SOLAPUR UNIVERSITY

SOLAPUR

SYLLABUS OF PH.D. COURSE WORK IN

PHYSICAL – EDUCATION

INTRODUCED FROM THE ACADEMIC YEAR FROM 2011

SUBJECT TO MODIFICATION THAT WILL BE MADE

FROM TIME TO TIME
Paper II

RECENT TRENDS IN PHYSICAL EDUCATION AND SPORTS

Unit I :- Research institutes in Physical Education and Sports Sciences

   i) Research institutes in Physical Education and Sports sciences in India.
   ii) Minor sciences Project, Area, Funding, Agencies.
   iii) Major Project, Area, Funding, Agencies.
   iv) International project, procedure, Design, Area and its Agencies.

Unit II :- Socialization through Physical Education

   i) National and International integration through Sports.
   ii) Role, Scope, Limitation of women in Sports.
   iii) Yogic practices for social welfareness.
   iv) Group Activities for healthy social life.

Unit III :- Physical Education and Sports for rehabilitation.

   i) Physical Education for all.
   ii) Exercise for disable persons.
   iii) Exercise for mental health.
   iv) Health awareness for prevention of diseases.

Unit IV :- Modern technology in Sports and Physical Education.

   ii) New techniques of testing physical ability, motor ability and anthropometry.
   iii) New measure in Exercise Physiology.

Unit V :- Physical science in Sports and games.

   i) Applications of Biomechanics in Sports and games.
   ii) Mechanical principles involved in Sports.
   iii) Biomechanics for better efficiency
   iv) Nutritional science for better health.
References:

i) Bucher: Foundation and Physical Education.


iv) Hay James R.J.Gaish: The anatomical and mechanical basis of human motion.


vii) Parle J.E: preventive and social medicine.

viii) Clarke D.H: exercise physiology.
Paper III

MODERN TOPICS IN PHYSICAL EDUCATION AND SPORTS

Unit –1 Globalization in Physical Education and Sports :

a) Career in sports and games.
b) Opportunity & sports industries.
c) Benefits & Globalization in physical education and sports.

Unit -2 Evaluation in Physical Education and Sports :

a) Construction & tests and its application.
b) Statistical measures in physical education and sports.
c) New measures in sports and games.

Unit -3 Coaching and Training Aspects in physical Education and Sports :

a) Application & human psychology in training and coaching.
b) Factors affecting on coaching and training.
c) Recent aspects & coaching training.

Unit -4 Sports Medicine :

a) Management and prevention of sports injuries.
b) Concept, method of doping.
c) Massing and theraphic Meditation in Sports and Games.

Unit - 5 Yogic Exercises:

a) application and uses of yogic exercises for better performance in sports.
b) Scope of research in the field of yoga.
c) Type of yogic exercises in different era in different countries.
Reference:

1) Alok Ghosh: Hand goal of sports medicine and physical fitness.
2) Park J. E.: Preventive and social medicine.
3) Clarke D. H.: Exercise physiology
7) Cratty Byant J Movement behavior and motor learning Philadelphia law and Febigev, 1975
10) Anatomy and physiology of yogic practices by M. M. Gore published by kaivalyadham - Lonavala.
11) The complete book of yoga - by Shri. Anand Published by orient paper back, Madraja Road- Kasmirguate Delhi.
12) Garrett- statistics in psychology.
13) Clarke - practical Measurement in physical education.
14) Dr. Deshmukh P. N - Research Methodology in physical education Krishnakant distributor, Latur. MHS.
15) Bucher: foundation & physical education.
19) Dr. Deshmakh P. N - Modern Trends in physical education Krishnakant Distributor, Latur, MHS.
PAPER NO. 4

ADVANCE DEVELOPMENT IN PHYSICAL EDUCATION AND SPORTS

Unit I: Anatomy and Kinesiology in Sports and Game:

1) Area and scope of anatomy and kinesiology in physical education and sports
2) Kinesiological Analysis of sports skill
3) Importance of Anatomy and kinesiology in physical education and sports.

UNIT II: Sports Psychology:

1) Tests to evaluate personality characteristics.
2) Stress Management and measurement of stress.
3) Theories of learning.

Unit III: Physiology Of Exercises:

1) Neuro musculate of physiology
2) Physiology of Bio energetic.
3) Impact of exercise and training on human physiology.

Unit IV: Environment and Health:

1) Effect of Environment on health variables and welfare variables.
2) Effect of environment on coaching and training.
3) Effect of exercise and Environment on ageing.

Unit V: Sports Policies:

1) State government sports.
2) Central Government sports policies.
Reference:

8) Stress Management Through Youga and Medition by – Panditnath, Published by sterling publisher private limited 10 green part extn. New Delhi
9) Psychology of coaching theory and application Jack H. Liewlynn and Judy Blacker.
10) Psychology of Coaching – Luther.
Solapur University is government university situated in town of Solapur. Inagurated in 2004, at present this university has more than 60 affiliate colleges and institutions in and around the district of Solapur. These colleges offer undergraduate and post graduate courses in faculties of arts, science, social science, commerce, law, management, engineering and technology.