

**DEPARTMENT OF PHYSICAL EDUCATION**  
**Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.)**

**VRET SYLLABUS 2018-19**

**School of Studies in Arts**  
**Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.)**

**Syllabus: Vishwavidyalaya Entrance Test (VRET)**

**PART A : Research Methodology**

**Unit- 1**

- Research: Meaning, characteristics, purpose and Types.
- Research Methods: Historical, Descriptive, Survey and Experimental.
- Hypothesis: Meaning, Concept, Sources and Types,
- Qualities of a good researcher.

**Unit-2**

- Reasoning: Number series; letter series; codes.
- Relationships; classification
- Logical reasoning: Understanding the structure arguments
- Verbal analogies: Word analogy- Applied analogy.

**Unit- 3**

- Meaning, definition and purpose of a good research design.
- Characteristics of a good research design.
- Different types of research design.
- Advantages of designing a good research design.

**Unit -4**

- Meaning, need and importance of research proposal.
- Meaning, need and importance of research report.
- Thesis writing: its characteristics and format.
- Method of writing abstract and full paper for presenting in conference and to publish in journals.

**Unit-5**

- Meaning, need and purpose of data collection
- Questionnaire, interview and observation schedule
- Types of sampling techniques
- Advantages and disadvantages of sampling techniques

## **PART B (PHYSICAL EDUCATION)**

### **UNIT-I**

1. Meaning, definition and scope of physical education and sports.
2. School of thoughts: Idealism, Naturalism, Realism, Pragmatism and its relation and application in physical education.
3. Historical development of Physical Education- Ancient Greece, Rome, and contemporary Germany, Sweden Denmark and Russia.
4. Olympic movement-Historical development of ancient and modern Olympic Games.
5. Physical education in ancient and modern India; contribution of institutions, sports universities towards its development.

### **UNIT-II**

1. Meaning, definition and need and Importance of Test, Measurement and Evaluation in the field of Physical Education.
2. Criteria for Selection of Test – Scientific Authenticity: validity, reliability, objectivity and norms. Tests for motor fitness, Physical fitness and sports skills.
3. Meaning, importance and principles of sports management.
4. Meaning and objectives of intramural and extramural competitions and its organization at educational institutions.
5. Psychological bases of physical education: theories of play, growth and development, transfer of training.

### **UNIT-III**

1. Meaning, importance and scope of kinesiology and sports biomechanics.
2. Fundamental movements, axis and planes, centre of gravity, equilibrium and its application.
3. Laws of motion and its application in sports activities.
4. Kinetics and kinematics and its application in the field of physical education and sports.
5. Biomechanical analysis of walking, running, jumping.

### **UNIT-IV**

1. Meaning, characteristics and principles of sports training.
2. Load and adaptation: causes, symptoms and remedial measures.
3. Components of physical fitness and its methods to develop.
4. Training plan and periodization.
5. Define terms: second-wind, oxygen debt, reciprocal innervation, VO<sub>2</sub> max, cardiac output, vital capacity, EPOC.

### **UNIT-V**

1. Meaning, definition and importance of exercise physiology and health education in sports.
2. Effect of exercises on various systems: cardiovascular, respiratory, muscular and nervous system.
3. Bioenergetics: ATP-PC, aerobic and anaerobic system, Drugs in sports.
4. Postural deformities, sports injuries and therapeutic modalities for rehabilitation.
5. Diseases and its types, hygiene, health services, sports nutrition and its components.