

Mother Teresa Women's University

Department of Physical Education

SYLLABUS

- i. Definition of Research
- ii. Need and scope of Research
- iii. Classification of Research data and collections
- iv. Methods of classification and tabulation of data

i. Writing a proposal for the following types of research

- i. Historical type
- ii. Philosophical type
- iii. Descriptive type
- iv. Experimental type

i. Tools and techniques of research

- ii. Hypothesis and formulation of hypothesis
- iii. Writing research reports

Concept of Health – Physical Health, Mental Health

- i. Health education programmes in schools
- ii. Signs – Symptoms and preventions of communicable
- iii. Meaning of sports psychology and its importance
- iv. Motor learning and motor performance

- i. Philosophy in evaluation in physical education
- ii. Criteria for evaluation
- iii. Modern concept of curriculum in physical education
- iv. Sources of curriculum materials

REFERENCES

1. Rao, M.N> and Lungren, “A review of occupation Health Research in M.P.U. India, ICMR, New Delhi, 1995.
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3. Boucher, Charles, A, “Foundations of Physical Education”, 8th C.V. Mosby Co., St. Louis, 1979.
4. Ramachandran, L. & Dharmalingam, T. Health Education: A New Approach, Vikas Publishing House, New Delhi, 1993.
5. Scott, Gladys M. “Analysis of Human Motion. “2nd Publishing House, New Delhi, 1970.