

**OUTLINES OF TESTS
SYLLABI AND COURSES OF READING**

FOR

M. P. Ed. (TWO YEARS) PART-II (SEM. III & IV)

SEMESTER SYSTEM

(SESSION 2020-21 & 2021-22)



PUNJABI UNIVERSITY PATIALA
(Established under Punjab Act no. 35 of 1961)

M.P.Ed. Semester –III

Part-A

Theory

**Total Marks- 570
500 Marks**

Paper Code	Paper	External	Internal	Practical	Total	Credits
MPET-111(A)/ 111(B)/111(C)	Dissertation* /Yoga	80 (50Research Report 30 Viva Voce)	20	-	100	05
MPET- 112	Anthropometry	80	-	20	100	05+ (02 Practical)
MPET-113	Foundation of Sports Psychology	80	20	-	100	05
MPET-114	Sports Management	80	20	-	100	05
MPET-115	Sports Medicine	80	-	20	100	05+ (02 Practical)
				Total	500	

Note : * Students who will opt dissertation paper in semester-III will submit two copies of their research report through their respective Principal to Head, Dept of Physical Education , Punjabi University, Patiala. The viva voce of the student will be conducted in the Dept. of Physical Education, Punjabi University, Patiala.

Part-B Teaching (Skill and Prowess)

70 (Internal)

Game

Practical Code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-213	Volleyball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05
MPEP- 214	Gymnastics/ Aerobics	-do-	10	
MPEP- 215	Handball	-do-	10	
	Leadership Training Camp	One camp for students related to leadership qualities development has to be organized by the concerned institute under the aegis of government or semi-government body and certificate for this has to be issued to the participants (atleast for 3 days)	10	

Athletics

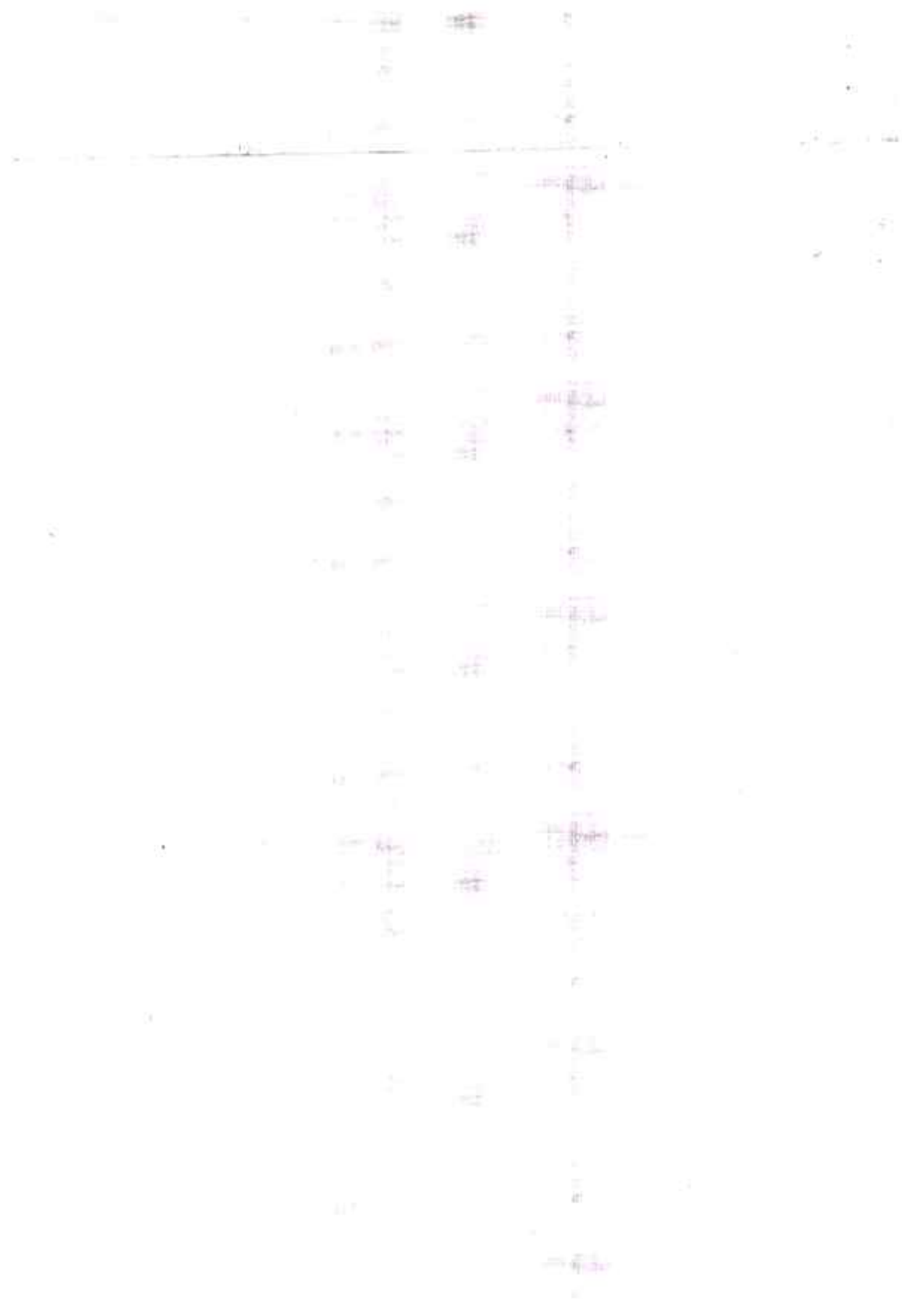
Practical code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-216	High Jump	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05
MPEP- 217	Javelin Throw	-do-	10	
MPEP- 218	Hurdles	-do-	10	

Contents to be covered for games & athletics.

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and magazines of the game /track and field.
- Officiating.
 - Play area dimensions/track and field.
 - Equipment specifications
 - Rules of the game/track and Field and their interpretation.
 - Duties of the concerned officials.
- Fundamental skills /Techniques.

Note: 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)

Each activity will be continued for 21 working days



M.P.Ed.- (Semester-IV)

Part-A		Theory			Total Marks –690	
Paper Code	Subjects	External	Internal	Practical	500 Marks	Credits
MPET-116	Biomechanics	80	-	20	100	05+(02 Practical)
MPET- 117	Applied Psychology	80	-	20	100	05+(02 Practical)
MPET-118	Teaching Pedagogy and Curriculum Design	80	20	-	100	05
MPET-119	Sports Journalism	80	20	-	100	05
MPET-120	Theory of Athletic	80	20	-	100	05
				Total	500	

Part-B : Teaching (Skill and Prowess)**40 Marks**

		Game				
Practical Code	Practical	Contents of Games and Sports		Internal Assessment	Credits	
MPEP-219	Softball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields		10	05	
MPEP-220	Badminton/ Tennis/ Table Tennis	-do-		10		

		Athletics				
Practical Code	Practical	Contents of Games and Sports		Internal Assessment	Credits	
MPEP-221	Hammer Throw	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields		10	05	
MPEP-222	Marking of Athletic Track	-do-		10		

Contents to be covered for games & athletics.

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
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- Awardees in the game/athletics.
- Books and magazines of the game /track and field.
- Officiating.
 - Play area dimensions/track and field.
 - Equipment specifications
 - Rules of the game/track and Field and their interpretation.
 - Duties of the concerned officials.
- Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation .)
Each activity will be continued for 21 working days.

Part-C Coaching lesson of Game & athletics and Class room theory lessons 150 Marks

Practical Code	Coaching lesson	External	Internal	Total	Credits
MPEP-223	Game	40	10	50	02
MPEP-224	Athletics	40	10	50	02
MPEP-225	Theory lesson*	40	10	50	02
			Total	150	

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***Note:**

- The students will be required to prepare a file pertaining to each lesson given above in support of their evaluation of lesson plan and viva-voce. Candidates are required to take 10 practice lessons for each part separately. Sessionals marks will be awarded on the basis of their performance in practice lessons, 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)
- Evaluation of lesson plan will be done by one external examiner in each case.
- Practice of lessons will be done during the teaching practice organized by the college and their lessons will be supervised by the internal faculty member.
- Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.
- * Internal Evaluation of theory lesson will be based on the students attending / organizing conferences, seminars, workshop and Symposia.

M.P.Ed. Semester -III

**Total Marks- 570
500 Marks**

Part-A

Theory

Paper Code	Paper	External	Internal	Practical	Total	Credits
MPET-111(A)/ 111(B)/111(C)	Dissertation* /Yoga	80 (50Research Report 30 Viva Voce)	20	-	100	05
MPET- 112	Anthropometry	80	-	20	100	05+(02 Practical)
MPET-113	Foundation of Sports Psychology	80	20	-	100	05
MPET-114	Sports Management	80	20	-	100	05
MPET-115	Sports Medicine	80	-	20	100	05+(02 Practical)
				Total	500	

Note : * Students who will opt dissertation paper in semester-III will submit two copies of their research report through their respective Principal to Head, Dept of Physical Education , Punjabi University, Patiala. The viva voce of the student will be conducted in the Dept. of Physical Education, Punjabi University, Patiala.

Part-B Teaching (Skill and Prowess)

70 (Internal)

Game

Practical Code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-213	Volleyball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05
MPEP- 214	Gymnastics/ Aerobics	-do-	10	
MPEP- 215	Handball	-do-	10	
	Leadership Training Camp	One camp for students related to leadership qualities development has to be organized by the concerned institute under the aegis of government or semi-government body and certificate for this has to be issued to the participants (atleast for 3 days)	10	

Athletics

Practical code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-216	High Jump	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05
MPEP- 217	Javelin Throw	-do-	10	

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MPEP- 218	Hurdles	-do-	10	
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Contents to be covered for games & athletics.

- h) Historical development of the concerned game/track and field event.
- i) Main tournaments organized at National and International level.
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- k) Awardees in the game/athletics.
- l) Books and magazines of the game /track and field.
- m) Officiating.
 - i) Play area dimensions/track and field.
 - ii) Equipment specifications
 - iii) Rules of the game/track and Field and their interpretation.
 - iv) Duties of the concerned officials.
- n) Fundamental skills /Techniques.

Note: 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)
Each activity will be continued for 21 working days

Paper Code –MPET-111(A)
(OPTION-A)DISSERTATION

Time allowed: 3 Hours
Max Marks: 100
Credit-5

80(26 Research Report 50 Viva Voce)External	20 (Internal)	05 Credits
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Note : * Students who will opt dissertation paper in semester-III will submit two copies of their research report through their respective Principal to Head, Dept of Physical Education , Punjabi University, Patiala. The viva voce of the student will be conducted in the deptt of Physical Education , Punjabi University, Patiala.

The dissertation writing schedule published by publication bureau of Punjabi University, Patiala.

1. **CHAPTER-I:** Introduction of the Problem, Statement of the Problem, Objectives of the Study, Hypothesis, Delimitations of the Study, Limitation of the Study, Significance of the Study, Definition and Explanation of Terms.

2. **CHAPTER-II:** Review of the Literature

3. **CHAPTER-III:** Methodology And Procedure: Selection of subjects, Reliability of Data, Selection of Variables, Collection of Data, Statistical Computation.

4. **CHAPTER- IV:** Analysis of data, Discussion and Findings, Discussion of Hypothesis.

5. **CHAPTER-V:** Summary, Conclusion and Recommendations

- Bibliography
- Appendix

Paper Code –MPET-111 (B)
YOGA (Optional)

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)
Credit-5

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (15× 4= 60 Marks)

UNIT-1

1. **Yoga:** Introduction, Historical background and Origin of Yoga, Meaning and Concept of Yoga and its relationship with Physical Education and Sports.
2. **Yoga in present global scenario:** Yoga as a Science; and recent advances in Yoga.
3. **Contribution of Modern Yogis:** Ramakrishana Parmahansa, Yogananda, Swami Vivekananda, Swami Sivananda, Swami Satyananda and Srila Prabhupad, Relevance of Patanjali's "Asthangyog in 21th century.

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UNIT-II

1. **Main Yogic Texts:** Vedas & Upanishad, Hathayoga Pradeepika, Gheranda Samhita, Yoga Sutra and Shrimad Bhagvad Gita.
2. **Yoga as activity and relaxation techniques:** i) Yam, ii) Niyama, iii) Asanas, iv) Pranayama, v) Pratyahar vi) Dharna, vii) Dhayan and viii) Samadhi
3. **Yoga In Daily Life:** Effect of yoga in daily living.

UNIT-III

1. **Asanas:** Asanas- meaning , types, principles, Techniques of asanas and effects of asanas on various systems of the body-circulatory, respiratory and digestive system.
2. **Meditation:** Meaning, definition, types and techniques of meditation.
3. **Pranayama:** meaning, types and its importance

UNIT-IV

1. **Shat Kriyas of Yoga:** Neti, Dhauti, Basti, Nauli, Kapalabhati and Trataka.
2. **Bandhs and Mudras:** Aim, objectives and benefits. Physiological aspects of various bandhs and mudras.
3. **Yoga and Treatment:** Therapeutic and Corrective Values of Yoga Practices special reference to disease like: Diabetes, Asthma, Constipation, Obesity, Cervical, Gastric and Acidity.

References

- Debnath, M. (2007). *Basic Core Fitness through Yoga and Naturopathy*. Darya-Ganj, New Delhi. Sports: G-6, 23/23B EMCA House, Ansari Road.
- Yogeswa, R. (2004). *Text Book of Yoga*: Penguin Books.
- Harvey, P. (2001). *Yoga for Everybody*: Tucker Slings by Publisher Ltd.
- Sharma, L. (1991). *All You Wanted to Know About Yoga*: Sterling Publisher Pvt. Ltd.
- Sarawati, S. (1969). *Asana Pranayam, Mudra and Bandha*.
- B.K.S. (1982). *The Illustrated Light of Yoga*. George Allen and Unwin, Great Britain.
- Osho. (2005). *"Dhayan Vigyan" A Rebel Book*. 50 Koregoan Park, Pune. Tao Publishing Pvt. Ltd.
- Osho. (2006). *144 Meditation A Rebel Book*. 50 Koregoan Park, Pune: Tao Publishing Pvt. Ltd.
- Osho. (2006). *Meditation the First and the Last Freedom*. pune, maharashtra: Tao Publishing Pvt. Ltd. 50 Koregoan Park.

Paper Code -MPET-112 ANTHROPOMETRY

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Practical: 20)
Credit-5+ (2 Practical)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2x10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15x 4= 60 Marks)

UNIT - I

1. **Kinanthropometry:** Meaning, Importance and application of Kinanthropometry data in sports.
2. **Anthropometry:** Meaning, Classification, Working and Utility of Anthropometric Instrument, Location of different Land Marks on the Body.
3. **Anthropometric Measurement:** Skill for Anthropometry Measurement, Tolerance Limit, Measurement of Girth.

UNIT - II

1. **Growth:** Meaning, Importance, Physical Growth, Normal Growth in adolescence, Growth and Motor Performance.
2. **Maturation:** Meaning, Importance and Scope, Measurement of Maturity and Assessment of Skeletal Maturity.
3. **Physique:** Meaning, Types and Role in Sports.

UNIT - III

- 1 **Body Proportion:** Meaning, Importance and Sports Specific Body Proportion and Indices.
- 2 **Body Mass Index:** Meaning, Method of Determination and Importance in Sports.
- 3 **Phantom stratagem:** Proportional, Z-Scores in Sports, O-scale System

UNIT-IV

- 1 **Body composition:** Meaning, Importance, Scope in Sports
- 2 **Somatotyping:** Meaning, Importance & Scope in Sports, Sheldon's & Heath and Carter Method of Somatotyping and Classification of Somatotype, Somatochart and Somatoplot.
- 3 **Determination of body composition:** Muscle mass, bone mass and fat mass.

Practical

(20 Marks External)

- Body measurements
 - Head
 - Face
 - Trunk
 - Upper & Lower Extremities
 - BMI
 - Body Composition

References

- Sodhi, S. (1991). *Sports Anthropometry*: Anova Publication.
- Sodhi, S. (1984). *Physique and Selection of sportsmen*: Anova Publication
- Singh, S & Malhotra, P. (1971). *Kinanthropometry* Patiala, Punjab: Lunar Publication.
- Eston, R and Reilly, T. (1977). *Kinanthropometry*. London, England: E. & FN SPON.
- Singh, S. (1992). *Skeletal Maturity*. Human Biology. patiala, Punjab: Publication Society, Punjabi University, Patiala.
- Garry, G. (1975). *Genetic and Anthropological studies of Olympic Athletes*: Academic Press, London.
- Harrison et.al. (1995). *Human Biology*: Oxford University Press, Oxford.

Paper Code -MPET-113

FOUNDATION OF SPORTS PSYCHOLOGY

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)
Credit-5

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be ~~nine~~ questions in all.
- b) First question is **compulsory**. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15× 4= 60 Marks)

UNIT-I

- 1 **Sports Psychology:** Definition, focuses and scope of sport psychology; Need for psychological training of sportspersons.
- 2 **History and Development** of Sport and Exercise Psychology in the world and in India.
- 3 **Personality:** Definition, dimensions integrity of personality; early theories and psychology models of Personality; Factors affecting personality development, Personality dynamics in sports and performance.

UNIT-II

- 1 **Learning:** Definition and kinds of learning; Learning Theories (Associational, Cognitive and Social), Laws of learning and their import in physical activity; Factors affecting motor learning.
- 2 **Transfer of Learning:** Theoretical basis of the concept of transfer of learning; and types of transfer of learning.
- 3 **Goal Setting:** Concept and importance of goal setting; Goal-orientation physical domain; Principles of goal setting; Interventions and mistakes in goal setting.

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UNIT-III

- 1 **Attention and Concentration:** Meaning, and distinction between attention and concentration; Determinants of attention; Role of attention and concentration in sports; Attention-improving techniques.
- 2 **Group Dynamics:** Concepts and models of group dynamics; Group performance in sports; Leadership in sports.
- 3 **Cohesiveness and performance:** Concepts and Building up Cohesion in sports group.

UNIT-IV

- 1 **Intelligence:** Definition and changing concepts of intelligence; Determinants of intelligence; Emotional intelligence; Intelligence in activity and sport.
- 2 **Self-perceptions:** Definition of and distinctions among self-concept, self-efficacy and self-esteem; Self-esteem in athletes;
- 3 **Self-Efficacy:** Development of self-efficacy and self-confidence through activity and sports.

References

- Cox, Richard, H. (1994). *Sport Psychology: Concepts and Applications*: Madison, Wisconsin: Brown and Benchmark.
- Cratty, Bryant J. (1989). *Psychology in Contemporary Sport* (3rd Edition): Englewood Cliffs, NJ: Prentice Hall.
- Gill, D & Williams, L. (2008). *Psychological Dynamics of Sport and Exercise* (3rd Edition): Champaign, IL: Human Kinetics.
- Kamlesh, M.L. (2011). *Psychology in Physical Education and Sport* (5th Edition). New Delhi: Khel Sahitya Kendra.
- Kamlesh, M.L. (2009). *Educational Sport Psychology*. New Delhi: Friends Publications.
- Sahni, Sanjeev, P. (2001). *Handbook of Sports Psychology*. New Delhi.
- Shaw, D & Corban, M. (2005). *Sport and Exercise Psychology*. New Delhi: Viva.
- Singh, A. (2013). *Sports Psychology for Coaches*. New Delhi: Khel Sahitya Kendra.

Paper Code -MPET-114 SPORTS MANAGEMENT

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)
Credit-5

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be nine questions in all.
- b) First question is compulsory. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 20 marks i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (15×4= 60 Marks)

UNIT-I

1. **Management in Physical Education and Sports:** Concept, meaning and definition, need and scope of sports management.
2. **Theories of Management:** The classical Theory, the Neo- Classical Theory and Modern Theory. Types of Management: Authoritarian management, Laissez- faire management, Democratic management and Eclectic management.
3. **Functions of Management:** Planning, Organizing, Staffing, Directing, Coordinating, Budgeting, Controlling and Evaluating.

UNIT-II

1. **Management Skills:** Personal Skills, Interpersonal Skills, Conceptual Skills, Technical Skills, and Conjoined Skills.
2. **Managerial Roles:** Interpersonal Roles, Informational Roles, decision Making Roles.
3. **Qualities and Qualifications of a Manager:** Personal Qualities, Leadership Qualities; and Academic and Professional Qualities.

UNIT-III

1. **Personnel Management:** Introduction, Meaning, Definition, Principles of personnel management; Aspects of personnel management, Job Analysis, Description and specification.
2. **Communication:** Meaning, types of communication and barriers in effective Communication.

3. **The Budget:** Meaning, definition and objectives of the budget, principles of planning the Budget, preparation of budget.

UNIT-IV

1. **Management of Facilities:** Introduction, Administrative and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Indoor Facilities-Gymnasium and Swimming pool.
2. **Management of Equipment and Material:** Introduction, Meanings of Equipment and Material, Need and Importance, Types, Principles of Purchase of Equipment. Important Considerations in Selecting Sports Equipment, Receiving—Stocktaking and Storing Equipment, Care and Maintenance & Conservation of Equipment, and Disposal of Equipment.
3. **Managerial and Administrative Duties of a Physical Education Teacher:** Instructional, Office, Facilities, Public Relations, Personnel, Professional, Purchases, Intra-murals, Extra-murals.

References

- Zeigler, Earle F. And Bowie, Gary W. (2008). *Management Competency Development in Sports and Physical Education*. New Delhi: Sports Educational Technologies, 101, 4787/ 23 Ansari Road.
- Dheer, S and Radhika, K. (1991). *Organization and Administration of Physical Education*. Delhi: Friends Publications, 6 Mukherjee Tower, Mukherjee Nagar.
- Kamlesh, M.L. (2000). *Management Concepts in Physical Education*. New Delhi: Metropolitan Books Co. Private LTD.
- Jenson, Clayne R. (1983). *Administrative Management of Physical Education and Athletic Program*. USA: Lea & Febiger, 600 Washington Square, Philadelphia.
- Roy, Sudhanshu, S. (1995). *Sports Management*. New Delhi: Friends Publications, 6, Mukherjee Tower, Mukherjee Nagar.
- Brar, R and Joshi, R. (2007). *Sports Management*. New Delhi: Kalyani Publishers.

Paper Code –MPET-115 SPORTS MEDICINE

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Practical: 20)
Credit-5+(2 Practical)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (15×4= 60 Marks)

UNIT-I

1. **Sports Medicine:** Definition, Objective, importance & scope
2. **Reaction to Injury:** Kubbler and Ross model of Athletic reaction to injury and psychological management of injured Athlete.
3. **Sports Injuries:** Causes, prevention and management and pre-participation evaluation.

UNIT-II

1. **Sports Emergencies:** Management of cardio-pulmonary resuscitation (CPR), shock, Bleeding Frost bite and Heat stroke.
2. **First-aid and Bandage:** Meaning, Function, Classification, Indication, Contraindication, Principles and Application.
3. **Exercise Therapy:** For the Bronchial obstruction, Heart diseases & diabetic patient.

UNIT-III

1. **Cryotherapy and Hydrotherapy:** Advantage, method, indications and contraindication, modalities of rehabilitation of sports injuries.
2. **Electrotherapy and Heat:** Modalities, advantage, methods, indications and contraindications modalities of rehabilitation of sports injuries.

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3. **Massages:** Techniques, indication, Contraindication and advantages of General massage, Athletic massage and under water massage.

UNIT-IV

1. **Sports Rehabilitation:** Definition, aim, objective, scope & principles.
2. **Sports injuries:** Causes symptoms, prevention and treatment of sprain, strain, dislocation and fracture.
3. **Common sports injuries:** Sports injuries of different part of body: Knock out, Punch Syndrome, Wrestler Ear, Weight Lifter Black out, Stitch at side, Low back pain, Shoulder impingement syndrome, Tennis elbow, Javelin throwers elbow, Boxer elbow, Mallet finger, Runners Knee, Jumper Knee, Shin splint, Turf toe.

(20 Marks External)

Practical:

- CPR Technique
- First aid for Sprain and Strain
- Bandaging

References

- Sherry, E. & Bokor, D. (1997). *Sports medicine problems and practical management*. London: Greenwich Medical Media.
- Pfeiffer, R.P. & Mangus, B.C. (2005). *Concepts Of Athletic Training* (4th ed.). Sudbury, Massachusetts: Jones and Bartlett Publishers.
- Jain, R. (2002). *Sports Medicine*. Darya ganj, New Delhi: Khel Sahitya Kendra.
- Pande, P.K. (N.D.). *Know How Sports Medicine*. Jalandhar: A.P. Publishers.
- Tripathi, R. (2012). *Sports Medicine & Exercise Physiology*. Darya ganj, New Delhi: Khel Sahitya Kendra.
- Mellion, M.B. (1996). *Office Sports Medicine* (2nd ed.). Philadelphia: Hanley & Belfus.
- Norris, C.M. (1998). *Sports Medicine Diagnosis and Management* (2nd ed.). Woburn: Butterworth-Heinemann.
- Govindarajulu, N. (2005). *Sports Injuries and its Rehabilitation*. New Delhi: Friends Publications.
- Marcia, K.; Anderson; Susan J. Hall & Malissa, Mortin (N.D.). *Sports Injury Management*. Lippincott Williams and Wilkins Philadelphia.
- Kang, G.S. (2002). *Sports Medicines*. Patiala: Punjabi University Publication Bureau.
- Morris, B. Mellion (N.D.). *Sports Injuries and Athletic Problem*. New Delhi: Surjeet Publication.
- William, E.; Garret, Donald; T.I. Kirkcendall and Deborah, L. Squire (2001). *Primary Care Sports Medicine*. Kippincott Williams and Wilkins, Philadelphia.
- Mafetone, P. (1999). *Complementary Sports Medicine*. Champaign: Human Kinetics.
- Das, L. (2006). *Text Book of Sports Medicine*. New Delhi: Jaypee Brothers.
- Prakash, C.S.J. (2003). *Sports Medicine*. New Delhi: Jaypee Brothers.
- Mery, V. Laexo (1956). *Massage and Medical Gymnastics*.
- Tidy (1980). *Massage & Remedial Gymnastics*.
- Joke Ernest, L. (N.D.). *Scope of Exercise Rehabilitation*.
- Horns, Kang, L. (N.D.). *Therapeutic Exercise*.

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M.P.Ed.- (Semester-IV)

Total Marks -690

Part-A**Theory**

500 Marks

Paper Code	Subjects	External	Internal	Practical	Total	Credits
MPET-116	Biomechanics	80	-	20	100	05+(02 Practical)
MPET- 117	Applied Psychology	80	-	20	100	05+(02 Practical)
MPET-118	Teaching Pedagogy and Curriculum Design	80	20	-	100	05
MPET-119	Sports Journalism	80	20	-	100	05
MPET-120	Theory of Athletics	80	20	-	100	05
				Total	500	

Part-B : Teaching (Skill and Prowess)

40 Marks

Game

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MPEP-219	Softball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05
MPEP-220	Badminton/ Tennis/ Table Tennis	-do-	10	

Athletics

Practical Code	Practical	Contents of Games and Sports	Internal Assessment	Credits
MPEP-221	Hammer Throw	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05
MPEP-222	Marking of Athletic Track	-do-	10	

Contents to be covered for games & athletics.

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 - iv) Duties of the concerned officials.
- n) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation .)
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Part-C Coaching lesson of Game & athletics and Class room theory lessons 150 Marks

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MPEP-223	Game	40	10	50	02
MPEP-224	Athletics	40	10	50	02
MPEP-225	Theory lesson*	40	10	50	02
			Total	150	

*Note:

- The students will be required to prepare a file pertaining to each lesson given above in support of their evaluation of lesson plan and viva-voce. Candidates are required to take 10 practice lessons for each part separately. Sessionals marks will be awarded on the basis of their performance in practice lessons, 10 Marks for each game (4 for skill and 6 for proficiency in game situation.)
- Evaluation of lesson plan will be done by one external examiner in each case.

- Practice of lessons will be done during the teaching practice organized by the college and their lessons will be supervised by the internal faculty member.
- *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*
- * Internal Evaluation of theory lesson will be based on the students attending / organizing conferences, seminars, workshop and Symposia.

**Paper Code –MPET-116
BIOMECHANICS**

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Practical: 20)
Credit-5+(2 Practical)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. ($2 \times 10 = 20$ Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. ($15 \times 4 = 60$ Marks)

UNIT- I

- Biomechanics:** Meaning, Scope and importance in Physical Education and Sports.
- Kinetics: (Linear Kinetics):** Inertia, Mass, Force and Weight, Momentum and Impulse.
- Kinetics: (Angular Kinetics):** Eccentric force, couple, moment of force, torque, moment of inertia and angular momentum. Transfer of angular velocity.

UNIT-II

- Kinematics: (Linear Kinematics):** Distance and displacement, Speed and Velocity, Acceleration.
- Kinematics: (Angular Kinematics):** Angular distance & angular displacement, Angular speed, angular velocity and angular acceleration, Angular motive vectors.
- Biomechanical Analysis:** Running, Walking, High Hurdling, Swimming (Free Style), Shot Put, Discus Throw, Broad Jump and High Jump.

UNIT - III

- Fluid Mechanics:** Location of buoyant force, specific gravity, Drag force, gyroscopic action, Magnus effect, Surface drag, Form drag, wave drag, Lift force, gyroscopic action.
- Lever, Spin and Friction:** Meaning, Types, Characteristics, factor determining them and their uses in sports.
- Projectile:** Meaning, Horizontal and vertical components, Influence of Air Resistance, factors influencing Trajectory (Projection angle, Projection speed, Projection Height, Projection Conditions).

UNIT-IV

- Equilibrium:** Meaning, Types, Principles, factor determining equilibrium and their application in sports. Different Tools and Techniques used for Biomechanical analysis of sports movement.
- Motion:** Meaning, Characteristics and Types
- Newton's Law:** Law of motion and gravitation

Practical

(20 Marks External)

- Determination of centre of Gravity by Reaction Board Method.
- Determination of centre of Gravity by Joint- point – method.
- Determination of centre of Gravity of Main- point method.
- Determination of combined center of Gravity (joint-point method).
- Development of linear, vertical and horizontal velocity with time graph through cinematographically/video system.
- Analysis of linear, vertical and horizontal speed with time graph through cinematographically/video system.
- Investigation of linear, vertical and horizontal distance with time graph through cinematographically/video system.
- Examination of linear, vertical and horizontal acceleration with time graph through cinematographically/video system.
- Demonstration of principle of action and reaction.

- Biomedical analysis of given skills/technique:
 - Spiking in volleyball (body angles, speed, velocity, Acceleration)
 - Hitting in hockey (body angles, speed, velocity, Acceleration)
 - Shooting in Basketball (Body angles, time of ascent, time of descent, Time of flight, speed, Velocity and Acceleration)
- Analysis of body movements through stroboscopic effect.

References

- Rai, R. (2003). *Biomechanics – Mechanical aspect of human motion*. Mohali, Punjab: Agrim Publication.
- Fung, Y.C. (1993). *Biomechanics Mechanical Properties of Living Tissues* (2nded.). New York, Springer: Verlag.
- Hung, G.K. & Pallas, J.M. (2004). *Biomechanics Engineering Principles in Sports*. New York: Kluwer Academic/Plenum Publishers.
- Sharma, S.K. (2014). *Biochemistry & Biophysics for nurses*. Victoria Street, London: Jaypee Brothers Medical Publishers.
- Pal, S. (2009). *Textbook of Biomechanics*. Daryaganj, New Delhi: Vinod Vasishtha.
- Lutgens, K. & Hamilton, N. (2001). *Kinesiology-Scientific basis of Human Motion*. New York: McGraw Hill.
- Hall, S. J. (1995). *Basic Biomechanics*. New York: McGraw Hill.
- Peter, M. & Ginnis, M. (2005). *Biomechanics of Sports and Exercise*. Human Kinetics, Champaign, USA.
- James, G. & Hay (1978). *The Biomechanics of Sports Techniques* (2nded.). Englewood Cliffs, N. J. Prentice Hall.
- J.W. Bunn, J.W. (1972). *Scientific Principles of Coaching* (2nded.). Englewood Cliffs N. J. Prentice Hall.
- Scott, M.G. (N.D.). *Analysis of Human Motion*. New York: Application Century Craft

Paper Code –MPET-117 APPLIED PSYCHOLOGY

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Practical: 20)
Credit-5+ (2 Practical)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be nine questions in all.
- First question is compulsory. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 20 marks i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (15× 4= 60 Marks)

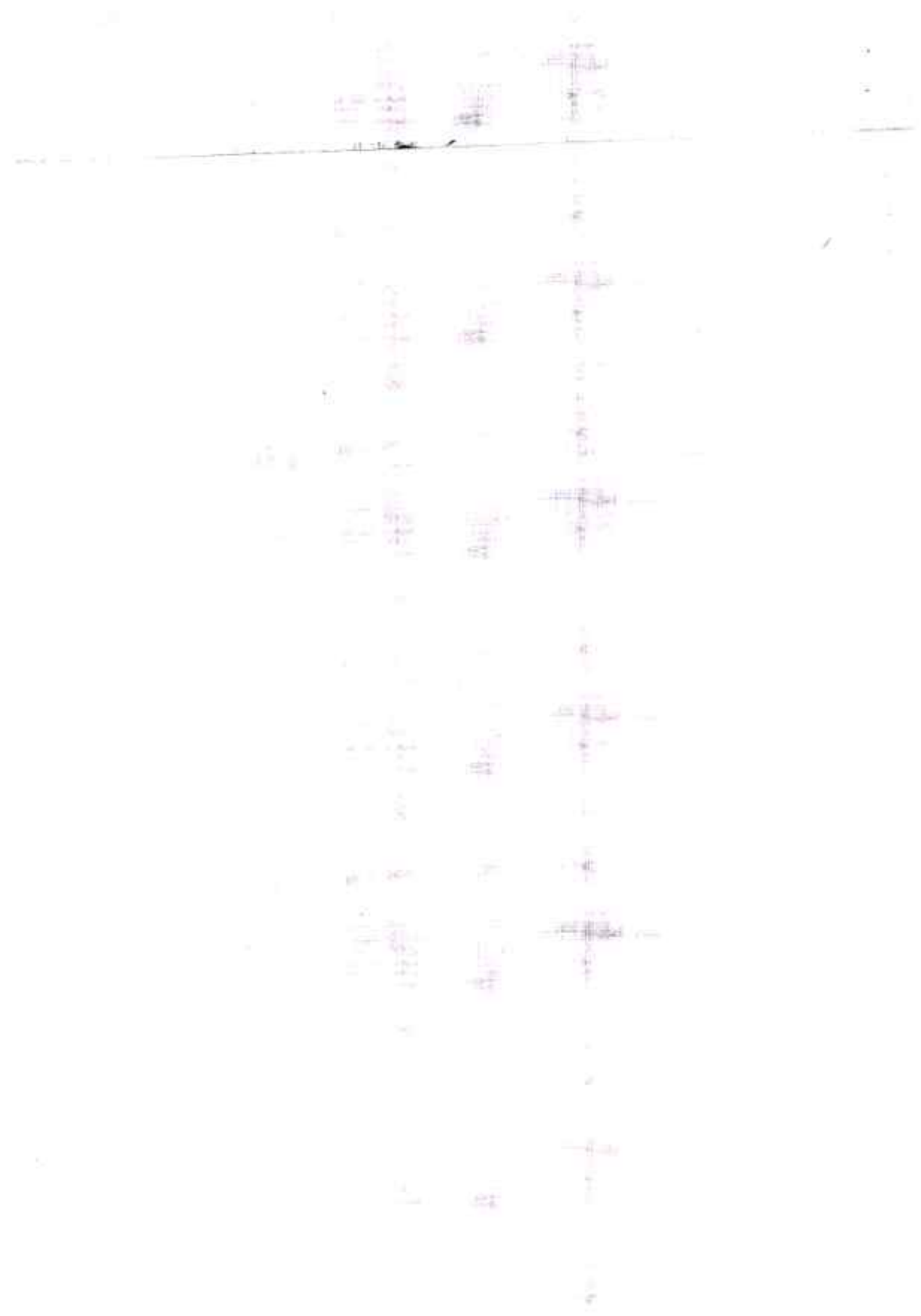
UNIT-I

- Motivation** : Concept, definition and kinds of motivation; Motivational theories: (Instinct, Drive, Need theories); Incentive and Achievement motivation; Reasons for participation and withdrawal from activity and sport; Sources of motivation for sport; Individual differences and motivation.
- Human Growth and Development**: Growth phenomenon; Differentiation between growth and development; Principles of growth; Different stages of development.
- Emotions**: Concept, definition and characteristics of emotions; Positive and negative emotions - their impact on the individual; Regulation of emotions; Role of emotions in athlete performance.

UNIT-II

- Stress**: Definition, dimensions and causes of stress; Importance of emotional control and stress management; Educational stress management techniques.
- Mental Health**: Defining mental health and wellbeing; Causes and impact of poor mental health; Defense mechanisms and psychological adjustment.
- Anxiety**: Definition, types, and dimensions of anxiety; Factors precipitating anxiety; Anxiety in sports contexts; Causes of competition anxiety; Anxiety management techniques.

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UNIT-III

- 1 **Aggression:** Definition, types and theories of aggression.
- 2 **Aggression in sport:** Spectator violence; Management of aggression.
- 3 **Relaxation Training:** Importance of relaxation; Relaxation techniques - Progressive muscle relaxation, Breathing exercise, Yoganidra; Transcendental meditation; Bio-feedback and autogenic training.

UNIT-IV

- 1 **Adjustment:** Definition of mental conflict, frustration and adjustment; Causes of maladjustment; Psychodynamics and adjustment; Athlete reactions to success and failure: Strategies to resolve conflicts and seeking adjustment;
- 2 **Psychological Management of Injury:** Athlete reaction to Injury - behavioral, physical, emotional and cognitive.
- 3 **Kubler & Ross Model:** athlete reaction to injury; Psychological management of injured athlete.

Practical

(20 Marks External)

- GSR
- EMG
- ECG
- Depth Perception
- Steadiness
- Collection of Data through Various Questionnaires.

References

- Rachna, J. (2002). *Sports Psychology*. New Delhi: Vivek Thani Khel Sahitya Kendra Publications.
- Cox, & Richard, H. (1994). *Sport Psychology: Concepts and Applications*. Madison, Wisconsin: Brown and Benchmark
- Robert S. Weinberg & Gould, D. (2006). *Foundations of sport & exercise psychology*. Human Kinetics.
- Cratty, Bryant, J. (1989). *Psychology in Contemporary Sport* (3rd ed.). Englewood Cliffs, NJ: Prentice Hall.
- Gill, Diane & Williams, L. (2008). *Psychological Dynamics of Sport and Exercise* (3rd ed.). Champaign, IL: Human Kinetics.
- Richard, M. suinn. (1994). *Psychology in sports- methods and applications*. Kamla Nagar, Delhi: Surjeet Publications.
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- Shelley E. Taylor. (2006). *Health Psychology*. Tata McGraw Hills.
- Kamlesh, M.L. (2006). *Educational Sport Psychology*. New Delhi: Friends Publications.
- Sahni, Sanjeev P. (2001). *Handbook of Sports Psychology*. New Delhi.
- Kaushik, V. K. & Sharma, S.R (2004). *Physical & psychological education*. New Delhi: Anmol publications.
- Shaw, D.F., Gorley, T. & Corban, R.M. (2005). *Sport and Exercise Psychology*. New Delhi: Viva.
- Singh, A. (2013). *Sports Psychology for Coaches*. New Delhi: Khel Sahitya Kendra

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Paper Code-MPET-118
Teaching Pedagogy and Curriculum Design

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be nine questions in all.
- b) First question is **compulsory**. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 20 marks i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (15×4= 60 Marks)

UNIT - I

1. **Foundation of Professional Preparation:** Meaning, Components of Professional Preparation, Recent governmental policies for promoting physical education and sports in India and factors affecting educational policies and program.
2. **Historical Perspective:** Historical review of Professional Preparation in India, Professional courses being offered in professional preparation colleges in India, Professional Preparation in Physical Education in USA, Russia and UK and Beginning of Professional Preparation in the world.
3. **Teacher and Teaching:** Teaching as a career, Basic Qualities of a successful teacher, Preparation of the specialized physical education teacher, Types of teaching jobs and Types of non-teaching jobs.

UNIT - II

1. **In-Service Education:** Nature and Scope, Role of teacher education institutions in in-service education, Role of Profession in in-service education and Course and Formal education experience.
2. **Evaluation:** Trends in evaluating professional preparation, evaluating the program of professional preparation, Relation of evaluation to administration & Personal program.
3. **Curriculum-** Old and new concepts, Mechanics of curriculum planning.

UNIT - III

1. **Curriculum Design:** Meaning, Importance, selection and classification of subject matter with reference to age, gender and differently abled pupils, integrated program for boys and girls and factors affecting curriculum design and the role of teacher in curriculum development.
2. **Factors Affecting Curriculum -** Social factors - Personnel qualifications - Climatic consideration - Equipment and facilities - Time suitability of hours.
3. **Basic Guide Line:** curriculum construction; context (selection and expansion).
 - o Focalization
 - o Socialization
 - o Individualization
 - o Sequence and operation
 - o Steps in curriculum construction.

UNIT - IV

1. **Curriculum Development:** Concepts, Basic principles of curriculum construction, Subject matter for Different Levels of Education (Primary, Secondary and Higher Education).
2. **Curriculum Evaluation:** Concepts and Purpose, Procedure and Appraisal.
3. **Curriculum Aids:** Time table, credit system for various courses- theory and practical, impact of technology in physical education and sports.

References

- Murthy, J.K. (2005). *Curriculum Construction in Physical Education and Sports*. Ansari Road, Daryaganj, New Delhi: Commonwealth Publishers.
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- Pape, Laurence, A, Means, Louis, E. (1963). *A Professional Career in Physical Education*. Englewood Cliffs: N.J. Prentice Hall.
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**Paper code - MPET-119
SPORTS JOURNALISM**

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)
Credit-5

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15×4=60 Marks)

UNIT-I

- Journalism:** Meaning, definition and concept of journalism.
- Historical background:** History of journalism and Role of Journalism in society.
- Mode of journalism:** Mass Media; Print, Electronic and Informal media **News:** Definition of news, basic news elements and values, news story, Qualities and responsibilities of sports news reporters.

UNIT-II

- Information Technology:** role of IT in Journalism.
- News desk:** Organisation of sports news desk.
- Duties and responsibilities:** sports sub editor; photo journalist.

UNIT-III

- Amateurism v/s professionalism:** invasion of private life, emphasis on winning, sportsmanship and sports for charity.
- Writing Sports Features:** Types of sports features, exclusive features, fearless writing in sports.
- Thumb Nail Sketches:** sports personalities and their thumb nail sketches. Reviewing sports books.

UNIT-IV

- Editorials And Column:** Writing sports editorials, Writing weekly or fortnightly column
- Coverage:** Covering local / national sports competitions, writing of press release.
- Art of Commentating and Interviewing:** Commentating sports for radio and television channels, interviewing sports persons.

References

- Mishra, S. (2007). *Text Book of Sports Journalism*. New Delhi: House, Ansari Road, Darya Ganj.
- Sita R. Text. (2004). *Book of Sports Journalism*. Nagar-Delhi: Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee.
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Paper Code - MPET-120
THEORY OF ATHLETICS

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be nine questions in all.
- First question is compulsory. It will contain 10 short answer type questions, spread over the whole syllabus to be answered in brief. It will carry 20 marks i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have two questions and the students shall be given internal choice i.e. the students shall attempt one question from each unit. (15×4 = 60 Marks)

UNIT-I

- Sprint, Middle & Long Distance Trot:** Rule & regulations, seeding, draws, tie breaker, officials, equipment's, organization, competitions and records.
- Team Events and Walk Race:** Rule & regulations, officials, measurements, equipments, organization, competitions and records.
- Obstacle Events:** Rule & regulations, measurements, equipments, organization, competitions, records, Officials and event distances of High & low Hurdles and steeplechase.
- Technical Rules:** International officials, officials of the competition (Management, competition & additional officials).

UNIT-II

- Horizontal and Vertical Jump:** Measurements, rule & regulations, entries, tie breaker, officials, equipments, organization, competitions and records.
- Throwing events:** Measurements, rule & regulations, officials, equipments, organization, competitions and records.
- Combine events:** Measurements, rule & regulations, officials, equipments, organization, competitions and records.
- General Competition Rules of Track & Field Event:** Entries, clothing, shoes, Athletic bibs, disqualification, protests & appeals and mixed competition & scoring.

UNIT-III

- Techniques of Track Event:** Starting Techniques (Standing Start, Crouch Start and its variations), Finishing Techniques (Run Through, Shoulder Shrug, Forward Lunge), Technique of Relay Race (Upward & Downward sweep, Push pass) Hurdles: (High & Low hurdles) Stride pattern from start to first hurdle, between hurdles & last hurdle to finish, hurdle clearance, take off, landing. Various phases of sprint & hurdle races.
- Techniques of Horizontal jumps:** Long Jump: - (Sail, Hang & Hitch kick Technique), approach run, take off, flight & landing. Triple Jump: - (Russian, Polish & Mixed technique), approach Run, take off, flight & landing.
- Techniques of Vertical jumps:** High Jump: - (Scissor cut & Fosbury flop technique). Approach run, take-off, bar clearance and landing.
- Techniques of Throws:** Shot Put: - (Glide and Disco put Technique), grip, stance, glide, release and reverse. Discus Throw: - grip, stance, swing, release and reverse. Hammer Throw: - Grip, preliminary swings, turns, release and recovery. Javelin Throw: - Grip, carry, approach, five Stride Rhythm, withdrawal stride, cross step / impulse stride, release & follow through.

UNIT-IV

- Marking of track & field arena:** Introduction of standard track & its measurements, types of track, marking & measurements of track & field events.
- Road Races:** Rule & regulations, entries, tie breaker, officials, event distances.
- Cross Country Races:** Rule & regulations, entries, tie breaker, officials, event distances.
- Athletics Bodies:** Formation, member countries & Honours of International Olympic committee (I.O.C), International Association of Athletic Federation (I.A.A.F) and Athletic Federation of India (A.F.I).

References

- Bosen, K.O. (1996). *Track and Field Fundamental Techniques*. Patiala: Netaji subhas National Institute of Sports.
- Waldo E. Sweet, Segal, E. (1987). *Sport and recreation in ancient Greece*. Oxford University Press. p. 37. Retrieved on 3 August 2009.
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