

**CURRICULUM AND SYLLABUS
OF MASTER OF ARTS IN
PHYSICAL EDUCATION
UNDER
ANNUAL SYSTEM
FROM 2012 AND ONWARDS**



**DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION
GOVERNMENT COLLEGE UNIVERSITY FAISALABAD**

CURRICULUM AND SYLLABUS

MASTER OF ARTS IN PHYSICAL EDUCATION

UNDER EXTERNAL AND ANNUAL EXAMINATIONS SYSTEM FROM 2012 AND ONWARDS

LIST OF COURSES (All courses are compulsory)

PART-I

SCHEME OF STUDIES	MARKS
1. Philosophy of Physical Education and Recreation	65
2. Movement Education	65
3. Basic Anatomy and Physiology	65
4. Sports Psychology	65
5. Science of Track and Fields	65
6. Theories of Games	65
Total	390

PRACTICALS

1. Athletics	30
2. Games	30
3. Gymnastics	15
4. Swimming	10
5. Physical Efficiency and Fitness	25
Total	110

Total Marks MA Part-I **500**

PART-II

SCHEME OF STUDIES	Marks
1. Research Methodology in Physical Education	70
2. Movement Education (Bio-Mechanics)	70
3. Sports Medicines	70
4. Sports Psychology	70
5. Measurement and Evaluation Physical Education	70
6. Optional (Choose anyone of the following)	50
i) Leadership in Sports	
ii) Curriculum Planning in Physical Education	

	Total	400
PRACTICALS		
1. Athletics		30
2. Games		30
3. Gymnastics		15
4. Hiking and Tracking and Scouting		25
	Total	100
Total Marks MA Part-II		500
Grand Total Marks of MA Degree		1000

M.A. Part-I (Theory)

DETAILS OF COURSES

Paper-I, Philosophy of Physical Education and Recreation

- 1. Introduction**
 - a. Definition of P.E.
 - b. Nature, Scope and Significance of P.E.
 - c. Objective of P.E.
- 2. Philosophy of P.E. & Sports**
 - a. What is Philosophy
 - b. Philosophy of Education and good life
 - c. Some General Philosophy
 - i. Naturalism and P.E.
 - ii. Pragmatism and P.E.
 - iii. Humanistic Philosophy & P.E.
 - iv. Jingoism is Sports
- 3. Community Recreation**
 - a. Nature, Scope and Significance of P.E.
 - b. Objective of Recreation
 - c. Kinds of Recreation
 - i. Community Recreation
 - ii. Hospital Recreation
 - iii. School Recreation
 - iv. Industrial Recreation
- 4. School and Recreation**
 - a. School Centered Recreation
 - b. Regular School Programme and Leisure
 - c. Co-curricular activities and Leisure
- 5. Leadership in Recreation**
 - a. Definition of Leadership
 - b. Qualities of Recreational Leader
 - c. Responsibilities of Leadership
- 6. Camping and outdoor education**
 - a. Nature, Scope and Signification of School, Camping and outdoor Education
- 7. Administration and Management of Recreation**
 - a. Factors involved in the Planning of Recreation
 - b. Types of Recreation Facilities
 - c. Site Selection

PAPER-II – MOVEMENT EDUCATION

1. Movement: The key stone of Physical Education

- a. Origins of Movement Education
- b. Nature of Movement Education
- c. School of Thought
- d. Theories of Movement

2. General Factors that Affect Movement

- a. Physiological Factors
- b. Psychological Factors
- c. Sociological Factors

3. Movement of Concept

- a. Special Awareness
- b. Body Awareness
- c. Qualities of Movement
- d. Relationship

4. Movement Vocabulary Development Concepts

- a. Conceptuazation Leading to Movement Vocabulary
- b. Movement and Music
- c. Formulation of Tasks

5. Selected Fundamental Movement

- a. Locomotors Movements
 - Walking - Running - Jumping - Hopping
 - Sliding - Leaping - Rolling - Olding
- b. Non Locomotors Movements
 - Curling & Stretching - Turning & Twisting - Pushing & Pulling
 - Lifting & Lowering - Swinging & Circling - Stillness & Balancing
- c. Other Areas
 - Movement Sequence
 - Partner and Group Work
 - Small Area Games and Lead-up Activities

6. Educational Gymnastics

- a. Definition of Educational Gymnastic
- b. Objectives of Education Gymnastic
- c. Planning and Presentation of Education Gymnastic Progmmme

7. Somatotyping

- a. Historical Overview

- b. Body Types - Sheldon's Method
- Hesomarphy - Ectomorphy

8. Corrective Physical Education

- a. Posture (Descriptive and Anatomical Definitions)
- b. General Causes of Bad Posture
- c. General Postural Deformities
 - i. Round Upper Back
 - ii. Hollow Back
 - iii. Scollots
 - iv. Knock-Knees
 - v. Flat Foot
- d. Remedial Exercise
- e. Adapted Physical Education
 - i. Definition
 - ii. Nature, Scope and Significance of Adapted Physical Education
 - iii. Physical activities for convalescents
 - iv. Rehabilitation Programme for Special Persons

9. Message

- a. Definition of Message
- b. Importance of Message
- c. Types of Message
 - i. Hydrotherapy
 - ii. Mud Therapy
 - iii. Electro Therapy
 - iv. Physiotherapy
 - v. Recreational Therapy

10. Equipment and Apparatus

- a. Kinds of Apparatus
- b. Handling of Apparatus
- c. Maintenance of Apparatus
- d. Importance of Apparatus
- e. Improvisation Apparatus

PAPER-III – BASIC ANATOMY AND PHYSIOLOGY

INTRODUCTION:

- a. Definition and Importance of Anatomy and Physiology

SKELETAL MUSCLES

- i. Anatomy of Skeletal Muscles
- ii. Description of Major Muscles of the body
- iii. Function of Muscles during Exercise

BONES AND JOINTS

- i. Description of Joints
- j. Anatomy of Bones and Joints
- k. Effect of exercise on bones and joints and senility changes

ANATOMY AND PHYSIOLOGY OF THE FOLLOWING SYSTEMS

- a. Nervous System (Peripheral- Autonomic)
- b. Circulatory System
- c. Respiratory System
- d. Digestive System
- e. Excretory System

ENDOCRINOLOGY

- a. Endocrine glands and functions
- b. Effects of Malfunctioning of endocrine glands on human body
- c. Detail of Muscles related hormones

PAPER-IV – PSYCHOLOGY OF SPORTS-I

1. Introduction

Definition and Methods of Sports Psychology – Significance of Psychology in Sport. Psychological benefits from Physical activities

2. Behavior Genetics, Glands and Nervous System

Genes: Key to heredity – Glands and their effects on behavior – Basics of the Nervous System, Response Mechanism in Human Body

3. Learning

Definition - Theories of Learning - Laws of Learning - Forces Influencing Learning - (Motivation and Learning – Intelligence and Learning) Motor Learning - Motor Concepts – Perceptual Motor Learning

4. Retroactive Inhibition

Transfer of Training – Retroactive Inhibition – Pro-setive inhibition

5. Concentration

Attention – When and where to focus attention – Attention and Maximized Performance
Types of Attentional Focus. Variations in concentration

6. Motivation and Performance

Definition – Biological Drives – Stimulus Needs – Motives – Motives and behavior – Motivation and Performance

7. Social Institutions and Sports

Money – Television – Radio and Press – Social Status and Performance

8. Personality and Sports

Definition – Personality – Theories – Measurement of Personality – Personality development and athletes

PAPER-V – SCIENCE OF TRACK AND FIELD

- 1. Olympic Movements**
 - a. Olympism
 - b. Ancient Olympic
 - c. Modern Olympic
- 2. Conditioning in Athletics**
 - a. Strength Training
 - b. Endurance Conditioning
 - c. Flexibility Training
 - d. Other Aspects
Power, Speed, Ability, Reaction Time, Periodization, Rest and Recovery
- 3. Training Principles**
 - a. Overloading and Stress
 - b. Specificity of Training
 - c. Progression
 - d. Recovery of Sports Participation
 - e. Recovery / Rest
 - f. Diminishing Returns
 - g. Seasons
 - h. Individuality
- 4. Resistance Training (Isotonic, Isometric & Isokinetic)**
 - a. Uses of Weight Training
 - b. Training for General Fitness
 - c. Specific Exercises for Athletic Events
- 5. Technology in Athletics**

Technical Aspects of:

 - a. Running
 - b. Jumping
 - c. Throwing
 - d. Walking
- 6. Philosophy of Warm-up**
 - a. Explanation
 - b. Passive General and Specific Warm-up
 - c. Uses of Warm-up
 - i. Psychological Benefits
- 7. Out of Standard Track**
- 8. Administration and Organization of Athletic Competition**
- 9. Rules of Athletic Events**

PAPER-VI – THEORY OF GAMES

1. Organization and Conduct of Tournament

- a. Types of Tournaments
 - i. Round Robin (Leafue System)
 - ii. Elimination (Knock Out)
 - iii. Combination
 - iv. Double Elimination
 - v. Consololation
 - vi. Ladder
 - vii. Pyramid
- b. Organization and Conduct

2. Planning of Sports Facilities, Maintenance

- i. Playfields
- ii. Gymnasia
- iii. Stadia
- iv. Covered Areas
- v. Artificial Surfaces

With special reference to layout / orientation. Environments and environmental relationship, Parking, Financial Considerations, Care and Maintenance.

3. Rules and techniques of the following games and their application.

- a. Hockey
- b. Football
- c. Cricket
- d. Basket Ball
- e. Volley Ball
- f. Lawn Tennis
- g. Badminton
- h. Table Tennis
- i. Hand Ball
- j. Net Ball (for Girls)

4. Use and advantages of A.V. Aids in the development of skills in sports.

PRACTICAL

1. Athletics

Individual performance, Coaching, Judging / Officiating and programme planning to two Events (One from Track and one from field events).

The combination being:

FOR BOYS

High Jumps, Broad Jump, Putting the shot, Throwing the Javelin, Sprinting Events, Low Hurdles, Relays

FOR GIRLS

Broad Jump, Putting the shot, Throwing the Javelin, Sprinting events, Relays.

2. Games

Individual performance, Coaching, Judging / Officiating and Programme Planning in TWO EVENTS (One indoor and one outdoor)

The combination being:

	BOYS	GIRLS
Outdoor	Football Hockey	Hockey Netball
Indoor	Basketball Volleyball Badminton	Basketball Volleyball Badminton

3. Educational Gymnastic

Skill dexterity in:

Warming up, Stretching Agility, Balance, Flexibility, Coordination exercises and sequence patterns

4. Physical Efficiency and Fitness Test

To be devised by the respective PE College/Institution

5. Swimming

Skill dexterity in any of the following strokes

- i. Back
- ii. Breast
- iii. Butterfly

6. Recreational and Educational Training

Excursions and Visits to Historical Places, Parks, Sports Complexes, Sports Competitions followed by written assignments.

Important Note.

Each area of proposed practical is Compulsory. Results of the absentee will be withheld till such time he/she successfully completes the practical requirement(s). No second chance shall be given immediately after the scheduled time and the defaulter will have to wait for the next examination.

M.A. Part-II (Theory)

DETAILS OF COURSES

PAPER-I RESEARCH METHODOLOGY IN PHYSICAL EDUCATION

- 1. Science and scientific Method & Research**
 - a. What is scientific research
 - b. Use of scientific method of research in P.E.
 - c. Relationship between research and theory
- 2. Scientific Concepts**
 - a. Nature and Functions of Concepts
 - b. The process of conceptualization
 - c. Concepts and Variables
 - d. Definition: Theoretical and Operational
- 3. Selection and formulation of Research Problem / Topic**
 - a. Determinants of the significance of a research problem
 - b. Review of relevant literature
 - c. Objective of the problem / topic
 - d. Theoretical Framework
- 4. Research Design**
 - a. Types of research Design
(Survey, Experiments, Case Study, Observation, Content analysis scope of each)
 - b. Population and samples
- 5. Hypothesis**
 - a. Definition and Functions of Hypothesis
 - b. Source and logic through which hypothesis are derived
 - c. Characteristics of Testable hypothesis
- 6. Tools of Data Collection**
 - a. Interview Schedule, Interview guide, Questionnaire
 - b. Guidelines for the Construction of Questions
 - c. Guidelines for Interview/Mailed Questionnaire
- 7. Measurement, Scaling and Analysis of Data**
 - a. Scores, Indexes, Scales, Tables
 - b. Hypothesis
 - c. Use of Statistics
- 8. Writing of Research Report**
 - a. Contribution of Chapters
 - b. Presentation of Matter
 - c. References

PAPER-II MOVEMENT EDUCATION (BIOMECHANICS)

1. Biomechanics in Physical Education and Athletics

What is biomechanics – What is the function of Biomechanics – Importance of Biomechanics to the Physical education, Coach and Athlete.

2. Forms of Motion

- I. Translation (or Linear Motion)
 - a. Rectilinear Translation
 - b. Curvilinear Translation
 - c. Non-Linear Motion
- II. Rotation (or Angular Motion)
- III. General Motion

3. Kinematics

I. Linear Kinematics

- a. Distance and Displacement
- b. Speed and Velocity
- c. Acceleration
- d. Vectors and Scalars
- e. Projectile

II. Angular Kinematics

- a. Angular Distance and Angular Displacement
- b. Angular Speed and Velocity
- c. Angular Acceleration
- d. Angular motion vectors

4. Kinetics

II. Linear Kinetics

Inertia – Mass – Force – Newton's Laws of Motion – Friction – Impulse – Conservation of Momentum – Impact – Pressure – Work

III. Angular Kinetics

- a. Eccentric Force – Moment – Resultant Moment – Equilibrium Levers – Center of Gravity – Moment of Inertia – Angular Momentum – Centripetal and Centrifugal Force

5. Fluid Mechanics

Flotation – Buoyant Force – Specific Gravity – Center of Buoyancy – Fluid Resistance – Surface Drag – Wave Drag – Lift From Drag

6. Analysis of Sports Technique

- a. Foot Ball
- b. Basket Ball
- c. Gymnastics
- d. Track and Field : Running
- e. Track and Field : Jumping
- f. Track and Field : Throwing
- g. Swimming

PAPER-III SPORT MEDICINE

1. Sports Injuries

- a. Muscle and Tendon Injuries, Their causes and preventive measures.
- b. Bones and joints injuries, specific common sports injuries of elbow, wrist shoulder, ankle and knee joint and their treatment principle.
- c. Injuries of back and back pain in Athletes
- d. Strain and sprain their signs / symptoms and treatment principles

2. Nutrition for Today's Athlete

- a. **Carbohydrates, Proteins, Fats, Vitamins, and Minerals, Their importance and function in life**
- b. **Athletes diet and supplemented diet**
- c. **Achievement of balance diet in Pakistan**
- d. **Weight control and diet**
- e. **Hazards of over and under weight**
- f. **Carbohydrates loading**
- g. **Athletics drink**
- h. **Precontest and during contest meal**

3. Environment

- a. Environment factors in athletics training and sports medicine
- b. Effects of weather, Temperature, Humidity, Cloud and Wind Velocity and Air Condition in Athletes performance

4. Stress on Sportsmen

- a. Climate stress e.g. heat cramps, heat fatigue, heat stroke, bite and hypothermia
- b. Exercise on altitude

5. Use of Medicine in Sports

- a. Principles of doping and its prevention in international games
- b. Addiction in sportsman and effect on performance

PAPER-IV PSYCHOLOGY OF SPORTS -II

1. Stress

Stress – Neurochemical Aspects of Stress – Theory of Stress – Effects of Sports Stress – Dynamics of Stress – Regression under of Stress Arousal and Performance

2. Psychological Obstacles

Commitment – Conflict of Interest – Information Overload – Mind Set – Situational Blocks – Plateaus in Performance – Slimps – Staleness – Burn out – Ritules

3. Aggression

Types of Aggression – Theory of Aggression – Aggression and Individual Behavior. Significance of Aggression in Sports. Violence in Sports.

4. Relaxation

Definition – Progressive relaxation – How to do progressive relaxation – Additional relaxation Techniques in autogenic training – Focus on Breathing – Visualization

5. Imagery

Definition – Benefits of imagery – Suing mental Imagery – imagery during competition. Recovery from imagery

6. Goal Setting

What is goal setting – Rational goal setting – Goal identification – Criteria for goal selection – Types of goals – How goals affect performance.

7. Self Talks – Self Thought and Attitudes

Thoughts stopping – Guide to promotion positive thoughts – Awareness of Pain and pain control – Thoughts of winners and thoughts of losers

8. Treatment Techniques

Positive thinking – Competence Training – Meditation – Relaxation – Affective Control – Cognitive Behavioural Techniques – Attentional Control Training Hypnosis and Suggestion.

PAPER-V MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

- 1. Approach to measurement and evaluation**
 - a. Historical overview
 - b. What are measurement and evaluation
 - c. Uses of measurement and evaluation in P.E.
 - d. Place of measurement and evaluation in P.E.
 - e. Basic principles of evaluation
- 2. Evaluation of performance test**
 - a. The need for selecting appropriate test
 - b. Criteria for test selection
- 3. Administration of Tests**
 - a. Advance preparation
 - b. Duties during testing
 - c. Duties after testing
- 4. Basic Statistics**
 - a. Quantitative Data
 - b. Frequency table
 - c. Measure of central tendency
 - d. Quartiles and percentiles
 - e. Normal probability curve
 - f. Standard scores (Z-Scores – T. Scores)
 - g. Correlation
 - h. Standard deviation
- 5. Physical Fitness**
 - a. Definition of Physical Fitness
 - b. Components of Physical Fitness
 - c. Physical Fitness index
- 6. General Motor Ability**
 - a. Definition Motor Ability
 - b. Components of Motor Ability
 - c. Measurement of Motor Ability
- 7. Cardio Vascular Fitness**
 - a. Definition
 - b. Measurement of Cardio Vascular Fitness
- 8. Classification in Physical Education**
 - a. Philosophy
 - b. Purposes of Classification
 - c. Values of Classification
- 9. Grading in Physical Education**
 - a. Philosophy
 - b. Purposes of grading
 - c. Criteria for grading
 - d. Methods of grading
- 10. Rating scales in Physical Education**
 - a. Steps in the construction of Rating Scales
 - b. Rules for the use of Rating

- c. Types of Rating devices
- 11. West of scucitif Sports Skills**
- a. Hockey
 - b. Football
 - c. Basketball
 - d. Badminton
 - e. Volleyball
 - f. Tennis

PAPER-VI OPTIONAL (Choose any one of the following course)

I) LEADERSHIP IN SPORTS

1. Leadership

- a. Definition
- b. Types of Leadership
- c. Methods of Leadership
- d. Qualities of and effective leader
- e. Responsibilities

2. Management

Identification and use of resources

- a. Human Resources
- b. Financial Resources
- c. Material Resources
- d. Facility Resources

3. Administration

- a. Constitution of the Sports Organization
- b. Office holders of an organization and their functions
- c. Meetings
 - i. Notice of meeting
 - ii. The agenda
 - iii. Conducting a meeting
 - iv. Tips for good meeting
 - v. Minutes of meeting
 - vi. Report writing

4. Programmes

- a. Communications
 - i. Introduction
 - ii. Barriers to effective communications
 - iii. Communication network
 - iv. Types of communication
 - v. Methods of communication
 - vi. The press release
 - vii. The media conference
 - viii. Tips on speeches
- b. Planning a sports Tour
 - i. The contingent
 - ii. Finances
 - iii. Documents
 - iv. Clothing and equipment
 - v. Protocol
 - vi. Customs
 - vii. Media coverage

5. Organizing on Event

- a. Before apply for or taking on an even

- b. Having been awarded the event
- 6. Issues (Fair Play)**
 - a. The rules
 - b. Breaking the rules
 - c. Unfair judging
 - d. Rules for training
 - e. The sporting spirit
 - f. Theory into practice

II) CURRICULUM PLANNING IN PHYSICAL EDUCATION

1. Introduction

- a. Definition of Curriculum
- b. Need for curriculum
- c. Importance of Curriculum planning P.E.
- d. Principles of curriculum planning

2. Curriculum Planning

- a. International Trends
- b. People involved in curriculum planning
 - i. Administrators
 - ii. Teachers
 - iii. Parents and community leaders
 - iv. Other individuals from specialized areas
- c. Steps in Curriculum Planning
 - i. Determining the objectives
 - ii. Translating the purposes into all school programme
 - iii. Translating the purposes into specific subject matter
 - iv. Providing curriculum guidance and instructional aids materials
 - v. Carry on the teaching – learning process
 - vi. Exhalation of feed back

3. Curriculum Evaluation

- a. Methods of Curriculum Evaluation
 - i. Formative
 - ii. Summative
 - iii. Normative
- b. Basis for curriculum Evaluation

4. Content Selection

Methods of Content Selection

- i. The empirical Method
- ii. The Survey Method
- iii. The Scientific Method

5. Intramural

- a. Objectives
- b. Rules governing Intramural or
- c. Research in lieu of the optional paper

PRACTICALS

1. Athletics

Individual performance, Coaching, Judging / Officiating and Programme Planning in two Events. (One Track and one Field). The combination being.

Boys:

Triple Jump, Pole-Vault, Discuss Through, Hammer Throw, Middle and Long Distance Races, High Hurdles

Girls:

High Jump, Throwing the Discuss, Middle and Long Distance Races, Hurdles

2. Games

Individual performance, coaching Judging / Officiating and Programme Planning in two Games (One indoor and one outdoor)

3. Gymnastics

Skill Dexterity: one activity from each of the following areas

a. Floor Exercises

Forward Roll

Backward Roll

Dive Roll

Head Spring

Hand Spring

b. Vaulting

Astride Vault

Through Vault

Thief Vault

Dive Roll

Horizontal Astride

c. Multiple Tasks

Formulating and performing of Task with and without apparatus

(Apparatus: 30x, Beach, Beam, Mat, Mattress, Horizontal Bar, Parallel Bar etc.)

4. Hiking and Hill Tracking

07 days programme in the hilly regions

5. Scouting/Girls Guiding

07 days programme in the hilly region/College campus

IMPORTANT NOTE:

Each area of proposed practical is compulsory. Result of the absentee will be withheld till such time he successfully completes requirement. No second chances shall be given immediately after the scheduled time and the defaulter will have to wait for the next examination.