

Syllabus for M.Phil Course Work in Physical Education 2019-20

A Comparative Study on Selected Physical Fitness Components and Performance of Gadag and Vijayapura Cyclist

Smt. Parvati Tambake

- UNIT I:** Meaning and definition of Physical fitness components, Principles of Physical fitness components, Types of Physical fitness components.
- UNIT II:** Aims and objectives of Physical fitness, Importance of Physical fitness components, Benefits of Physical fitness components in cyclist.
- UNIT III:** History and Development of cycling, Types of Cycling, Various Types of Cycling Competition.
- UNIT IV:** Meaning and Definition of Performance, Health benefits of cycling Exercise, Benefits of cycling for weight loss. Advantages and Disadvantages of cycling
- UNIT V:** Meaning and Definition of Speed, Endurance, Strength, Flexibility, Co-ordination (Body composition), Importance of Speed, Endurance, Strength, Flexibility and Co-ordination to improve the Cycling Performance.

References

1. Ghosh SS. A Comparative Study on Selected Physical Fitness Components between Deaf & Dumb and Normal School Boys of West Bengal. International Journal of Physical Education, Fitness and Sports, 2014; 3(2).
2. Rathod CL, Nadakatti V. A Comparative Study on Selected Physical Fitness Components of Kabaddi And Kho-Kho Players of Vijayapur School Children. Editorial Board, 2016, 37.
3. Milanović Z, Pantelić S, Sporiš G, Mohr M, Krstrup P. Health-related physical fitness in healthy untrained men: Effects on VO₂ max, jump performance and flexibility of soccer and moderate-intensity continuous running. PloS one. 2015; 10(8):e0135319.
4. Demetriou Y, Sudeck G, Thiel A, Höner O. The effects of school-based physical activity interventions on students' health-related fitness knowledge: A systematic review. Educational Research Review, 2015; 16:19-40

Syllabus for Ph.D Course Work in Physical Education 2021-22

**EFFECT OF VISUAL TRAINING AND YOGIC TECHNIQUES ON
SELECTED SKILL PERFORMANCE AND CO-ORDINATIVE ABILITIES
AMONG VOLLEY BALL PLAYERS**

NISHA M

- UNIT I:** Visual perception meaning and definition, factors affecting on visual, perception. Factor determining on visual perception. Importance of visual training for volley ball players.
- UNIT II:** Yoga meaning definition yogic techniques. Trataka meaning of trataka types of trataka, Importance of yogic Technique for volley ball players.
- UNIT III:** Introduction of volley ball game, various skills in volleyball skill test in volley ball game, factors Influence on performance of volley ball players.
- UNIT IV:** Co-ordinative abilities meaning definition and type of co-ordinative abilities factors influencing on co-ordinative abilities
- UNIT V:** Need of co-ordinative abilities in skill performance of volleyball players, factors determining on co-ordinative abilities, need of skill test in performance improvement of volleyball players

References

- 1.Patanjali's Yoga Sutra-Swami Vivekamda
- 2.Test Measurement And Evaluation In Physical Education-Clerk & Clerk
- 3.Yoga Pradipika-B.K.S Iyengar
- 4.Test And Mesaurment In Physical Education-Dr. Rajendra Sing
- 5.Principal and Foundation of Physical Education-Dr. Rajesh Kumar

KARNATAKA STATE AKKAMAHADEVI WOMEN'S UNIVERSITY
DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS
SCIENCES

PHD AREA PAPER

**AN ANALYTICAL STUDY OF SELECTED PHYSICAL,
PHYSIOLOGICAL, PSYCHOLOGICAL COMPONENTS AND
DIFFERENT LEVEL OF PERFORMANCE ON NORTH KARNATAKA
CYCLIST**

SMT. PARVATI S TAMBAKE

UNIT : 1- Meaning, Definition of physical fitness, Types of physical fitness components, needs and importance of physical fitness.

UNIT : 2- Meaning, Definition of physiology, Need and importance of physiology in field of physical education, physiological variables.

UNIT : 3- Meaning of Sports Psychology, Need and Importance of Sports psychology, Role of psychology in physical education and sports.

UNIT : 4 - Origin history and development of cycling , types of cycling, health benefits of cycling.

UNIT:5- Types of variables in this research topic, Importance and relevance of in this research topic to the field of Cycling.

Referances

1. Skinner, hales E, Educational psychology, prentice hall of india, new Delhi 1984. Walia J.S. foundation of educational psychology, Paul publishers. city, 1992.
2. **Chakrabarthy, Ghosh and Sahana's (1984)**, Human Physiology, India: The New Book Stall, Calcutta.
3. **Chakraborty Tamal, Kaushik Samajdar , Arabinda Ray, Mainak Ghosh, Debjani Laha, (2015)**,
4. Effect of yoga on selected cardiovascular parameters in elderly subjects, Indian Journal of Basic and Applied Medical Research, March, Vol.-4, Issue- 2, P. 298-304.

KARNATAKA STATE AKKAMAHADEVI WOMEN'S UNIVERSITY
DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS
SCIENCES

PHD AREA PAPER

“The Influence of Socio Economic Status on Socio-Psychological and Health related Physical Fitness on Sportspersons and Coaches of Karnataka”

VANI CHRISTOPHER

UNIT :1-Meaning of socio economic status,classification of socio economic status,Need and importance of socio economic status, Role of Socio Economic status in field of Physical Education.

UNIT:2-Meaning and Definition of Sports Psychology, Need and Importance of Sports Psychology, Role of psychology in Physical Education and sports.

Unit :3- Meaning,Definition of physical fitness, Need and Importance of physical fitness of Physical fitness and Compouetes of physical fitness Meaning,Definition of Health related compouetes Factores of Health related fitness Factore

Unit :4 –Meaning,Definition of sports, Need and Importance of sports,Meaning of sports Person, Role of a Sports Person,Qualities of a Sports person,meaning and definition of coach, Role of a coach,qualities of coach.

UNIT:5-Types of variables in this research topic,Importance and relevance of in this research topic to the field of sports persons and coaching profession.

References:

- 1.Sports psychology(Dr.John perry)
- 2.Essentials of physical Education(Ajmer singh,jagtar Singh Gill)



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Jnanashakti campus, Torvi, Vijayapura, Karnataka 586108

DOS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Syllabus for PhD Area Paper

Topic: "A Growth Study of Sports Children's"

SUJATA KALLAPPA NARENDRA

Unit I

- : Meaning & Nature of Growth and development
- : Factor effecting growth and development
- : Nature of heredity and Environment & its role in development in personality
- : Mechanism of heredity and environment
- : Principles of growth and environment

Unit II

- : Nature of Physical Education movement education
- : Important of Physical Education
- : The role of Sport and Physical Education on all-round development
- : Formal and informal physical activity
- : Meaning & Nature Physical Education Program
- : Content of Physical Education Curriculum at secondary school level.
- : The Role & responsibility of Physical Education teacher at School level

Unit III

- : Meaning & Nature of Physical Fitness
- : Methods of development Physical Fitness
- : Components of Physical Fitness
- : The role Physical Education fitness on performance
- : Tools and techniques.

Unit IV

- : Meaning & Nature of Anthropometric measures
- : Methods of development Anthropometric measures
- : Components of Anthropometric measures
- : The role Anthropometric measures on performance
- : Tools and techniques to measure the Anthropometric parameters

Unit V

- : Significance of research topic
- : Relevance of research topic to field of Physical Education
- : Types of variables in research topic
- : The role statistical Techniques to asses and disuse the result
- : Important of various reviews in justification of result

Reference:

- A jmer Singh, Dr.jagtar Singh Gill : Essential of Physical Education
- S.P Chaube : development of Psychology
- Akhilesh Tripathi & A.K Srivastava: Physical Education
- M.L kamash : Principles of Physical Education Haridwar Singh :High energy materials Research Laboratory(H.E.M.L)

**KARNATAKA STATE AKKAMAHADEVI WOMEN'S UNIVERSITY,
VIJAYAPURA
DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION & SPORTS SCIENCES**

Research Area Paper
Syllabus
2021

TOPIC OF THE RESEARCH:
"ANALYSIS ON THE IMPACT OF HARNESS AND INTERVAL TRAINING WITH
EARTHING ON PERFORMANCE OF ATHLETES"

NAMBURI RAMYA

Unit I:

Meaning, Definition and Scope of Sports Training-Principles of Sports Training-Load, Adaptation, Recovery-Training Methods-Interval Training-Harness Training-Effect of Training on Physical Fitness and Physiological Variables

Unit II:

Earthing and Grounding: Meaning, Definition and Benefits of Earthing-Recovery and Healing through Earthing-Effect of Earthing on performance of Athlete-Techniques used in earthing

Unit III:

Physical Fitness Variables - Speed, Cardio-Respiratory Endurance and Psychological Variables - Stress - Anxiety and Hematological Variables-Hemoglobin, Blood Pressure and Physiological Variables-Resting Pulse Rate, Breath Holding Time

Unit IV:

Test - importance of test - testing procedure for the Physical, Psychological, Hematological and Physiological Variables-Speed-Cardio-Respiratory Endurance, Stress, Anxiety, Hemoglobin, Blood Pressure, Resting Pulse Rate, Breath Holding Time

Unit V:

Meaning and Definition of Statistics- Function, need and importance of Statistics in Research. Mean, Median, Standard Deviation, T-test, Level of significance - .05 level of confidence, ANCOVA

References:

1. Jensen, C.R. & Fisher A.G. (2000) Scientific Basic of Athletic Conditioning, Philadelphia
2. Singh, Hardayal, Science of Sports training. New Delhi : D.V.S. Publication, 1991.
3. Yograj Thani (2003), Sports Training, Delhi : Sports Publications
4. Clarke, H. Harrison and David H. Clarke. Application of Measurement to Physical Education.
5. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
6. Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
7. McLoy, Charles Herald. Tests and Measurement in Health and Physical Education. New Delhi: Friends Publications, 2004.
8. Kamalesh, M.L. Research Methodology in Physical Education and Sports. New Delhi: Metropolitan Book Co., Pvt. Ltd., 1999
9. Kerlinger, Fred N. Foundations of Behavioral Research. 2nd edition; Delhi: Surjeet publication, 1983.

10. K.P.Manilal and Y.S.Lakshmeesha. Writing Thesis format and style for Physical Education and Sports Sciences. First Edition; Bangalore : Adrints Publishers.,2003.
11. Kothari, C.R. Research Methodology: Methods and Techniques. New Delhi: New age International Pvt. Ltd Publisher, 2004.
- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, In.
12. Clarke, David H and Clarke and H. Harrison, Application of Measurement to Physical Education. Englewood Cliffs, N.J : Prentice Hall Inc., 1987.
13. Garrett, Henry E and Woodworth R.S. Statistics in Psychology and Education. Bombay :Vakil and Sons Ltd., 1981.
14. Gaur, Ajai S. and Sanjay S. Gaur. Statistical methods for practice and research: A Guide to Data Analysis. New Delhi : Sage Publications, 2007.
15. An Introduction to Safety Grounding,By Asser A. Zaky,2022,Published July 7, 2021 by CRC Press



Karnataka State Akkamahadevi Women's University, Vijayapura
DOS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Syllabus for PhD Area Paper

Title

**“INFLUENCE OF SPORTS PARTICIPATION AND PHYSICAL
EDUCATION COURSE ON PHYSICAL FITNESS AND PSYCHO-SOCIAL
PARAMETERS OF INTER COLLEGIATE PLAYERS”**

SOWBHAGYA B. S

UNIT-I Meaning, Definition of sports, sports Person and sports participation
Need and Importance of sports participation

UNIT-II Meaning, Definition of physical Education and Importance.
Aim and objectives of physical education

UNIT-III Meaning, Definition and importance of Physical Fitness
Components of Physical Fitness, Factors determining Physical Fitness

UNIT-IV Meaning, definition of sports psychology, need and Importance of
Sports psychology, role of sports psychology in physical education

UNIT-V Meaning and definition of sociology, Need and scope of sociology,
Aims and objectives of sociology, Importance of sociology in sports

REFERENCES:

1. Akhilesh Tripathi & A.K Srivastava: Physical Education
2. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company.
3. Essential sociology – Seema Nitin Sangwan
4. Psychology v edition -Robert A Baran

**KARNATAKA STATE AKKAMAHADEVI WOMEN'S UNIVERSITY,
VIJAYPURA
M.PHIL AREA PAPER**

TITTLE

**“A STUDY ON SPORTS AND RECREATION ACTIVITIES OF
VIJAYAPURA CITY SCHOOL CHILDREN AND THEIR IMPACT ON
PERSONALITY”**

Suma Tadavalkar

UNIT-I

Meaning, definition of Sports, need and importance of sports in present era
Types of sports, Nature and scope of sports, Sports ethics and sportsmanship.

UNIT-II

Sport recreational and healthy leaving, health and safety in sports and
recreation, personal interpersonal skills in sport and recreational activities,
health status of the school children.

UNIT-III

Influence of sports and recreation activity in personality development, first aid
and sports injuries, outdoor recreation, indoor recreation, recreational – its
principal characteristics and importance.

UNIT-IV

Basic Movements in Sports, Leisure and Recreation Meaning, Foundational of
Sports and Fitness skills that enhance the Child Personality.

UNIT-V

The impact of new recreation games to encourage child interest, Recreational
programmes for various categories of people, personality traits, Important and
relevance of research topic to the society.

Reference: -

1. Health education and recreation in physical education (prof. Bandhu Kishan Bavdeve)
2. Using physical activity and sport to teach personal and social responsibility (dorsi L. Watson brian D.clocks in)
3. Essentials of physical education (Ajmer Singh, Jagtar Singh gill, Jagdish Bains and Rachhpalsinghgrar)
4. Sports and recreation activities (dale P. mood and james R. morrow)



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DOS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Syllabus for PhD Area Paper

Title

**“INFLUENCE OF SOCIO- PSYCHOLOGICAL VARIABLES ON
SPORTS PARTICIPATION OF SOUTHERN DISTRICT OF
KARNATAKA STATE”**

- TISHONI Y N

UNIT-I

Meaning and Definition of Sports Sociology, Need and scope of Sports sociology, Aims, objectives and Functions of sociology, Important of sociology in sports. Meaning of Socio-Economic status, Types of Status (Ascribed, Achieved)

UNIT-II

Meaning and Nature of Sports Participation, Factors influencing on sports participation, Types of Tournament, Different Federations of games and sports.

UNIT-III

Meaning, definition of Sports psychology, Need and importance of Sports psychology role of sports psychology in physical education- Psychological – Sociological factors of sports performance, Aggression, Self confidence-Meaning and types of Aggression, Effect and role of Aggression on sports performance

UNIT-IV

Meaning and nature of Self Confidence, Determinant factors of Self Confidence, The role of Self Confidence on Sports Performance. Sociological Factors –Values, behaviour, Group pressure

UNIT-V Origin, history and development of Hockey game-Origin, History and Development of Football game, Origin, history and development of Kho-Kho game.

REFERENCES:

- 1. Essential sociology – Seema Nitin Sangwan**
- 2. Psychology v edition -Robert A Baran**
- 3. The fastest game in the world –Bruce Berglund.**
- 4. The early development of Football- Gtaham curry**



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Jnanashakti Campus, Torvi Vijayapura, Karnataka -586108

Smt. Manasa L G

**RESEARCH AREA PAPER
SYLLABUS
2020-2021**

**"ANALYSIS OF SELECTED ANTHROPOMETRIC AND BIOMOTOR FITNESS
VARIABLES ON PERFORMANCE OF WOMEN NETBALL PLAYERS"**

Unit I :

Sports – importance of Sports – Fitness – Physical fitness – Netball – History and Development of the Game Netball – Netball Federation of India – Events Conducted under NFI - different positions in Netball – Defensive Players – Offensive Players

Unit II :

Bio Motor Fitness – Meaning, definition, need of BioMotor Fitness variables- Physical Fitness –Significance of Bio Motor Fitness variables for different positioned Netball players- Defensive Players – Offensive Players – speed – agility –Strength Endurance- Explosive Power

Unit III :

Anthropometric - Meaning, Definition, Need of Anthropometry- Anthropometric Variables Height, Weight, Leg length, arm length –, importance of Anthropometric variables for different positioned Netball players.

Unit IV :

Test – importance of test – testing procedure for the Anthropometric & BioMotor Fitness variables-Height- Weight- Arm Length- Leg Length –speed – agility — arm Strength Explosive Power.

Unit V :

Meaning and Definition of Statistics. Function, need and importance of Statistics in Research. Mean – Standard Deviation – Two-way ANOVA – Simple effect test – Level of significance - .05 level of confidence

Reference:

- Test, Measurement And Evaluation In Physical Education - Publisher: Kalpaz Publications- ISBN: 9788178358758.
- Methodology Of Research In Physical Education and Sports- Publisher: Sports Publications- ISBN: 9788178798417, 8178798417- Dr. M L Kamlesh
- Research methodology in physical education & sports- Publisher: Khel Sahitya Kender- ISBN: 9788175246454, 8175246456- Prof.(Dr.). Jawaid Ali
- Play & Learn Netball - Publisher: Khel Sahitya Kendra- ISBN: 9788175243002, 9788175243002- N P Sharma

Karnataka State Akkamahadevi Women's University, Vijayapura
DOS in Physical Education and Sports Sciences

Research - Area Paper
Syllabus
2021

**“A STUDY OF PERSONALITY TRAITS AND SOCIO ECONOMICAL
STATUS OF SOUTH WESTERN RAILWAYS SPORTS PERSONS”**

Ms. Mahaeshwari L

UNIT - I

Introduction to Sports Psychology - Meaning - Definition and Scope of Sports Psychology, Psychological variables.

UNIT - II

Influence of Psychological factors on Sports Persons.

UNIT - III

Personality - Meaning and Definition, Nature of Personality. Types of Personality traits.

UNIT - IV

Neuroticism and Extraversion- Meaning, Definition and Nature, Importance of Neuroticism and Extraversion and Influence on Sports Persons.

UNIT - V

Socio-Economic Status Meaning and Definition, Types of Socio-Economic Status (Achieved and Ascribed) Factors influencing on Socio-Economic Status.

References:

1. Garrett, Henry E and Woodworth R.S. Statistics in Psychology and Education. Bombay: Vakil and Sons Ltd., 1981.
2. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
3. John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
4. Mohanty, Girisha Bala, Social Psychology, New Delhi, Kalyani Publishers, 1997. Popenoe, David. Sociology.
5. 2nd Edition; Englewood cliffs, New Jersey: Prentice Hall Inc. 1974. Snyder, Eldon E. and Eloner Spreitzer. Social aspects of sports. Englewood cliffs, New Jersey : Prentice-Hall Inc., 1978



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Jnanashakti Campus, TorviVijavapura, Karnataka -586108

RESEARCH AREA PAPER
SYLLABUS
2020-2021

Smt. Manasa L G

“ANALYSIS OF SELECTED ANTHROPOMETRIC AND BIOMOTOR FITNESS VARIABLES ON PERFORMANCE OF YOUNG FEMALE NETBALL PLAYERS”

Unit I :

Sports – importance of Sports – Fitness – Physical fitness – Netball – History and Development of the Game Netball – Netball Federation of India – Amateur Netball Association of Karnataka Events -Conducted under NFI - different playing positions in Netball –

Unit II :

Bio Motor Fitness – Meaning, definition, need of BioMotorFitness variables- Physical Fitness – Significance of Bio Motor Fitnessvariables for Netball players- – speed – agility –Strength - Explosive Power.

Unit III :

Anthropometric - Meaning, Definition, Need of Anthropometry- Anthropometric Variables Height, Weight, Leg length, arm length, BMI –, importance of Anthropometric variables for different positioned Netball players.

Unit IV :

Test – importance of test – testing procedure for the Anthropometric & BioMotor Fitness variables-Height- Weight- Arm Length- Leg Length, BMI –speed – agility — arm Strength, Explosive Power.

Unit V:

Meaning and Definition of Statistics. Function, need and importance of Statistics in Research. Mean – Standard Deviation – correlation coefficient.

Reference:

- Test, Measurement And Evaluation In Physical Education - Publisher: Kalpaz Publications- ISBN: 9788178358758.
- Methodology Of Research In Physical Education and Sports- Publisher: Sports Pubalications- ISBN: 9788178798417, 8178798417- Dr. M L Kamlesh
- Research methodology in physical education & sports- Publisher: Khel Sahitya Kender- ISBN: 9788175246454, 8175246456- Prof.(Dr.). Jawaid Ali
- Play & Learn Netball - Publisher: Khel Sahitya Kendra- ISBN: 9788175243002, 9788175243002- N P Sharma



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Jnanashakti campus, Torvi, Vijayapura, Karnataka 586108
DOS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

M.PHIL AREA PAPER

TITLE

**“ROLE OF HEALTH CLUBS IN PROMOTION OF HEALTH WITH
REFERENCE TO URBAN WOMENS POPULATION”**

Miss Karuna Amruskar

M.PHIL AREA PAPER SYLLABUS

Objectives:

- To develop health status through the role of Exercise and nutrition.
- To acquire the knowledge regarding healthy life style approach.
- To understand the relationship between Aerobic and Anaerobic exercise.
- To gain knowledge regarding functioning of various health clubs,
- to understand the role of various health club in developing physical fitness, wellness and lifestyle of people

UNIT-I INTRODUCTION: Meaning and definition of health, Dimensions of health, meaning and Principal of health education, Determining factor of health, Importance of good health for the development of the women health, Importance of review in understanding the status of health status.

UNIT-II SPORTS AND NUTRITION: Define Balance diet, Food Habit, Food value, Nutritive and Non-Nutritive component of diet, Assessment of nutritional knowledge-dietary Habit Nutrient Intake, Eating for weight control-A Healthy weight, the pitfalls of Dieting, food intolerance and food Myths.

UNIT-III AEROBIC AND ANAEROBIC EXERCISE: Meaning and definition of Aerobic and Anaerobic, Method of developing component of fitness, Importance of warm -up and limbering down, Exercise adherence, reason to Exercise, benefit of Exercise, calculation of BMI and Waist hip Ratio.

UNIT-IV HEALTH CLUBS: Objective of health club and physical education, Role of health club in promoting health awareness and fitness, Attitude and Personality, Nature and types of activity used to conduct in health club, Rules and regulation of health club and maintaining quality of service, Initiative of government and private sector for financial support.

UNIT-V IMPORTANTS OF RESEARCH: Importance and relevance of research topic to the society, The role of Review of literature in discussing and justification of result, Various statistical tools in discuss in Interpretation results.

Reference: -

1. Health and fitness club: leader's guide (Ross Andersen, Kelly D. brownell)
2. Physical education (prof. M.I Kamlesh)
3. Essentials of physical education(Ajmer Singh, Jagtar Singh gill, Jagdish Bains and Rachhpalsinghgar)
4. Health education and sports Nutrition (Dr. Abhay N. buchha)

Syllabus for Ph.D course work in Physical Education 2017-18

Ph.D II Paper

Topic

THE EFFECT OF SELECTED YOGIC ASANAS, PRANAYAMA AND MEDITATION ON HEALTH RELATED FITNESS AND MENTAL ABILITY OF GOVERNMENT HIGH SCHOOL STUDENTS.

Smt. Seetamma Shirenavar

- Unit – 1** Meaning and Definition of Yoga, Need, Scope of Yoga, Concept of Yoga, Characteristics of Yoga, Nature of Yoga, Importance and Principles of Yoga, Role of Maintaining Women's Health
- Unit – 2** Meaning of Pranayama, Concept of Pranayama, Aims and Objectives of Pranayama, Nature, Importance of Pranayama, Anuloma, Viloma, Shitali.
- Unit – 3** Meaning and Definition of Meditation, Need and Importance of Meditation, Types of Meditation, Benefits of Meditation, Meditative Posture on Various System of the Body, Physical Benefits of Meditation.
- Unit – 4** Effect of Asanas and Pranayama of Various system of the Body, Classification of Asanas with Special reference to Physical Education and Sports, misconceptions of Yoga, Practice, Asthaga Yoga, Meaning and Importance of Asanas and Suryanamaskar.
- Unit – 5** Meaning and Definition of Health, Fitness, Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility and Mental Ability, Types of Physical Fitness Test, Women's Health.

1. Singh hardayal science of sports training new Delhi D.V.S.
2. Matveyev L.Fundamentals of sports training Moscow progress published 1981
3. Harre dietrich principles of sports training berlini sports wevlog 1982
4. Dick fraku. Sports training principles London' Henry kimption publisher 1980.
5. Patric russal Brue meclenaghan and Robert scienenific foundations of coaching newyork Saunders college publishing 1984.
6. Effect of Yoga on Physical and Mental Health'' (An Experimental Study), 2014 Dr. Yoginder, Khel Sahitya Kendra New Delhi.
7. Physical Activities for Secondary School Children'', 2003, Deepak Jain, Khel Sahitya Kendra, New Delhi.
8. Robert S. Weinberg and Daniel Gould entitled, Foundations of Sports and Exercise Psychology. Published by Human Kinetics.(IV edition, 2007)
9. Jack H. Wilmore, David L. Costill and W. Larry Kenney entitled physiology of Sport and Exercise. Published by Human Kinetics.(IV edition, 2008)
10. Dr. M. L. Kamlesh, entitled UGC NET digest on Physical Education (2nd edition, in 2 volumes, 2012-13), published by KHEL SAHITYA KENDRA, New Delhi.

New course Added

Syllabus for Ph,D Coursework in Physical Education 2017-18

Ph.D II Paper

Topic

THE EFFECT OF YOGA AND SPORTS TRAINING ON SELECTED PSYCHOLOGICAL, MOTOR, PHYSICAL AND PHYSIOLOGICAL VARIABLES OF HOCKEY PLAYERS.

Kum. Shobha Wali

- Unit-I** Meaning and Definition of yoga and concept of sports training aim task and Objectives of sports training, characters of sports training and methods of training continuous, Methods intervals method, repetition methods.
- Units-II** Meaning and Definitions, importance of the Agility, Speed, flexibility and coordination and factors of determining of motor variables. Effect of yoga and sports training on motor variables.
- Unit –III** Meaning and Definitions, important of Physical variables factors of determining Strength, Cardio Respiratory Endurance, Effect of sports training on physical variables.
- Unit-IV** Meaning and Definition, importance of Psychological factors Anxiety, and aggressive behavior of the sports persons. Effect of training on psychological variables.
- Unit V** Meaning and Definition, important of Physiological factor of the vital capacity and pulse rate. Effect of training on physiological variables.

Reference

1. Singh hardayal science of sports training new Delhi D.V.S.
2. Matveyev L.Fundamentals of sports training Moscow progress published 1981
3. Harre dietrich principles of sports training berlini sports wevlog 1982
4. Dick fraku. Sports training principles London' Henry kimption publisher 1980.
5. Patric russal Brue meclenaghan and Robert scienenific foundations of coaching newyork Saunders college publishing 1984.
6. Effect of Yoga on Physical and Mental Health'' (An Experimental Study), 2014 Dr. Yoginder, Khel Sahitya Kendra New Delhi.
7. Physical Activities for Secondary School Children'', 2003, Deepak Jain, Khel Sahitya Kendra, New Delhi.
8. Robert S. Weinberg and Daniel Gould entitled, Foundations of Sports and Exercise Psychology. Published by Human Kinetics.(IV edition, 2007)
9. Jack H. Wilmore, David L. Costill and W. Larry Kenney entitled physiology of Sport and Exercise. Published by Human Kinetics.(IV edition, 2008)
10. Dr. M. L. Kamlesh, entitled UGC NET digest on Physical Education (2nd edition, in 2 volumes, 2012-13), published by KHEL SAHITYA KENDRA, New Delhi.

Syllabus for Ph.D Coursework in Physical Education 2017-18

Ph.D II Paper

Topic

EFFECT OF SAQ TRAINING AND INFLUENCE OF ANTHROPOMETRIC FACTORS ON MOTOR FITNESS OF KHO-KHO PLAYERS

Smt. Vijayalxmi C Mugalolli

- Unit-I** History, origin and Development of kho-kho, SAQ Training definitions and importance of SAQ Training , factors of determining SAQ, improvements of SAQ.
- Units-II** Definition and importance of Anthropometric, Anthropometric factors.(BMI, Width Measure, Girth Measures, And Its Tools) and Motor fitness- Meaning, definition, components and tests of motor fitness variables.
- Unit -III** Definition of speed and importance of speed, factors of determining speed. Types of speed, improvements of speed, load Parameters for developing different type's forms of speed.
- Unit-IV** Definitions of Agility and importance of agility. Factors of determining agility, Improvement of agility and types of agility load parameter different types of agility training .
- Unit V** Definition of quickness and importance of quickness and improvement of quickness. Different types of quickness training.

Reference:

1. Barrow M Harold and Rose Mary McGee, A practical approach to measurement in physical education Philadelphia, Lea and Febiger 1979
2. Matveyev L.Fundamentals of sports training Moscow progress published 1981
3. Harre dietrich principles of sports training berlini sports wevlog 1982
4. Dick fraku. Sports training principles London' Henry kimption publisher 1980.
5. Patric russal r brue meclenaghan and Robert scienenic foundations of coaching newyork saunders college publishing 1984

Syllabus for Ph.D course work in Physical Education 2017-18

Ph.D II Paper

Topic

**EFFECT OF MEDITATION, ASANAS, PRANAYAMA AND
CALLISTHENIC EXERCISES ON PHYSIOLOGICAL AND
PSYCHOLOGICAL VARIABLES**

Smt. Kalavati Poti

- UNIT I:** Meaning and definition of meditation, Asana, Pranayama. Principles of Meditation, Asana, Pranayama. Types of meditation Asana, Pranayama. Aims and objectives of Meditation, Asana, Pranayama.
- UNIT II:** Importance of Meditation, Asana, Pranayama. Spiritual Benefits of Meditation, Asana, Pranayama.
- UNIT III:** Meaning of callisthenic exercise, Importance of callisthenic exercise, Benefits of callisthenic exercise.
- UNIT IV:** Meaning of Psychology. Importance of Psychology in Physical Education and Sports scope of Sports Psychology. Meaning of Sports Psychology, Importance of Sports Psychology.
- UNIT V:** Meaning of Stress, Anxiety, Attention, concentration. Meaning of Vo2 max, Pulse rate, Blood pressure, Body Fat.

Reference:

1. General psychology-Mangal.K.
2. Psychology in Sports and Physical Education-Prof.M.L.Kaamlesh- Khel Sahitya Kendra publisher, New Delhi
3. Super science of Yoga -Dr.Kamakhya Kumar and Dr Ishawar Basavareddi.(Standard publishers, New Delhi, India)
4. Speaking of yoga.Pandita Shambhu. Publishers Sterling New Delhi.2006.
5. Yoga psychology (A Handbook of Yogic Psychotherapy) Dr.Kamakhya Kumar, publishers-DK print world-India tradition.

Syllabus for PhD Course work in Physical Education 2018-19

PhD-II Paper

Topic:

INFLUENCE OF ANTHROPOMETRIC, PHYSICAL, PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES ON SKILL PERFORMANCE AMONG WOMEN'S KABADDI PLAYERS.

Smt. Bhavya

- Unit-1** Meaning and Definition of Anthropometric, scope of Anthropometric, Aims and objectives of Anthropometric, Nature of Anthropometric, Needs and Benefits of Anthropometric, Importance of Anthropometric in sports.
- Unit-II** What is Physical fitness, Meaning and Definition of Physical fitness, Importance of Physical fitness, Components of Physical fitness physical fitness and sports performance.
- Unit- III** Meaning and Definition of Physiology, Importance of Physiological CharacterS in Sports. Influence of Physiology on Sports.
- Unit-IV** Meaning Definition and Importance of Psychology, Scope of Psychology, nature and benefits of psychology, method of Psychological study in sports, Branches of Psychology. Meaning Definition and Importance of Sports Psychology, scope of sports psychology, Sports Psychology as a scientific discipline, Importance of Sports Psychology in sports, Recent Advances and Trend in Sports Psychology.
- Unit V** History and Origin of the Kabaddi, Recent Developments in Kabaddi, present scenario in Kabaddi, scope of the Kabaddi, Rules and Regulations of the Kabaddi.

REFERENCES:

- 1) Delamarce P, Gratas A, Beillot J, Dassonville J, Rochcongar P, Lessard Y. "Extent of lactic anaerobic metabolism in kabaddi players. International Journal Sports Medicine" 1987; 8: 55-9
- 2) levitt.ps, (2007). The psychology of anxiety, Newyork bobs nerrill, p.241-248
- 3) Ted A. Baumgarter and Andrew S. Jackson, "Measurement for Evaluation in Physical Education" (United States of America: W.M.C. Brown Publishing Company, 1982): 16-20.
- 4) Hardayal Singh, "Science of sports training", New Delhi: D.V.S. Publication, 1991, p.86
- 5) Diagram group, "Rules of the Game" , New York, Paddington Press, 1974, p.126.
- 6) Clarence L. Barnhart and Robert K. Barnhart. "The world Book Dictionary", Vol.1, Printed in USA, 1980, p.1600.
- 7) Mohammad muqarram, "Comparative study on lower arm length of athletes at different level of competition journal of physical education research," volume 2, issue i, march 2015, pp.40-46 Issn: print-2394 4048, online-2394 4056
- 8) Yobu A. (1988), Test, Measurement and Evaluation.Chennai: Grace Printers, P.444

Syllabus for M.Phil. Coursework in Physical Education 2017-18

M.Phil. II Paper

Topic

EFFECT OF YOGIC PRACTICES ON PSYCHOLOGICAL AND PHYSIOLOGICAL VARIABLES AMONG COLLEGE STUDENTS.

Kum. Mahadevi R Rajaput

- Unit - I** Meaning and Definition of yoga, Importance of Yoga, Different types of yoga. Types of Asanas, Classification of Asana and Benefits of Asanas. Women's health, role of yoga in maintaining women's health
- Unit - II** Meaning and Definition of Physiology, Importance of Physiological Characters on Yoga . Influence of Physiology on Yoga.
- Unit - III** Meaning and Definition of Health and Importance of Health and yoga and Health. Stages of growth and Development of Psychology. Effect of Pranayama, meditation on Psychological Research variables
- Unit - IV** Meaning and Definition of Psychology, Scope of Psychology, Methods of Psychology, Nature of psychology and Branches of Psychology. Effect of Pranayama, meditation on Psychological Research variables
- Unit - V** Characteristics of Psychology, Types of Psychological Variables. Stress and Anxiety. Meaning and Definition of stress, Types of Stress reduction of stress Meaning And Definition of Anxiety reduction of Anxiety. The role of yoga techniques on controlling psychological variables of school students.

Reference:

1. General psychology-Mangal.K.
2. Psychology in Sports and Physical Education-Prof.M.L.Kaamlesh- Khel Sahitya Kendra publisher, New Delhi
3. Super science of Yoga -Dr.Kamakhya Kumar and Dr Ishawar Basavareddi.(Standard publishers ,New Delhi, India)
4. Speaking of yoga.Pandita Shambhu. Publishers Sterling New Delhi.2006.
5. Yoga psychology (A Handbook of Yogic Psychotherapy) Dr.Kamakhya Kumar, publishers-DK print world-India tradition.

Syllabus for PhD Course work in Physical Education 2017-18

Topic

Ph.D II Paper

**ANTHROPOMETRICAL, MOTOR ABILITY AND PSYCHOLOGICAL
VARIABLES AS PREDICTORS OF PERFORMANCE OF BASKETBALL
PLAYERS**

Kum. Jyoti S.

- Unit-I Meaning and Definition of Anthropometric, Anthropometric Measurement, Method of Measuring Height, Standing Height, Sitting Height. Method of measuring circumference, Arm, waist, Hip, Thigh. Method of measuring skin folds, Triceps, sub Scapular.
- Unit-II Meaning and Definition of Motor Fitness. Test for Motor Fitness, Indiana Motor Fitness Test (for elementary and High School boys). Origin of Motor Fitness Test- JCR test, Newton Motor Ability Test, Muscular Fitness Test.
- Unit-III Meaning and Definition of Test, Measurement and Evaluation, Need and Importance of Measurement and Evaluation. Criteria for Selection of Test. Definition and Establishing Validity, Reliability, Objectivity, Norms.
- Unit-IV Meaning Definition need and Importance of Sports Psychology, present status of sports psychology in India. Motor Learning. Basic consideration in Motor Learning. Definition, Nature, Causes, Method of measuring Anxiety, Intelligence, self confidence and Reaction time.
- Unit – V History and development of Basketball game Effects of Personality on sports Performance, Training Plan, Macro Cycle, Meso Cycle, Short term plan and long term plans.

Reference

1. Ballor, DL., (1996), "Exercise Training and Body Composition Changes", As Cited in Roche, AF., Heymsfield, SB. and Lohman TG., Human Body Composition, Champaign Illinois: Human Kinetics Publishers Inc.
2. Garhammer, J. Free weight equipment for the development of athletic strength and power. Nat Strength Cond Assoc J, 3: 24 – 26. 1981.
3. Fonda's J., (1984), Health and Fitness Diary, England: Penguin Books Ltd.,
4. Johnson, Barry L. and Nelson, Jack K. (1988). Practical Measurements for Evaluation in Physical Education, Delhi: Surjeet Publications, (3ED).
5. Mathews, Donald E., (1958), Measurement in Physical Education, London: Philadelphia: W.B. Saunders Company.

Syllabus for PhD Course work in Physical Education 2017-18
PhD-II Paper

Topic

A STUDY ON KABADDI PLAYING ABILITY OF SELECTED PHYSICAL, PSYCHOLOGICAL AND ANTHROPOMETERE VARIABLES AMONG STATE LEVEL WOMEN KABADDI PLAYERS

Smt. Jyoti Savalagi

- Unit I** History and Origen of the Kabaddi, Recent Developments in Kabaddi, Present scenario in Kabaddi, scope of the Kabaddi, Rules and Regulations of the Kabaddi.
- Unit II** Meaning, Definition of Fitness. Aims and objectives of Fitness. Importance and scope of Fitness Types of Fitness , components of fitness, benefits of physical activity and fitness .
- Unit III** Meaning, Definition and Importance of Psychology, scope of psychology, Nature and benefits of Psychology, method of psychological study in sports. Branches of Psychology. Meaning, Definition and Importance of Sports Psychology, scope of sports psychology, Sports psychology as a scientific discipline, Importance of Sports psychology in sports, Recent Advances and Trend in Sports psychology.
- Unit IV** Meaning and definition of Anthropometric, scope of Anthropometric, Aims and objectives of Anthropometric, Nature of Anthropometric, Needs and Benefits of Anthropometric, Importance of Anthropometric in sports.
- Unit V** Meaning and Importance of organization Administration in physical education, Different Association and different level of computational of Kabaddi, Resent development of Kabaddi.

References

1. Arnhein, Daniel D. (1985), Modern Principles of Athletic Training, St. Louis: The Mosby College Publishing Co.,
2. Ballor, DL., (1996), "Exercise Training and Body Composition Changes", As Cited in Roche, AF., Heymsfield, SB. and Lohman TG., Human Body Composition, Champaign Illinois: Human Kinetics Publishers Inc.
3. Clarke, Harrison.H, and Clarke, H.David, (1972), Advanced Statistics with Application to Physical Education, New Jersey: Englewood Cliffs, Prentice Hall, Inc
4. Garhammer, J. Free weight equipment for the development of athletic strength and power. Nat Strength Cond Assoc J, 3: 24 – 26. 1981.
5. Fonda's J., (1984), Health and Fitness Diary, England: Penguin Books Ltd.,

New course Added

Syllabus for PhD Course work in Physical Education 2017-18

Topic

PhD-II Paper

ANTHROPOMETRICAL, MOTOR ABILITY AND PSYCHOLOGICAL VARIABLES AS PREDICTORS OF PERFORMANCE TO WOMEN KABADDI

Smt. Shilpashree

- Unit-I** Meaning and definition of Anthropometric, scope of Anthropometric, Aims and objectives of Anthropometric, Nature of Anthropometric, Needs and Benefits of Anthropometric, Importance of Anthropometric in sports.
- Unit-II** Meaning and definition of Motor Ability components, Importance of Motor Ability components in sports, Nature and Characteristics of Motor Ability components, Need and scope of Motor Ability components.
- Unit-III** Meaning, Definition and Importance of Psychology, scope of psychology, nature and benefits of psychology, method of psychological study in sports. Branches of psychology.
- Unit-IV** Meaning, Definition and Importance of Sports Psychology, scope of sports psychology, Sports psychology as a scientific discipline, Importance of Sports psychology in sports, Recent Advances and Trend in Sports psychology.
- Unit-V** History and Origen of the Kabaddi, Recent Developments in Kabaddi, present scenario in Kabaddi, scope of the Kabaddi, Rules and Regulations of the Kabaddi.

REFERENCES

- 1) Delamarce P, Gratas A, Beillot J, Dassonville J, Rochcongar P, Lessard Y. "Extent of lactic anaerobic metabolism in kabaddi players. International Journal Sports Medicine" 1987; 8: 55-9
- 2) levitt.ps, (2007). The psychology of anxiety, Newyork bobs nerrill, p.241-248
- 3) Ted A. Baumgarter and Andrew S. Jackson, "Measurement for Evaluation in Physical Education" (United States of America: W.M.C. Brown Publishing Company, 1982): 16-20.
- 4) Hardayal Singh, "Science of sports training", New Delhi: D.V.S. Publication, 1991, p.86
- 5) Diagram group, "Rules of the Game" , New York, Paddington Press, 1974, p.126.
- 6) Clarence L. Barnhart and Robert K. Barnhart. "The world Book Dictionary", Vol.1, Printed in USA, 1980, p.1600.
- 7) Mohammad muqarram, "Comparative study on lower arm length of athletes at different level of competition journal of physical education research," volume 2, issue i, march 2015, pp.40-46 Issn: print-2394 4048, online-2394 4056
- 8) Yobu A. (1988), Test, Measurement and Evaluation.Chennai: Grace Printers, P.444.

**Syllabus for PhD Course Work in Physical Education 2017-2018
PhD-II Paper**

Topic

A STUDY ON ACHIEVEMENT MOTIVATION, EMOTIONAL INTELLIGENCE AND PSYCHOMOTOR ABILITY OF STATE AND NATIONAL LEVEL KABADDI PLAYERS

Kum. Mangala Bekkeri

- UNIT – I** Meaning, definition and Scope of Physical Education, Aims and objectives of Physical Education, Importance of Physical Education , Introduction to Sports and Games, Meaning, definition and scope of Sports , Need and importance of Sports.
- UNIT -II** History and Origin of Kabaddi, Recent Development of Kabaddi game, Different levels of competitions and tournaments in Kabaddi , Ethics of sports and sportsmanship, Modern Trends and scope of participation in Kabaddi
- UNIT -III** Psychology - Meaning, definition, Sports Psychology-Meaning, definition and Scope of Sports Psychology , Achievement motivation: Meaning, definition and Goal Setting, importance of Achievement motivation in Sports participation, Emotional Intelligence- Meaning, definition and importance in Sports and competition
- UNIT -IV** Psychomotor Ability- Meaning, definition and types of Psychomotor ability, Skipping rope jump test, Standing broad jump test, Basketball Wall pass test and its application. Methods of measuring, Implications of Psychomotor Ability in Sports performance and competition
- UNIT- V** Methods of measuring, Types of Psychological Test: Instrument based tests, Questionnaire: Sports Achievement Motivation tests, Current Problems in Sports and Future Directions,

REFERENCES:

1. Arnhein, Daniel D. (1985), Modern Principles of Athletic Training, St. Louis: The Mosby College Publishing Co.
2. Ballor, DL., (1996), "Exercise Training and Body Composition Changes", As Cited in Roche, AF., Heymsfield, SB. and Lohman TG., Human Body Composition, Champaign Illinois: Human Kinetics Publishers Inc.
3. Clarke, Harrison.H, and Clarke, H.David, (1972), Advanced Statistics with Application to Physical Education, New Jersey: Englewood Cliffs, Prentice Hall, Inc
4. Garhammer, J. Free weight equipment for the development of athletic strength and power. Nat Strength Cond Assoc J, 3: 24 – 26. 1981.
5. Fonda's J., (1984), Health and Fitness Diary, England: Penguin Books Ltd.,
6. Johnson, Barry L. and Nelson, Jack K. (1988).Practical Measurements for Evaluation in Physical Education, Delhi: Surjeet Publications, (3ED).



New Course Added (2021-22)

KARNATAKA STATE AKKAMAHADEVI WOMEN'S UNIVERSITY
Jnanashakti Campus, Torvi, Vijayapura, Karnataka – 586108
DOS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

SYLLABUS FOR PH.D AREA PAPER

TITLE

“COMPARATIVE STUDY OF MOTOR ABILITIES AND NORMS OF BASKETBALL PLAYERS ON SOUTHERN SAI CENTERS”.

- DEEPA.S

UNIT-I - History of Basketball, Invention of the game, Early professional leagues, teams, and organizations, Basketball in American colleges, Basketball in American Colleges, Formation of FIBA.

UNIT-II - History & Concept of Basketball in India, The Basketball Federation of India, professional leagues, teams, and organizations, Awardees in Basketball, Basketball in India Today.

UNIT-III - Objectives, Types of Basketball Skills, Gaming of Basket Ball, Procedure of Basketball, Basket Ball as an Indoor Game , Rules of Game , Applies knowledge of concepts, principles, strategies and tactics related to movement and performance, Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

UNIT-IV - Meaning, Definition, Scope, Objectives, Function, Merit and demerit of Motor Abilities, Benefits of Motor Abilities, development of Motor Abilities, Types of Motor Abilities.

UNIT-V Norms – Meaning, Scope, Need and Importance of Norms, Advantage and Disadvantage of Norms. SAI (Sports Authority of India) – Origin and development of Institution, List of SAI Centers in South India.

References:

1. T.K.Narasimham – Principles of Sports Training.
2. Dr.Rajesh Vaidhya - Skills & Tactics of Basketball.
3. Brace K. David - Measuring Motor Ability
4. Sinku Kumar – Rules of Games and Sports.
5. Hincan and Judia Waddell - A Comparative Study of Two Programme of Physical Education for Increasing Physical Fitness.



New course Added (2021-22)

Karnataka State Akkamahadevi Women's University
Jnanashakti campus, Torvi, Vijayapura, Karnataka 586108
DOS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

Syllabus for PhD Area Paper

Title

**“INFLUENCE OF SOCIO- PSYCHOLOGICAL VARIABLES ON
SPORTS PARTICIPATION OF SOUTHERN DISTRICT OF
KARNATAKA STATE”**

- TISHONI Y N

UNIT-I

Meaning and Definition of Sports Sociology, Need and scope of Sports sociology, Aims, objectives and Functions of sociology, Important of sociology in sports. Meaning of Socio-Economic status, Types of Status (Ascribed, Achieved)

UNIT-II

Meaning and Nature of Sports Participation, Factors influencing on sports participation, Types of Tournament, Different Federations of games and sports.

UNIT-III

Meaning, definition of Sports psychology, Need and importance of Sports psychology, role of sports psychology in physical education- Psychological – Sociological factors of sports performance, Aggression, Self confidence-Meaning and types of Aggression, Effect and role of Aggression on sports performance

UNIT-IV

Meaning and nature of Self Confidence, Determinant factors of Self Confidence, The role of Self Confidence on Sports Performance. Sociological Factors –Values, behaviour, Group pressure

UNIT-V Origin, history and development of Hockey game-Origin, History and Development of Football game, Origin, history and development of Kho-Kho game.

REFERENCES:

1. Essential sociology – Seema Nitin Sangwan
2. Psychology v edition -Robert A Baran
3. The fastest game in the world –Bruce Berglund.
4. The early development of Football- Gtatham curry

new course Added 2018-19

Smt. Bhagayajothi Meti

**PhD course work syllabus
Literature (Background) paper-II**

Title: *IMPACT OF SPORTS PARTICIPATION, PHYSICAL ACTIVITIES, MEDIUM OF INSTRUCTION AND AGE MATURITY ON PSYCHO-SOCIAL VARIABLES OF DYS RESIDENTIAL SECONDARY SCHOOL STUDENTS*

Unit: 01:- Meaning, scope, need and importance Sports psychology, methods of sports psychology. Importance of Psychological knowledge to coach and sportsperson. 3. Effect of sports participation on psychological variables of sportsperson, Detrimental factors of sports performance.

Unit-2: self-confidence, detrimental factors, nature of developing self confidence, effects on performance of sports, meaning of Emotional. Factors effects the emotion, Motivation, nature, types of motivation, techniques of motivation, role of motivational factors on sports performance, theories of motivation. Language, medium of instruction, factors effects on instruction

Unit-3: sports sociology meaning, scope, and need and importance Sports sociology, methods of sports sociology. Importance of sociological perspective, knowledge to coach and sportsperson. Meaning, parameter of Measuring Socio-economic status, Effect of sports participation on sociological variables of sportsperson, various sociological and psychological determining and influencing factors of sports performance.

Unit-4 meaning of group, types of Group, nature and formation of group, group cohesiveness, influencing factors on team spirit. Morale .it effects on producing performance, social facilitating factors, conformity behavior, altruism, role of sports in development pro-social behavior, co-actor, and bystander effects, effects of spectator, audience and gender on sports participation and sports performance.

Unit-5: Orientation of your research variables and conceptual frame work, Issues and challenges of topic Demographical variables, Significant and contribution of your research topic to the field and society, expected outcome and facts from your study,

Reference:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)
- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)
- Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- ESSENTIAL SOCIAL PSYCHOLOGY –Richard J.Crisp NAD Rhiannon N, Turnersage publication.
- Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
- Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
- John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- Sports in society, issues and controversies by Coakley .ISBN:0-07-12324-6, Singapore.
- Sociology, problems amd issues by C.N.Shakar, new delhi
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

Smt. Urvashi Kodli

PhD course work syllabus
Literature (Background) paper-II

Title: Influence of Sports Participation, SES, Self Confidence and Motivational Techniques on Psycho-Social and Sports Performance Variables of Secondary School Students

Unit: 01:- Meaning, scope, need and importance Sports psychology, methods of sports psychology. Importance of Psychological knowledge to coach and sportsperson. 3. Effect of sports participation on psychological variables of sportsperson, Detrimental factors of sports performance.

Unit-2: self-confidence, detrimental factors, nature of developing self confidence, effects on performance of sports, meaning of Emotional. Factors effects the emotion, Motivation, nature, types of motivation, techniques of motivation, role of motivational factors on sports performance, theories of motivation.

Unit-3: sports sociology meaning, scope, and need and importance Sports sociology, methods of sports sociology. Importance of sociological perspective, knowledge to coach and sportsperson. Meaning, parameter of Measuring Socio-economic status, Effect of sports participation on sociological variables of sportsperson, various sociological and psychological determining and influencing factors of sports performance.

Unit-4 Meaning of Group, types of Group, nature and formation of group, group cohesiveness, influencing factors on Team spirit. Morale .it effects on producing performance, social facilitating factors, Conformity Behavior, altruism, role of sports in developinf pro-social behavior, co-actor, and bystander effects, effects of spectator, audience and gender on sports participation and sports performance.

Uite-5: Orientation of your research variables and conceptual frame work, Issues and challenges of topic Demographical variables of your topic, Significant and contribution of your research topic to the field and society, expected outcome and facts from your study,

Reference:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)
- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)
- Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- ESSENTIAL SOCIAL PSYCHOLOGY –Richard J.Crisp NAD Rhiannon N, Turnersage publication.
- Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
- Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Ed.
- John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London:
The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.
- Robert N. Singer (2001). Motor Learning and Human Performance. New York:
The
Macmillan Co.
- Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia:
Lea and Febiger.
- Sports in society, issues and controversies by Coakley .ISBN:0-07-12324-6, Singapore.
- Sociology, problems amd issues by C.N.Shakar, new delhi
- Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
- Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in
- Physical Education and Sports. London: Hendry Kimpton Publishers.

Miss Jyothi B Gajare

PhD course work syllabus

Literature (Background) paper-II

***A CRITICAL STUDY OF ASSESSMENT OF POSTURAL DEFORMITIES AND
PREVALENCE IN SCHOOL CHILDREN'S IN HYDERABAD KARNATAKA
REGION OF KARNATAKA***

Unit- 1 Adapted Physical Education- Meaning, Definition, Objectives and Importance. history and present status of Adoptive physical education, programmes of adoptive physical education

Unit-2 Introduction Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy

Unit-3- Concept and Significance of Good Posture: Postural Deformities, Lordosis, Kyphosis, Kypholordosis, Scoliosis, Knockknees, Bow legs, flat foot and their Remedies, Corrective Exercises for Postural illnesses and deformities

Unit-4- Classification of various disabilities (Different abled) – physically challenged, mentally challenged, visually challenged, hearing impaired, Principles of adapted Physical Education programme

Unit-5 - Co-curricular activities for the disabled - Indoor/ Outdoor programmes, rhythmic and dance activities, aquatic activities, fitness testing of disabled child, Upper Extremity Injuries and Exercise Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries

References:

- 1) Author David Jean Pyfer, Adapted Physical Education and Recreation V. 5th ed. S.T Louis Mostly College pub. 1985.
- 2) Bryant J. Craatty, Adapted Physical Education for Handicapped Children and Youth, London Lever Pub. Comfort 1980
- 3) Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd. James, A. Gould & George J.

- 4) Davies.(1985). Physical Physical Therapy. Toronto: C.V. Mosby Company. Morris B.
- 5) Gandhi P. K. & S.R. Mohisini, The Physically handicapped and the Government Delhi Seema pub. 1982
- 6) Graham Uplon , Physical and creative activities for the mentally Handicapped New York. Cambridge University Press.
- 7) Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
- 8) . Pande.(1998). Sports Medicine. New delhi: KhelShitya Kendra The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications. Practical: Anthropometric Measurements,
- 9) Pomerocy Janet, Recreation for the Physically Handicapped N. York The Macmillan Comfogy 1964

KARNATAKA STATE AKKAMAHADEVI WOMEN'S UNIVERSITY, VIJAYPURA
M.PHIL AREA PAPER

(Miss Suma S Tadawalkar)

TITTLE

(2021-22)

"COMPARITIVE ANALYSIS OF SELECTED ANTHROPOMERIC MEASUREMENTS AND MOTOR PERFORMANCE VARIABLES AMONG TEAM GAMES"

M.PHIL AREA PAPER SYLLABUS:

UNIT-I INTRODUCTION

Meaning and Definition of Physical Education, Scope of physical education, Aims and Objectives of Physical Education, Need and Importance of Physical Education.

UNIT-II ANTHROPHOMERIC MEASUREMENTS

Meaning and definition, Need and Importance of Anthrophomeric measurements and evaluation, Principles of test, measurement and evaluation.

UNIT-III ANTHROPHOMERIC VARIABLES/TESTS

Methods for measuring Heights: Standing height, Weight weighing machine, Upper arm girth flexible measuring tape, Thigh girth and flexible measuring tape.
Sitting height, Methods for measuring Circumference: Arm, Wrist, Hip, Thigh.

UNIT-IV MOTOR PERFORMANCE TESTS

Meaning and Definition of Motor fitness, Importance of Motor performance, Speed 30m flying start test, Explosive strength, Standing board jump, Agility 6m X 10m shuttle run, Balance standing, Balance test.

UNIT-V GAMES AND SPORTS

Origin, History and Development of Games and Sports, Meaning and Definition of team games and sports, Types of team games: Basketball, Volleyball, Kabbadi and Handball.