

M.Sc. SPORTS SCIENCE

- History of games and Physical Education in India.
- Scope, Aim and objectives of Sports Education.
- Philosophical and Biological basis of Sports Education.
- Body Types.
- Location and actions of muscles at various joints.
- Definition, Meaning, Types and benefit of exercise.
- Physiology of respiratory system and types of respiration, mechanism of inhibition and exhibition, effects of exercise on respiratory system, lungs and exercise.
- Physiology of Digestive system
- Cardio-vascular system.
- Posture and postural deformities.
- General principles of growth and Development
- Sports as cultural heritage of mankind.
- Olympic Movement and its impact
- Protective equipment used in games.
- Dimension & marking of the play field/area.
- Fundamentals of various games.
- Offensive & defensive strategy employed in various games.
- Fundamentals of various events- High Jump-approach run, take off, flight, landing off different techniques and Relay races.
- Conduct of tournament & types of fixtures used in the games mentioned above.
- Sports competitions, cooperation and team cohesion.
- Women and Sports.
- Sports and politics
- Group dynamics
- Meaning of anatomy, cell, structure, properties of living matter.
- Anatomy of muscular system, structure of muscles and their kinds.
- Anatomy of digestive organs

- Meaning, Importance and history of Kinesiology.
- Personality and sports performance
- Emotion, aggression, anxiety, stress and stress management
- Motivation in sports
- Importance of Strength,
- Yoga- Asthang yog: Yam, Niyam Asana, Pranayam, Patyahara, Dharana, Dhyan, Samadhi
- Types of Yoga
- Asanas, Its Type, and Effects on Various Systems of the body
- First Aid