

KU/ DOSPE/ 253 / 2025-26

Date: November 11th, 2025

PHD ENTRANCE TEST – 2025

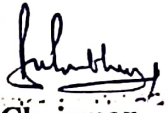
In response to application for Ph.D. programme 2025 in Physical Education, the applicants are hereby informed to attend the entrance test as part of admission process. The details are given below:

Date : November 14th, 2025
Exam time : 02:00pm to 05:00pm
Duration : 3 Hours
Reporting time : 11am
Venue : Department of Commerce building, Shankaraghatta

Sl. No.	Type of question	Research Methodology	Cognate Subject	Marks per question	Total Marks
1	Objective type	10	10	01	20
2	Short notes	05 (out of 08)		06	30
3	Essay type	04 (out of 06)		10	40
Maximum marks for written examination is 90 Minimum marks for pass is 45 (50%); for SC/ST is 41 (45%) as per regulations. There is no minimum passing marks for those qualified in NET/ K-SET					
4	VIVA-VOCE				10
GRAND TOTAL					100

Note:

1. Candidate should bring one Passport size photo and valid identity proof with attested photo copy of the same.
2. The question paper will be set as per existing Ph.D. regulations of Kuvempu University.
3. Syllabus for entrance test: Research Methodology and cognate subjects of the P. G programme in Physical Education (Appendix-I).
4. VIVA-VOCE dates will be intimated to eligible candidates after written examination.


Chairman

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Dept. of P. G. Studies in Physical Education
Kuvempu University, Jnanasahyadri
Shankaraghatta-577 451, Karnataka

Enclosure:

- 1) Syllabus for entrance test in Physical Education



DEPARTMENT OF P. G. STUDIES AND RESEARCH IN PHYSICAL EDUCATION

Syllabus for PhD entrance test- Physical Education

RESEARCH METHODOLOGY

UNIT I: Introduction

- Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education and Sports.
- Classification of Research, Defining Problem, Location of Research Problem, Criteria for selection of a problem, Qualities of a researcher.
- Locating Reference Materials, Procedure of review of related literature.

UNIT II: Methods and Tools of research

- Descriptive Methods of Research; Survey Study, Case study, Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism, Philosophical Research. Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design – Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.
- Tools of Research – Questionnaire, Opinionnaire, Interviews, Schedules, Observation Techniques, Rating Scales, Electronic Media

UNIT III: Sampling and Hypothesis

- Meaning and Definition of Population and Sample. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgment Sampling, Quota Sampling.
- Meaning and Definition of Hypothesis. Types of Hypothesis, Formulation and design of Hypothesis.

UNIT IV: Research Proposal and Report

- Method of Writing Research proposal, Chapterization of Thesis, Front Materials, Body of Thesis – Back materials, Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Format of Footnote and Bibliography.
- Manuals, format of the research report, Main Body of the Report, References and Appendices: The Thesis or Dissertation, style of writing, reference form, pagination Tables, figures, The line graph, the Bar graph or chart, The circle chart or pie or sector chart, Maps, organization charts, evaluating or research report, summary.

UNIT V: Elementary statistics

- Meaning, Purpose, Calculation and advantages of Measures of Central Tendency.
- Meaning, Purpose, Calculation and advantages of Measures of Dispersions.
- Normalcy of data and scales.
- Inferential and Comparative Statistics

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COGNATE SUBJECTS OF PHYSICAL EDUCATION

UNIT I: Exercises Sciences

- Concepts of exercise physiology: Skeletal Muscles and Exercise, Cardiovascular System and Exercise, Respiratory System and Exercise, Metabolism and Energy Transfer, Climatic conditions and sports performance and ergogenic aids.
- Concepts of Kinesiology and Biomechanics: Significance and scope of Applied kinesiology and Sports Biomechanics, Muscle Action, Motion and Force, Projectile and Lever, Movement Analysis in sports and games.
- Concepts of sports psychology: Significance of Sports Psychology, Considerations in Motor Learning, Motor Perception, Effects of Personality, Motivation, Anxiety, Stress, Aggression and Self-Concept on Sports Performance

UNIT II: Test, Measurement and Evaluation in Physical Education

- Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.
- Motor Fitness Tests, Physical Fitness Tests, Anthropometric and Aerobic-Anaerobic Tests and Skill Tests in sports and games.

UNIT III: Sports training

- Aim, Characteristics, Principles of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures – Super Compensation.
- Components of Health related and skill related Physical Fitness and their development.
- Training Plan: Macro Cycle, Meso-Cycle. Short Term Plan and Long Term Plans - Periodisation: Meaning, Single, Double and Multiple Periodisation, Preparatory Period, Competition Period and Transition Period.

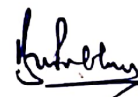
UNIT IV: Athlete care

- Posture and body mechanics, Value of good posture, Drawbacks and causes of bad posture. Posture test – Examination of the spine. Deviations in posture- types, causes and management.
- Therapeutic modalities- Cryotherapy, Hydrotherapy, Thermotherapy and Electrotherapy, Massage- classification of manipulation techniques and their effects on human physiological systems.
- Knowledge about common injuries in sports- mechanism, symptoms, on field management and rehabilitation.
- Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic. PRINCE, Types of stretching, Proprioceptive neuromuscular facilitation and Aquatic therapy.
- Side effects of drugs – Dietary supplements – IOC list of doping classes and methods. Blood Doping – The use of erythropoietin in blood boosting – Blood doping control – The testing programmes – Problems in drug detection – Blood testing in doping control.

UNIT V: Basic rules of sports and games

- Basic rules of track and field events.
- Basic rules of Kabaddi, Kho-Kho, Volleyball, Football, Hockey, Handball, Badminton, Table tennis, Wrestling, Basketball and Cricket.

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