

# Gujarat Vidyapith

## Ph.D

### **Modern Trends in Physical Education & Sports**

- ♣ Foundation Principles of Physical Education
  1. Growth & Development
  2. Heredity & Environment
  3. Gender Different (SEX)
  4. Types of Body and Programme of Physical Education
  
- ♣ Psychological Principles
  - 1) Learning
  - 2) Transform of Training in Physical Education
  - 3) Educational Philosophy in related to Physical Education and Different Theories
  
- ♣ Sociological Principles
  - 1) Contribution of Physical Education in Developing Social Values
  - 2) Personality Development
  - 3) Leadership
  - 4) Physical Education and Socialization
  
- ♣ Institutes for Physical Education and Sports in India. (YMCA, LNUPE, SAI, NSNIS, IOA, AIU, SGFI etc.)
- ♣ Schemes of Awards & Motivation for Physical education & Sports.
  - 1) Arjun Award
  - 2) Aklavya Award
  - 3) Drona Chharya Award
  - 4) Rajiv Gandhi Khel Ratna Award
  - 5) Sardar Patel Award ( Gujarat)
  - 6) Jaydipsinh Bariya Award ( Gujarat)
  - 7) Maulana Abdul Kalam Trophy
  - 8) Scholarship
  
- ♣ Modern Olympic
- ♣ Asian Games
- ♣ Commonwealth Games
- ♣ Inter University Tournament (AIU)
  
- ♣ Research in Physical Education & Sports
  - 1) Areas, Scope of Research
  - 2) Methods of Research
  - 3) Method of Writing Research Proposal, Report & Abstract
  
- ♣ Role of mass-media in Development of Sports and Competition
  - 1) T.V, Radio, News, Film, Information Technology and Computer

- ▲ Role of Sports Physical Education & Yoga in Developing Health & Hygiene
- ▲ Effects of Yoga, sports & Activity of Physical Education on Various Physiological Systems
- ▲ Doping
- 1) Types of Effects
- ▲ Sports Injuries and Rehabilitation
- ▲ First Aid
- ▲ Test and Measurement in Physical Education
- 1) AAHPER Health Related Fitness Battery
- 2) Harwars Step Test
- 3) Barrow Motor Ability Test
- 4) Kraus-Weber Muscular Strength Test
- 5) Sports Skill Test
  - Badminton
  - Basketball
  - Hockey
  - Tennis
  - Volleyball
  - Football
- ▲ Scientific Principles of Sports Training
- 1) Circuit Training
- 2) Fatlaek Training
- 3) Isometric Training
- 4) Isotonic Training
- 5) Interval Training