

## Syllabus for Ph.D/M.Phil Entrance Test for Physical Education

- There will be two Part- Part-A consist of test reasoning ability, data interpretation and quantitative Aptitude.
- Part B - Physical Education.
- Paper will consist of 50 questions worth 1 mark each from part – A and 50 questions worth 1 mark each from part– B.

### Part A

Nature, scope and type of research.

Formulation and selection of research problem.

Sampling – process and techniques.

Methods of research.

Data collection – tools and techniques.

Statistical techniques of data analysis – measures of central tendency and variability, correlation, normal probability curve, t – test and f – tests, chi – square, z – test.

Hypothesis – formulation, types and testing.

Writing research report.

Reasoning Ability

### Part B

#### Unit – I

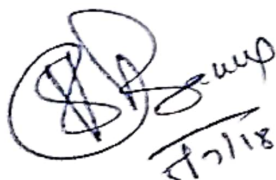
Introduction to and definition, aim and objectives of Physical Education and other terms – health education and recreation.

Biological basis of physical activity – benefits of exercise, growth and exercise. body types.

Psychological basis of Physical Education – Play and Play theories, general principles of growth and development, Principles of motor – skill acquisition, transfer of training effects.

Physical Education in ancient Greece, Rome and Contemporary Germany, Sweden, Denmark and Russia.

Olympic Movement – Historical development of Ancient and Modern Olympic Games.

 27/11/18



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## Physical Education in India.

### Unit – II

Physiology of Muscular activity, Neurotransmission and Movement mechanism.  
Physiology of respiration.  
Physiology of blood circulation.  
Factors influencing performance in sports.  
Bioenergetics and recovery process.  
Athletic injuries – their management and rehabilitation.  
Therapeutic modalities.  
Ergogenic aids and doping.

### Unit – III

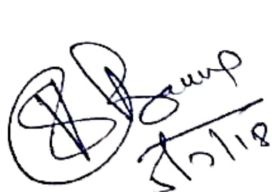
Joints and their movements – planes and axes.  
Kinetics, Kinematics-linear and angular, levers.  
Laws of motion, principles of equilibrium and force, spin and elasticity.  
Posture, Postural deformities and their correction.  
Muscular analysis of Motor movement.  
Mechanical analysis of various sports activities.  
Mechanical analysis of fundamental movements – (running, jumping, throwing, pulling and pushing).  
Massage manipulation and therapeutic exercises.

### Unit – IV

Learning process; theories and laws of learning.  
Motivation, theories and dynamics of motivation in sports.  
Psychological factors affecting sports performance – viz., stress, anxiety, tension and aggression.  
Personality, its dimensions, theories, personality and performance.  
Individual differences and their impact on skill learning and performance.  
Group dynamics, team cohesion and leadership in sports.  
Sociometrics, economics and politics in sports.  
Media and sports.

### Unit – V

Health – Guiding principles of health and health education.  
Nutrition and dietary manipulations.  
Health – related fitness, obesity and its management.  
Environmental and occupational hazards and first aid.  
Communicable diseases – their preventive and therapeutic aspect.  
School health program and personal hygiene.  
Theories and principles of recreation.

 25/11/18



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