.

Reference books:

1. Clarke, David H and Clarke H Harrison. Research Process in Physical Education New Jersey, Prentice Hall Inc.,1984.
2. Best.lohn W& Kahn, James V. Research in Education New Jersey, Prentice Hall Inc.,1992.
3. Clarke, David H and Clarke H Harrison. Advanced Statistics, New Jersey, Prentice Hall Inc.,1972.
4. Garret E. Harry and Woodworth, N.S. Statistics in Psychology and Education Bombay Allied PublicationsPrivate Ltd 1958.
5. Fruederick, L." The Elements of Research" New York, Prentic Hall, Californi 1950.
6. Neilson N.P. "An Elementary course in Statistics Test and Measurements in Physical Tests. Polo Alto, California 1960.
7. Clarke H.W "Application on Measurement to Health and Physical Education, Published by Prentica Hall Inc., 961.

PAPER II - MODERN TRENDS IN PHYSICAL EDUCATION

Unit: I professional preparation:

- 1.1 Teacher Training Programme in India-Diploma Course, Certificate Course, Undergraduate course – Post Graduate Course – Higher Education (Research Degrees)–Comparison of Different course contents.
- 1.2 Professional Organizations in Physical Education and sport in India – Germany – Britain – Comparisons of Professional Organisation in India and other countries

Unit II: Careers in physical education and sport and schemes of government (central and state):

- 2.1 Teaching Career – Coaching Career – Fitness and Health related career – Therapy related career – sport careers in media, management and performance.
- 2.2 Assistance for infrastructure for coaching programmes for competitions – for Publications for research laboratories – fellowship–SAI-UGC–State– Corporation.
- 2.3 Avenues of placements – public sector – private sector.

Unit III: Modern Facilities and Equipments:

- 3.1 Types of surface of play grounds(Track & Field and games) Modern equipments used in various sports events – playing equipments.

Unit IV: Talents identification and Training:

- 4.1 Main tasks of training – main features of sports training junior training programme principle tasks.
- 4.2 Identification of talent – Pre requisites and conditions for developing talent – Early recognition – screening and selection with performance factors.
- 4.3 Specific characteristics of the anatomic, physiological, psychological and motor Development of children and adults.
- 4.4 Comparative study of various modern training methods.

Unit V: Future of Physical Education and Sport:

- 5.1 Issues and challenges in Physical Education and sports leadership values – public relations.
- 5.2 Future and challenges in Physical Education personnel in organization and administration – in training – in competition.
- 5.3 Computer application in Physical Education and sports.

Reference Books:

01. Ducher A Charles “ Functions of Physical Education”.
02. Bunna, Joh W “Scientific Principles of Coaching”.
03. Hay, James G “ Biomechanics of Sports Techniques”.
04. Millor I Doris & Nelson E Richard “Biomechanics of Sports”.
05. Winter A David ”Biomechanics of Human Movement”.
06. O.Willam Daytan” Sthletic Training and Conditioning.
07. F.A.B. Webstar “The Science of Athletics”.
08. Ken, Rawlison: “Modern Athletic Training”.
09. Morehouse & Basch “ Scientific basis of Athletic Training”.
10. Carl E. Klafs & David D Aro eim: “modern Principles of Athletic Training”.
11. John Bonn”Scientific Principles of Coaching”.
12. J.D Lauther: “Scientific Principles of Coaching
13. Government of India reports: Ghothari Commission.
14. Government of India reports: Eanwarabai Patel Commission Report on Secondary Education.
15. Government of India reports:Sports Policy”.
16. University Grants Commission Reports: Development Grants under five year plan.
17. University Grants Commission Reports on financial Assistance for Professional Growth.
- 19.Government of India report on structure for college of Physical Education .
- 20.Sports pedagogy by Androvitch 1906 U.S.S.R. Publication.

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PAPER III – SPORTS PHYSIOLOGY

UNIT I : BIO – ENGERGETICS:

- 1.1 Definition of energy-Biological energy cycle, ATP – aerobic and anaerobic comparing with energy systems- Aerobic and anaerobic during rest and exercise.
- 1.2 Recovery from exercise – the oxygen debt – replenishment of energy stores during recovery . Muscle glycogen synthesis – liver glycogen replenishment- restoration of own stores.
- 1.3 Measurement of energy, work and power definition of efficiency – cycle ergo meter – mechanical and electrical treadmill – step bench.

UNIT- II:

- 2.1 Skeletal muscle – structure and function. The motor unit and strength gradation. Muscle force – velocity and power.
- 2.2 Nervous control of muscular movement. Basic structure and function of the nerve-neuro muscular functions. The nervous system and motor skills.

UNIT – III:

- 3.1 Pulmonary ventilation – minute ventilation – ventilator mechanics - pressure change.
- 3.2 Gas exchange and transport- total oxygen to co₂ blood.
- 3.3 Blood flow and gas transports – cardiac output during exercise. Circulating mechanics – changes in pressure and resistance during exercise.
- 3.4 Cardio – respiratory control at rest and during exercise.

UNIT – IV PHYSIOLOGICAL EFFECTS OF PHYSICAL TRAINING:

- 4.1 Training effects – factors influencing training effects.
- 4.2 Exercise and training for health and fitness – causes and risk factors of cardiovascular diseases – the exercise prescription.
Environmental aspects

- 4.3 Performance at altitude – Athletic performance at altitude – training and altitude.
- 4.4 Heat balance – temperature regulation and heat disorder – physiological responses to cold.

UNIT – V NUTRITION AND EXERCISE PERFORMANCE:

- 5.1 Diet before activity, during activity, following activity, exercise and weight control.
- 5.2 Exercise and acid balance : Acid base balance following heavy exercise.
- 5.3 Exercise and endocrine system: Characters and mechanism of harmonies action, Hormonal responses to exercise and training.
- 5.4 Effects of age and gender. Age and athletic performance, age and menstrual – exercise during pregnancy.

Reference Books:

- 01.Pox, Edward L and Mathews Donal K “ The Physiological basis of physical education and athletics, New York : Sander College Publishing 1982.
- 02. Mcardle. Williams D et al: Exercise physiology – energy nutrition and human performance, Ed.2. phildelphia, Lea and Febiger 1986.
- 03. Karpouch and Sinning “Physiology of Muscular Activity” W.B.Seunders company, Philadephia, London, Toronto 1986.
- 04.William D. Mcardle, Frank I Katch, Victor L Katch” Exercise Physiology” Lea & Febigen phildelphia1982.
- 05.A Kapandji “The Physiology of the joints’ Churchil Livingston, Edinburgh London melbourne and new york1986.
- 06.David H Clarke, “Exercise Physiology” Prentice Hall Inc., Englewood cliffs, New Jersuy.
- 07.Morehouse and miller “ Physiology and exercise” The C.V. Mosley company 1990.
- 08.Larry G. Shaver” Essential of Exercise Physiology” SurjestPublications Post Box. No. 2157, Delhi 110 007. India 1982.

BHARATHIAR UNIVERSITY, COIMBATORE 641 046**M.Phil., / Ph.D., - Physical Education****PAPER – III- SPORTS TRAINING****Unit I :**

Sports training aim, task and characteristics of sports training, Principles of sports training. Methods of training: weight training – isotonic, isometric, Isokinetic interval training circuit training – fartlek, training.

Effect of training on physiological systems- muscle, heart rate – oxygen consumption, blood lactate-lung capacity, work capacity, body composition.

Unit II:

Training load: Important features of training load- intensity, density, duration and frequency principles of training load- adoption of load – principles of over load. Training Plan: Periodisation – single, double and triple, pre-season, competition – season and off- season-long term plan, short term plan – meso –cycle, macro cycle-micro cycle-schedules - steps involved in preparation schedule.

Unit III: Training for important motor components:-

- a) Strength: Forms of Strength, Characteristics of Strength means and methods of strength training strength training for women and children.
- b) Endurance; Forms of endurance, characteristics of endurance, mean and methods.
- c) Speed: Forms of speed – characteristics of speed – speed training mean and methods.
- d) Flexibility: Forms of flexibility, characteristics of flexibility, mean and methods.
- e) Co-ordinative abilities – (agility) eye, foot, hand co-ordination.

UNIT – IV:

Technical preparation – fundamentals and methods for the development of techniques in sports – stage of technical development – causes and correction of faults. Tactical preparation – Tactical concepts – methods of tactical development.

Psychological preparation – individual differences – requirement – diet for different season – doping – drugs-effects.

UNIT V:

Diet – diet for different sportsman and women, caloric requirement – diet for different seasons – doping – drugs – effects.

Reference:

1. Dick, Frank W. (1980) Sports Training Principles. London: Lepus Books
2. Fox, Edward L (1984) Sports Physiology. Halt: CBS College Publishing
3. International Fitness Association Web at <http://www.Ifafitness.com>
4. Singh, Hardyal (1991) Science of sports Training. New Delhi: DVS Publications
5. Klerner, Susan and Robinson.M.G. (1998) Power Eating. Champaign IL:Human Kinetics
6. Nieman, David C (1998) The Exercise Health Connection
7. Shaver, Larry G (1982). Essential of exercise Physiology Delhi: Surjeet Publications
8. Wilmore, J.H. and Costell, D.L.(1999) Physiology and Sports and Exercise. Champaign IL:Human Kinetics

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PAPER III – SPORTS PSYCHOLOGY

UNIT I: The Nature of Learning:

- a) Motor learning – coordination of motion, Theories of learning
- b) Kinesthesia, proprioception and labyrinthine, receptors, reflex action and the automatizing motor skills.
- c) Feed back, servomechanism and knowledge of results – reinforcement and readings – retention and forgetting.
- d) Factors and conditions affecting motor learning : speed of perception – attention and concentration. The learning curve, imitation and learning – self activity and mental practices, trial and continuous revision learning – the whole and part learning, autogenic technique, ergogenic effects.

UNIT – II The role of emotion in sports performance:

- a) Motivation and arousal – theories.
Patronage and political support in development of sports.
- b) Stress and competition.
- c) Aggression
- d. Anxiety – anxiety and all round performance, fears of athletes – reindicting anxiety.

UNIT – III: Evaluation of the Superior athlete:

- a) A. typology of athletic activities based upon their psychological demands.
- b) Psychological preparation of the superior athlete pre, during and post competition psychological preparation.
- c) Model training – intellectual training of the athlete – social – psychological preparation of the athletes – conceptualizing – automation imaginary.

UNIT – IV :

- a. Motivational techniques
Building confidence, Dedication and prides. Discipline, fear and motivation
Motivation in practice and in games.

- b. Situational motivation
Forging positive attitudes and relationships Handling the self motivated athlete
Motivating the self motivated athlete Motivating the “ Problem” Athlete
Handling the “Superstar” Athlete

- c. Motivating girls and women

UNIT – V: Psychological assessment of testing:

- a. Assessing intelligence

- b. Testing for special aptitude

- c. Personality assessment

- d. Behavioral assessment

REFERENCE BOOKS:

01. L.L.E. William Jack Judy A Blucher, Psychology of Coaching Theory and Application, Subject Publication, Delhi, 1982.

02. Morgan William P. Contemporary Readings in Sports Psychology Spring Field, Minois, USA, 1970.

03. John D.Lauther: Sports Psychology, Prentice Hall Inc. Englewood.

BHRATHIAR UNIVERSITY, COIMBATORE 641 046**M.Phil., / Ph..D., - Physical Education****PAPER III – SPORTS MEDICINE****UNIT – I:**

A brief, history of sports Medicine – definition – meaning, preventive – curative and rehabilitation aspects – The participation, physical examination. Types of sports injuries – general principles of injury management – Management of soft-tissue injuries, bony injuries, nerve injuries.

UNIT – II:

Regional Athletic injuries and management – head injuries – shoulder injuries – arm and elbow joint injuries – wrist and hand injuries – thigh and knee injuries – lower leg, ankle and foot injuries.

Evaluation and management of specific disorders – traumatic lesions of the spinal cord-after care of fracture – treatment of back disorders, and deformities – low backpain and soliosis.

UNIT – III :

Applied sports medicine: Role of exercise in the prevention of various diseases: Cardio – vascular – disorders – Asthma – diabetes – obesity.

UNIT – IV:

Importance of sports nutrition. Exercise and food intake – before during and after activity– computerized meal and exercise plan – role of carbohydrate in prolonged and servers training. Diet prescription for football , basketball, volleyball and tennis players and athletes of jumps.

UNIT – V:

Therapeutic modalities and procedure - principles of therapeutic modalities and procedures – hydrotherapy - Diathermy -ultrasound- electrical muscle stimulation – transculanor electrical nerve stimulation (TENS) cry kinetic)cold and therapeutic exercises) cold spray – paraffin bath, ultraviolet- therapeutic exercises cold spray – massage.

Meaning and definition of physical rehabilitation. Rehabilitation – goal of rehabilitation, rehabilitation programme – types of exercises – isometric – isotonic – isokinetic – manual resistance – proprioceptive neuromuscular facilitation programme for neck, shoulder, shoulder joint, arm and elbow joint – wrist and hand, lower- back, hip joint – thigh, knee, lower leg, ankle andfoot.

Reference Books:

01. Edward L. For, Donald K. Mathews: The Physiological basis of Physical Education and Athletic, Baundura college Publishing
02. Anthony P. Millar, sports Injuries and their Management, Willaims & Witkins and Associates Pvt. Limited,Australia.
03. Krusen Kottke, Ellwood, Physical Medicine and Rehabilitation, W.B. Saunders company, Philadelhia, London, Tornado.
04. James A could III Geroge I Davies, Orthopaedic and sports physical therapy, The C.V. Mosby company St. Locus – Toronoto Prenetion.
05. Richards Schredier John C Kennnedy Marcus L Plant, Sports Injuries Mechanism, Prevention and Treatment, Williams & Wilkins, Baltiomore, London, Losangele: Sydney.
06. Rohert N. Swinger: Motor learning and human performance, the Macmillian Co., New York.
07. Miroslav Vanke and Bryant’J Cratty: Psychology and the Athlete, Macmillan Co., London.

BHARATHIAR UNIVERSITY, COIMBATORE 641 046**M.Phil., / Ph.D., - Physical Education****PAPER III – YOGA AND HEALTH****UNIT – I**

Yoga -Meaning – need and importance of Yoga, Historical background of yoga
Types of yoga- Bhakti yoga- karma yoga- Gnana yoga-Raja yoga- Hatha Yoga- Ashtanga
yoga.

UNIT – 2

Asanas - Definition, Aim and Objectives of Asanas- Muscular and neural Macular and
neural mechanisms involved in asanas – asanas vs. muscular Exercises-classification of asanas –
salient features of meditative, cultural and relaxative asanas – correct performance of asanas as
per classical instructions in yogic texts- Benefits of asanas.

UNIT – 3

Pranayama - Definition, aim and objective of – classification - Phases of pranayama
comparison of pranayama with normal breathing and deep breathing – Respiratory factors
involved in Pranayama. Kriyas - Definition, aim and objective of Kriyas- Pre-requisites and
precautions in their practices - Outline of their techniques and classification

UNIT – 4

Meditation Bandhas and Mudras:- Definition, Aim and Objectives – Outline of selected Bandhas
and Mudras – Role of Bandhas in different phases of pranayama – Neurophysiologic and
psycho-physiological mechanisms involved in Meditation, Bandhas and Mudras

UNIT:- 5

Health -Definition, meaning and factors that influence Health . Need and importance -Guiding
principles of health and health education. Physical fitness -Definition – meaning– factors that
influence Physical fitness -, wellness – Definition- meaning - factors that influence wellness.
Components of Health related physical fitness - Assessment of health related fitness. Yogic
diet- Physiological, Therapeutic and Spiritual effects of Yoga - Values of yoga.

Reference Books:

01. Swami Digamberji. Yoga and Physical Education, Kavivalyadhama. Konavla, India.
02. Yogamimamsa, Quarterly Publication Kaivalyadhama Lonavla, India.
03. Dr.M.L.Gharota, Science of Yoga, Kaivalayadhama, Lonavla, India.
04. Dr.Karambalkar, Therapeutic value of yoga, Kaivalyadhama, Lonavla, India.
05. Barry L.Johnson and Jack K Nelson, Practical Measurements for evaluation in
Physical Education Burgess Publishing Company, University of Minnesota.
06. Werner.W.K.Hoeger and Sharon A Hdger, Fitnees and wellness, morton publishing
company, Englewood.
07. Resthowel and A.K. Uppal, Foundations of Physical Education, Friends Publication,
New Delhi.

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M.Phil., / Ph.D., - Physical Education

PAPER –III- MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit - I

- 1) -Meaning of Measurement and Evaluation
-Inter relationship of Measurement and Evaluation
-Basic principles of Measurement and Evaluation
-Modern Trends in Measurement and Evaluation

- 2) -Need for selecting appropriate measurement and Evaluation in Physical Education and Sports.
-Criteria for selecting Evaluation and measurement.
-Technical Standards: Objectivity, Reliability, Validity, Norms.
-Administrative considerations: Equipment, Time, Money, Utility, Facility, Feasibility.

Unit-II

- 1) Tests of Physical Performance.
Speed, Agility, Balance, Strength, Endurance, Flexibility, California Perceptual Motor abilities, and Generality of components.

- 2) Tests of Physical fitness:
-Basic fitness test, AAHPER Youth fitness test,
-Physical fitness index,
-Sargent test,
-National Physical Efficiency tests,
-Indiana motor fitness test,
-Test for High School and college men,
-Krausweber Tests,

Unit-III

- 1) Motor Fitness Tests:
-J.C.R. Test
-Oregon motor fitness test
-California Motor fitness test

- 2) Motor Ability Test:
- Barrow motor ability test
 - Carpender motor ability test
 - Scott motor ability test
 - Latchaw motor ability test.

Unit-IV

- 1) Motor Educability Test:
- OPNA Brane motor educability test
 - Johnson Metheny motor ability test
 - Cardio-Vascular Test:
 - Callagher & brouha Harvard step test for secondary Boys.
 - Tuttle Pulse ratio test
 - Schneider Cardio-Vascular test
- 2) Postural Test
- IOWA Posture test
 - Woodruff body ligament Posture test
 - Foot Print angle test

Unit-V

Test of Specific Sports Skills

Badminton -Miller Wall Volley Test

Basketball French Short Serve Test
-Knox Basketball test
Leilich Basketball test

Hockey -Schmithals- French test Field Hockey test, Friedal field hockey test

Soccer -Warner test of Soccer skills test
AAHPER Football Skill test

Tennis

-Dyer Tennis test,

Broer-Miller Forehand, backhand drive test

Volleyball

-LIBA -STAUFF Test

Brady volleyball test.

Reference Books

- 1) Nilgoose, Erle: "EVALATION IN HEALTH EDUCATION AND PHYSICAL EDUCATION", New York, McGra-Eill Book Co., Inc.
- 2) Cureton, Thomas K. `PHYSICAL FITNESS APPRAISAL AND GUIDANCE" St. Louis, The Mosby Company, 1947.
- 3) Bovard John F., Frederich W., Hagman, Parcelcia E., "TEST AND MEASUREMENT IN PHYSICAL EDUCATION ", Philadelphia, W.B.,Sounders Company, 1949.
- 4) Meyers, Cariton R. and Blesh, Erwin T. " MEASUREMENT IN PHYSICAL EDUCATION", New York, The Fonald Press Company, 1962.
- 5) Campbell, W.R. and Tauker, N.M. "AN INTRODUCTION TO TEST AND MEASUREMENT IN PHYSICAL EDUCATION", London, C.Bellk & Sons Ltd., 1967.
- 6) Hunsicker, Paul A., and Monteyer, Hendry J. "APPLIED TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION" New York, Prentice Hall, 1953.

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**M.Phil., / Ph.D., - Physical Education
PAPER –III- SPORTS PHYSIOTHERAPY AND REHABILITATION**

Unit-I

Definition - meaning of sports physiotherapy- Need and importance of sports Physiotherapy-Need and importance of sports Rehabilitation- Need and importance of Sports Medicine (Preventive) curative and rehabilitative aspects).

Unit-II

Sports Injuries:

1. (a) Nature and Scope of injuries in Sports Programmer.

Classification of injuries. Causes of injuries in Sports

(b) First-aid box and its requirements on the play field.

Qualification and duties of trainer and coach in **First-aid**

Sports Medicine Clinic - An outline.

Unit-III

Management of Sports injuries:

1.(a) Soft-tissue injuries:

i) Injuries to skeletal Muscie & tender-
strain, pull, cramp, tear myosities, tendinitis.

ii) injuries to skull -abrasion,cuts,boils.

iii) injuries to ligaments & Cartilage-Sprain,sunovities. iv) Injuries to other vital organs

b) First-aid Management and rehabilitation progamme

i)Fractures-types and nature

ii) First aid to fractures

iii)Dislocation- common joints involved in dislocation.

Unit-IV

Physiotherapy and its use in the treatment and rehabilitation in Sports injuries.

1) (a) Exercise Therapy

b Principles of the prescription of exercise Therapy

2) (a) Massage - Types & Techniques of Massage

b indication and counter indication of massage therapy

3) Heat Therapy:

a) Hot Water formentation: Its uses and effects b Ice cold treatment: its uses and effects

4) Electrotherapy:

General introductory working Knowledge of following instruments:

i) Ultra - Violet, ii) infra-red Lamp, iii) Ultra Sonic, iv) Short wave diathermy.

Unit-V

Active Treatments

1. Strengthening Exercises - isometric Exercises isotonic exercises-isokinetic Exercises-Eccentric exercises- concentric exercises-stretching exercises-static and dynamic stretching- Requirement for stretching.

2. Rehabilitation exercise programmer for various joints of the body - Neck, shoulder, Elbon, Wrist, Hip, Knee, and Ankle.

Reference Books Recommended:

1. Borozne, Joseph & Pechar Stanley: Safety in Team Sports. Washington, Aahper pub. 1977.
2. Domron, C.F. & Wisconsin, Modison: Accident Surveillance system for Sports, Wasington, Ashper pub. 1977.
3. Borozne, Joseph & Pechar, Stanely: Safety in Aquatic Activities, Washington, Aahper pub: 1977.
4. Borozne, Joseph & Pechar, Stanley: Safety in individual & Dual Sports, Washington, Aahper pub. 1977.
5. Yost Charles Peter: Teaching Safety in the Elementary School, Washington, Aahper pub. 1972.
6. Clarke Kenneth S. : Drugs & the Coach, Washington, Aahper pub. 1977
7. Aahper publication: Professional Preparation in Dance, Physical Education Recretation Education Safety Education and School health Education, Washington, Aahper pub. 1974
8. Borozne Joseph & Pechar Stanley: Administration & Supervision for Safety in sports, Washington, Aaphper pub. 1977.
9. Aahper pub: Profession preparation in Safety Education and School health Education, Washington Aahper Pub. 1974.

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PAPER –III- SPORTS MANAGEMENT IN PHYSICAL EDUCATION

Unit-1

Meaning of sports Management-principles of sports management-personnel management- Facility management -Programme Management.

Unit-2

Accounting and Budgeting:- Definition and role of accounting in the sport and fitness enterprise-Assumptions and principles of accounting- The accounting system- Depreciation- accounting for non profit organizations- Types of businesses- Cash management-Budgeting

Unit-3

Sports Marketing:- Meaning of sport marketing- Factors involved in the marketing of sport- Strategic market management- Market awareness- developing a target market strategy- the sport product -Price-Promotion-Place-Marketing plan.

Unit-4

Ethics:- Fundamental concepts of Ethics- Personal moral development -theories of ethics - Models of ethical analysis- Personal ethics and organizational responsibility- ethics and professionalization of sport management-Implication for sport management preparation and practice.

Unit-5

Computer Application: - Managing information of computers- using computers to help manage information- The administrative use of computers in professional sport- The administrative use of computers in college sport- sport management specific computer software.

Reference:

1. Baumol, W., and Blinder, A. Economics': Principle and policies (4th Edition)
Orlando, Florida: Harcourt brace Jovanovich.

2. Lazer, W., and culley, J. Marketing management. Boston: Houghton Mifflin Co.

3. Mullin B.Sport Marketing, Promotion and Public relations. Amherst,
Marshachuselts: National Sports Management, Inc.

4. Good Paster, K. Ethics in Management Boston: Harvard business school.

Cheng, V.Computer's best use is in information management.

5. Bonnie Park house. The Management of sports, Mosby year book.

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PAPER-III- FITNESS AND WELLNES

Unit: 1

Concept of fitness – components of fitness – Speed, Strength, Endurance, Mobility. Assessment of Physical Fitness Muscular strength – Endurance Flexibility, Speed Fitness tests: AAHPERD youth fitness – AAHPRED health related fitness – 12 minutes Cooper test hardward step test Ideal body – Energy requirement – Body composition.

Unit: 2

Concept of wellness - component of wellness - Physical fitness – Nutritional awareness - Rest and recovery Stress management – Environment sensibility – Safety – Sexuality, Smoking Cessation – Health Education. – Factors influencing Fitness and wellness, Assessment of – Stress – Tension, Emotions, Personality.

Unit: 3

Development of Fitness and Wellness components – Basic principles of training and conditioning – Various methods of training – Resistance training (Isotonic _ Isometric _ Iso kinetic) Aerobic training – Plyometric training – Flexibility training Fartlek training development and Management of Stress – Tension - Emotion – Personality – Environment management. Relationship between Fitness and wellness.

Unit: 4

Nutrition for active people – Dietary guidelines – Component of Carbohydrates, Protein, Fat Minerals and Vitamins – Balanced diet – Energy requirements in various activities – Caloric expenditure – Caloric calculation – Diet planning – Diet supplementation – Diet modification food facts and fallacies, Ergogenic aids – Drugs – Dopes – Electrolyte and water replacement.

Unit: 5

Special problem and exercise instruction- Hypertension- Diabetes – Anorexia – Arthritis – asthma peptic ulcer – Obesity Cardio vascular disorders – Back pain – Knee pain – Heel pain, Exercise programme for children – Adolescent youth – Middle ages – Senior clients

References:

1. Carry Egger, Nigel champion and Allan Botton. The Fitness leader's Hand book, Fourth Edition. A and C Block London, 1999
2. Houley E.T. and Franks B.D Health Fitness Instructor's Handbook. Third Edition. Human Kinetics', Champaign Illinois,. 1997
3. Lederberg, J. "Health in the World of Tomorrow", Pan American Health Organisation, Sanitary Bureau, WTO.
4. Fleishman, Edwin A. The Structure and Measurement of Physical Fitness. Englewood Cliffs, N.J. : Prentice – Hall, Inc., 1967.