

SYLLABUS OF DISCIPLINE SPECIFIC ELECTIVE PAPERS (DSE)
SEMESTER – VI
B.A DSE (PE)-2.1
RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/ Practice		
1	B.A DSE (PE)-2.1 RESEARCH METHODS IN PHYSICAL EDUCATION AND SPORTS	04	3	0	1	XII Pass	NIL

Learning Objective:

The student will be able to use the knowledge of Research for analysis of data leading to logical conclusions on any field of investigation in physical education and sports.

Learning Outcomes:

1. The learner will be able to understand the concepts and types of research for different applications.
2. The learner will be able to apply different sampling technique and tools in research.
3. The learner will be able to apply the criteria of selection of a problem.
4. The learner will be able to collect review of literature from different resources.
5. The learner will be able to develop a research proposal.
6. The learner will be able to develop the concept of writing a research paper/ article/ project/ dissertation.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

UNIT-I INTRODUCTION

(7 Hours)

- 1.1. Definition and concept of Research, Need, and importance of Research in Physical Education and sports.
- 1.2. Scope of Research in Physical Education and Sports
- 1.3. Types of Research: Analytical, Descriptive, Experimental, Qualitative, etc.

UNIT-II SAMPLING TECHNIQUES AND HYPOTHESIS

(8 Hours)

- 2.1. Identification of Research Problem
- 2.2. Meaning, definition, and importance of Hypothesis
- 2.3. Meaning, definition, and importance of Sampling
- 2.4. Types of Sampling Techniques

UNIT-III TOOLS IN RESEARCH

(8 Hours)

- 3.1. Types of data, collection of data, data interpretation, and result analysis.
- 3.2. Different types of tools of research: questionnaires, Interviews, observation, tests and inventories

UNIT IV CRITERIA OF SELECTION OF RESEARCH

(11 Hours)

- 4.1. Criteria of Selection of Problem, Statement of a Research Problem, Limitations and Delimitations.
Review of related literature- Need and importance
- 4.2. Major literature resources- Documentation over-view, Library sources, Research reviews, Card catalog indices – physical education indices, Abstracting material

UNIT-V METHOD OF WRITING RESEARCH PROPOSAL/ THESIS/ RESEARCH ARTICLES

(11 Hours)

- 5.1 Method of writing Research proposal
- 5.2 Method of Writing Thesis
- 5.3 Method of writing abstract
- 5.4 Method of Writing a research paper for Conferences and journals
- 5.5 Method of Writing Footnote and Bibliography
- 5.6 Method of representing data through tables, graphs, and illustrations

PART-B: PRACTICALS

(30 hours)

1. Prepare ten footnotes and bibliography containing references from books, journals, dissertation, periodicals and websites etc.
2. Prepare a review of the literature (any ten research) related to any one topic of your choice.
3. Prepare a research proposal

Suggested Readings:

1. Author's Guide. (1991) **Research Methods Applied to Health Physical and Recreation** Washington, D.C.
2. Best John & Kahni, J.V. (1992) **Research in Education** New Delhi: Prentice Hall of India (Pvt.) Ltd.
3. Bompa, T. O. & Haff, G. G. (2009) **Periodization: Theory and Methodology of Training**, 5th ed. Champaign, IL: Human Kinetics.
4. Brown, L. E., & Ferrigno, V. A. (2005) **Training for Speed, Agility and Quickness** 2nd ed. Champaign, IL: Human Kinetics.
5. Clark, H. H., & Clark, D. H. (1975) **Research Process in Physical Education** Englewood Cliffs, New Jersey: Prentice Hall, Inc.
6. Clarke, H.H. (1992) **The Application of Measurement in Health and Physical Education**.
7. Garrett, H.E. (1981) **Statistics in Psychology and Education** New York: Vakils Feffer and Simon Ltd.
8. Koul, L. (2002) **Methodology of Educational Research** Vikas Publishing House, New Delhi
9. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987) **Introduction to Research: A Guide for The Health Science Professional**. Landon: J.B. Lippincott Company.
10. Rothstein, A.L. (1985) **Research Design and Statistics for Physical Education** Prentice Hall, New Jersey, U.S.A.
11. Shaw, D. (2007) **Fundamental Statistics in Physical Education & Sports Sciences**, New Delhi: Sports Publication.
12. Smith, R. Philosophy (2007) **Methodology and Educational Research** Wiley Black Well, USA.
13. Swann, J. Pratt (2007) **Educational Research in Practice: Making Sense of Methodology** New Delhi: Viva.
14. Thomas, J.R., & Nelson J.K. (2005). **Research Method in Physical Activity**. U.S.A: Champaign, IL: Human Kinetics Books.
15. Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011) **Research Method in Physical Activity** U.S.A: Champaign, IL: Human Kinetics Books.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.