

Syllabus for M. P. Ed. Entrance examination for session 2024-25

NOTE: Maximum marks. 50. No negative marking.

1. Meaning of the terms physical culture. physical training. physical education_ drill. sports. gymnastic and athletics. Objectives and aim of physical education.
2. Philosophy of physical education. Idealism and Physical Education. Pragmatism and Physical Education, Naturalism and Physical Education, Existentialism and Physical Education.
3. Ancient Greece, the origin and development of ancient Olympic Games. Ancient Rome. Physical education in Germany. Sweden and Denmark, Physical education in Great Britain. U.S.A.
4. Modern Olympic Games.
5. Physical education in modern India.
6. Biological- Growth and development, Effect of heredity and environment. Difference between males and females, Body types.
7. Skeletal system -- bones of the skeleton structure and types, spine-structure and function. joints and joint movements. Posture — good posture, postural defects, etc.
8. Muscular system — properties and development, effect of exercise on muscles. trunks. arm's and leg's muscles and their action. Physical conditioning, fatigue, muscle pull and spasm.
9. Circulatory system — structure of— heart, blood vessels, arteries, veins and capillaries. Blood circulation. Blood constituents and their function. Effect of exercise on the circulatory system. Blood clotting; immunities. Lymphatic systems.
10. Respiratory system -- organs of respiration — structure and functions. Physiology of respiration. Control of respiration. Vital capacity. Effect of exercise on respiratory system. Oxygen debt. second wind.
11. Nervous system -- organs location and functions. Brain and its parts. Centers of localization. Spinal cord. Reflex action. Autonomous nervous system. Neuro muscular co-ordination.
12. Digestive system — organs of digestion - structure and functions, enzymes. Digestion in the stomach and in the intestine. Absorption and assimilation of food. Metabolism. Effect of exercise on digestion.
13. Excretory system — structure and function. Composition of normal urine — fluid balance. Acid-base balance. Skin-structure and functions. Sweat glands. Temperature regulations. Effect of exercise on excretory system.
14. Reproductive system — male, female, structure and function.
15. Health Problems, Communicable diseases, Health & Health education, Dietetics - constituents of food. Principles of nutrition. Caloric values of food. Balanced diet, special diets for children & athlete. Underweight / overweight.



16. Psychological physical unit of human organism. Reflex action condition reflex etc. Law of learning their application to situation on playgrounds. Transfer of training and its importance in learning physical skill. Theory of play. Sociological foundation of physical education.

17. Social nature and learning of man Traditions and their influence on behaviour pattern (social inheritance). social values and development of different traits and ideas. Insurance of the group on the individual and vice versa competition and co-operation social recognize session physical education as a socializing Agencies. Leadership and its importance.

18. General Innate tendencies: Motives, Needs, Drives, Sympathy, Imitation, Suggestion, Play, Play Theories. Play. Way in education and sublimation of innate tendencies.

19. Growth and development: The nature of growth and development. Characteristics of various stages of development, Heredity and Environment: its Impact on sports, The Learning Process: The nature. Laws of Learning, Motivation in Learning, Attention, Interest, Learning Curves, Transfer of Training, Personality: Its meaning, development of personality, personality theories, adjustment through physical education and sports. Competition, Anxiety and Aggression.

20. Programmer Planning — Meaning, Importance, Principles. Factors influencing the programmer planning, Characteristics of a good Physical Education Programmer. Intramural Activities, Extra-mural Competition, Co- Curricular Activities N.C.C., N.F.C.

21. Budgets and Finance — Preparation of Budget, Administration, Importance of Budget, Principles Qualities of a good Budget, Rules for expenditure forms and routine for payments and entries, Accounting and auditing.

22. Organization of Games - Meaning, Advantages of Games, Advantages of Competitive games and Tournament Disadvantages of Competitive games, Principles.

23. Facilities of Physical Education — Construction and care of Gymnasium, swimming pool, playing field, Track marking, play grounds, Construction and marking of play fields.

24. Tests and measurements: qualities of good test, types and formation, Teaching, coaching and training - definition and purpose of the teacher, coach and trainer. Qualities, knowledge and responsibilities of each, Improving the standards of officiating - rules study. Practice, clinics, apprenticeships, ratings etc.

25. Methods of teaching — orientation, verbal explanation, demonstrations, explanations, practice, discussion, part & whole method, Classification — importance, methods and types, Teaching aids — models, films, black board.

26. Scientific principles applied to coaching: balance, motion, force and levers, injuries, its prevention, management of injuries on field.

27. Rehabilitation of injuries, Official rules, signals, positional play.

28. Evaluation — Meaning, Definitions, Principles, Importance, Procedure of Evaluation.

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