

**SRI PADMAVATI MAHILA VISVAVIDYALALYAM: TIRUPATI**  
**(Women's University)**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**SYLLABUS FOR RESET – 2017**

**Unit: I Research Methods And Elementary Statistics**

Meaning need and scope of Research in Physical Education. Types of Research:(Basic, applied and action research).

Definition and Characteristics of a problem – Formulation and development of Research Problem – location of research problem, criteria for selecting the research problem.

Library resources – methods of reviewing literature, footnotes, preparing Bibliography. Review of latest research in Physical Education.

**Methods of research:** Descriptive, historic, philosophic and experimental. Sampling methods – tools of data collection – observation, questionnaire tests.

Experimental design – types and characteristics of experimental designs. Experimental verification of the effectiveness of Physical Education programs.

**Statistical Process:**

Population, sample, score, frequency distribution.

Measures of central tendency – mean – median – mode – definition, meaning and applications to Physical Education- quartile deviation, standard deviation.

**Unit: II Sports Psychology**

The meaning and scope of Sports Psychology – importance of Sport Psychology for Physical Education teachers and coaches.

**Personality:** Meaning of personality, personality traits of sportsmen,

Relationship of personality to sports performance – personality differences among various sports groups.

**Motivation:** Definition and meaning. Types of motivation – Intrinsic, Extrinsic–Tests in motivation. Methods of motivation.

**Anxiety:** Definition and meaning of anxiety – Trait and state anxiety – course of anxiety, Tests for anxiety (SCAT – Methods of increasing or decreasing anxiety to optimum level – Relaxation of techniques.

**Aggression:** Definition, types (Hostile or reactive and instrumental) – Theories of aggression.

**Motor Learning:** Meaning and definition, types of motor responses – Transfer of learning to competitions – Memory (short and long term) Biofeedback mechanisms – Behaviour modification – cooperation and competition.

**Unit:III Exercise Physiology**

**Energy sources:** Biological energy cycle-sources of A.T.P. Aerobic Metabolism (Phosphogenesis & Anaerobic Glycolysis) Aerobic Metabolism – (Aerobic Glycolysis & fat metabolism)

