



**UNIVERSITY OF CALICUT**

**Abstract**

MPhil. programme-Physical Education-Regulations Scheme and Syllabus- approved-implemented-w.e.f 2014 - Orders issued.

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**G & A - IV - J**

U.O.No. 4780/2014/Admn

Dated, Calicut University.P.O, 16.05.2014

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*Read:-*1.Item no.2 of the minutes of the Board of Studies in Physical Education PG held on 24.06.2013.

2.Item no. 3 of the minutes of the Faculty of Education held on 19.2.2014 .

3.Item no. II (J) (page 22) of the minutes of the Academic Council held on 20.03.2014.

4. Orders of the Registrar.

**ORDER**

The Board of Studies in Physical Education PG held on 24.06.2013 resolved to approve the syllabus and Regulations for M Phil in Physical Education vide paper read as (1) above.

The Faculty of Education held on 19.2.2014 has approved the minutes of the Board of Studies in Physical Education PG held on 24.06.2013 vide paper read as (2) above.

The Academic Council held on 20.03.2014 has also approved the same, vide paper read as (3) above.

Sanction has, therefore, been accorded to implement the Regulations ,Scheme and Syllabus of M Phil programme in Physical Education in the University w.e.f 2014 admissions.

Orders are issued accordingly.

Muhammed S  
Deputy Registrar

To

All Institutions/Dept.s under the University.

Forwarded / By Order

Section Officer

## ANNEXURE B

### M.Phil RULES AND REGULATIONS

**Rule 1 : Duration of the Course :** Duration of the M.Phil course is 12 months.

An admitted candidate should pass in all the three papers and should successfully face the viva voce of the Dissertation within a period of 3 years from the date of admission.

**Rule 2 : Course of Study :** The course of study shall comprise of two semesters of six months duration and will have two parts.

1. Part - A Theory
2. Part – B Dissertation

**Rule 3: Eligibility for admission :** a. Shall be required to have passed the Master's Degree course in Physical Education (MPed.) of the University of Calicut or any other University recognized as equivalent there to with a minimum of 55% marks in aggregate. Should be physical fit for daily heavy load of physical activities. The candidates should not have any physical deformity or mental disability which prevent him/her from actively participating in Physical Education Programmes. Relaxation of 5% marks shall be allowed to teachers in affiliated colleges and SC/ST candidates. Married women candidates are eligible for admission, but if they conceive, they have to discontinue the course and they can rejoin the course with the succeeding batches, by relaxing Rule : 7 Number of Seats. But no relaxation in Rule No. 1 Duration of the course is allowed.

b. The upper age limit for the MPhil course shall be 30 years on the 01<sup>st</sup> July of the year of admission. Relaxation upto five years in age shall be given to those candidate who have represented University/State (Senior, only

during the last three years) in any of the AIU recognized sports discipline or in-service candidates (Physical Education Teacher) with minimum 3 years of experience and deputed by the appointing authority and SC/ST candidates.

**Rule 4 : Admission Criteria :** All candidates except teacher candidates who are awarded FIP assistance by the UGC will have to appear for a written test. Admission to M.Phil course will be made from a rank list prepared on the basis of aggregate marks scored from the following criteria.

(i) Written Test Maximum Marks – 90

The written test will consist of objectives type and short answer type questions on the General knowledge and from the syllabus of the subject covered in the BPE and MPED. courses of this University.

(ii) Sports Achievement Maximum Marks – 10

International Medal Winners	:	10 Marks
National representation	:	9 Marks
National/Inter University First	:	8 Marks
National/Inter University Second	:	7 Marks
National/Inter University Third	:	6 Marks
State/University representation	:	4 Marks
State/University First	:	3 Marks
State/University Second	:	2 Marks
Total Marks for Entrance Test	:	Maximum Marks- 100

Candidates those who do to secure atleast 40% in the written examination shall not be considered for admission.

Each department offering M.Phil degree programme departmental council will constitute and M.Phil admission committee consisting of not less than two members (Head of the Department and one other member from the Department concerned). The Head of the Department will be the

Chairman of the admission committee. The committee will conduct all selection procedure for admission in M.Phil course including the conduct of test.

**Rule 5 : Medium of Instruction :** The medium of instruction and examination shall be English.

**Rule 6 : Reservation :** Reservation as per existing rules of the University.

**Rule 7 : Number of Seats :** The number of candidates to be admitted for M.Phil course is fifteen. Two seats for teacher candidates coming under FIP and thirteen seats for non-teacher candidates. Teacher candidates who do not have FIP assistance and who wish join for the course on L.W.A are eligible for university fellowship ( If allotted by the University ) as per rules and regulations. The seats reserved for FIP candidates shall be converted for non-teacher candidates in the absence of eligible teacher applicants. SC/ST and OBC reservation will be as per University rules.

**Rule 8 : Attendance and Duties for Excellence:** Each semester shall be taken as a unit for the purpose of calculating attendance and a student shall be considered to have satisfied the requirement of attendance for a semester, if he/she has attended not less than 90% of the number of working periods each of the paper under theory, practical and project/ internship. A candidate who does not satisfy the requirements of attendance shall not be permitted to take the University examination. However, shortage of attendance to the extent of 10% may be condoned by the University on the recommendation of Head of the institution/Department, on medical grounds on payment of fees, as prescribed by the University from time to time. Besides the candidates should present a paper in at least one seminar/conference in Physical Education in order to appear for the final

## **ANNEXURE A**

### **SYLLABUS FOR M.Phil COURSE IN PHYSICAL EDUCATION**

#### **Paper I : RESEARCH METHODS**

#### **1. INTRODUCTION**

- 1.1 Meaning, Nature and Scope of Research Importance of Research in General and with special reference to Physical Education and Sports.
- 1.2 Characteristics of Research and Research Worker.
- 1.3 Basic, Applied and Action Research-their relationship and differences. Characteristics, importance and methodology of Action Research.

#### **2. THE PROBLEM**

- 2.1 Selection of Problem
- 2.2 Developing problem statement
- 2.3 Meaning and significance of Hypothesis
- 2.4 Types of hypothesis.

#### **3. NON-LABORATORY RESEARCH TECHNIQUES**

- 3.1 Historical Research
  - 3.1.1 Meaning Validity of historical d
  - 3.1.2 Examining Validity of historical data.
  - 3.1.3 Principles of Historical Criticism
  - 3.1.4 Pitfalls in Historical Research.
- 3.2 Philosophical Studies
  - 3.2.1 Meaning and significance
  - 3.2.2 Methodology of Philosophical Research
  - 3.2.3 Critical Thinking continuum
- 3.3. Descriptive Studies-Board Survey
  - 3.3.1. Questionnaire, Opinionaire and Interview Techniques
  - 3.3.2. Case Studies and Profiles

#### **4 LABORATORY RESEARCH**

- 4.1. Experimental Methods (Designs and applicable statistical procedures).
- 4.2. Control of Experimental Factors
- 4.3. Principles of Experimental Enquiry (Mill's Canons)
- 4.4. Establishing a Research Laboratory.

## **5. RESEARCH REPORT**

- 5.1 Difference between Abstract, Research Proposal and Research Report.
- 5.2 Format of Research Report
- 5.3 Tables and Figures
- 5.4 Footnotes and Bibliography.

## **PAPER II : ADVANCED STATISTICS AND COMPUTER APPLICATION**

### **1. ANALYSIS OF VARIANCE**

- 1.1 Need for Analysis of Variance
- 1.2 Standard deviation of combined samples
- 1.3 One-way Analysis of Variance
- 1.4 Post-Hoc test of significance.

### **2. ANALYSIS OF COVARIANCE**

- 2.1 Need for Analysis of Covariance
- 2.2 Application of Analysis of Covariance

### **3. PARTIAL AND MULTIPLE CORRELATION**

- 3.1 Meaning of prediction
- 3.2 Two variable regression equation
- 3.3 Multiple regression equation
- 3.4 Wherry Doolittle Method of Multiple Correlation.

### **4. SPECIAL CORRELATION AND NON-PARAMETRIC METHODS**

- 4.1 Chi-square
- 4.2 Rank difference method of correlation
- 4.3 Biserial correlation

- 4.4 Tetrachoric correlation
  - 4.5 Phi-coefficient
  - 4.6 Contingency Co-efficient
  - 4.7 Curvilinear Relationships.
  - 4.8 product moment correlation
  - 4.9 t-ratio.
5. Theoretical concepts application of statistical Package with special reference to SPSS.

### **PAPER III : PHYSICAL FITNESS AND EXERCISE PRESCRIPTION**

#### **Unit 1 : Introduction and Basic Principles of Exercise Prescription**

- 1.1 Assessing the Components of Fitness
- 1.2 Goals and objectives & Goal Setting in Exercise Prescription
- 1.3 Basic principles for exercise programme design
- 1.4 Principles of Training – ACSM Guidelines

#### **Unit 2 : Exercise Prescription for Cardiorespiratory Fitness**

- 2.1 Types (Mode), Frequency and Time (Duration), & Intensity of Exercise Prescription
- 2.2 Exercise prescription by Heart Rate
- 2.3 Exercise Prescription by perceived Exertion
- 2.4 Exercise Prescription by Workload

#### **Unit 3 : Exercise Prescription for Weight Loss and weight management Principles and Programmes**

- 3.1 Obesity, Overweight, and Underweight
- 3.2 Definition, Trends, Types & causes of Obesity
- 3.3 Weight Management Principles and Practice
- 3.4 Well Balanced Nutrition
- 3.5 Designing Weight Management Programmes – Preliminary Steps
- 3.6 Designing Weight Loss programme
- 3.7 Designing Weight Gain Programmes
- 3.8 Designing programs to Improve Body Composition.

#### **Unit 4 : Exercise Prescription for Muscular Strength and endurance**

- 4.1 Definition of terms
- 4.2 Strength and Muscular endurance assessment
- 4.3 Muscle tightness Assessment



- 4.4 Shortcoming of Muscular Fitness test
- 4.5 Postural Assessment
- 4.6 Programmes for developing good posture
- 4.7 Designing Low Back Care Exercise Programmes
- 4.8 Types and sources of different fitness equipment.

### **Unit 5 : Assessing Flexibility and Designing Stretching Programmes**

- 5.1 Basics of Flexibility & Assessment of Flexibility
- 5.2 Designing Flexibility programmes
- 5.3 Designing Low Back Care Exercise Programmes

### **Unit 6 : Exercise Prescription for Diabetes Mellitus and Other Special Cases**

- 6.1 Exercise Prescription for Clients with type 1 Diabetes
- 6.2 Exercise Prescription for Clients With Type 2 Diabetes
- 6.3 Peripheral Vascular Disease
- 6.4 Chronic Obstructive Pulmonary Disease
- 6.5 Exercise Prescription for Clients with Hypertension
- 6.6 Exercise Prescription for Pregnant women
- 6.7 Exercise Prescription for Children
- 6.8 Cardiovascular Fitness and Strength Training for the geriatrics.

### **Selected Reference**

1. **Vivan H. Heyward** : Advanced Fitness and Exercise Prescription. Published by Human Kinetics, Champaign, USA.
2. **David P. Swain; Brain C. Leutholtz**: Exercise Prescription : A Case study Approach to the ACSM Guidelines, published by Human kinetics, Champaign, USA.
3. **John C. Griffin** : Client Centered Exercise Prescription. Published by Human kinetics, Champaign, USA.
4. **Franklin, B.A** ed. 2000. ACSM's *Guidelines for Exercise Testing and prescription*, 6<sup>th</sup> ed., 24-27. Philadelphia : Lippincott Williams & Wilkins.
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6. **Dalsky, G. P.** 1989. The role of exercise in the prevention of osteoporosis. *Compr. Ther.* 15 (9) : 30-37.
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8. **Gardner, A.** 1997. Peripheral vascular disease. In *ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities*, ed., JL Durstine, 64-68. Champaign, IL Human Kinetics.
9. **Gordon, NF.** 1997. Hypertension. In *ACSM's Exercise Management for persons with Chronic Disease and Disabilities*, ed. JL Durstine, 59-63. Champaign, IL : Human Kinetics.
10. **Baechle, TR** and RW Earle, eds. 2000. *Essential of Strength Training and Conditioning*, 2<sup>nd</sup> ed., Champaign, IL : Human Kinetics.

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