



BHAGAT PHOOL SINGH MAHILA VISHWAVIDYALAYA
(A State University established under Sections 2(f) and 12 (b) of the UGC Act, 1956)
KhanpurKalan, Sonipat, Haryana-131305

Department of Physical Education
Pre Ph.D Course work
Programme Code -109
w.e.f. 2025

The Pre- Ph.D. Programme shall be of one semester and contains 04 courses in all. A brief description of each course along with nomenclature, course code, etc is given below:-

Sr. no.	Course with code	Course Title	Credit distribution			Total hours per week	Total credit per week	Max. Marks		
			L	T	P			Internal	External	Total marks
Theory Courses										
1.	PEPHD -101	Research Methodology &Statistics in Physical Education	4	-	-	4	4	30	70	100
2.	Select one optionpapers from the following :-									
	PEPHD – 102(Opt. i).	Sports Psychology OR	4	-	-	4	4	30	70	100
	PEPHD – 102 (Opt. ii)	Sports Training OR	4	-	-	4	4	30	70	100
	PEPHD – 102 (Opt. iii)	Sports Management OR	4	-	-	4	4	30	70	100
	PEPHD – 102 (Opt. iv)	Sports Bio Mechanics OR	4	-	-	4	4	30	70	100
3.	PEPHD 103	Review of Literature	2	-	-	2	2	15	35	50
4.	CPERPE-02203	Research and publication Ethics	2	-	-	2	2	15	35	50
		Grand Total	12	-	-	12	12	90	210	300

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Research and Applied Statistics in Physical Education

PEPHD-101

Time allowed: 3 Hours

Max Marks: 100

External: 70

Internal: 30

Course Outcomes:

On successful completion of this course, the students will be able to:

- Students who complete this course will be able to understand and comprehend the basics in research methodology and applying them in research/ project work. This course will help them to select an appropriate research design.
- The course will also enable them to collect the data, edit it properly and analyze it accordingly. Thus, it will facilitate students' prosperity in higher education.
- Students will be able to demonstrate the ability to choose methods appropriate to research objectives.
- The Students will develop skills in qualitative and quantitative data analysis and presentation

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No.1 will be compulsory and will carry 14 Marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 14 marks each.

UNIT- 1

Introduction to Research :

Concept, Nature, Scope, Need and Objectives of Research, Types of research : Basic(Fundamental), Applied and Action research , Meaning of Research Problem, formulation of Research Problem, location and criteria of selecting a Research Problem, Identifying a research problem, Delimitation and limitation of a problem , Formulating, presenting and listing Hypothesis.

UNIT II

Research Design:

Meaning of Research Design, advantage of Designing Research, types of Research Design (Descriptive, Experimental, Correlation, Explanatory and Case Study Research Design), Methods of Data Collection and Presentation: Types of data collection and classification, Observation method, Interview Method, Collection of data through Questionnaires, Schedules, data analysis and interpretation, editing, coding, content analysis and tabulation.

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Unit- III

Introduction to Statistics:

Meaning of Statistics, Uses and Limitations of Statistics, Parametric and Non-Parametric Statistics. **Data**

Classification: Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation, and advantages of Measures of Central Tendency: Mean, Median and Mode, its advantage and disadvantage. Graphical Presentation: Types of Graphs and Figures.

Unit-IV

Report Writing and SPSS in Physical Education:

Types of Reports, Report Format – Cover page, Introductory page, Text, Bibliography, Appendices, Typing instructions, Oral Presentation, Contents, Citation Styles, Citation Index, Index journals, referred Journal, Impact Number etc.

Introduction of SPSS, Application of SPSS in Physical Education.

Transaction Mode

Lecture, Seminar, e-Team Teaching, e-Tutoring, Dialogue, Peer Group Discussion, Mobile Teaching, Self-Learning, Collaborative Learning and Cooperative Learning.

Suggested Readings :

Kothari C.R., "Research Methodology", New Age Publisher.

Nargundkar R, Marketing Research, Tata McGraw Hill, New Delhi, 2002

Sekran, Uma, "Business Research Method", Miley Education, Singapore

Panneerselvam, R, 'Research Methodology', PHI, New Delhi.

Gupta S P, 'Statistical Methods', Sultan Chand & Sons, Delhi

Geode, Millian J. & Paul K. Hatl, "Methods in Research", McGraw Hills, New Delhi

Stephen, Peter & Hornby, Susan: Simple Statistics for Library and Information Professionals. London: Library Association, 1995.

Website/Links/Online Portal/ICT

- <https://www.academia.edu/>
- <https://www.studeersnel.nl>
- <https://www.scribd.com>

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RECENT TRENDS IN SPORTS PSYCHOLOGY
PEPHD-102 (Opt.i)

Time allowed: 3 Hours
Max Marks: 100

External: 70
Internal: 30

Course Outcomes

- Enhanced concentration, reduced anxiety before competition.
- Enhanced motor learning, confidence, and mental preparation.
- Better emotional stability, reduced burnout, improved long-term performance.
- Improved self-regulation, reduced anxiety, and peak performance control.
- Increased motivation, consistency, and focus during training and competition.
- Better communication, unity, and performance in team sports.
- Better athlete-coach relationships and inclusive environments.
- Long-term career sustainability and peak under pressure.

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No.1 will be compulsory and will carry 14 Marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 14 marks each.

UNIT-I

Introduction of Sports Psychology & Learning Introduction to Sports and Exercise Psychology
Multidimensional components of the field of Sports Psychology. Thorndike theory (Connectionism or Trial and Error Learning) Pavlov theory of Classical Conditioning Kohler Insight Learning Banduras Social P Theory.

UNIT-II

Psychological Skills Training and Goal Setting Introduction to Psychological Skills Training (PST) and Types Advantages of PST in Sports Phases of Psychological Skills Training programs in games and sports Define Goal Setting and Types of Goals , Principles of Goal Setting.

UNIT-III

Motivation and Stress Meaning of Motivation, Basic Motivational concepts Interactional model of Motivation. Strategies for Motivating Athletes and Teams. Theories of achievements Motivation (Atkinson theory and Attribution theory) Maslow need-hierarchy theory Meaning and Definition of Stress, Causes, Symptom Effective Strategies of Stress, through Yoga & Meditation

UNIT-IV

Personality and Its Theories Meaning and Structure of Personality Sigmund Freud: Psychoanalytic Theory of Personality Types theories of Personality (Hippocrates classification, Kretschmer classification, Sheldon and Jung) Trait theories of Personality (Allport, Cattell, & Eysenck Personality)

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Suggested Readings:

Bhatia, Hans Raj, Test Book of Education Psychology, Delhi: Macmillan, 2003.
Kamlesh, M.L. Education Sports Psychology, New Delhi, Friends Pub., 2006.
Kutty, S.K. Foundations of Sports & Exercise Psychology, New Delhi: Sports, 2004.
Book: Sports Psychology (Textbook of Physical Education M.P.Ed Course).
Book: Sports Psychology (Dr. Abha Jain).
APA Proficiency in Sport Psychology.

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SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

PEPHD-102 (Opt.ii)

Time allowed: 3 Hours

Max Marks: 100

External: 70

Internal: 30

Course Outcomes

- Improved Physical Fitness - Increases strength, endurance, speed, flexibility, and coordination.
- Enhances general and specific physical conditioning.
- Skill Development- Helps athletes master sport-specific techniques (e.g., dribbling in basketball, serving in tennis). Builds muscle memory through repetition.
- Injury Prevention- Educates athletes about body mechanics and safe training practices.
- Peak Performance- Uses periodization (training in cycles) to ensure athletes reach peak performance during competition. Balances training load and recovery.

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

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UNIT-I

Teaching, Training and Coaching:

Meaning, aims & importance; Characteristic Principles of Training, Training Load: Meaning & importance, characteristic of training load, Principles of Load & importance Adaptation, Judgment of Load Over Load: Causes, Symptoms and tackling of over load and Altitude Training-Cross Training.

UNIT-II

Strength: Meaning, Importance; types of Strength, Methods & importance; Precautions of Strength training. Endurance: Meaning, Importance & types of Endurance, Factors determining endurance, Methods of Endurance Training. Speed: Meaning, Importance & types of Speed, Factors Determining Speed, Methods of speed training. Flexibility: Meaning, Importance & importance; types of flexibility, Factors Determining flexibility, Methods of flexibility development. Co-ordinative Ability: Meaning, Importance & importance; types of Co-ordinative ability, Factors determining Co-ordinative ability & importance; Methods of development.

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UNIT-III

Training Methods :- Weight training, Circuit training, Continuous training, Interval training, Fartlek training, Repetition training- Isometric, Isotonic, Technical Training & Tactical Training: Meaning, Importance of Methods of Technical training. Doping: Definition & type of doping.

UNIT-IV

Planning of training: Meaning of Planning, Importance, and Principles of Planning of types of Training Plans. Training plan, Macro cycle, Meson cycle, Micro cycle, short term and long-term plan. Periodization: Meaning and its types, contents for various period of training, General Principles of training schedules. Single, Double and Multiple Periodization. Factor influencing the Performance in Sports.

Suggested Reading:

Periodization Training for Sports (2nd Edition) Human Kinetics. Jesudoss, S. J. (2015).

Principles of Sports Training, Friends Publications. (ISBN9789384603304). Kurz, T. (2001).

Science of Sports Training: How to Plan and Control Training for Peak Performance. Stadion. Loehr, J. E. (1995). PDF The New Toughness Training for Sports: Mental Emotional Physical Conditioning From One of The World Premier Sports Psychologists. Online Book. OBE, F. W. D. (2014)

Sports Training Principles: An Introduction To Sports Science. Bloomsbury Publishing. Viru, A. (2017).

Adaptation In Sports Training. Routledge Publishers.

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Sports Management

PEPHD-102 (Opt.iii)

Time allowed: 3 Hours

Max Marks: 100

External: 70

Internal: 30

Course Outcomes:

On successful completion of this course, the students will be able to:

- Paraphrase and the concept of sports management.
- Manage events of physical education and sports
- Develop skills of financial management and budget making during sports events.
- Development and knowledge of various sports Events

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions. Question No.1 will be compulsory and will carry 14 Marks. It will comprise of 7 short answer type questions of 2 marks each to be selected from the entire syllabus. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer type questions will carry 14 marks each.

UNIT I

Management in Physical Education and Sports: Concept, Meaning, Need and Scope of Sports Management, Functions of Management: Planning, Organizing, Staffing, Directing, Controlling and Evaluating Management Skills: Personal Interpersonal Skills, Conceptual and Technical Skills

UNIT II

Managerial Roles: Interpersonal Roles, Informational Roles, Decision Making Roles Qualities and Qualification of a Manager: Personal Qualities, Leadership Qualities, Academic and Professional Qualities, Media and Sports Management, Personal Management: Introduction, Meaning, Principle Aspects of Personal Management

UNIT III

Job Analysis: Descriptions and Specifications

The Budget: Meaning, Definition and Objectives of the Budget, Principles of Planning a Sports Budget, Management of Facilities: Introduction, Administration and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Management of Sports Infrastructure - Indoor Facilities, Gymnasium and Swimming Pool.

UNIT IV

Management of Equipment's and Materials:

Introduction, Meaning, Need and Importance, Types, Principles of Purchase, Equipment Care, Maintenance and Disposal, Intramural and Extramural Competitions, Public Relations, Offices and Officials

Communication: Meaning, Types of Communications and Barriers in Effective Communication

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Suggested Readings

- M.L. Kamlesh. Management Concepts in Physical Education and Sport (2nd revised and updated ed.); New Delhi; KhelSahitya Kendra, (2016)
- P. Cherlladurai. Sport Management – Macro Perspectives; London, Ontario (Canada); Sports Dynamics (1985)
- Allen, L.A. Management & Organization. Kogakusha Co. Tokyo, 1988.
- Hert, Renis, New Patterns of Management, McGraw Hill, 1961.
- Sandhu, K. Sports Dynamics: Psychology, Sociology and Management Sivia, G.S. Sports Management in Universities

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SPORTS BIO-MECHANICS
PEPHD-102 (Opt. iv)

Time allowed: 3 Hours

Max Marks: 100

External: 70

Internal: 30

Course outcomes

- Biomechanics course generally focus on developing students' ability to understand and apply mechanical principles to human movement,
- analyze motion, and evaluate the forces acting on the body.
- Specific outcomes often include understanding concepts of statics, kinematics, and kinetics, and applying them to sports, exercise, and daily activities.
- Students should also be able to analyze movement, assess forces, and potentially even design interventions to improve performance or prevent injury.

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Unit –I

Exercise and sports biomechanics basic concepts of kinematics and kinetics – vectors, motion, degrees of freedom, force, moment of force, equilibrium. Biomechanical considerations in reducing sporting injury rates. Linear and Angular (Kinetics and Kinematics)

Unit –II

Basic Concept of Anthropometric Measurement and Body Composition Assessment of Physical Fitness, Posture static and dynamic posture, postural diversity within individuals, posture and desirable postures for high level sport performance, modifying posture and technique to improve performance.

Unit –III

Movement patterns – the essence of sports biomechanics, Qualitative analysis of sports movements, more on movement patterns – the geometry of motion, Quantitative analysis of movement, Causes of movement

Unit-IV

Image analysis in sports performance, errors in motion analysis, planar Video analysis, 3d motion analysis, data filtering. Concept of Fluid Mechanism and Projectile Concept and Laws of Motion, Force and Equilibrium, Motor Fitness, Motor Ability, Motor Educability and Health Related Fitness.

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○ Suggested Reading :

- Clinical Mechanics and Kinesiology with web Resource, Human Kinetics, by Janice Loudon, Robert Manske, Michael Reiman.
- Biomechanics and Kinesiology of Exercise – 2013 by Michael Yessis.
- Cynthia C. Norkin, Pamela K. Levangie : Joint structure & function- A comprehensive analysis 2nd edition.
- Brunnstrom - Clinical Kinesiology, F.A. Davis.
- Rasch and Burk: Kinesiology and Applied Anatomy, Lee and Fabiger.
- Shaw, D., Pedagogic Kinesiology, KhelSahitya Kendra, 2007.
- Thompson, C., Manual of Structural Kinesiology. (10th Ed.), St. Louis: Times Mirror/ Mosby College Publishing, 1995.
- Shaw, Dhanonjoy, Kinsiology and Biomechanics of Human Motion, KhelSahitya Kendra, 1998.
- White and Punjabi - Biomechanics of Spine – Lippincott
- Kapandji: Physiology of Joints Vol. I, II & III, W.B. Saunders.
- Luttgens K., Hamilton N.: Kinesiology – Scientific Basis of Human Motion 9th Edi.
- Basic Biomechanics 4th edition, susan J. Hall, MCGraw Hill.

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REVIEW OF LITERATURE AND SEMINAR
PEPHD-103

Time allowed: 3 Hours
Max Marks: 50

External: 35
Internal: 15

Literature Review:

Importance, Source, library source, database source, internet source and critical analysis of literature, Importance, location of the research material – index, books, bibliography, reviews, Abstract, Critical and Allied literature etc.

Steps in Reviewing literature and Critically writing of review of literature.

Preparation for Seminar/ Conference, Abstracts, Synopsis and Presentation Techniques.

The scholars shall review at least 30 research papers and shall submit the report before committee.

Seminar

On the basis of above review of literature, scholars will present 2 seminars before committee.

Committee of above is one external examiner and one internal examiner.

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