



DRAVIDIAN UNIVERSITY
Centre for Off-Campus Education & Research
Syllabus for M.Phil/Ph.D Physical Education
Paper II: Broad Field

1. **Sports Training** – Definition, meaning and concept of sports training, scope of sports training, characteristics of Sports training, Principles of sports training – Physical fitness components – Strength – Speed – Endurance – Flexibility – Co-ordination.
2. **Yoga** – Asanas, Pranayama, Meditation and concentration and their experiences. Mudras and Kriyas.
3. **Sports Psychology** – Definition, meaning and importance of sports Psychology – Play – Definition and theories of play – Learning – Types of learning – Laws of learning – learning curve.
4. **Exercise Physiology** – Nutritional Aspects Diet and exercise : Nutrients, Balanced diet, spacing and number of meals, Diet before activity, Diet during activity, Diet following activity, Diet and performance.
5. **Sports Medicine** – First aid for various sports injuries – Common injures that occur in various games and sports – Prevention and management of sports injuries.

REFERENCE BOOKS

- | | |
|-----------------------|---------------------------------------|
| 1. Hardayal Singh | -Science of Sports Training, 1991. |
| 2. John W.Buun | - Scientific Principles of Coaching. |
| 3. B.K.S.Lyendar | - Light on Yoga |
| 4. Swamy Kuvalayanand | - Asanans |
| 5. Dr.At Puni | - Sports Psychology |
| 6. Dr.Agyajity Sing | - Sports Psychology |
| 7. Shaver | - Exercise Physiology. |
| 8. Clerk | - Exercise Physiology |
| 9. A.Throndike | - Athletic Injuries |
| 10. Joan R.Crash | - Physiotherapy in Medical Conditions |



DRAVIDIAN UNIVERSITY
Model Question Paper for M.Phil/Ph.D Physical Education
Paper II: Broad Field(Yoga)

Time: 3 Hours

Max marks: 100

Answer Any **Five** Questions

All Question Carry Equal Marks

5x2=100

1. Explain the Pranayama and Meditation and their Experiences ?
2. Briefly Explain the Ashtaga Yoga with Suitable Examples ?
3. Explain the types and importance of Mudras and Kriyas ?
4. Describe any Two injuries, Classify them, Give their Management and Prevention.
5. Define Sports Training? Briefly explain the Principles and Characteristics of Sports Training ?
6. Define Strength. How do you improve the means and Methods of Strength Training.
7. Describe the balance Diet and the need for adequate diet for Athlete.
8. Define play ? Explain the theories of play.
9. Explain the types of learning with suitable Examples.
10. Discuss the means and methods of development of Speed.
