

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

1	Name of Syllabus	C.C.IN PHYSICAL EDUCATION MANAGEMENT (404132)																																																
2	Max.Nos of Student	25 Students																																																
3	Duration	6 Month																																																
4	Type	Part Time																																																
5	Nos Of Days / Week	6 Days																																																
6	Nos Of Hours /Days	4 Hrs																																																
7	Space Required	Workshop = 400 Sq feet <u>Class Room = 200 Sq feet</u> TOTAL = 600 Sq feet																																																
8	Entry Qualification	S.S.C. + Any course pass in Sport Group of MSBVE																																																
9	Objective Of Syllabus/ introduction	To provide systematic training about managerial skills in physical Education																																																
10	Employment Opportunity	Can run training institute or can work in supervisory activities																																																
11	Teacher’s Qualification	Diploma / Certificate holder in concern Subject.																																																
12	Training System	<table><tr><th colspan="4">Training System Per Week</th></tr><tr><td>Theory</td><td>Practical</td><td colspan="2">Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td colspan="2">24 Hours</td></tr></table>							Training System Per Week				Theory	Practical	Total		6 Hours	18 Hours	24 Hours																															
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MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

THEORY – I AND PRACTICAL - I

Meaning and concept of Management. Functions of management.Planning, Organizing, Staffing, Directing, Controlling, Coordinating and Evaluating. Skills of management.....Personal skills, Human skills, Conceptual skills, Technical skills and Conjoined skills. Theories of management... Authoritarian, Laissez – faire, Democratic. Roles of manager.....Interpersonal roles, Informational roles, Decisional roles. Qualities of a manager. Basic Principles of Management. Sports management: as an Art, as a science, as a system, and as a profession. Managerial skills and procedures.....Effective communication, Staff meetings, Committees and Office management.

Programme planning, Steps in programme planning, Planning and Sports Organizations, Planning and the human element. Evaluation of physical Education Programme.

Financial management- Need for financial management, Principles of financial Management, Preparation of budget, Sources of funds, Expenditure of funds, Budget reports and Adjustments, Audits, Advantages of good budget.

Class management-Principles of class management. Steps in class Management.....Strength of class, Place and time, Uniform, Class formation, Safety measures and Discipline. Resources and materials for teaching, Principles governing the use of teaching aids and material, Audio – Visual Aids: charts, diagrams and Photographic material, Bulletin Boards, Magnetic Boards, Reading material: books Articles, Pamphlets or Booklets. Outside Resources: Professional personnel, clinics, community activities. Teaching Methods of presenting material: Verbal Explanation, Lecture method, Demonstration method, Command method, Imitation method, Dramatization method, At will method, Set-Drill method, Whole method, Part method, Whole- part- whole method, Observation method, Progressive Part method, and Project method. Lesson plan: General lesson plan, Specific Lesson plan, Importance of lesson plan. Time table, need and principles of preparing time table for physical education.

Tournament organization: Types of tournament: Knock out or Elimination, League or Round-robin, Combination, Consolation, Challenge. Intramural Competitions: Meaning and Importance of Intramural, Objectives of Intramural, Conduct of Intramural. Process of organizing sports events: Writing of circulars, Notifications, Invitations, Selection of officials, Monitoring, Writing reports, Maintaining records. Use of computer application in the management of physical education and sports, Public relation: Purposes and Importance, Need of communication, News stories and publicity.

SPORTS PSYCHOLOGY

Psychology: The modern concept of Psychology, Methods of Psychology: Introspection. Experimental, observation, survey, psychoanalysis and interview.

Sports Psychology: Meaning, definition and development of sports psychology. Need importance and scope of sports psychology,

Cognitive Process: Meaning of cognition, Characteristics of Cognitive Processes; Perception Reaction time. Movement time, Reflex time. Response time.

Attention and Concentration : Definition. Meaning and dimensions of attention. Role of attention in individual and team sports, strategies for improving attention and concentration.

Personality: Concept of personality, ways of studying personality, Personality profile of athletes. Personality and performance in sports, Impact of sports participation and competition on personality.

Individual Differences: Causes and impact on sports performance.

Motivation: Definition, types, factors influence motivation. Motivation in relation to participation and performance in sports.

Mental Training: Mental preparation, Mental imagery, Goal setting, focusing, strategic thinking.

Psychological Stress: Sources, influence on performance, coping-p strategies, psycho regulation pep talk, discussion, diversion, psychological preparation for training and competition.

Mental Health: Meaning, Role of sports in promoting mental health, prevention of frustration and maladjustment through sports.

Group Dynamics: Cohesion, Cooperation and Competition phenomena in sports, sports as social experience.

Violence in Sports

Women in Sports

Politics & Sports

Racial difference in Sports

THEORY - II - MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Meaning of measurement and evaluation, Importance of measurement and evaluation in physical education, Basic principles of evaluation, Modern development in physical education measurements, Approach to measurements, Trends in measurement and evaluation.

Application of measurement to Individual differences, physical fitness needs.

Homogeneous grouping, Characteristics of an effective test: Validity, Reliability, objectivity, economy and norms, Procedure for construction of skill tests, Principles of writing knowledge tests, Presentation and Interpretation of tests results, Organization and administration testing programme.

Kraus Weber test, Roger strength test, Cooper's 12 minutes run/ walk test, Margarita's anaerobic test, Shuttle run test.

Scoot motor ability test, Borrow motor ability test, Crampton blood ptosis test, Tuttle pulse ratio test, Harvard step test.

Basketball

(a) Johnson basketball test.

(b) Knox basketball test.

(c) Harrison basketball test.

_ Badminton

(a) Lockhart Mc. Pherson badminton test.

(b) French short & long serve test.

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Measurement of central tendencies.

- (a) Measures of dispersion.
- (b) Normal frequency curve.
- (c) Plotting the values of quartiles from Ogive.
- (d) Pearson's product moment correlation.
- (e) Student's 't' test and its interpretation.
- (f) Rank order correlation.
- (g) Construction of Zee, Percentile, Tee, Hull & Sigma scales.
- (h) Chi-square, Biserial, Tetra choric correlations and Phi Coefficient.
- (i) Analysis of variance and covariance.

EXERCISE PHYSIOLOGY AND SPORTS MEDICINE

Muscular Function in Human Movement

- a. Neuromuscular integration, Reciprocal Innervation.
- b. Fiber distribution & performance, muscle tone, cross education
- c. Different types of voluntary contractions:
- d. Isotonic. Isometric, Eccentrics, Ballistic and Yogic exercises.
- e. Co-contraction effect of different types of muscular activity. Reacting time. Movement type, development of strength. Speed and flexibility.
- f. Muscle fatigue. Effects of Training and Conditioning.

Respiratory System

- a. Respiratory rate
- b. Pulmonary ventilation
- c. Control of breathing during exercise.
- d. Aerobic capacity
- e. Anaerobic endurance. Effects of training and conditioning.

- a. Circulatory system and changes in cardiac status during exercise. Effects of training and conditioning.
- b. Exercise energy and Metabolism
- c. Source of energy, anaerobic metabolism, aerobic metabolism.
- d. Climate & Exercise
- e. Regulation of body temperature
- f. Heat, stress and acclimatization
- g. Effects of altitude on Physical performance.
- h. Sex difference in exercise
- i. Structural differences in male and female.
- j. Physiological restraints in female athletes.
- k. Effects of exercise on female athletes.
- l. Ergogenic Factors in Exercise (aids and dopes)
- m. Use and misuse of various aids, High Glycogen Diet Vitamin, Anabolic steroids, blood doping alkalis, Amphetamines, Alcohol, Caffeine.
- n. Aging and exercise
- o. Training adaptation in cardio respiratory disorders Exercise Therapy.

- a. Definition, Concept of sports MEDICINE.
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- a. Regional Injuries in major and minor games, classification, treatment & follow-up.
- b. Rehabilitation and Principles of exercise therapy.
- c. Active exercises.
- d. Mobilization of joints.
- e. Preventive of joint stiffness.
- f. Remedial exercise.

g. Physical methods used in Rehabilitation.

h. Principles of Massage, Sports massage and therapeutic massage.

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Organizing, Staffing, Directing, Controlling, Coordinating and Evaluating.

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PRACTICAL – II - SPORTS SCIENCE AND TRAINING

Definition of teaching. Coaching and Training. Need an scope of coaching in India:

Qualifications and responsibilities of a coach. Professional preparation of coaches.

Aim tasks and a characteristics of sports training and principles of sports training.

A brief discussion on factors influencing high performance: Identification of talent.

Development of abilities and skills among children: Education and sports training.

Training load- Important features of training load- intensity-density-duration and frequency principles of training load-adaptation process of over load- causes and symptoms of over load and tackling of over load.

Training methods: weight training, circuit training. Interval training. Fartlek, competition and test method, cross-country, plyometrics. Pressure training.

Training for motor components: Strength characteristics and forms of strength,

Principles, mean and methods of strength training for children, adolescents women and elite athletes.

Endurance characteristics . importance of endurance, forms of endurance, basic endurance training and for competitive sports and games means and methods of endurance training.

Speed: Definition. Characteristics- Forms and importance of speed, methods of speed training, development speed barrier- its causes , means to overcome it.

Flexibility: Characteristics types and importance in sports performance, methods of flexibility development.

Coordinative abilities: Understanding characteristics and importance in games and sports. Planning and Organisation of Training_ importance of planning and principles of planning Periodisation and its types-Contents for various periods of trainingcompetitions.

Meaning Philosophy and aim of Yoga. Types of Yoga, their special features with reference to their objectives. Importance of Yams (Abstinences) Niyamas (Observances) in the field of Yoga.

Shudhi Kriyas (Purificatory Processes).

Role and purpose of six purificatory processes in the field of a Yoga, Techniques and effects of Neti(Jal and Sutra), Kapalbhati, Nauli and Vaman Dhauti.

Asanas (Postures) and their purposes, types of Asanas, Principles of Asanas, Psychological and Physiological effects of asanas, study of the technique,benefits and contradictions of the Asanas given in the syllabus for practicals.

Pranayam(Breathing Exercise): Objectives, Meaning and Varieties of Pranayama. Technique and benefits of Ujjai, Bhastrika, Shitali, sitkari and Bharamari Pranayamas. Technique and applications of Bandhas (Neuromuscular locks) in the process of Pranayama.

Hathayogic practices and their roles as adopted measures (corrective and remedial)

Relevance of Yoga in Modern Life

- (a) Stress and strains.
- (b) Psycho-physiological relaxation.
- (c) Diet
- (d) Sex
- (e) Promotion of Yoga

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