

UNIVERSITY OF ALLAHABAD
Department of Physical Education
Detailed Syllabus of the Courses
M.P.Ed II Semester

PART – A: THEORY COURSES

PHE-510

Course Title: SPORTS AND EXERCISE PHYSIOLOGY

THE COURSE OBJECTIVES ARE:

- To assess basic concepts of exercise physiology
- To employ students to apply the knowledge of energy systems during exercise.
- To explain the effect of environment and ergogenic aids on exercise and training.
- Develop a thorough understanding of the relationship between physical activity and health.
- To develop the understanding of the physiological processes.

STUDENT LEARNING OUTCOMES:

- Describe and apply the fundamental and advanced concepts of exercise physiology.
- Define and describe the term exercise physiology
- Recognize the energy system for aerobic and anaerobic components of exercise.
- Summarize the physiological basis of physical fitness, physical training, health and wellness.
- Discover the nutritional aspect of fitness and performance.
- Comprehend the physiological changes & adaptations during exercise in different environmental conditions

UNIT I: Introduction to Sports & Exercise Physiology and Muscular system

Meaning, Definition & Historical Development of Sports & Exercise Physiology

- Macro & Micro Structure of the Skeletal Muscles, Chemical Composition, Sliding Filament theory of Muscular Contraction. Types of Muscle fiber, Muscle Tone, Chemistry of Muscular Contraction –
- Heat Production in the Muscle, Effect of exercises and training on the muscular system

UNIT II: Cardio Respiratory System and Exercise

- Blood Supply to the Heart, Cardiac Cycle, Stroke Volume, Cardiac Output, Heart Rate, Factors Affecting Heart Rate, Cardiac Hypertrophy
- Effect of exercises and training on the Cardio-vascular system.
- Mechanics of Breathing, Minute Ventilation – Ventilation at Rest and During Exercise
- Diffusion of Gases, Exchange of Gases in the Lungs (external respiration)
- Exchange of Gases in the Tissues (internal respiration), Control of Ventilation
- Ventilation and the Anaerobic Threshold. Second Wind, Oxygen Debt
- Lung Volumes and Capacities
- Effect of exercises and training on the respiratory system

UNIT III: Metabolism and Energy Transfer

- Metabolism – ATP – PC or Phosphagen System
- Anaerobic Metabolism; Aerobic Metabolism
- Aerobic and Anaerobic Systems during Rest and Exercise.
- Short Duration High Intensity Exercises
- High Intensity Exercise Lasting Several Minutes
- Long Duration Exercises

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UNIT IV: Environment, Sports & Exercise

- Sports/Exercise in Hot and Cold Conditions
- Thermoregulatory Mechanism
- Physiological response, Health Risk, Associated with Exposure to heat and cold.
- Acclimatization: Sports & Exercise - Training in High Altitude
- Physiological response and associated health risk.

PRACTICUM: (PHYSIOLOGICAL ASSESSMENT)

- Measurement of resting heart rate, immediately before and after activity and during activity.
- Measurement of Blood Pressure by Sphygmomanometer
- Measurement of Vital Capacity, and Peak Flow Rate.
- Assessment of Respiratory Rate.
- Measurement of Body Fat
- BMI method
- Assessment of Body Composition by Skinfold caliper method
- Assessment of Cardio Respiratory Fitness, through various field methods

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations

TEXT & REFERENCES:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: PoompugarPathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
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- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Sandhya Tiwari. (1999). Exercise Physiology. Sports Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.
- Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.
- Kenney, W., Wilmore, J., & Costill, D.(2015) Physiology of sport and exercise. 9781450477673
- McArdle, W., Katch, F., & Katch, V. (2010). Exercise physiology. Baltimore, MD: Lippincott Williams & Wilkins. ISBN 978-1451191554
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PART – A: THEORY COURSES

PHE-511

Course Title: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

COURSE OBJECTIVES:

- To provide knowledge and concept of sports training.
- To develop an understanding of the technical and tactical training.
- To provide the role of sport sciences to achieve the excellence

UNIT I: Introduction Sports training

- Definition – Aim, Characteristics, Principles of Sports Training,
- Training Load: Types of Training Load, Factors of Training Load, Load and Adaptation
- Over Load: Definition, Causes of Over Load, Symptoms of Overload
- Phases and Means of Recovery

UNIT II: Physical Fitness Components & their Development (Strength, Speed & Endurance)

- Strength: Meaning, Definition & Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training
- Speed: Meaning, Definition & Methods Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints, Endurance
- Endurance: Meaning, Definition & Methods Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training

UNIT III: Physical Fitness Components & their Development (Flexibility & Coordinative abilities) and Techniques & Tactics

- Flexibility: Meaning, Definition & Methods to Improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training.
- Coordinative abilities: Methods to improve Coordinative abilities.
- Meaning & Definition of Technique
- Meaning & Definition of Strategy & Tactics
- General & Applied Tactics and their implication

UNIT IV: Training Plan & Introduction to Doping

- Training Plan: Meaning & Importance, Micro-Cycle, Macro-Cycle, Meso-Cycle
- Short Term Plan and Long Term Plans - Periodization: Meaning, Single, Double and Multiple Periodization,
- Preparatory Period, Competition Period and Transition Period
- Definition of Doping & Education, Side effects of drugs, IOC list of doping classes and methods, Prescription only medicines (POMs) & Controlled drugs (CDs).

TEXT & REFERENCES:

- Beotra Alka, (2000), Drug Education Handbook on Drug Abuse in Sports. Delhi: Sports Authority of India.

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- Bunn, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc. Cart, E. Klafs&Daniel, D. Arnheim (1999) Modern Principles of Athletic Training St. Louis C. V. Mosphy Company
- Daniel, D. Arnheim (1991) Principles of Athletic Training, St. Luis, Mosby Year Book
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- Haff, G., & Triplett, N. Essentials of strength training and conditioning. Champaign, IL.: Human Kinetics.
- Bompa, T., & Carrera, M. (2005). Periodization training for sports. Champaign, Ill.: Human Kinetics.
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PART – A: THEORY COURSES
PHE-512
Course Title: YOGIC SCIENCES

COURSE OBJECTIVES:

1. To appraise an understanding of the principles of yogic practices
2. To Acquaint with various types of asanas, pranayam, kriyas
3. To integrate sports with yoga for performance enhancement

STUDENT LEARNING OUTCOMES:

1. Differentiate between various paths of yoga
2. Apply and demonstrate various benefits of yoga to be applied in the field of sports
3. Relate Yoga with health and wellness.

UNIT I: Introduction to Yoga

Meaning and Definition of Yoga, Astana Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samathi. Concept of Yogic Practices: Principles - Breathing -Awareness- Relaxation. Sequence- Counter pose –Time – Place – Blanket – Clothes – Bathing - Emptying the bowels – Stomach – Diet - No straining – Age - Contra-indications - Inverted asana – Sunbathing.

UNIT II:

Loosening exercises: Techniques and benefits. Asanas: Types- Techniques and Benefits. Yogasans and its values. Surya namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis : Meaning, methods and benefits. Chakras: Major Chakaras - Benefits of clearing and balancing Chakras.

UNIT III:

Yoga and Sports: Yoga Supplemental Exercises -Yoga Compensation Exercises- Yoga Regeneration Exercises- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression, Concentration, Self-Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory Systems. International Day of Yoga, Common Yoga Protocol suggested by AYUSH

Unit IV: PRACTICUM

1. Asana (Sitting, Standing, Bending & Twisting)
2. Pranayama (5 types)
3. Mudras: Meaning, Techniques & Benefits
4. Shat Kriyas- Meaning, Techniques and Benefits
5. Bandas: Meaning, Techniques & Benefits
6. Meditation: Meaning, Techniques & Benefits
7. Relaxation (Shavasana & Makrasana)

TEXT & REFERENCES:

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- Authors Guide (2015), International Day of Yoga, Common Yoga Protocol, New Delhi: Ministry of AYUSH, Government of India.
- George Feuerstein. (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.,
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- Iyengar, B. K. S. (2000). Light on Yoga. New Delhi: Harper Collins Publishers.
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PART – A: THEORY COURSES

PHE-561 (E)

Course Title: SPORTS TECHNOLOGY

COURSE OBJECTIVES:

- Define the relationship between sports and engineering.
- To apprise different materials used in sports.
- To explain concept related to sports dynamics and facility management.
- Describe the importance of ethics within both sports and manufacturing.
- Identify technologies and sustainable solutions to manufacturing apparel.
- Assess and understand the manufacturing techniques within two companies.
- Relate the non-engineering sports world to the knowledge and technologies that engineering has developed.

STUDENT LEARNING OUTCOMES:

- Apply the concept of engineering and technology in sports.
- Differentiate different materials used in sports.
- Demonstrate and prepare programmes related to sports dynamics and facility management.

UNIT I: Introduction to sports engineering and technology

- Meaning of sports engineering,
- Human motion detection and recording, human performance, assessment,
- Equipment and facility designing and sports related instrumentation and
- Measurement
- Materials of Protection – discussion of the materials that are used for sports gear and protection
- Performance of Surface Materials – discussion of the different surfaces that sports are played on and why; how can these materials make a difference from sport to sport.
- Shoe Materials – discuss the design necessities that go into shoe materials and manufacturing and how that differs from sport to sport
- Balls and Ballistics – discuss the difference of the equipment that is used for specific sports and basic aerodynamic principles
- Performance of Surface Materials – discussion of the different surfaces that sports are played on and why; how can these materials make a difference from sport to sport.

UNIT II: Sports Dynamics

- Concepts of internal force, axial force, shear force, bending movement, torsion, energy method to find displacement of structure, strain energy.
- Biomechanics of daily and common activities – Gait, Posture, and Body levers, ergonomics,
- Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc., Motion coordinate system, Kinetics of particles Newton's laws of Motion, Work, Energy, Impulse and momentum

UNIT III: Building and Maintenance:

- **Sports Infrastructure:** Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door
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- Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hostels, etc. Requirements: Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms,
- Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system,
- Changing Rooms (M/F), Sound System (echo-free),
- Internal arrangement accords to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly outer surrounding. Maintenance staff, financial consideration

UNIT IV: Practical/Field Visit

- Visit to a stadia for understanding the process of construction & requirements there of
- Building process:- design phase (including brief documentation), construction phase
- Functional (occupational) life, Re-evaluation, refurbish, demolish.
- Maintenance policy, preventive maintenance, corrective maintenance, record and register
- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door designs, development & maintenance

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations, Practical Work

TEXT & REFERENCE:

- Franz K. F. etc. Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013)
- Steve Hake, Editor, The Engineering of Sport (CRC Press, 1996)
- Franz K. F. et. al., Editor The Impact of Technology on Sports II (CRC Press, 2007)
- Helge N., Sports Aerodynamics (Springer Science & Business Media, 2009)
- Youlin Hong, Editor Routledge Handbook of Ergonomics in Sport and Exercise (Routledge, 2013)
- Jenkins M., Editor Materials in Sports Equipment, Volume I (Elsevier, 2003)
- Colin White, Projectile Dynamics in Sport: Principles and Applications
- Eric C. et al., Editor Sports Facility Operations Management (Routledge, 2010).
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- Magdalinski, T. (2009). Sport, technology and the body. London: Routledge.
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PART – A: THEORY COURSES
PHE-562 (E)
Course Title: SPORTS MANAGEMENT

COURSE OBJECTIVES:

- To describe organization and administration of sports programmes.
- To analyze and interpret sports philosophy, sports sociology, business systems, sports management, public administration and marketing techniques.
- To develop opportunities to construct & design the curriculum of PE in broader aspects realizing the age group, gender consideration and physiological basis

STUDENT LEARNING OUTCOMES:

- Identify issues relevant to modern physical education and sport management.
Explore the area as a career perspective

Unit I:

- Management: Concept and Principles of Management.
- Sports Management: Definition, Importance.
- Basic Principles and Procedures of Sports Management
- Functions of Sports Management
- Personal Management:
- Objectives of Personal Management, Personal Policies

Unit II:

- Management of infrastructure, equipment, finance and personnel.
- Programme Management:
- Factors influencing programme development.
- Organisation and Functions of Spots bodies.
- Competitive Sports Programmes, Benefits,
- Management Guidelines for School, College Sports Programmes,
- Management Problems in instruction programme,
- Community Based Physical Education and Sports programme.

Unit III:

- Purchase and Care of Supplies of Equipment:
- Guidelines for selection of equipment and Supplies,
- Purchase of equipment and supplies,
- Equipment Room, Equipment and supply Manager.
- Guidelines for checking, storing, issuing, care and maintenance of supplies and equipment.
- Public Relations in Sports:
- Planning the Public Relation Programme –
- Principles of Public Relation - Public Relations in School and Communities –
- Public Relation and the Media. Professional Ethics.

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Unit – IV: (Practical)

- SWOT Analysis
- Organising sports meet:
 - Institutional sport event
 - Community sport event
 - Fitness Events for children
- Officiating in the institutional tournaments
- Planning & Organising sport event
- Report preparation of sport event
- Audit Management of sport event

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations, Practical Work

TEXT & REFERENCES:

- Chakraborty&Samiran. (1998). Sports Management. New Delhi: Sports Publication.
- Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St. Louis: Mosby Publishing Company.
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PART – B
PRACTICUM COURSES (SPORTS SPECIALIZATION –I)
CONTINUED FROM SEMESTER-I

PHE-541

(TRACK AND FIELD / (B) GYMNASTIC / (C) SWIMMING / (D) COMBATIVE SPORT: BOXING/ JUDO/ TAEKWONDO/ MARTIAL ART & KARATE/ WRESTLING (E) INDIGENOUS SPORT: MALKHAMB/ KABADDI/ KHO-KHO (F) TEAM GAME: BASEBALL/ BASKETBALL/ CRICKET/ FOOTBALL/ HANDBALL/ HOCKEY/ NETBALL/ SOFTBALL/ VOLLEYBALL (G): RACKET GAME: BADMINTON/ TABLE TENNIS/ TENNIS/ SQUASH

ESSENCE OF THE COURSE

The course of Sports – II, is so designed to provide an opportunity to teacher educators to learn the basic techniques of the game/sport and are not only able to display them but also systematically teach them.

COURSE OBJECTIVES:

1. To define and acquaint training preparation of Game/Sport
2. To employ the rules and regulation of Game/Sport
3. To emphasis on preparation for the Game/Sport.
4. To acquaint the student with progressive teaching stages of fundamentals skills of Game/Sport.
5. To orient & employ the rules and regulation in organization of competition in Game/Sport.

STUDENT LEARNING OUTCOMES:

1. After Completion of the course the students shall be able to:
2. Gain knowledge of the Game/Sport.
3. Learn the layout and marking for the Game/Sport.
4. Demonstrate various drills & lead up activities related to Game/Sport.
5. Develop the skills to teach rules, fundamentals and strategies of Game/Sport.

COURSE CONTENTS:

(General guidelines for development of required course contents in particular game/sport are given below)

Note: The course contents to be followed for the purpose of developing practical knowledge regarding marking, rules & regulation, officiating, technical training, tactical training, psychological preparation & preparation of training schedules)

UNIT – 1: Introduction

- Layout and marking of play field/ground/courts and measurement of equipments used in Game/Sport.

UNIT – II: Techniques/Skills development:

- Classification of techniques/skills.
- Technique/skill training: Preparatory, Basic, Supplementary exercises.
- Identification & Correction of faults.
- Training for mastery in technique/skill.
- Recreational and lead-up activities.
- Warm-up and cool down for game/sports.

UNIT –III: Officiating:

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- Mechanics of officiating.
- Qualities of good official.
- Duties of official (pre, during and post game)
- Rules & their interpretations.

UNIT – IV: Training (Means & Method)

- Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility)
- Basic Concept of preparation of training schedules.
- Tactical training in game/sport.
- Psychological preparation required during competition in game/sport.
- Preparation of short term and long term training plans in game/sport.
- Periodization in training of players in game/sport.
- General/specific fitness tests and performance/skill test in game/sport.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Performance Test, Project Work, Assignments, Presentations, Practical Work

SUGGESTED READINGS

Latest Official Rule Books of International Federations of particular game/sport and Coaching manuals will be utilized.

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PART – C: TEACHING PRACTICE/ INTERNSHIP
PHE-541: TEACHING PRACTICE

ESSENCE OF THE COURSE

This course will enable students to develop professional identity and their professional competence to exhibit ethical responsibility as a teacher and teacher dispositions.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Develop concept of teaching and learning skills.
- to understand the school in totality, its philosophy and aims, organisation and management;
- achieve professionalism
- understand the needs of the physical, mental, emotional development of students;
- understand aspects of curriculum and its transaction;
- assess quality transaction, and teaching–learning

COURSE CONTENTS: March Past/ Organizing Sports Ceremonial Activities

- March Past, Sports Events, Ceremonies like Flag Hosting, Opening Closing, Victory, (During Intra Murals Competitions) of Different Sports and Games / Relay Games
- National flag: meaning concept and significance of national flag, symbolism of tri- color and wheel code of hoisting or lowering of flag, dimensions of the flag & tri color proportions honor of the flag and its use. Penalty of misusing or dishonoring the flag.
- Opening and closing ceremonies: schedule and formality of opening ceremony- unfurling of flag, flame igniting, oath, March past of players / teams, salutation, declaration of opening of the meet. Brief address by the guests, announcement of beginning of competitions victory & prize distribution ceremony – planning of schedule for victory ceremony
- Closing ceremonies: assembly of sports person, march past, salutation, re assembly, brief address of the guest, declaration of result and distribution of prize/ certificate vote of thanks, ceremonial flag – lowering, flame extinguishing, declaration of closing of the meet.
- Practical of the organization of sports/ athletic meet during intramural programme should be arranged as a project by the student under the supervision of the faculty. Organization of sports festival, play day, social party game, etc. should be encouraged.

SUGGESTED MODE OF TRANSACTION

- Demonstration/Explanation/Field Work/learning by doing etc.