

*Veer Narmad South Gujarat University, Surat.*  
*Syllabus for Ph.D. Entrance test - Education faculty*

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**Unit-1: Research methodology**

**(50%)**

- Educational research
- Concept of inter disciplinary and multi disciplinary research
- Selection of research problem and drafting the proposal
- Approaches of qualitative and quantitative of research
- Research ethics
- Digging data from Survey Archives, Written Records - Recording Content Analysis of Documents/text books and Case studies
- Research methods and tools
- Measurement
- Research Report writing.
- concepts of statistics
- Use of statistics for managing data
- Nature and Types of educational data
- Organization and tabulation of data.
- Frequency distributions
- Graphic Representation of data
- Measures of central tendency and dispersion
- Measures of relationship
- Regression and prediction
- Normal probability distributions
- Hypothesis and its testing
- Significance of statistics
- Parametric test and Item analysis
- Non parametric methods
- Factor analysis
- Qualitative data analysis
- Sampling
- Use of computer in research
- Validity, Reliability and Usability
- Standardization of tool

# **Veer Narmad South Gujarat University, Surat**

## **Syllabus for M.Phil / Ph.D. Entrance Test 2018-19**

### **Physical Education**

### **Subject Contents**

#### **Unit - I**

Introduction and definition , aims and objectives of Physical Education . Other terms -Health Education and Recreation.

Philosophies of education as applied to physical education- Idealism, Naturalism, Realism, Pragmatism, Existentialism, Humanism.

Biological factors of physical activity- benefit of exercise, growth and exercise, exercise and wellbeing, sex and age, characteristics of adolescent, body type.

Psychological basis of Physical education – Play and Play theories, general principles of Growth and Development, Principles of Motor- Skill acquisitions, Transfer of Training and its effects.

Sociological basis of physical education- Socialization process, sports as cultural heritage of mankind, custom traditions and sport, competition and cooperation.

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

Historical development of ancient and modern Olympic Games, Asian Games , National Games.

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 movement- planes and axis.

Kinetics, Kinematics linear and angular levers.

Laws of Motion, Principles of Equilibrium and Force, Spin and Elasticity.

Posture, Postural deformation and their correction.

Muscular analysis of Motor movement.

Mechanical analysis of fundamental movements – Running, Jumping, Throwing, Pulling and Pushing.

### **Unit – IV**

Learning process – Theories and Laws of learning.

Motivation - Theories and Dynamics of motivation in sports.

Psychological factors affecting sports performance – Stress, Anxiety, Tension and Aggression.

Personality - its dimensions, theories, personality and performance.

Individual difference and their impact on skill, learning and performance.

Group dynamics, team decision and leadership in sports.

### **Unit – V**

Guiding principles of health and health education.

Nutrition and dietary manipulation.

Health related fitness, obesity and its management.

Communicable diseases – their preventive and therapeutic aspects.

School health programs and personnel hygiene.

Principles and theories of recreation.

Recreation programme for various categories of people.

## **Unit – VI**

Development of teacher education in physical education in India.

Professional preparation in sports and physical education in India.

Professional Ethics.

Qualities and Qualification of Physical education personnel.

Principles of curriculum Planning.

Courses content for academic and professional courses.

Age and characteristics of pupils and selection of activities.

## **Unit – VII**

Principles of training , training methods and specific training programme for development of various motor components.

Periodization, Training cycle.

Techniques , Tactics, Skill, Strategy in sports.

Short term and long term training plans.

Competition – Planning and organization , Build up competition, Main competition.

Psychological preparation for the competition .

Rules of games and sports and their interpretation.

## **Unit – VIII**

Meaning, Nature , Scope and types of research.

Formulation and Selection of research problems.

Sampling – Process and techniques.

Methods of research , Data Collection – tools and techniques.

Statistical techniques of data analysis- Measure of Central tendency and Variability, Correlation, Normal Probability Curve, t-test, F –test, Chi-square, Z – test.

Writing research report.

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## **Unit- IX**

Concept of Test, Measurement and Evaluation .

Principles of Measurement and Evaluation.

Construction and Classification of tests.

Criteria of test evaluation.

Concepts and assessment of Physical fitness, Motor fitness, Motor ability and Motor educability.

Skill test for Badminton, Basketball, Hockey, Lawn Tennis, Soccer, Volleyball.

Testing psychological variables- competitive anxiety, aggression, team cohesion, motivation, Self concept.

Anthropometric measurement and body composition.

## **Unit – X**

Concept and principle of Sports Management.

Oragnisation and functions of sports bodies.

Intramurals and Extramural.

Management and techniques of teaching.

Principles of planning Physical education lessons.

Concept of Supervisor.

Media and Sports.

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