

SYLLABUS FOR P.G ENTRANCE TEST CUCET-2018 (M.P.ED.)

- 1. Historical Perspective:** Physical Education in Ancient Greece, Physical Education and Sports in Rome. Physical Education in Sparta and Athens, Physical Education in India during Ancient period.
- 2. Philosophical Perspective:** Meaning, Definition, Aims and Objectives of Physical Education. Nature, scope and Philosophy of Physical Education. Idealism, Pragmatism, Naturalism and Realism and their implication for Physical education.
- 3. Psychological Perspective:** Psycho-physical unity of human organism, laws of learning, their application to sports situations. Theories of play, Learning stages, learning curves, transfers of training. Practical application of Psychology of Physical Education. Personality and its types.
- 4. Sociological Perspective:** Orthodoxy, Customs, Traditions and Physical Education. Festivals and Physical Education. Socialization through Physical Education, Social Conglomeration and Social group, Primary group and Remote group. Features and Importance of Culture. Impact of Culture on life style.
- 5. Introduction to Sports Training:** Meaning and Definition of Sports; Aims & Objectives of Sports Training; Principles of Sports Training; System of Sports Training-Basic Performance, Good / High Performance.
- 6. Kinesiology & Sports & Physiology:** Meaning & Definition of Kinesiology Importance of Kinesiology & Sports Bio-Mechanics in field of Physical Education; Terminology of fundamental Movements; Centre of Gravity, Equilibrium, Line of Gravity.
- 7. Introduction to Research:** Definition of Research, Need & importance of Research in Physical Education; Classification of Research; Research problem, Meaning, Criteria of Selection of Problem, formulation of Research Problem, Limitation and Delimitations of Research.
- 8. Bio-Mechanics:** Body lever and their types; Motion: Laws of Motion; Centre of Gravity, Equilibrium; Static and Dynamic Forces, its direction and application; Speed acceleration and momentum.

9. **Measurement and Evaluation in Physical Education:** Meaning and Importance of test, measurement and evaluation; Basic principles of evaluation; Formative and summative evaluation; Classification of Test: Knowledge test, fitness test, Skill test; Criterion for the selection test: Validity, reliability, objectivity, norms and standard.
10. **Physical Fitness Tests:** AAHPER Youth Fitness Tests, National Physical Fitness Tests, Indiana Motor Fitness Tests, JCR Tests.
11. **Human Body:** Circulatory System, Functions of Blood, Blood Groups, Transfusion, Clotting, Structure of Heart, Properties, Circulation of Blood, Cardiac Cycle, Blood Pressure, Blood Vessels. Digestive System, Organs of digestions, their Structure and Functions and intestines, food metabolism, Excretory System. Structure & function of Kidneys and Skin.
12. **Muscles:** Origin, Insertion and Action of Following: Pectoralis Major, Pectoralis Minor, Serratus Anterior, Rectus Abdominus, Trapezium, Deltoid, Teres Major, Biceps (Bronchic), Triceps Latissimus Dorsi, Rectus Femories (Vestus Lateralis), Vestus Medialis (Vestus Intermedius)
13. **Sports Injuries:** Body Lever & their types, Motion, Laws of Motion, Centre of gravity, equilibrium, Static & Dynamic Forces its direction and Application, Speed Acceleration & Momentum.
14. **International Movements in Sports:** Ancient and modern Olympics Games, Asian Games, Common Wealth Games
15. **Central Advisory Board & Recreation:** Nation Discipline Scheme, Kaul Kapoor Committee, National Physical Efficiency Drive, Kunzuru Committee, All India Council of Sports, Sports Authority of INDIA (SAI), N.S. National Institute of Sports, L.N.I.P.E. Institute of Sports, National Sports Association / Federation their Composition and function.