

**Department of Physical Education & Sports Sciences (Faculty of Inter-disciplinary & Applied Sciences) University of Delhi, C/O IGIPSS, B-Block, Vikaspuri, New Delhi-110018.**

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**SYLLABUS FOR WRITTEN TEST FOR ADMISSION TO M.P.Ed. COURSE 2020-21**

1. Meaning, Definitions, Need, Importance, Objectives & Principles of Physical Education
2. Foundations of Physical Education: Biological, Sociological, Psychological. Scientific basis of Physical Education, Exercise Science and Sport.
3. Meaning, need and importance of fitness and wellness.
4. Career Avenues; National and International awards and Honors.
5. Meaning, Definitions, need & importance of anatomy, physiology, biomechanics, kinesiology & physiology of exercise in Physical Education.
6. Structure and functions on the following systems:  
Cardiovascular System, Digestive System, Respiratory System, Nervous System, Endocrine System and Excretory System. Effects of exercise on the above systems.
7. Meaning of management; sports management. Meaning of teaching, coaching, officiating. Careers in Physical Education & Sports.
8. Fundamental skills, and rules & regulations in various games and sports.
9. Grounds: Preparation and marking of standard play areas and courts in sports; and athletic track. Latest sporting events. General knowledge related to games & sports.
10. Health-meaning, dimensions of health and their interrelationships, factors influencing health.
11. Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education, Hygiene. Nutrients- sources, functions and requirements, balanced diet
12. Definitions, causes including the mode of spread and prevention of communicable and non- communicable diseases. Immunization schedule.
13. Definition of first aid, DRABCH of first aid, CPR
14. Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences
15. Growth & Development: Concept of growth & development, physical and motor development, mental development.
16. Importance, definition, aims and objectives, characteristics & principles of sports training
17. Components of health and sports related fitness
18. Olympic Games, Asian Games, Commonwealth Games, National Games, IOA,

IOC, WADA.

19. Teaching Aptitude.

**20. General Knowledge (National & International)**

General knowledge on Sports Events, Sports persons, Awards & Honours, Tournament & Trophies, Sports Personalities, Sports Administrators, Sports Federations (National & International), Sports Polices, Sports Abbreviations, Rules of games & Sports, Sports Equipments, Sports Terminology, Sports Infrastructure & stadias measurement of field & court of various sports/games, sports technology.

**Dr. SANDEEP TIWARI**

**HoD,**

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