

**M.A PHYSICAL EDUCATION****SEMESTER - 1**

<b>Paper No</b>	<b>Subject</b>	<b>Contents Of Syllabus</b>
Paper - I	INTRODUCTION TO PHYSICAL EDUCATION – I	What is Physical Education? Physical Education Teaching Education Philosophies Physical Education Objectives Health Programmes in Schools Changing Dimensions of Physical Education
Paper - II	TYPES OF PHYSICAL EDUCATION - I	Physical Education, Playground Programmes and Health, Sports, Physical Education and Development
Paper - III	PHYSICAL EDUCATION TEACHING – I	Growth of Physical Education Teaching Physical Education Teaching Techniques and Methodologies Physical Education and Societal Development Personality, Educational Reforms and Development Mind and Educational Empowerment
Paper -IV	PHYSICAL EDUCATION INFRASTRUCTURE – I	Personnel Management and HRD for Physical Education Curriculum Design for Physical Education Gymnasium Facilities, Equipment and Physical Education Cleanliness, Costumes, Locker Rooms and Physical Education Location and Importance of Shower Rooms for Health and Hygiene Swimming Pool Infrastructure for Physical Education Outdoor Play Areas in Schools and Colleges
Paper - V	SPORTS AND PHYSICAL EDUCATION – I	What are Sports and Games Teaching of Games Methods of Choosing Players

**SEMESTER - 2**

<b>Paper No</b>	<b>Subject</b>	<b>Contents Of Syllabus</b>
Paper - I	INTRODUCTION TO PHYSICAL EDUCATION – II	Modern Concepts of Physical Education Physical Educator's Roles and Responsibilities Professional Preparation of Physical Education Camping, Outdoor and Physical Education
Paper - II	TYPES OF PHYSICAL EDUCATION – II	Swimming and Physical Education Lesson Sheets
Paper - III	PHYSICAL EDUCATION TEACHING – II	Human Body, Blood Chemistry and Physical Education Educational Moralism Versus Physical Education Body Posture and Physical Education Philosophy, Society, Education and Development

Paper -IV	PHYSICAL EDUCATION INFRASTRUCTURE – II	Recreation Facilities for Overall Development of the Pupils Educations Value of Athletics Interscholastic Athletics Role of Measurement in Physical Education Publicity and Physical Education Economics of Physical Education Information Management in Physical Information
Paper - V	SPORTS AND PHYSICAL EDUCATION – II	Organisational Tools in Athletics Active Games and Their Benefits Social and Quiet Games Athletic Stunts and Feats

**SEMESTER - 3**

<b>Paper No</b>	<b>Subject</b>	<b>Contents Of Syllabus</b>
Paper - I	MEASUREMENT AND EVALUATION – I	Introduction Importance of Physical Education Programme Management in Physical Education Measurement and Evaluation in Physical Education MEASUREMENT AND EVALUATION – II Values in Physical Education Case Study Approach in Physical Education Exercises for the Physically Handicapped Posture Improvement Exercises
Paper - II	PHYSICAL EDUCATION PERFORMANCE – I	Physiology, Health and Fitness Exercise and its Classifications Effects of Exercises on Different Systems Muscular System in Exercise Altitude Training and Conditioning Kinesiology Anatomic Fundamentals
Paper - III	PHYSICAL EDUCATION CIVILISATION ATTITUDE – I	Introduction Changes in Civilization Physical Education, Experience an Survival Childhood Play
Paper -IV	PHYSICAL EDUCATION RESEARCH – I	Laboratory and Experimental Research in Physical Education Exercise and its Physiology Psychology, Learning and Sports Psychology Studies
Paper - V	FUTURE OF PHYSICAL EDUCATION - I	Physical Education at Different Levels Physical Education in the Twenty first Century Physical Education, Biology and Human Development Physical Education, Psychology and Learning Physical Education, Sociology and Humanity

**SEMESTER - 4**

<b>Paper No</b>	<b>Subject</b>	<b>Contents Of Syllabus</b>
Paper - I	MEASUREMENT AND EVALUATION – II	Values in Physical Education Case Study Approach in Physical Education Exercises for the Physically Handicapped Posture Improvement Exercises
Paper - II	PHYSICAL EDUCATION PERFORMANCE – II	Structural and Functional Classification of Skeletal Sinew Joints and Movements Movements and its Patterns Motion Body Position in the Sports Kinesiology and Sports Movement
Paper - III	PHYSICAL EDUCATION CIVILISATION ATTITUDE –II	Physical Education and Naturalism Principles and Practices in Physical Education Public Attitudes and Physical Education
Paper -IV	PHYSICAL EDUCATION RESEARCH – II	Human Movement and Kinesiological Research Physical and Motor Growth Curves and Development Research Report Preparation

Paper - V	FUTURE OF PHYSICAL EDUCATION – II	Physical Education Required for Physical Education Preparing a Competent Cadre of Physical Education Teachers Professional Organisations in the area of Physical Education Employment and Training in Physical Education New Employment Opportunities in Physical Education New Challenges and Dimensions of Physical Education
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