

PHYSICAL EDUCATION AND SPORTS

DOCTOR OF PHILOSOPHY – SYLLABUS

Module 1: Foundations of Physical Education and Sports (15 hours)

- Introduction to Physical Education and Sports Science (3 hours)
- Historical overview
- Evolution of the field
- Key contributors and milestones
- Philosophical Foundations of Physical Education (4 hours)
- Exploration of various philosophies
- Application of philosophical principles in sports and education
- Research Methods in Physical Education and Sports (4 hours)
- Quantitative and qualitative research methodologies
- Data collection and analysis techniques
- Ethical considerations in research
- Theoretical Frameworks in Sports Science (4 hours)
- Examination of prominent theories in sports science
- Application of theories to enhance athletic performance

Module 2: Advanced Topics in Physical Activity and Health (15 hours)

- Exercise Physiology and Biomechanics (5 hours)
- In-depth study of physiological responses to exercise
- Analysis of biomechanical principles in sports movements
- Sports Medicine and Injury Prevention (4 hours)
- Understanding common sports injuries
- Rehabilitation strategies and prevention techniques
- Physical Activity and Public Health (3 hours)
- Impact of physical activity on public health
- Strategies for promoting physical activity at the community level
- Nutrition and Performance (3 hours)
- Nutritional requirements for athletes
- Dietary interventions for optimizing sports performance

Module 3: Advanced Pedagogy and Coaching Strategies (15 hours)

- Advanced Pedagogical Approaches in Physical Education (5 hours)
- Critical analysis of teaching methods
- Integration of technology in physical education
- Coaching Theory and Leadership (5 hours)
- Leadership styles in coaching

- Effective coaching strategies and athlete motivation
- Sports Psychology and Mental Conditioning (3 hours)
- Psychological factors influencing athletic performance
- Techniques for mental conditioning and resilience
- Performance Analysis and Technology in Sports (2 hours)
- Use of technology for performance assessment
- Data-driven coaching methodologies