

BHARATI VIDYAPEETH  
(DEEMED TO BE UNIVERSITY), PUNE, INDIA  
PhD Entrance Test – 2022  
**SECTION-II: Physical Education Syllabus - 50 Marks**

**Unit 1: Introduction to Physical Education**

- 1.1 Concept of Physical Education. Physical Education as a Discipline and profession.
- 1.2 Concept of movement Education.
- 1.3 The nature of movement Education
- 1.4 Significance of human movement.
- 1.5 Historical determinants of Physical Education.
- 1.6 Scope of Physical Education. Aim and objectives of Physical Education.

**Unit 2 : Psychology of Sports**

- 2.1 Meaning, Definition, Importance and Scope of Educational Psychology
- 2.2 Meaning, Nature and Theories of Learning and their implication in teaching Learning Process
- 2.3 Meaning, Types and Theories of Motivation
- 2.4 Meaning, Definition, Role and Theories of Personality.
- 2.5 Group Dynamic, Team Cohesion and Leadership
- 2.6 Psychological consideration and Sports Performances (Stress, Anxiety, and Aggression)

**Unit 3 Anatomy Physiology & Biomechanics**

- 3.1 Define Anatomy and Exercise Physiology and various system of human body.
- 3.2. Concepts of Neuromuscular system, Effects of exercise and training on the above. Concept of Fatigue and staleness.
- 3.3 Use and abuse of Drugs Environment and Exercise
- 3.4 Fundamental concepts of plane and axes and their relationship Angular Kinetics of Human Movement: (Meaning and Explanation)
- 3.5 Factors affecting human's performance (Water Resistance, Air Resistance and Spin)
- 3.6 Mechanical Analysis of Fundamental Motor Skills

**Unit 4 : Sports Training**

- 4.1 Meaning, Aim and Tasks of Sports Training.
- 4.2 Characteristic and Principles of Sports Training.
- 4.3 Concepts of Load, Adaptation and recovery.
- 4.4 Training means and methods. Importance of Strength, Endurance. Speed, Flexibility and their forms.
- 4.5 Methods of development of the above qualities.
- 4.6 Brief concepts of Talent identification, planning and coordinative abilities.

## **Unit 5 : Evaluation Techniques in Physical Education**

5.1 Meaning, Definition, Principles and Importance of Measurement and Evaluation.

5.2 Criteria of test selection. Factors Affecting and Procedure to Establish Scientific Authenticity.

5.3 Steps for construction of knowledge test, skill test and specific fitness test. Assessment of Physical Fitness, Motor Fitness, Motor Ability, Motor Educability and Health Related Fitness.

5.4 Skill Test (Badminton, Basketball, Hockey, Soccer, Tennis and Volleyball)

5.5 Factors Associated and their items, Rating Scale and Interpretation Criteria of testing of psychological variables (Competition anxiety, Aggression, Group cohesion, Motivation and Self-concept)

5.6 Basic concept of Anthropometric Measurements and Body Composition.