
Syllabus for P. G. Entrance Test
Programme: Master in Physical Education (M.P.Ed) 2022

Unit I. Philosophical Perspective:

4 marks

1. Meaning, Definitions Aims, Nature, Scope.
2. Objectives of Physical Education.
3. Philosophy of Physical Education -
 - a) Idealism and Physical Education,
 - b) Pragmatism and Physical Education,
 - c) Naturalism and Physical Education,
 - d) Realism and Physical Education,
4. Role of Physical Education in General Education.

Unit II. Psychological Perspective:

4 marks

1. The psycho-physical unity of human organism.
2. Laws of learning their application to sports situations.
3. Theories of play, learning stages, learning curves Transfer of training.
4. Practical application of psychology of Physical Education. Personality and its type. Motivation and Sports Performance.

Unit III. Historical Perspective:

4 marks

1. Physical Education in Ancient Greece.
2. Physical Education in Sparta and Athens:
 - a) Sparta - Physical Education in Sparta The aim of Education in Sparta Women in Sparta.
 - b) Athens - Education in Athens Physical Education and Sports in Rome, Gladiatorial Combats Circus.
3. Physical Education in Ancient Rome.
4. Contribution of Physical Education in U.S.A .Physical Education in India during ancient period.

Unit IV. International Movements in Sports:

4 marks

1. Ancient.
2. Modern Olympic Games.
3. Asian Games.
4. Common Wealth Games.

Unit V. IT in Physical Education:

4 marks

1. Computer: Introduction, Definition, Generation of computers. Classification of Computers Importance of IT in Physical Education and Sports.
2. Computer Hardware: Input Devices and Output Devices.

-
3. Computer Memory-
 - i) Primary memory, ii) Secondary Memory,
 4. Role of Information Technology in Physical Education and sports

Unit VI. Central Advisory Board of Physical Education & Recreation: 4 marks

1. National Discipline Scheme, Kaul Kapoor Committee.
2. National Physical Efficiency Drive, Kunzuru Committee.
3. All India Council of Sports.
4. Sports Authority of India (SAI), N. S. National/ Premium Institute of Sports, National Sports Association/Federation- and Their composition and functions.

Unit VII. Muscular System 4 marks

Origin, Insertion and action of the following:

- a) Pectoralis Major, Trapezium, Deltoid, Pectoralis Minor.
- b) Serratus Anterior, Teres Major, Biceps (Brachii) Triceps.
- c) Latissimus Dorsi, Rectus Abdominus.
- d) Rectus Femoris, Vastus Lateralis, Vastus Medialis, Vastus Intermedius.

Unit VIII. Bio-Mechanics: 4 marks

1. Body lever and their types.
2. Motion, Laws of Motion.
3. Centre of Gravity, Equilibrium.
4. Static and Dynamic Forces, its direction and application, speed acceleration and momentum.

Unit IX. Sports Injuries: 4 marks

1. Concept of Injuries and role of teaching in the prevention of injuries Sprains, Strains, Contusions, laceration and Abrasions, Fractures and Dislocations c) Internal Injuries.
2. Treatment with special references to : Ankle, Elbow, Wrist, Knee, shoulder. Sartorius, Biceps Femoris, Semimembranosus, Semitendinosus, Gastrocnemius.
3. Massages, Types and Benefits of Massage in sports performance,
4. Physiotherapy and its role in the treatment for sport injuries.

Unit X. Officiating: 4 marks

1. Duties of Referee/Umpire, Programme during-game.
2. Post-game regarding to rules, ground, Rules and Ground Equipment.
3. Score Sheets-games and Athletic events.
4. Marking of Play field, with reference to following games:
Football, Hockey, Kabaddi, Kho-Kho, Volley Ball, Basket Ball.
Badminton, Handball, Cricket.

Unit XI. Measurement and Evaluation in Physical Education: 4 marks

1. Meaning and importance of test, measurements and evaluation.
2. Basic principles of Evaluation, Formative and summative Evaluation.
3. Classification of Test: Knowledge test, fitness test, skills test.
4. Criterion for the selection of test: Validity, reliability, objectivity, norms and standard.

Unit XII. Planning in Sports: 4 marks

1. Planning-Meaning, Importance and Principles.
2. Types of Training Plans-Training Conception, Yearly Plan, Meso-Cycle Plan and Micro-Cycle Plan Warm up, its type and values.
3. Preparation of Training Schedules-Weekly Schedules and monthly schedules.
4. Teaching Aids- a) Audio Visual Aids b) Movies c) Radio d) Tape recorder. e) T.V. f) Filmstrips and Slides. v) Criteria for the selection of players at school, District and University levels.

Unit XIII. Human Body – I: 4 marks

1. Characteristics of living organism, Cell and its Parts, Cell Division, Cellular Basic of Living.
2. Skeletal System: structure arrangement of skeleton-ribs, vertebral column and extremities, Difference in the Skeleton of men and women.
3. Arches of the feet.
4. General Classification of the joints of the body and example of each types, Type of Muscles in the body and their differences. Structural and Functional Posture, Postural defects and Remedies.

Unit XIV. Human Body – II: 4 marks

1. Circulatory System: -Functions of the blood, Blood groups and Blood Transfusion, Clotting, Structure of the Heart, Properties of Heart, Circulation of Blood, Cardiac Cycle, Blood Pressure, Blood Vessels.
2. Lymphatic Circulation and Pulse.
3. Respiratory System:-The Respiratory passage, Lungs and their structure, Exchange of Gases in the Lungs, Mechanism of Respiration, Vital Capacity.
4. Nervous System:-The nervous functions of cerebrum and cerebral localization reflex, Arc Autonomic Nervous system and central nervous system.

Unit XV. Human Body – III: 4 marks

1. Digestive System:-The organs of Digestion, their structure and functions.
2. Digestion in Stomach and intestines, absorption and assimilation of food metabolism.
3. Excretory System:-The structure and functions of Kidneys.
4. Skin.

